



# Shawnigan-Showe'luqun Focus

Volume Fourteen - Issue Ten

October 2023 Hwísulenuhw

A Non-Profit Community Publication

## Now It Can Be Told!

**Robert Amos**  
Author and Artist

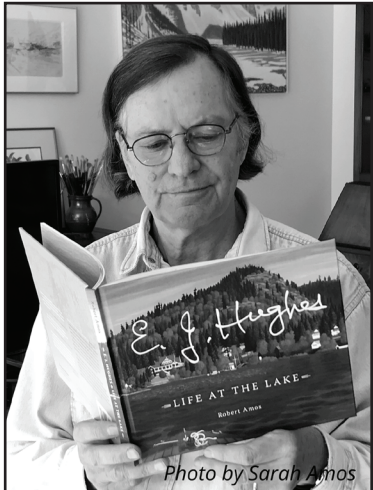


Photo by Sarah Amos

I began contributing stories about the artist E. J. Hughes to Shawnigan Focus in May 2021. And I confess: at the time I was testing material which I hoped to use for a book. And now that book, *E. J. Hughes: Life at the Lake* (TouchWood Editions, 2023) has been published. It is my fifth - and perhaps final - book about Hughes.

Hughes lived at Shawnigan Lake with his wife Fern from 1951 to 1975 and, after moving to Duncan, he frequently returned to the lake with his friend and biographer Mrs. Pat Salmon. The paintings he made of this area, his photographs, his letters and Mrs. Salmon's memoirs of their time together have all provided me with the material I have used for more than two dozen articles in the *Focus*.

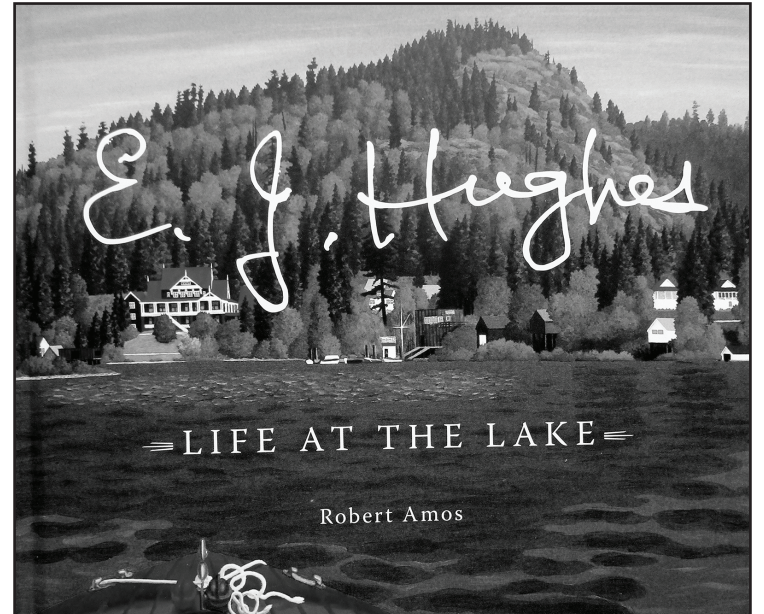
My previous books about

Hughes concentrated on his professional career. The first, *E. J. Hughes Paints Vancouver Island* (2018) shows paintings he made on trips up the east coast of Vancouver Island from Victoria and Sidney to Courtenay. The second volume, *E. J. Hughes Paints British Columbia* (2019) records his childhood in Vancouver, his trips up the Inside Passage, and the adventures he and Fern took across what he called the "vast and beautiful" interior of our province. These big books concluded with *E. J. Hughes: Canadian War Artist* (2021) which documented his fascinating and little-known work as Canada's first and longest-serving Second World War Artist. As a special treat, I gathered many of Hughes's most popular paintings in *The E. J. Hughes Book of Boats* (2020).

To complete the series, I wanted to delve into the personal life of Mr. Hughes, which mostly took place at, and near, Shawnigan Lake. Almost as soon as he moved to Shawnigan, in 1951, Hughes was discovered by Max Stern, owner of the Dominion Gallery in Montreal. Stern bought everything the artist had, in his studio at the time, and everything he made during the next half century. This remarkable arrangement allowed

Hughes to let the world go by, and to live quietly and peacefully at Shawnigan. At first, he had no car and no telephone, and saved all his time for painting. As Fern became progressively debilitated by Muscular Dystrophy, Hughes avoided public appearances and rarely gave interviews. Throughout his life very little was known of him, though with Stern's help he became one of Canada's most celebrated artists.

For my new book, *E. J. Hughes: Life at the Lake* (2023) I turned my attention to the sterling character and sheltered life of this remarkable artist. I tried out my story-telling in Shawnigan Focus, describing the little boats which took Hughes and Fern up the lake to Aitken and Fraser store to collect his mail and groceries. In these pages I've written about how he and Fern walked over to The Galley for an ice cream every week as a Sunday treat, and how he could see the girls from Shawnigan School waving to him as he painted in his studio above the bay. I wanted to try telling these rather personal tales first to the people of Shawnigan, hoping they would correct and amend what I had to say. In fact, much of what I've written for Focus does



not appear in the book, and I hope to share more stories with you in future issues.

It's clear that there is a wide audience for the artwork of E. J. Hughes and it is my guess that, all across Canada, many people cherish their own memories of "life at the lake", no matter which lake that might be. But I know that the people of Shawnigan will find a very personal joy in sharing the thoughts and beautiful pictures created by the beloved artist of this region. *E. J. Hughes: Life at the Lake* is now available at the Shawnigan Lake Museum and bookstores everywhere.

**Comments about the E. J. Hughes books by Robert Amos from TouchWood Editions**

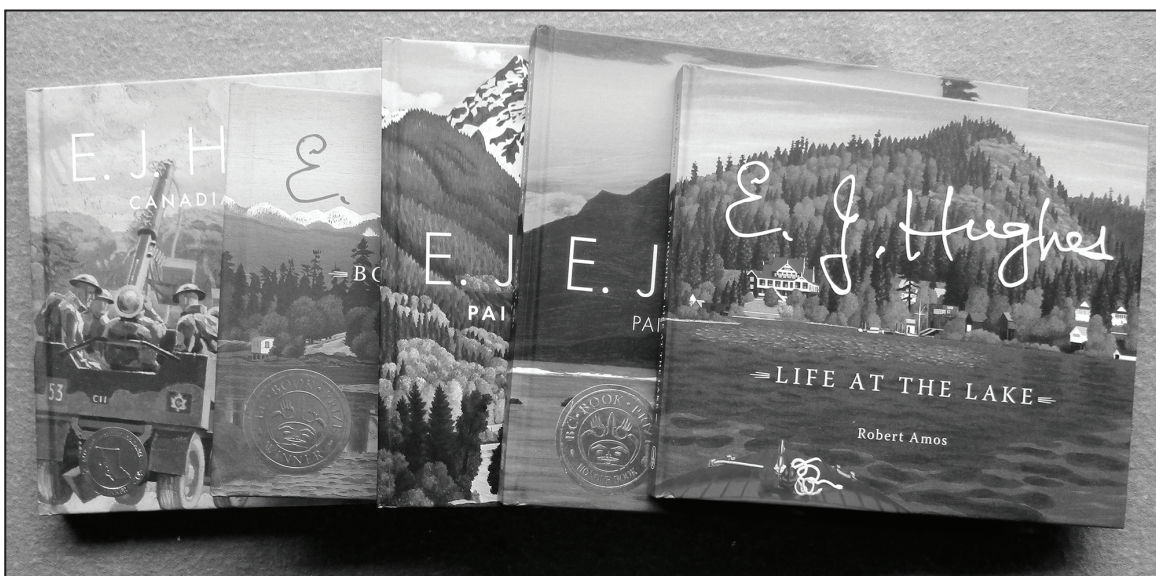
***E. J. Hughes Paints Vancouver Island*** (2018): "This book, quite sincerely, should be considered a must-have by every person who loves Vancouver Island."

Dave Obee, Victoria Times-Colonist

***E. J. Hughes Paints British Columbia*** (2019): "The book is a significant contribution to Canadian art history and a thing of beauty." Phyllis Reeve, The Ormsby Review

***The E.J. Hughes Book of Boats*** (2020): "... will release a torrent of collective memory," Brian Harvey, Ormsby Review. Winner of the Bill Duthie Booksellers' Choice Award as "the most outstanding book in terms of public appeal, initiative design and content in the opinion of BC and Yukon booksellers"

***E. J. Hughes: Canadian War Artist*** (2022): "An essential chapter of Canadian history for art lovers, Hughes fans and military historians." Victoria Times Colonist. Winner of the Basil Stuart-Stubbs Prize for Outstanding Scholarly Book on British Columbia



### Coming soon...E.J. Hughes - Life at the Lake

The latest book about E.J. Hughes is on its way! You don't want to miss this one...it is all about Hughes' life at, and love for, Shawnigan Lake. The museum has pre-ordered two boxes of books that should arrive any day. Once they arrive, Robert Amos has agreed to sign them, so make sure you get your copy at the museum. This book will be the best Christmas gift for anyone who loves Shawnigan and EJ Hughes! To pre-order, go to [shawniganlakemuseum.com](http://shawniganlakemuseum.com) to access the museum's online store.

Also, on October 28th we invite you to visit the museum between 1:00 and 3:00 to view an interview with Robert Amos, talking about the Hughes' books, in the museum theatre. Books will be available.



## Why Riparian Zones?

**Shawnigan Basin Society  
Dave Munday  
President**

A riparian zone is the land adjacent to streams, rivers, and lakes that support the aquatic ecology of the adjacent freshwater body. For streams, this zone is usually 10 to 15 metres depending on the size of the stream or river, and whether it flows all year, or is intermittent as it goes dry during dry periods.

For lakes, the riparian zone will be 15 to 30 metres wide, which depends primarily on the shade afforded the lake by the surrounding forests. In our location, the riparian zone

for Shawnigan Lake will tend to be greater than 15 metres for the southern shores compared to the northern shores.

**The riparian zone is essential for the lake and nearshore ecosystems.** With the advent of the Riparian Area Regulation (*Fish Protection Act*) in 2004, the responsibility to protect riparian zones became the responsibility of the Provincial Government. This responsibility is now housed in the Ministry of Forests and, in 2019, the regulation was changed to the Riparian Area Protection Regulation

(*Riparian Areas Protection Act*).

A Qualified Environmental Professional (QEP) trained in RAPR assessments is required if development is planned in the Riparian Zone. Ultimately, the QEP defines the Streamside Protection and Enhancement Area (SPEA) where development should be avoided. The QEP considers aspects of the riparian zone including large woody debris, areas for localized bank stability, areas for channel movement (wave cast in lakes), shade, and litter fall and insect drop which support the nearshore aquatic populations. The most significant

issue with the RAPR regulation is the activities that are excluded, including agricultural lands, mining activities, hydroelectric facilities, forestry activities, Federal and First Nation lands, institutional developments, and park lands under Local Government jurisdiction. Our local government is currently constructing the Shawnigan Village Rail Trail in the riparian zone of Shawnigan lake. This project will significantly impact the riparian zone of the lake. We estimate that the 2.5 to 3.0 metre wide trail will have a footprint of over 3000 square metres of riparian zone. This will permanently alter the

riparian function for an approximate 750 metres of the lake from the government wharf to Old Mill Park. We understand the need for safe passage for pedestrians. We would rather see the trail located on the adjacent rail bed, given there appears to be no source of funding to restore rail use in the foreseeable future. The Island Corridor Foundation (the Owner of the E&N Corridor) needs to consider temporary use of the corridor for trails, as the corridor will have to be rebuilt in any event if trains return to the corridor in the future. We all pay the price when riparian zones are impacted.

## The Legacy and Lasting Power of a Quilt

**Lynne Carroll**

As a quilter, I felt the need to share this general interest story which came my way via YSAG Coordinator, Dianne Casavant-Finn, at the Royal Canadian Legion Malahat Branch 134.

Dianne was approached by Wendell Rederburg of Cowichan Lake in the hope of salvaging his very

dear, much-loved quilt, which was given to him by maker, Eileen Rederburg - his grandmother, in 1981.

Originally made for him to take with him to Athol Murray College of Notre Dame, Saskatchewan, for attendance in Grade 10, it has since travelled from school to many hockey events, and to Toronto where prior to his employment with airlines, he and the quilt lived in the airport for two weeks before finding living accommodations. The quilt even spent time at a Naval summer camp. Now it resides permanently on Vancouver Island.

It is obviously much loved, and used, due to all the missing stitching, worn binding, and the washed-out label!

Through the years, Wendell's mother hand stitched some repairs, his wife attempted some also, but finally a neighbour recommended YSAG (Young Seniors Action Group) to tackle the much-needed care to restore this treasure.

This quilt gives Wendell a sense of remembering his past family generations and the different coloured patches represents all the different people in the community coming together.



Now it has new life to continue its journey through the future years.

sharing and I wish you well as you cuddle up in the love of your quilt.

Thank you, Wendell, for

## South Cowichan Library

**Monica Finn**

South Cowichan Library  
250-743-5436

[southcowichan@virl.bc.ca](mailto:southcowichan@virl.bc.ca)

**Family Storytime** is on Monday, Oct 16, 23, & 30, at 10:30am in the Mill Bay Centre playground. Everyone welcome, join us while it's still nice outside!

**The Inspired by Reading Book Club** meets on Tuesday, Oct 10, 6:30-8pm to talk about Ducks: Two Years in the Oil Sands by Kate Beaton. November's book is We Measure the Earth with Our Bodies by Tsering Yangzom Lama. The book club is run by the Cowichan South Arts Guild and open to everyone.

**Trick or Treat!** South Cowichan kids are

welcome to trick-or-treat the library on Oct 31 for candy and a book to take home.

**Conversational Spanish** meets from 6:30 to 7:30pm each Monday. Drop in to practice Spanish in a casual setting and chat en español en la biblioteca! Beginners welcome.

**Conversational Scottish Gaelic** is a new option for people interested in learning and practising Scottish Gaelic, just for fun. Come check it out on Tuesdays, 6:30-8pm.

**LEGO® Club** meets every Tuesday, 2-5pm. We provide the LEGO (and Duplo) and you supply the imagination. Come ready to build! This is a free, drop-in event.

**Tech Help** is available most Mondays, Fridays, and Saturdays. Drop-in or make an appointment for one-on-one help with your mobile device or laptop.

**Art for Newcomers** is a drop-in group for new Canadians hosted by the Cowichan Intercultural Society. Come by 2-4pm on the first and third Tuesdays or email [francoise@cis-iwc.org](mailto:francoise@cis-iwc.org).

**Free webinar for tenants!** On Zoom, Oct 3 & 23. To register, go here: [bit.ly/VIRLtenants](https://bit.ly/VIRLtenants)

The South Cowichan Library in the Mill Bay Centre is open:  
10am - 8pm, Monday and Tuesday  
10am - 5pm, Wednesday, Thursday, Friday, & Saturday  
Find out more at [virl.bc.ca](http://virl.bc.ca) and at [www.facebook.com/VIRLSouthCowichan](https://www.facebook.com/VIRLSouthCowichan)



## Ways to get Involved in Shawnigan Lake and give Input

### Director's Report Sierra Acton Area B CVRD Director

Community involvement is not just about giving back - it's also about building a strong and vibrant area that benefits everyone who lives here. Whether you've recently moved to Shawnigan Lake, or have lived here for years, getting involved in your community can be a rewarding and fulfilling experience. It allows you to connect with your neighbours, make a positive impact, and create a sense of belonging. Here are four ways to get involved in the South Cowichan community:

### Join a Local Organization

One of the most effective ways to get involved in your community is to join a local organization or club. These groups often focus on a particular area of interest, such as safer neighbourhoods,

arts and culture, youth development, or community revitalization. By becoming a member, you can contribute your skills, time, and passion to projects that matter to you and your neighbours. Groups, such as Community Policing, Volunteer Fire Department and RMCSARS (Cow Bay) are always welcoming new members to keep our community safe. Other groups to check out are The South Cowichan Arts Guild, the Shawnigan Lake Museum, Shawnigan Eco Rotary, and the Legion / YSAG.

### Volunteer Your Time

Volunteering is a powerful way to give back to your community and make a meaningful impact. Many non-profit organizations, schools, and the Legion rely on volunteers to support their programs and initiatives. Whether you have a few hours

a week, or just a day to spare, there are countless opportunities to volunteer your time. You can mentor local youth, assist with bottle drives, clean up parks, or help organize community events. I often hear the best part of volunteering is connecting with people you wouldn't normally get a chance to meet in your day-to-day life.

### Attend Community Meetings

Stay informed and engaged in local affairs by attending community meetings, such as Regional District (CVRD) meetings, or the upcoming Local Area Plans Engagement. These meetings provide a platform for residents to voice their concerns, share ideas, and contribute to decision-making processes. By participating, you can influence policies and projects that directly impact your community.

### Local Area Plan Workshops are being held for CVRD Areas A, B and C (Mill Bay, Shawnigan Lake and Cobble Hill).

**Where:** The Shawnigan Lake Community Centre.

**When:** Fri Oct 13 4pm-7pm (workshops 4pm & 7pm)

Sat. Oct 14 11am-2pm (workshops 11am and 12:30pm)

### Support Local Businesses

Supporting local businesses is a simple yet effective way to contribute to our community's well-being. When you shop, dine, or hire services from local businesses, you help stimulate the local economy and create job opportunities for your neighbours. Moreover, patronizing local businesses can lead to stronger community connections as you become familiar faces to

each other.

Getting involved in your community is a rewarding and meaningful endeavour that benefits both you and your neighbours. Whether you choose to join a local organization, volunteer your time, attend community meetings, or support local businesses, your contributions can make a positive impact and help create a stronger, more vibrant community.

Should you wish to discuss volunteer opportunities please connect with myself or Area B Alternate Amber Champ. Amber was born and raised in Shawnigan Lake, she is a wealth of knowledge and would be happy to help suggest a starting point.

I hope you all enjoy a great October and a wonderful Thanksgiving!

**Sierra.Acton@cprd.bc.ca**

(250) 715-6763

## Creating a Sense of Belonging in South Cowichan

Cowichan South Arts Guild  
Diane Mellot

When I first moved to Shawnigan Lake six years ago I had no community connections. Having taken early retirement, and with an empty nest, meeting local folks was difficult. In the past, work had provided community as had connecting with the parents of my children's school friends. With both of those avenues no longer available, I felt a bit adrift.

Then one day, I saw an invitation to a coffee chat for folks interested in the arts, to be held at Shawnigan Lake Coffee. Upon arrival, I met Charlotte who was hosting and soon Terry bounced in, full of energy and enthusiasm. We were asked to brainstorm opportunities related to the arts in South Cowichan. What would we like to see available? Did we have time to help out? I offered to lend a hand with membership

and just like that, I had a community!

I now meet folks out and about, that I know, and not only seniors! That's because our Cowichan South Arts Guild community has grown to over 150 members and we provide opportunities to engage in the arts from young children to seniors, beginners to expert, in a variety of disciplines. I value that CSAG is committed to providing opportunities at as low a cost as possible for folks to engage (either as participants or as audiences) in whatever artistic or creative genre that interests them and I now have many new friends from all walks of life, community connections and a real sense of purpose and belonging.

If you want to know more about the guild, what we have to offer this fall, and how you, too, can engage in the community and the arts, check out our website, our Facebook page or connect with us at: [hello@cowichansouthartsguild.com](mailto:hello@cowichansouthartsguild.com).

*Shawnigan Lake*

**CELEBRATING THE SEASON**

**Fall Festival & MARKET**

**Shawnigan Lake Community Centre**  
**Sunday, October 22<sup>nd</sup> 11:30AM-3:00PM**

**FOOD \* GAMES \* MUSIC \* TREATS \* CRAFTS**  
**CLIMBING WALL \* CUPCAKE WALK**  
**STORYTIME & MORE!**

**VISIT OUR FESTIVAL MARKET PLACE**

...for information and a complete VENDOR LIST please go to...  
**[www.shawniganlakecommunityassociation.ca](http://www.shawniganlakecommunityassociation.ca)**  
[info@shawniganlakecommunityassociation.ca](mailto:info@shawniganlakecommunityassociation.ca)

**ADMISSION BY DONATION FOR FOOD BANK**

Hosted by the SLCA - Shawnigan Lake Community Association


Supported by the Province of British Columbia.





Shawnigan Weather - September 2023 Report

Stats courtesy of UVic Weather Network, Environment Canada and Weather Underground  
Reported by Grant Treloar

	Sept Normal	Cigarmaker's Bay		Butler Road		Discovery School		Museum		Elford Road	
		2023	2022	2023	2022	2023	2022	2023	2022	2023	2022
Average High	20.5	21.6	24.2	21.4	25.2	21.5	24.0	21.0	22.7	20.7	23.4
Average Low	9.3	9.6	11.1	6.9	7.9	9.5	11.0	9.8	11.9	9.6	11.5
Extreme High	34.0	29.2	29.7	28.6	31.1	28.7	29.2	27.6	27.3	27.0	28.0
Extreme Low	-3.9	4.3	7.4	1.1	3.9	3.3	7.5	5.0	7.5	4.5	7.0
Precipitation	33.3	33.1	3.4	27.6	2.4	26.3	0.5	23.7	0.7	26.0	1.8
Days w precip	8	10	3	11	2	11	1	11	2	8	4
Year Precip	716.1	668.5	871.9	599.1	845.2	505.2	702.3	483.7	620.4	499.0	698.4
Rank since 1914: 36th warmest, 45th driest											
Lake Temperature Lake Level		Sept 4	Sept 11	Sept 18	Sept 25						
		21°	21°	20°	18°						
		115.93	115.91	115.86	115.83						

September turned out to be pretty close to an average month.

The first 3 weeks continued the summer-like conditions with mostly sunny conditions and a couple days of rain.

From September 23-28 there were 6 consecutive days of rain, then the sun returned for the end of the month.

Warmest day was on the second with the final day having the coldest night.

The lake also started its normal cooling trend, dropping by 3 degrees over the month. Lake level continues to be at its lowest in the past 8 years.

Annual rainfall continues to be 70% of normal.

Royal Canadian Legion Malahat Branch134

Gloria Solley

Each month the Malahat Legion posts a calendar of events. Be sure to pick one up at the Legion or check our website or our Facebook pages.

On Friday 13<sup>th</sup>. dinner will be a Cheese Burger and Beer Rock N Roll Night. The band P.A. and the 2 Tones starts at 7:00 pm. Kitchen opens at 5:30 pm. Dinner tickets are limited. Members \$25, Non-

Members \$28. Tickets will be available online October 1st.

Help is needed on Wednesday, October 18<sup>th</sup> to help stuff 6,000 poppy envelopes. Volunteers are welcome to come early for a free lunch.

Friday, October 20<sup>th</sup> ,at 7:00 pm, marks the return of “Turnip up the Beet” on the 3<sup>rd</sup> Friday of each month and features other local musical artists.

We are inviting everyone to attend the **Annual Memorial Service** at the **Cobble Hill Cenotaph** for Canadian Military who have lost their lives in a non-combative role whilst in the service of their country.

**Sunday, October 22<sup>nd</sup>, 2023 at 11:00 am**

Bob Collins will be standing vigil, once again, at the Cobble Hill Cenotaph Sunday 22<sup>nd</sup> from 6:30 am until

11:00 am, on Monday the 23<sup>rd</sup>.

On October 26<sup>th</sup>, we are hosting our Veterans Dinner. The dinner is free for Veterans, widows/widowers or recognized caregivers. Invited guests are welcome for a \$25 fee. Legion veterans will receive an invitation by e-mail - or can sign up at the bar. All veterans welcome.

The Annual Poppy Campaign starts on Friday, October 27<sup>th</sup>.

Taggers are needed to work at stations around South Cowichan. If you are able to help, please drop by the Legion and sign-up on the green board by the front door. All money collected from the Poppy Campaign goes directly to our local Veterans and Veteran families in need.

For further information of any our our Events, please visit our website at:  
[www.malahatlegion.ca](http://www.malahatlegion.ca)



St. John's Academy Spotlight  
Shawnigan Lake



Visit our website for additional information:  
[www.stjohnsacademy.ca](http://www.stjohnsacademy.ca)



International Baccalaureate  
Diploma Program

St. John's Academy Shawnigan Lake (SJASL) has begun its fifth year and its first year of the International Baccalaureate Diploma Program! SJASL has successfully obtained official certification as an IB school. Official certification is an incredible accomplishment. It took many hours of planning, learning and construction over the past summer (and year). We want to thank everyone that helped us achieve this.

If you haven't already visited the SJASL website, please do so. For weekly happenings, follow us on Facebook or Instagram.

For a tour of the campus please contact:  
Jenny Boomer  
[jenny.boomer@stjohnsacademy.ca](mailto:jenny.boomer@stjohnsacademy.ca)



Soccer Academy “Kick-off”

Last month, SJASL welcomed its pilot group for the St. John's Academy Football Academy here at Shawnigan Lake. SJASL has partnered with Pacific Football Club to create the first ever Canadian Football Academy paired with a professional team. This pilot group is helping us shape and grow the school, and we are grateful to the many individuals involved in front of and behind the scenes.

Message from Academy Director, Jamar Dixon: “It's been a great first week. We have had a few hiccups, which is inevitable in something so revolutionary,

but overall, I'm proud of everyone involved. This journey will continue to test us, but we will continue to strive and let things process organically. Excellent effort from the boys on and off the pitch this week. What a resilient group of young men. Let's continue to build off the foundation we set.”

Stay tuned for more information about the development of this exciting program!

~ Jamar Dixon and Kimberly Edgson



# Island Corridor Public Notice

Over the next several months, there will be a significant amount of work maintaining vegetation and safety within the E & N rail corridor. The work will involve using heavy railway equipment moving on rails and crews working within the rail corridor. This work will be taking place across the entire rail corridor on the island, from now into next summer, on a regular basis. Members of the public are reminded that the rail corridor is active, and that moving railway equipment can occur at any time.

For the safety of the public and railway

workers, members of the public should not enter the rail corridor or be near railway equipment. Keep your distance at least 50 feet away from the railway tracks. Members of the public are also reminded to be prepared to stop their vehicles wherever public roads cross the railway tracks and be alert for oncoming railway equipment.

In regard to the Shawnigan Rail Trail, Larry Stevenson CEO of the Island Corridor Foundation, commented, "The trail systems on the corridor are subject to building standards imposed by the Foundation and the

Province.

The design of the trail is prepared by the Regional District and is provided to us for review and approval by our engineers. I do know in this particular case there has been much discussion and review, within the CVRD at the staff and political level. On that basis, I am confident the environmental issues have been considered and properly addressed. I would also note that the CVRD has designed and constructed a number of trails on the corridor and I have every confidence in their preparation for this part of the trail system."



Shawnigan Rotary EcoClub at work

## CHARITY BOOK SALE GARDEN HOUSE FOUNDATION FUND



### 20,000 QUALITY USED BOOKS

Prices mostly 50¢ to \$3.00  
Pay with CARDS or CASH

Saturday, October 28<sup>th</sup> 9AM to 3PM  
Sunday, October 29<sup>th</sup> 9AM to 2PM

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[www.gardenhousefoundation.wordpress.com](http://www.gardenhousefoundation.wordpress.com)

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Quw’utsun Nature Rambles

Genevieve Singleton  
Nature educator and  
biologist living in the  
Cowichan Valley

I saw the light singing  
through these leaves in  
the unceded traditional  
lands of Stz’uminus First



Nation (Chemainus) and  
caught my breath with  
the beauty of our world.

I always like to write  
about plants to eat.  
This is one plant that  
you do NOT want to  
eat since the berries  
and particularly the  
bark has strong laxative  
qualities! This is Q’ey’x  
ulhp in Hul’qumi’num’  
, the First Language  
where I am lucky to live.  
In English this is known  
as Cascara and in Latin  
*Rhamnus purshiana*.

There are no berries in  
this photo, they are small  
and black. However, here  
is a good view of the leaf

shape so you too can  
be a pro at recognizing  
Q’ey’xulhp. The leaves  
are oval, sometimes with  
a tip, and smooth edged  
with very prominent  
veins. Sometimes  
Q’ey’xulhp is confused  
with Kwulala-ulhp,  
Red alder, *Alnus rubra*.  
However, Kwulala-ulhp  
always has serrated leaves.  
In October, Q’ey’xulhp  
leaves will turn to glorious  
gold.

On reading *Luschiim’s  
Plants*, written by  
Luschiim Arvid Charlie  
and Nancy Turner,  
I was thrilled to learn  
that Luschiim’s Dad,  
renowned carver, Simon

Charlie, who I was very  
fortunate to know, found  
Q’ey’xulhp wood was  
his favourite to make  
wood carving tools with.  
It gave just the “right  
amount of flex”!

Several of my friends  
have shared stories  
of how their fathers  
made extra income  
by collecting and  
selling Q’ey’xulhp to  
brokers who then sold  
it to pharmaceutical  
companies. Eventually, a  
way was found to make  
the laxative synthetically  
and these lovely trees  
were left in peace.

Huy ch q’u (thank you)  
for taking the time to  
read this. In learning  
about Truth and  
Reconciliation I decided  
one step I could take

was to learn plant words  
in Hul’q’umi’num’ and  
normalize the use of our  
First Language in my  
writings.

Interested in learning  
more about local nature?  
Please follow me at  
Facebook Genevieve  
Singleton Quw’utsun  
Nature Rambles  
Facebook Genevieve  
Singleton Quw’utsun  
Nature Rambles and

#Quwutsunnaturerambles

Great  
Ad Rates!!

Contact Kim:

shawniganfocusads  
@gmail.com

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PACKAGES

12 Month  
Family Membership  
\$129.95 per month

Membership packages  
include: access to  
cardio equipment,  
selectorized and plate  
loaded strength  
equipment, functional  
training equipment and  
free weights; group  
fitness classes (Yoga,  
Zumba, Cycle Fit and  
more!); Infrared Sauna,  
and Towel Service!

VALLEY  
HEALTH and FITNESS

#1-1400 Cowichan Bay Rd. Cobble Hill  
Call (250) 743-0511  
www.valleyhealthandfitness.ca

Shawnigan Lake Fire Department

Phone: (250)743-2096 Non-emergency: (250) 812-8030 shawniganfire@shaw.ca

September 2023 Report

Department Members Attended 39 Incidents in September

- Friday, Sep 1 - 1st  
Responder off Shawnigan-  
Mill Bay Rd
- Friday, Sep 1 – MVI on  
Meadowview Rd
- Friday, Sep 1 - 1st  
Responder off Renfrew Rd
- Saturday, Sep 2 - 1st  
Responder off Gregory Rd
- Saturday, Sep 2 - 1st  
Responder off Sherburn  
Rd
- Saturday, Sep 2 - 1st  
Responder off Shawnigan  
Lake Rd
- Sunday, Sep 3 - 1st  
Responder off Shawnigan  
Lake Rd
- Sunday, Sep 3 - 1st  
Responder off Millicent  
Rd
- Sunday, Sep 3 – MVI on  
Shawnigan Lake Rd
- Monday, Sep 4 –
- Assistance on Wallbank  
Rd
- Tuesday, Sep 5 - 1st  
Responder off Renfrew Rd
- Tuesday, Sep 5 - 1st  
Responder off Shawnigan-  
Mill Bay Rd
- Thursday, Sep 7 - 1st  
Responder off Shawnigan  
Lake Rd
- Friday, Sep 8 - 1st  
Responder off Renfrew Rd
- Saturday, Sep 9 – Burning  
Complaint on Thrush Rd
- Saturday, Sep 9 - 1st  
Responder off Elford Rd
- Tuesday, Sep 12 - 1st  
Responder off Renfrew Rd
- Tuesday, Sep 12 - 1st  
Responder off Renfrew Rd
- Wednesday, Sep 13 - 1st  
Responder off Shawnigan  
Lake Rd
- Wednesday, Sep 13 - 1st  
Responder off W  
Shawnigan Lake Rd
- Wednesday, Sep 13 - 1st  
Responder off Renfrew Rd
- Thursday, Sep 14 - 1st  
Responder off Campbell  
Rd
- Friday, Sep 15 - 1st  
Responder off Shawnigan  
Lake Rd
- Friday, Sep 15 - 1st  
Responder off Bob-O-Link  
Rd
- Saturday, Sep 16 - 1st  
Responder off Elford Rd
- Saturday, Sep 16 - 1st  
Responder off Shawnigan  
Lake Rd
- Saturday, Sep 16 –  
Burning Complaint on  
Renfrew Rd
- Sunday, Sep 17 – 1st  
Responder off Shawnigan-  
Mill Bay Rd
- Wednesday, Sep 20 - 1st  
Responder off Shawnigan-  
Mill Bay Rd
- Wednesday, Sep 20 - 1st  
Responder off Renfrew Rd
- Thursday, Sep 21 - 1st  
Responder off Ravenhill  
Rd
- Thursday, Sep 21 - 1st  
Responder off Renfrew Rd
- Thursday, Sep 21 -  
1st Responder off W  
Shawnigan Lake Rd
- Friday, Sep 22 – Alarms  
Activated on Wilmot Ave
- Monday, Sep 25 – Hydro  
Lines on Shawnigan Lake  
Rd
- Monday, Sep 25 - 1st  
Responder off Jersey Rd
- Monday, Sep 25 - 1st  
Responder off Shawnigan  
Lake Rd
- Tuesday, Sep 26 - 1st  
Responder off W  
Shawnigan Lake Rd
- Wednesday, Sep 27 – MVI  
on Cameron-Taggart Rd

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## COMMUNITY GROUPS

- **Area B Director's meetings with Sierra Acton**  
Email: [sierra.acton@cvrd.bc.ca](mailto:sierra.acton@cvrd.bc.ca)
- **Shawnigan Advisory Planning Commission (APC)** Meetings TBA
- **Shawnigan Parks and Recreation Commission**  
Meetings are held bi-monthly on the third Thursday of the month.
- **Shawnigan Lake Community Centre Commission**  
Meetings TBA. Held at the Shawnigan Lake Community Centre
- **Shawnigan Improvement District**  
2nd Monday of each month 7 pm at #1 Fire Hall
- **Shawnigan Lake Museum**  
Contact us for information about hours and/or group visits.  
Contact: [museum@shawniganlakemuseum.com](mailto:museum@shawniganlakemuseum.com) (web): [shawniganlakemuseum.com](http://shawniganlakemuseum.com)
- **Shawnigan Residents Association (SRA)**  
For info: (web): [www.thesra.ca](http://www.thesra.ca)
- **Shawnigan Lake Community Association (SLCA)**  
Contact: [bburr@shaw.ca](mailto:bburr@shaw.ca)
- **Shawnigan Basin Society**  
#102-1760 Shawnigan Mill Bay Road. Contact: [info@shawniganbasinsociety.org](mailto:info@shawniganbasinsociety.org)
- **Young Seniors Action Group (YSAGS)**  
Contact: [ysagssl@gmail.com](mailto:ysagssl@gmail.com) (web): [blog.ysag.ca](http://blog.ysag.ca)
- **South Cowichan Community Policing (SCCP)**  
Contact: 250-929-7222(web): [southcowichancommunitypolicing.ca](http://southcowichancommunitypolicing.ca)
- **Royal Canadian Legion Malahat District Branch 134**  
Saturday Meat Draw 3:00-5:00pm. Contact: Gloria [gsolley@shaw.ca](mailto:gsolley@shaw.ca)
- **Cowichan South Arts Guild (CSAG)**  
Contact: [hello@cowichansouthartsguild.com](mailto:hello@cowichansouthartsguild.com) (web): [cowichansouthartsguild.com](http://cowichansouthartsguild.com)
- **Shawnigan Quilters** - Wed. 9-2 at Lion's Hall (former Sylvania School)
- **Rotary Club of Shawnigan Lake Eco Club**  
Meeting Info & Contact: [ShawniganRotaryEcoClub.ca](http://ShawniganRotaryEcoClub.ca)

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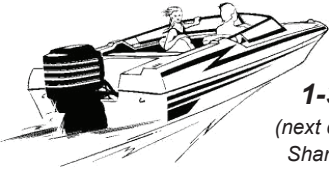
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# Let’s talk about subconscious racism

**Jared Qwustenuxun Williams**  
*Writer and Educator*

It’s a big concept and it can leave people pretty confused and unable to see how it might hurt. So I’ll throw down some lived examples and try and make sense of this complex topic.

The most obvious one for me is my son’s name. His name is Qwustenuxun and when he introduces himself it’s always a tense moment. A few years back we went to a medical appointment at one of our regular clinics. The receptionist smiled as she greeted us, she addressed me by name and searched her screen

to find my son’s name. But then it happened, the sour face hwunitums make when they cannot say a foreign word. She calmly reverted back to smiling and asked my son, “hey champ, whats your name?” My son, still young and innocent spoke back clearly, “Qwustenuxun.” I could see her puzzle with it again, now hearing the word that she couldn’t read. She tried again she said, “well that’s a big name, what do they call you for short?” To which my son replied, “Qwustenuxun.” The receptionist looked up at me with that sour face again and said, “sorry, there’s no way I can pronounce that. Does he

have a nick name?” This is just a name. Imagine how she’d deal with our place names, our language, or our culture. But her reaction was only mostly her fault, but not completely. We speak English in Canada. We don’t even recognize indigenous languages, at least we didn’t when I was trying to get into university and needed a second language. But Canada is built on top of indigenous lands, people, and culture.

What do I mean? We celebrate Christmas and birthdays in Canada, not potlatches and coming of age ceremonies. We live in Duncan, not Quw’ustun. When we go to school, we are taught European history and the history of Canadian Colonization. We don’t learn about Xeel’s, Shwuhwaus, or real people from indigenous history, like Chief Tzouhalem. When we look at the mountains, we see mount Maxwell

and mount Prevost, not hwmetutsum and swuq’us.

This all results in hwulmuhw people being the strangers in our own land. People come to our homes and tell us to go back where we came from. It’s almost burnt into the Canadian subconscious that First Nations are lesser because they are different. It’s very western to think those who are not the same are lesser, inferior, or uncivilized. These deep-rooted racial constructs cause people to make poor decisions when it comes to dealing with hwulmuhw people.

Like my cousin, he looks real hwulmuhw. Big broad shoulders, heavy set, with a square head, and a dark almond brown completion. So when my hwunitum friends meet him they have a stereotype in mind. And it shows up after he leaves. These hwunitums say things like, “wow he was really

smart,” or “he was very well spoken.” All I can ask is, “what did you expect?” But what sucks is when my cousin goes to the hospital, they don’t treat him like an intelligent well-spoken person he is. They treat him with the stereotype that haunts him.

Our world, at least the world in Cowichan, was raised and branded with a white superiority complex whether we like it or not. It’s acknowledging that flaw that allows us to change. So many people will tell you they are not racist. Heck they’ll even tell a person of colour that what they are experiencing isn’t racism. Because they won’t face their own inherited subconscious racial bias.

So, let’s work on that together...let’s do the deep work so we can collectively make this world a better place for our kids, and the generations to come.





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**4PM-7PM**  
WORKSHOPS  
4:00PM & 5:30PM

*Ideas Fair*

**SAT. OCT 14**  
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