



# Shawnigan Focus

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A Non-Profit Community Publication

## A DAY IN THE LIFE OF OUR MLA

**Sonia Furstenau**  
*Green Party MLA*

About six weeks ago, I got an email from a grade 12 student at Kelsey Secondary. I was most impressed with her interest and enthusiasm – she indicated that she is in the environmental club, as well as the founder of the Me to We club at her school.

I replied, letting her know I'd be happy to meet with her Me to We club, and I also invited her to come to the Legislature for a day.

This last Wednesday, I was delighted to have Kayla join me for a full, and very busy, day.

She arrived just before 9:00 am, in time for my meeting with Bob Peart, who had come to talk to Adam Olsen and me about forestry and environment. It was an engaging and interesting discussion, and Kayla had much to contribute.

Next up was Alfred Birch, who has previously presented to the CVRD about a proposed initiative that would provide a tax incentive to encourage people to donate land for conservation purposes.

Immediately following this meeting, we had a quick check-in with staff about an upcoming event, and then it was up to my first meeting as a member of the Select Standing Committee on Children and Youth, one of five committees of which I am a member. As all committee meetings are on record, Kayla was able to sit and observe the discussion as we reviewed the terms of reference for the committee and a proposed work plan, which includes a review of the current legislation that governs Ministry of Children and Families. This ministry is one of seven for which I am the Green spokesperson – the others include Health, Environment, Education, Mental Health and Addictions, Child Care, and Social Development and Poverty Reduction.

Kayla and I had time to learn more about each other over lunch in the dining room – and I was amazed and impressed with her range of interests and activities. In addition to founding the Me



to We group, Kayla is also Deputy Prime Minister in the Kelsey Student Parliament, and a member of the global issues club. She is informed, inquisitive, and committed to finding ways to make positive contributions. Much of our conversation was around how to keep others positive and optimistic – the challenges we face can seem overwhelming, and often we feel as individuals that we can't make a difference. We shared stories about our own experiences, and swapped ideas for how to keep ourselves, and others, motivated.

We headed back to our office for a briefing on a report that was to be released the next day, and then the bells rang – it was time to head to the Chamber for Question Period.

We had discussed Question Period with Kayla. There is a dramatic shift in tone and comportment in the Chamber during Question Period, which is often punctuated by yelling, jeering, and generally raucous behavior. I recall taking my own students from Dwight (now Brooks School) to Question Period after we'd attended a rally on the steps of the Legislature in 2014. As we left the building, one of my students, originally from Austria, was shocked. "Is that how your leaders behave in Canada?" he asked.

It is a jarring experience to

witness what happens during this half hour each day, and at a parliamentary conference I recently attended, MLAs from across the country bemoaned this lack of decorum in their own legislatures.

I believe that it is possible to hold a government to account without personal attacks or character assassinations, but so far this has been what has dominated Question Period. Our Green caucus will soon have official party status, which will mean that we will get more allotted time for questions and statements in the House. We are committed to focusing on policy and

presenting solutions to the government as the second opposition party – our questions may be tough, but they won't be personal.

After Question Period, I had a short opening in the calendar, which provided the opportunity for a quick chat with Kayla. We stopped in to see the head of the Sergeant at Arms, Gary Lenz.

Then it was a phone call about the pressing need for seismic upgrading of schools, and emergency preparedness generally – something all of us need to be thinking about as we head into the stormy season ahead.

A staff briefing was next – preparing for a meeting with a minister on Thursday, followed by another meeting to discuss proportional representation.

It was now 5:30 pm – Kayla was ready to go home, and I was up for House Duty until the House adjourned at 7:00 pm. At all times while the House is sitting, we need at least one of our three caucus members in the Chamber to keep track of the debates, and all of us need to remain inside the Legislature in case a vote is called, in which case we have two minutes to get into the Chamber. This means that in addition to the four hours allotted to Question Period each week, we each have between seven and eight hours of House Duty. We also speak to each of the bills being debated – often we each give a 20-30 minute speech on a bill.

There is always a lot to juggle on any given day in the Legislature – and while the pace is demanding, it's also invigorating. On any given day, there is so much to learn from the people who come in to meet with us – and these meetings and conversations help to inform our efforts and our work.

It was a truly delightful to have Kayla join me for the day, and I look forward to seeing the many great accomplishments that lie ahead for her.



Book Review

Marcy Green  
 Shawnigan Focus

**Braving the Wilderness**  
 (The Quest for True Belonging and the Courage to Stand Alone)  
 by Brene Brown  
 Published by Random House  
 Copyright 2017 by Brene Brown

Reading something by Brene Brown is not for the faint of heart. Part self-help, part spiritual guide and part research, it takes the reader down a path where one is encouraged to look deeply within. Though a seemingly easy read, it took a while to finish this one. It's one of those bedside books that has to be digested in several pieces as there is so much to think about. I found myself dreaming about it, but they were useful dreams, and revealing. I woke up from one to write this at 3:00 in the morning.

Brown writes, “*But in a culture that’s rife with perfectionism and pleasing and with a certain erosion in civility, it’s easy to stay quiet in our ideological bunkers, or fit in rather than show up as our true selves and brave the wilderness of uncertainty and criticism. ... But it turns out to be the place of true belonging and it’s the bravest and most sacred place you will ever stand.*”

She speaks of four daily practices and expands on them, chapter by chapter:

- ★ People are hard to hate close up. Move in.
- ★ Speak truth to bullshit. Be civil.
- ★ Strong back. Soft front. Wild heart.

Her illustrations and stories are compelling and honest. She backs up her seemingly simple rules with a research professor’s data, which she compiles from interviews with many participants and a professional team from the University of Houston where she holds an Endowed Chair in the Graduate College of Social Work. But rather than being a dry treatise, her writing is readable, vulnerable and sometimes very funny. Her earthiness would make her fit right in with one’s group of girlfriends, but she would be the intellectual one on the leading edge, always challenging.

In this, her latest book, she doesn’t shy away from the polarized political situation in the United States and, indeed, the international scene where the middle no longer seems to hold and where we increasingly demonize our opponents. She names no names, but if we don’t see the Other as human, she contends, then it’s easy to dismiss him or her, and this is the way to increased alienation and a

complete breakdown in understanding and working together. Difficult work indeed, but essential.

As an example of being slotted into a category by someone who sees her as evil, she addresses her background as a Texas girl raised with a hunting family, gun safety, and limits on automatic weapons. She is totally against the current role of the National Rifle Association lobby, but upholds her right to teach her son to shoot skeet recreationally. She tells of being confronted and roundly condemned by an acquaintance for this and her anger and hurt at being identified with the terrible mass killings now so common in her country.

This story illustrates dramatically how we have to be brave in disagreements but civil with each other as we tackle the enormous ideological problems of our world. I admit this story didn’t fit with my preconceived notion of a self-help writer, but it caused me to shift my awareness from my place of comfortable judgement. We may all be different, but where is our common humanity?

I suggest that, like the extremes of the political spectrum she addresses, you will either love or dismiss this book. It’s not for everyone. But then introspection is really only for the brave, isn’t it?

**Rating: 5/5 stars**



Two heroes in the fight to save Shawnigan water

Dave Hutchinson  
 Shawnigan Focus

The contaminated waste may have stopped but the legal repercussions are still in progress. The Shawnigan Residents Association website indicates that \$475,000 of the \$750,000 target has been raised for the Legal Action Fund. The SRA led the legal battle at the Environmental Appeal Board and then successfully challenged the EAB decision at the Supreme Court. This remarkable community effort to protect our drinking water is characterized by the resourcefulness of two extraordinary women.

Local artist Kristine Paton once worked in a lawyer’s office and knew that court costs can be up to \$5,000 a day. Having lived in Shawnigan Lake for over twenty years she painted many images representative of life at the lake. Three favourites resulted in limited edition prints: “Cooling Off” at Mason’s Beach, “Lake Reflections” viewed from the government wharf, and a yellow gumboot that “Missed the Boat.” She organized a fundraising

program called “A DAY IN COURT” and raised \$5,560 by donating sets of these outstanding prints.

Janet Neilsen was impressed with her friend Kristine’s success and decided to try a little fundraising of her own. A keen enthusiast of the restored Kinsol Trestle, she greatly admired a splendid image of the structure taken by local photographer Paul Tedrick. Paul generously agreed for Janet to use his photo on custom-made “Kinsol Trestle Bags.” Janet then sold and marketed these bags raising \$5,600 for the SRA Legal Action Fund. Many thanks to Mason’s Store, Shawnigan House Coffee, Shawnigan Lake School and the Shawnigan Lake Museum for helping with this effort. A few of these coveted bags are still available at the Museum for \$10 each!

Kristine and Janet are representative of what makes Shawnigan a special place. Between the two, over \$11,000 was raised to help stop an unacceptable threat to our watershed and drinking water. Thank you both!

SHAWNIGAN FOCUS - NOVEMBER 2017

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**ABOUT THE FOCUS**

The Shawnigan Focus is an independent, local, non-profit publication, produced by the volunteer Focus team. Shawnigan Focus endeavours to inform; promote involvement in the community; and interest a broad cross-section of the residents of Shawnigan Lake.

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Additional copies are available in The Village.

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# Royal Canadian Legion Malahat District Branch 134



**G. J. Solley**  
*Royal Canadian Legion*

The Poppy Campaign started on the last Friday in October and will continue through to November 11th.

During this time, veterans and others volunteer their time to distribute the poppies. Today, the Poppy Campaign is one of the Royal Canadian Legion's most important programs. The money raised from donations provides direct assistance for Veterans in financial distress, as well as funding for medical equipment, medical research, home services, long term care facilities and many other purposes. None of the money raised during the Poppy Campaigns is spent by or on the Legion. It is safe guarded in another fund which is audited and it must be approved by B.C. Yukon Command.

**Here are some facts about the Poppy that you might not know.**

- ★ In the spring of 1915, a Canadian doctor,

Lieutenant Colonel John McCrae was inspired by the sight of poppies growing in battle-scarred fields to write a now famous poem called 'In Flanders Fields'. After the First World War, the poppy was adopted as a symbol of Remembrance.

- ★ The Armistice was signed at 5 am in the Forest of Compiègne, France on November 11, 1918. Six hours later, at 11 am, the war ended. The first Remembrance Day was conducted in 1919 throughout Britain and the Commonwealth.

### WHO CAN WEAR A POPPY?

- ★ Anyone who wants to honour a veteran. The Legion notes that 117,000 Canadians gave their lives for freedom, which also means the freedom not to wear a poppy. This does not include the over 2,600 Canadians who have died in service on Canadian soil since 1911.

### When should poppies be worn?

- ★ The poppy should be worn during the campaign.
- ★ Originally it was left at the graveside of the fallen soldier.

- ★ It is also respectful to wear them at other times of the year, including ceremonies to honour veterans, such as funerals.

### Where should you wear your poppy?

- ★ Poppies should be worn on the left hand side of the body closest to your heart.
- ★ Some now say it is okay to put a decorative pin through the poppy to keep it secure.

So between the last Friday in October and the 11th of November, when you see the cadet, Legion volunteer or any other volunteer helping your local Legion with their Poppy Campaign, please give generously and of course REMEMBER.

*We shall remember them on november 11th at 11:00 at the cobble hill cenotaph.*



## Moving forward: Internal conflict

**Yuri Murakami,**  
*Naturopathic Doctor*

As Remembrance Day approaches, we all acknowledge the loss and hardship in the past. It is also the time of the year this question arises: are we, as human beings, reaching towards peace together on earth?

As in the title of John Lennon's Happy Christmas song, "war is over, if you want it", I believe the peace really starts within us. Internal peace is a state where you are calm and centered even if the outside situation is hectic or chaotic. In opposition, internal conflict, or we can label it as internal war, can create a constant stress even during happy and seemingly peaceful times.

Our body only recognizes any type of stressors

as just a stress. So this means if you are going through a surgery, tough marriage breakup, depression, or even if you are so excited and cannot sleep, all of these can be seen as a "stressor." Our bodies react by producing hormones and chemicals to deal with it. Stress is not all that bad, as long as you balance it with appropriate resting. Constant stress and internal conflict, without rest, is a time when chronic illness can arise easily.

At OUR Ecovillage, Sustainable Wellness teams are offering a one-day retreat on Sat. November 18th, focusing on resolving the internal conflict that is not serving you anymore, and moving forward with a sense of peace and love that heals our body, mind and spirit.

Please check the details at [ourecovillage.org](http://ourecovillage.org)

## WE NEED YOUR HELP!

The Shawnigan Lake Parks Commission and Trails Committee invite you to come out and help us do some trail work on Old Mount Baldy.

We will be cleaning up some existing trails with the hope of encouraging more people to come out and enjoy our newest park area.

**Date:** November 3rd from 10 am to 2 pm

**Where:** We will meet at the Red Gate on Strathcona Heights Road

### What to bring and wear:

Please bring hand tools like pruners etc. that can be used to help clear the trails. Also wear gloves suitable for this kind of work and appropriate work boots as we will be on rough terrain. Also bring a snack and some water. We will be working under the direction of the CVRD and Trails Committee members.

Hope you can join us for the work day and help us improve the trails on Old Mount Baldy for our community.

*If you have any questions, or wish to volunteer to help out on November 3rd, please email Lisa Large at: [largegl@yahoo.com](mailto:largegl@yahoo.com)*

Hear ye! Hear ye!  
Come one, come all!



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*Looking for something rewarding to do to give back to your community?  
Volunteer with The Shawnigan Focus: [editor@shawniganfocus.ca](mailto:editor@shawniganfocus.ca)*



*Turnip the Beet performing at the Grand Opening of the Shawnigan Pavilion on October 7<sup>th</sup>. The Shawnigan Pavilion Steering Committee wants to give a big thank you to everyone who came out to celebrate the Grand Opening celebration and to the Shawnigan Players who performed two scenes from their Shakespeare festival; the South Cowichan Rotary who cooked up wonderful food and the weather which cooperated. Thanks also to the Government of Canada, the CVRD, special guests Sonia Furstenuau, Cowichan Valley MLA; Area B Director, Sierra Acton; Timber West Domenico Iannidinardo and representatives from the Baha'i community.*



## APPOINTMENTS TO Electoral Area B - Shawnigan Lake Advisory Planning Commission

Do you have an interest in community planning? Are you interested in the future growth and development in the Shawnigan Lake area? The Cowichan Valley Regional District is looking to fill three (3) member vacancy positions on the Advisory Planning Commission (APC). Accordingly, we are seeking community-minded individuals that wish to serve on the Electoral Area B – Shawnigan Lake Advisory Planning Commission (APC). The Advisory Planning Commission consists of up to 15 members and typically meets at Shawnigan Lake on an 'as needed' basis not exceeding once a month. The term of appointments is one year.

Advisory Planning Commissions play an important role in the planning and land use management process by making recommendations to the CVRD Board from an independent body composed of local residents. The Advisory Planning Commission provides comment on matters respecting the use of land, community planning or proposed bylaws and permits as directed by the Electoral Area Director or the Regional Board.

Persons interested in volunteering their time to sit as a member on the Electoral Area B - Shawnigan Lake Advisory Planning Commission must complete an application form <https://www.cvrld.bc.ca/areabapc> and submit by email to [jbarry@cvrd.bc.ca](mailto:jbarry@cvrd.bc.ca) or by mail to: Joe Barry, Corporate Secretary, Legislative Services Division, Corporate Services Department, 175 Ingram Street, Duncan, BC V9L 1N8.

All applications must be submitted no later than Friday, November 10, 2017.

The Cowichan Valley Regional District wishes to thank those individuals who submit an application, however, only those candidates selected for nomination will be contacted.

Additional information may be obtained by calling Rob Conway, Manager, Development Services Division, Land Use Services Department at 250.746.2600 or toll free at 1.800.665.3955.

COWICHAN VALLEY REGIONAL DISTRICT

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## All our roads lead to the ministry

**Sierra Acton**  
*Director Area B*

The most common concerns I receive from the community are road related. People are concerned about speed, pedestrian safety and confusing intersections. As such, I usually get many requests for speed bumps, concrete partitions and sidewalks (to name a few). As an unincorporated area, our roads are under the jurisdiction of the Ministry of Transportation and Infrastructure (MOTI). The Ministry maintains, builds and has jurisdiction over all our roads. The ministry owns and maintains 71,000 km of roads in BC. Unfortunately, when it comes to maintenance etc., Shawnigan is competing for funds with all the unincorporated areas in BC based on condition and needs. None of this will change until our area is incorporated.

The Ministry of Transportation cannot restrict any type of vehicle from using its roads, which are either classified as a highway or a rural highway. That's right, our roads are considered rural highways. MOTI is responsible for setting the regulations, the speed, and permitting road signs. Our roads were originally designed for speeds of 80 km/h. Over time our area has become more populated and, although

we would all like safer roads, the roads are still governed by the ministry's guidelines. For example, the guidelines set the minimum shoulder width; which roads can be narrow or even unpaved, whether there are sidewalks and minimal signage. More populated areas can get a decrease in speed, but it will probably never be slow enough to satisfy everyone. Our roads under the MOTI guidelines can NOT include speed bumps, 30km zones (except elementary schools), sidewalks, and generally anything that could be a liability or create additional maintenance. What we get from the ministry is maintained roads, snow removal and a few traffic calming devices (e.g. delineators and speed feedback boards). These guidelines create the toolbox from which we can draw upon for our roads.

Delineators have been installed along Renfrew Rd. Clearly they are not a perfect solution, but they are one of the few options in the toolbox. A few residents have expressed their dissatisfaction with the delineators, but the majority of the feedback has been positive. Although maintenance over the winter might be challenging, I am thankful that MOTI was willing to try something new in our community. Others have questioned why we, as a community, accept the standards

of the ministry. However, until this area is incorporated, I see no solution other than working with the ministry, rather than against them. I value our relationship with the MOTI representative for our area and welcome any feedback from the community that can help make our roads safer.

Another component to our roads is "speeding" and the solution to that issue starts with each and every one of us. It's easy to blame outsiders for the speed of vehicles on our roads, but the bulk of the traffic is our friends and our neighbours. Can we create a culture of sharing the road? Can we slow down and/or leave home 5 minutes earlier to get where we are going without speeding? Can we treat our roads like "residential roads" and set our own comfortable speed limit so we can all share and enjoy the roads?

Our local representative from MOTI has agreed to come to a Director's Meeting to answer any additional questions the community might have - stay tuned for a date set in the near future. Alternatively, should you wish to get involved in a campaign to safely share the roads, please contact South Cowichan Community Policing: [southcowichancommunitypolicing.ca](mailto:southcowichancommunitypolicing.ca) and for common questions on for MOTI go to <http://www.th.gov.bc.ca/popular-topics/faq.htm>.

*I am not what happened to me, I am  
what I choose to become.  
~Carl Jung*



## Director's Report

**Sierra Acton**  
*Director Area B*

It has been an exciting month. First, the election had me busy meeting as many people face to face as I could; followed by the Grand Opening of the Pavilion; a one of kind Ceremony at the Cenotaph for fallen soldiers on Canadian soil and endless budget meetings for 2018. I continue to work with various groups and committees and welcome input from the community. Here are a few highlights from the last few weeks.

### Love it

My love for community has been solidified with an oath to uphold The Office of Director for the term ending in October of 2018. The swearing in took place at the October 11th Board meeting. It was a warm moment of celebration with the board that I had been working with since May. And then, in an instant, it was back to work as usual.

### Share it

At the end of October the village business community will come together with special guest, the manager of Economic Cowichan. By bringing the village businesses together we can start to look at short and long term goals for the village core and the community. We will be exploring ways to support business, leverage our assets and be more successful together.

I would also welcome a few volunteers who are interested in building a business database that would include local home based businesses and consultants. I know that, as a community, many of us would welcome the opportunity to support as much local business as possible.

Another recent initiative that I support is the introduction of a Public Input Period to all CVRD meetings. This new reform allows anyone attending a meeting to make

a comment about an item on the agenda before the meeting starts. The practice represents an improvement in public accessibility and transparency by the CVRD.

### Protect it

The proposed soil bylaw is set to be presented at the November 15th Electoral Services Committee meeting. This long awaited bylaw is desperately needed to get a hold of the dumping activities exacerbated by the building boom in Victoria. This is a separate issue from the contaminated soil dump but just as pressing for protecting our water quality.

Among the many unsung heroes of our community, there is one group I would like to mention here: The Shawnigan Research Group (SRG) - a small, quiet, behind the scenes group working hard with the Ministry of Environment on the closure plan for the contaminated soil dump

and monitoring the many other illegal soil dumping sites in Shawnigan. They continuously study; question ministerial actions; write letters; consult with experts; and strategize on protecting our watershed.

Their expertise and knowledge has been collectively gathering data and footage for years. I am not one to study spreadsheets and spend hours examining data so I am ex-

tremely grateful for their input and the continued support to our community, all in the name of protecting our water. It is an onerous process, but the SRG are committed to getting the contaminated soil removed. Thank you SRG for all your hard work!

Contact Info: 250-732-0368  
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[www.iloveshawnigan.com](http://www.iloveshawnigan.com)  
Director's Meeting Nov 6th



## Legal coaching

**A more affordable way to navigate the family law system**

**Kathleen Code**

The emotional stress that accompanies legal family issues such as divorce and separation is difficult enough. Compound that with the cost of retaining a lawyer and it is understandable that situations can escalate. Now there is an alternate approach that lets people take control of the process at more affordable rates. Alinea Legal Coaching is a law firm that provides the legal advice and coaching while offering the customized legal packages that clients can

use to navigate through the legal process themselves.

"Legal costs to fully retain a lawyer can add up very quickly," says Laurel Dietz, owner of the firm. "I can supply my clients with the legal coaching, advice and the specific legal package that addresses their situation. Clients can learn how to complete forms, file court documents and make their own court appearances."

Clients can go online, decide if the process works for them, then book an appointment for an in-person or Skype

interview. This allows the opportunity to assess the situation, provide legal advice and design a legal package that best suits the client's needs.

Having a legal coach allows clients to choose specific services and how often to use them. Most importantly, a legal coach ensures family law agreements are fully and properly documented, avoiding future and significant liability issues.

To learn more about Alinea Legal Coaching, visit: [www.legalcoach.ca](http://www.legalcoach.ca)

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## Save South Cowichan RCMP Detachment

**Sarah Davidge**  
SCCP

I have been a resident of the South Cowichan for over 20 years. When I first moved here I thought what a quaint quiet, community. Over the years we have grown, and are thriving in many ways. Our community is being built up daily; new developments bring new families and new businesses bring new prospects. All during this time, one thing has not changed and that is the Shawnigan Lake RCMP Detachment; the old building, built in 1959, still stands and represents the safety of this community to the best of its humble ability. We know that many residents rely on a police presence. This presence helps keep our commu-

nity safe from those elements - human, animal and nature itself - that are potential threats to our peace of mind. We say "thank you" to our hard working and dedicated RCMP members who respond to our concerns.

Imagine a South Cowichan without the RCMP Detachment? How would it affect our key community awareness programs? School Liaison programs? Speed Watch? Positive Tickets? Protection for our seniors and elders? The influx of tourists, the cottagers taking a break from the Victoria's hustle and bustle, vacationers enjoying outdoor activities? The increase in population on our roads, lake and in our community has the potential for increase in

policing issues, as well as the daily safety needs of our community.

A petition is circulating and the message is clear. South Cowichan is asking the Minister of Justice "Please do not merge our vital service with North Cowichan". Some of our RCMP members are our neighbours; their children go to our schools and they are actively involved in our lives. We as a vibrant and ever growing community emphatically say "No" to the prospect of merging with North Cowichan. Our community is following the lead of the Tom Petty song - "We won't back down, we will stand our ground". Petitions are being signed and letters are being sent to all levels of

government. South Cowichan Community Policing will be meeting with our MLA Sonia Furstenu on November 3rd to talk about this issue.

The community message is we would like to see our RCMP Station stay in South Cowichan. There is a perfectly good location across from Frances Kelsey School, located very close to Highway 1 and the Malahat. The land is just waiting for our RCMP Detachment to arrive. It's been sitting there ready for sometime now. Time to break ground and keep our community protected and our RCMP exactly where they belong. This is the voice of many - This is our Petition - This is our request...! South Cowichan needs their RCMP.

### SHAWNIGAN LAKE VOLUNTEER FIRE DEPARTMENT

PO Box 201, Shawnigan Lake, BC V0R 2W0  
Phone: (250)743-2096  
Fax: (250)743-2096  
Non-emergency  
Phone: (250)812-8030  
shawniganfire@shaw.ca



#### Department Members Attended 14 Incidents in October

- ★ Monday, Oct 2 - 1st Responder off Shawnigan Lake Rd
- ★ Tuesday, Oct 10 - 1st Responder off Silver Mine Rd
- ★ Wednesday, Oct 11 - 1st Responder off Renfrew Rd
- ★ Saturday, Oct 14 - MVI on Shawnigan Lake Rd
- ★ Saturday, Oct 14 - 1st Responder off Renfrew Rd
- ★ Saturday, Oct 14 - Alarms Activated on Ingot Rd
- ★ Saturday, Oct 14 - 1st Responder off Renfrew Rd
- ★ Monday, Oct 16 - Burning Complaint on W Shawnigan Lake Rd
- ★ Tuesday, Oct 17 - Alarms Activated on Berger Rd
- ★ Tuesday, Oct 17 - 1st Responder off Renfrew Rd
- ★ Friday, Oct 20 - Alarms Activated on McKean Rd
- ★ Saturday, Oct 21 - 1st Responder off Shawnigan-Mill Bay Rd
- ★ Tuesday, Oct 24 - 1st Responder off Lovers Lane
- ★ Tuesday, Oct 24 - Alarms Activated on Renfrew Rd

## Local Charity Hosts Fundraising Dinner Featuring Filipino Food, Silent Auction & Dancing



**Where: Sacred Heart Church 4040 Nelthorpe St.**

**When: December 1st at 6:00pm**

**Why: Proceeds go to IAT Philippines Projects**

**\$25**

Background: IAT is a non-profit Charity that provides support to the poorest of the poor families in the Philippines. IAT is founded by locals, David and Petra Durrance who currently have two highly successful childcare Centres called Starchild in Shawnigan Lake (Malta Rd.) and Cobble Hill (Nightengale Rd.) To purchase tickets, please contact Remy: remdofern.bainto42@gmail.com



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We welcome submissions (letters, articles, photos and community reports) for the Shawnigan Focus. If you would like to be on our email reminder list please let us know at editor@shawniganfocus.ca



COMMUNITY GROUPS

- ★ **Area B Director’s meetings with Sierra Acton**  
*Office hours* by appointment. Email [sacton@cverd.bc.ca](mailto:sacton@cverd.bc.ca) *Director’s Meeting: 1st Monday every month.* For more info check Facebook at Sierra Acton Area B
- ★ **Shawnigan Advisory Planning Commission(APC)**  
Meetings TBA at Shawnigan Lake Community  
**Contact: Bruce at [jenniebruce1@gmail.com](mailto:jenniebruce1@gmail.com)**
- ★ **Shawnigan Parks and Recreation Commission**  
Meetings are held bi-monthly on the third Thursday of the month. 7pm at the Shawnigan Lake Community Centre.
- ★ **Shawnigan Lake Community Centre Commission**  
TBA as needed. Shawnigan Lake Community Centre
- ★ **Shawnigan Improvement District**  
2nd Monday of each month 7 pm at #1 Fire Hall
- ★ **Shawnigan Residents Association (SRA)**  
For info: check [www.thesra.ca](http://www.thesra.ca)
- ★ **Shawnigan Lake Community Association (SLCA)**  
Contact: [bburr@shaw.ca](mailto:bburr@shaw.ca)
- ★ **Shawnigan Basin Society**  
1st Tuesday of the month in Watershed office: Unit 4-1760 Shawnigan Mill Bay Road. Contact: [luvlife@shaw.ca](mailto:luvlife@shaw.ca)
- ★ **Young Seniors Action Group (YSAGS)**  
Contact: [www.ysag.ca](http://www.ysag.ca) email: [ysagssl@gmail.com](mailto:ysagssl@gmail.com)
- ★ **Shawnigan Lake Museum**  
Open Fri - Sun. 10:30-4 For info, contact: [shawniganlakemuseum@shaw.ca](mailto:shawniganlakemuseum@shaw.ca)
- ★ **South Cowichan Community Policing (SCCP)**  
Contact: 250-929-7222 - [www.southcowichancommunitypolicing.ca](http://www.southcowichancommunitypolicing.ca)
- ★ **Royal Canadian Legion Malahat District Branch 134**  
Saturday Meat Draw 3:-5:00pm. General meeting 3rd Sunday, 1:00 pm  
Contact: Gloria [gsolley@shaw.ca](mailto:gsolley@shaw.ca)

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Shawnigan Cemetery



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ANNOUNCEMENTS

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GENERAL INTEREST

PROPERTY SERVICES

FREE

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What Is It? Where Is It?  
Why Is IT?



One lucky respondent with the correct  
answer will be randomly selected to win two  
Specialty Coffees at Shawnigan House.  
Reply to: [editor@shawniganfocus.ca](mailto:editor@shawniganfocus.ca)

Congratulations!!!

The winning answer for October was submitted  
by Mako McMullin who identified "solar-powered  
bobble toys in the windowsill". Never mind that  
Mako specified the Community Centre when the  
photo was actually a window at Discovery School  
(Mrs. Woodrow's Grade 1 & 2 class). It is nice  
that both places have fun things for little people!





Walk Talk

Robin Massey  
Shawnigan Focus

I am very much in love with Fall. Not only do the trees proudly display their autumn colors but we get to dig out those cute cozy sweaters from the closet - only to shed them 15 minutes into a hike.

Last month we returned to Gowlland Tod Provincial Park virtually right at its nucleus, Jocelyn Hill, and it was awe inspiring.

Launching a little bit past the Emma Dickson and Millstream intersection, parking at a wee patch of gravel on the right, then scoot yourself across the road to the trail-head. This inspiringly intense warmup will lead you up to a lacework of trails that promise to take you to many wonderful sights. Places such as Holmes Peak, Caleb Pike, Jocelyn Hill and even all the way down to Mackenzie Bight.

Along the way you will see a wealth of Arbutus, Douglas Fir and Manzanita standing

watch, but the most fantastic thing to see are the never ending vistas (from roughly 300m) over Saanich Inlet and Finlayson Arm.

As one would expect the first part of the journey is on the Emma Dickson trail. Upon reaching a main intersecting path, bear right to continue onto the Ridge Trail. When the trail splits, watch for the sign and veer left towards the water. This will lead you to the outer rocky ridge of the lower Jocelyn Hill Loop and, ultimately, the Jocelyn Hill peak itself. There are some scrambly sections but nothing that will have you inadvertently cliff diving.

If craving more intensity continue past Joceyln Hill, using the Timberman Trail, to the Squally Reach and Malahat viewpoints, and perhaps on a really good day, all the way to Mackenzie Bight.

Gowlland Tod is known as a dog friendly park however be sure to always have a leash

within reach, especially if your pooch makes you uneasy when exploring the cliffs. We would recommend also hefting extra water along as there are really no water pockets to speak of.

If I were to grade this hike, it would be an intermediate/moderate hike due to the steady incline (and decline return) and the rocky navigation at the top. The trail is well marked with orange reflective markers and signage, and a few maps as well.

You might say that Gowlland Tod is my latest passion based on the last few walk talks. Perhaps it could be yours too? Here is a handy map of the entire park to help get you around: [http://www.env.gov.bc.ca/bcparks/explore/parkpgs/gowlland\\_tod/trail\\_map\\_middle.pdf](http://www.env.gov.bc.ca/bcparks/explore/parkpgs/gowlland_tod/trail_map_middle.pdf)

Like pictures? See the photos from this hike (and others) on our Facebook page – The Om Tree.

HEALTHY BEGINNINGS  
A Free Drop-In at the  
Shawnigan Lake Community Centre



Healthy Beginnings is a friendly, relaxed group for moms and dads with babies and toddlers from birth to 3 years of age.

No registration is required, just drop-in to visit and share a cup of coffee or a snack.

We will be discussing a wide range of topics.

It all begins at 10:30 AM

Every Thursday except the weeks with a statutory holiday.

INFORMATION : Rhoda - 250 709 3050  
EMAIL : [rhoda.taylor@viha.ca](mailto:rhoda.taylor@viha.ca)  
FACEBOOK : Healthy Beginnings Cowichan



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Shawnigan Weather OCTOBER 2017

- Stats courtesy of UVic Weather Network ~ compiled by Grant Treloar

	October Normal	Cigarmaker's Bay		Discovery School		Museum		Elford Road	
		2017	2016	2017	2016	2017	2016	2017	2016
Average High	14.0	14.7	12.6	15.2	12.7	15.4	13.3	15.2	13.0
Average Low	5.7	5.5	7.3	4.8	6.7	5.6	7.4	4.7	6.9
Extreme High	28.3	20.0	17.4	20.3	17.5	20.8	18.5	20.0	18.0
Extreme Low	-5.7	2.5	1.3	1.3	-0.2	3.2	1.3	3.0	1.0
Precipitation	104.8	138.1	319.3	133.1	311.2	110.3	288.6	124.6	318.6
Days w precip	14	14	28	16	30	12	29	11	28
Year Precip	720.8	894.9	1094.6	831.8	1120.9	728.4	989.0	820.0	1117.4

(Up to Oct 28) Rank since 1914: 45<sup>th</sup> warmest, 36<sup>th</sup> wettest

Lake Temperature: Oct 1st:17° Oct 8th: 14° Oct 15th: 13° Oct 22nd: 13° Oct 29th: 12°

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