

*"Our Voice - Our Thoughts - Our Community"*

Last month we wanted to celebrate our first year of publication by thanking all of the advertisers, volunteers and contributors who have made the paper possible. We decided to use Wordle, a nifty web based program which creates “word-clouds” from a list. Much care was put into compiling the list of 177 valued supporters. Unfortunately Wordle has an undocumented setting which truncates the list to 150 entries unless explicitly overridden. For those that were missed we sincerely apologize and have created another Wordle this month just for you.

The controversy has been simmering for years and is well documented in a 2007 CVRD staff report which evaluates whether the CVRD should create regulations to obtain local control. It is well worth reading and we have reprinted the entire report on Page 2. For those that like to skim we have put **key points in bold print.**



*One of numerous receiving sites.*



### Who is monitoring?



*Would not happen in Victoria*

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or email us at  
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# People of This Place

## Lora Favor - Not your average cop

Local police officer, Constable Lora Favor, came to a career in law enforcement later in life than most officers. Here is her story.

Elizabeth, New Jersey, where Lora Favor was born forty-nine years ago, was by any measure not a great place in which to grow up. It was a multi-racial and multi-ethnic city, rife with problems of poverty and conflict between races and ethnic groups. It was the era of legislated integration of white and black students. Crime was rampant. By the time Lora started school, there were signs of her getting caught up in juvenile wrongdoing. But two things happened that kept her from going too far down that path. One was the intervention of a remarkable teacher who made a deal with her when she was in Grade 5: If she stayed out of trouble and helped around the school, he would take her to every New York Yankees home game. It worked. Young Miss Favor stayed out of trouble and saw lots of good baseball.

The other thing that happened about that time was her parents won a contest; the prize being a trip to Victoria, B.C. Her parents came to Vancouver Island, loved what they saw and decided to move here. The Favor family (Lora, her parents and two sisters) settled in the Gordon Head area of Victoria, and twelve-year-old Lora attended Arbutus Jr. High School then Mount Douglas Senior High.

During her school years in Victoria, Lora was more interested in athletic pursuits than academic work. After graduating in 1981, she drifted for a few years with no particular goals other than sports and partying. She admits that she was somewhat lost and a candidate once again for getting into various types of trouble. However, during her school years and the few years following graduation, Lora was lucky enough to have received friendship and good advice from several adults who came into her life; a teacher and two Victoria police officers. Their influence and her involvement in basketball at that time in her life were major factors in keeping her from going down what would probably have been an undesirable and destructive path.

As a result of their advice and encouragement, Lora eventually enrolled at Langara College to study education and play basketball. Her prowess at basketball led to her being named Female Canadian Athlete of the Year. This in turn led to public speaking engagements and to attendance at the University of Victoria where she earned a Bachelors of Arts degree in psychology. Later on she took a second bachelors degree in family therapy. For many years Lora worked as a registered clinical counsellor in Victoria and other parts of Vancouver Island. It was while

working in this field that she met and married her husband, Don, a clinical psychologist. She loved her work in family therapy and her work with young people during her eight years of teaching health and lifestyle classes at Claremont High School as part of an addiction prevention program.

Then came Shawnigan Lake. Lora left her work in Victoria to take the position of Director of Health Promotion at Shawnigan Lake School. During their years in the Shawnigan area she and Don had three children, all girls and all now grown up and living elsewhere.

By then in her thirties, Lora returned to university and completed a Master's degree in education specializing in coaching studies. Then, in her early forties she decided that she wanted to serve her community in a very different way: as a police officer. And so it was off to the RCMP training program in Regina for six gruelling months of work and study. Though her home and heart were in Shawnigan, upon graduation newly-minted Const. Favor was posted to the Richmond detachment which meant commuting to the island to spend her days-off at the family home on wooded acreage not far from the lake. About two years ago, by then a seasoned police officer, Lora was posted to the Shawnigan detachment. She was ecstatic.

Despite the formidable stresses and demands of police work, Lora and Don find time to do a lot of hiking and mountain biking. Always athletic, she plays recreational lacrosse and coaches women's field lacrosse and basketball. She is involved in summer basketball camps here at Shawnigan Lake and with the Canada Under 19 Lacrosse Team. She is also one of the few people qualified to certify coaches under the national lacrosse program. In addition to her participation in sports, Lora also does wildlife photography and wood carving and plans to learn to fly a plane.

Lora intends to live here, in her chosen community, for many more years and says that she feels very blessed. There is still much more that she would like to do, but she appreciates the lifestyle that she and Don have here and is happy and content.

Constable Lora Favor is driven by a strong desire to serve her community as a way of giving back what she can in return for the help and support from teachers and police officers that she received during some rough patches in her past. We at Shawnigan Lake are fortunate to have this dedicated and compassionate police officer as a member of our community.

## CVRD ELECTORAL AREA SERVICES (RURAL ISSUES) COMMITTEE MEETING

**DATE:** February 12, 2007

**SUBJECT:** Development of CVRD Soil Deposit Bylaw

**PURPOSE:** To evaluate the effectiveness of developing a soil deposit bylaw to address the use of contaminated soil as fill material at sites within the CVRD. The treatment of contaminated soils locally, which can be regulated through zoning bylaws, is not addressed here.

**BACKGROUND:** The deposit of contaminated soils within certain areas of the CVRD has, for several years, been an issue of significant local concern. While there is some variety with regard to types of contamination and the size and significance of fill sites within the CVRD, the most notable sites are on industrially zoned land and accept soils under a Soil Relocation Agreement (SRA) issued by the Ministry of Environment (MoE). In entering into a SRA, the MoE has considered that “the relocation of the contaminated soil will not cause significant potential for adverse effects on human health or for pollution of the environment.”

... According to the MoE staff the issuance of SRA's is declining, as developers prefer to direct soils to treatment facilities. However, anecdotal evidence suggests that, in response to declining provincial enforcement, soils with higher levels of contaminants are being deposited locally.

Soil relocated to industrially zoned land is allowed under the Contaminated Sites Regulation (CSR) to be contaminated up to levels suitable for industrial land use – defined as soil that contains contaminant criteria in excess of the standard for residential use, but less than the standards for hazardous waste.

### KEY ISSUES:

1. ... the CVRD has no input on the SRA process and no authority to designate appropriate fill sites or to keep fill activity away from environmentally sensitive areas. Contaminated soils are being placed at sites located near sensitive water resources ...
2. ... the MOE has limited resources to verify that the information provided to them by is correct. SRA's issued on the basis of incorrect information have likely, in the past, led to the transfer of contaminated soil to the CVRD.
3. The CVRD lacks a suitable tool to ensure that local interests are safeguarded in placement of contaminated soils. Previous court decisions have ruled that placement of fill does not constitute a “use of land” thus limiting the effectiveness of using zoning to limit filling ...

Development of a CVRD soil deposit bylaw to regulate the deposit of contaminated soil has been discussed. Soil deposit and removal bylaws typically designate local standards for acceptable types and quantity of

fill, erosion and sediment control, size of soil stockpiles etc. Such bylaws allow for soil deposit permits to be issued based on information submitted by applicants, and often require involvement of a qualified professional. A review of soil deposit and removal bylaws from several BC jurisdictions indicates that none of these bylaws place effective restriction on the deposit of contaminated soils.

To ensure that established standards are scientifically based and to attain province –wide consistency for contaminated soil management, the Province has expressly limited the ability of local government to set criteria for soil deposit based on contamination. The Community Charter establishes soil deposit bylaws as a “sphere of concurrent authority” whereby both the province and local government have a shared regulatory interest. Under these provisions a local government bylaw which restricts deposit of soil and which makes reference to soil quality or contamination requires approval from the MOE. No such bylaws have been approved by the MoE.

... protection from liability is removed if the local government bylaw establishes “standards or procedures for testing, excavating, storing, removing, relocating, or depositing contaminated soil“ that conflict with the Environmental Management Act.

**Analysis:** Careful consideration should be given to what a soil deposit bylaw would be able to

achieve relative to the considerable resources the CVRD would invest to develop, monitor and enforce the bylaw. While a bylaw would address other aspects of soil filling, and in general allow for better oversight of soil removal and deposit within the region, there are no other pressing issues with soil filling that require regulating at this time. If the bylaw cannot regulate the single issue that it is intended to address, namely the prohibiting of contaminated soil deposit, the effort is likely not justified.

... Even with a bylaw in place, it would likely prove difficult to capture the fringe element of the soil hauling industry that currently conducts its business without regard for the existing regulations.

If further investigation revealed contamination on a level that warranted challenging the MOE, the CVRD could pursue this option. While the MOE will not approve a bylaw that specifically restricts contaminated soils, it has approved bylaws that allow for a soil deposit permit to be denied based on the proposed deposit polluting a water course or posing a threat to human health. The CVRD could develop a bylaw with similar wording to the above, and use these provisions to deny a soil deposit permit to a site with a SRA in place.

This may place the CVRD in a difficult legal position as it conflicts directly with the CSR, and would have to be considered

carefully. **It would however, provide a means of forcing the issue with the province.**

Alternately there may be opportunities to engage with the province on a constructive solution to this issue. The CSR allows for certain powers, such as issuance of Soil Relocation Agreements to be delegated to a local government. This has not occurred in the past, and is not a priority for the province. However it may be possible to develop this over time through negotiation with the MoE. Further CVRD approaches to this issue could focus on limiting the potential for fill activity to impact water resources. Concerns regarding specific fill sites may be addressed through the powers granted through the Water Act to Health Protection Officers at VIHA. VIHA has established procedures for addressing water quality concerns brought up through the CVRD.

Contaminated soil filling, of which the long-term local risks and impacts remain unknown, will continue to be an ongoing issue in the CVRD. Due to these unknowns, it is prudent to develop an effective tool for ensuring that contaminated soil filling does not occur in sensitive areas. **A soil deposit bylaw would not be an effective tool for resolving the issues the CVRD currently faces with contaminated soil deposit.**

### RECOMMENDATION:

**1. That it be recommended that the CVRD does not pursue development of a soil deposit bylaw at this time ...**



WE ENCOURAGE YOU TO SEND US LETTERS...

The Focus will publish your thoughts on Shawnigan issues; bouquets you would like to offer to special people; things that strike you funny; challenges you want our civic leaders to consider; and/or ideas that would better our community. Letters to the Editor must be accompanied by the author’s full name, address and phone number, but the contact information, other than the name, will not be published. Letters should be limited to 300 words and we reserve the right to edit for brevity or to refuse inappropriate or abusive language. Letters should attack issues - not individuals.

Road-Ends as CVRD Parks

Margaret Symon, seems to have partially (if you can do that) let the cat out of the bag as far as the public road ends go. Lots of questions are going to arise - especially the biggest one, are the people of Shawnigan lake going to be in control of the ALL of follow up decisions, after the designations are complete? Or will we have no say in the matter (s)?

Is it possible to clear all of them for either beach access or public boat launches? Who will police the areas (for illegal docks, etc.) will it be up to phone calls of complaint from the public at large? Will every access point have signage at the main roadway, and at the mouth of the path, or boat launch to the shore? Will there be barriers to stop ATV or motorcycle riders from using the paths to the beach? Will there be roadside clearing for parking? Will there be garbage receptacles in the areas, and who would take care of those on a weekly basis?

Basically, if there is going to be action taken, is the job going to be done right? I was under the impression, initially, that people squatting, and dumping of garbage and public nuisance complaints were the main issue, so blocking off the road ends with gates, and removing illegal docks, etc. would be the result.

After reading the above two comments one would think, one or the other can happen - HOPEFULLY - a little of both, if there is anything a teeny bit positive in this, it might be that one could drive the side roads, to the road ends and not be given evil looks, by local residents when “they” are outside, when one does so, as they have done before.

One thing is certain, they have had certain liberties, and should be thankful for them, not be upset that things could be changing!

What a can of worms eh?

Mr. R

Response: “Our Lake is Dying.”

Dear Editors,

A few days ago I was gardening near the fence that separates my property from the road when I overheard a man on the other side of the fence say to his companion, “I hear you have to have a

bath after swimming in the lake these days.” Of course what he said is utter nonsense, but it reminded me of the letter in the last edition of the Focus by Shelagh Bell-Irving published under the rubric “Our Lake is Dying.”

Unfortunately for the reputation of our lake and community, Ms. Bell-Irving’s letter was flawed by hysteria and exaggeration. While I agree with her that we have good reason to be concerned about future water quality and the impact on the lake of further development in the lake’s watershed, I strongly disagree that “Shawnigan Lake has been in a life and death struggle for many years.” She is also incorrect in stating that over the past 10 to 15 years the quality of lake water has, on a scale of 0 to 10, gone from drinkable to “terminal” and that this information comes from Uvic’s Dr. Mazumder. In all my discussions with Dr. Mazumder and in my reading of his published studies, I have never come across the water quality scale to which she referred. Dr. Mazumder does indeed caution us to be particularly careful and diligent about the lake and its watershed from now on if we wish to ensure continuation of the lake as a source of clean and safe water for recreation and household use. In a recent report based on bi-weekly water sampling in 2010 and 2011 looking at nitrogen and phosphorous levels Dr. Mazumder wrote, “The nutrient results indicate that Shawnigan Lake continues to be oligotrophic, which is desirable from a recreational and drinking water supply water quality perspective.” This confirms the findings of a 2007 Ministry of Environment report which stated that “No parameters measured showed levels or trends which would cause concern at this time.”

I understand Ms. Bell-Irving’s concerns, and they are justified to a degree, but they do not warrant hysteria or panic. She should bear in mind that letters like hers can damage the reputation of Shawnigan as a great place to live and play, thereby negatively affecting local businesses and property values. Let’s be accurate, factual and calm on the water quality issue.

Yours truly,

Graham Ross-Smith  
Shawnigan Lake



Shawnigan Focus Subscriptions

To Whom It May Concern,

... A Shawnigan friend has kindly sent the Focus to me since its beginning. I see that subscriptions are now available. I would appreciate receiving data re this at your earliest convenience.

My late husband, Art Rumsby, and I resided as permanent residents at 1680 Shawnigan Lake Rd. East from 1953 to 2006 when we reluctantly had to leave because of medical problems. The residence had been a summer home for Art and his parents from 1938 to 1953.

I treasure all my wonderful memories of my days at our beloved Shawnigan and I still have a keen interest in “What’s Happening There” which the Focus covers exceptionally well. Congratulations on producing such an informative and interesting paper.

Sincerely yours,

Margery Rumsby

“Live as if you were to die tomorrow. Learn as if you were to live forever.” Mahatma Gandhi

Shawnigan Lake girl in need of urgent operation faces a two year wait for procedure

Kim Pemberton  
Shawnigan Lake House

Emily Ben is still waiting for an overdue surgical procedure that will help the little girl to grow.

The eight-year-old Shawnigan Lake girl has one foot shorter than the other by 6.5 centimeters and needs the surgery as soon as possible. Her family was told she has to wait two years for the operation at B.C. Children’s Hospital.

“We’d like to get it done sooner rather than later,” said her father Ben Ben.

He said the Shriners have contacted the family and offered to take Emily to Portland to have the surgery there, but Emily would prefer she have the

surgery in B.C. Children’s Hospital because she knows and trusts the doctors.

Opposition NDP leader Adrian Dix raised Emily’s long wait time recently in the BC legislature. Dix asked the government why Emily and others like her have to wait so long for orthopedic procedures.

Ben said he is still hoping to hear back soon otherwise the option of going to Portland might have to be taken.

Emily had contracted bacterial meningitis at the age six months, which damaged her knees and growth plates on her legs.

She has already had two knee reconstruction surgeries in her short

life and a surgery to put in a steel apparatus developed by a Russian doctor that helps the leg to lengthen. The fourth surgery was to remove the apparatus, called an Ilizarov, but it is now needed again to help with more leg lengthening.

Ben explained that the metal frame goes over the part of Emily’s limb that is shorter and rods are connected into the bone. Her parents then turn screws in the device four times a day, for a certain period of time, in order to help stretch the leg. He said that when Emily had the device her leg previously it was out by 5 centimeters. It took four months before the leg had reached its desired growth for her age.

In the meantime, without the surgery, Emily has to wear 5-centimeter high lifts in her left shoe.



Emily Ben with mom Shelley

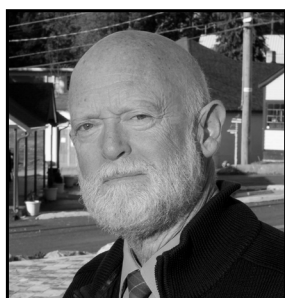
Ben said Emily wears them at school but she is embarrassed by them so she doesn’t like to go out publicly because they are so noticeable.

He said the school and the community of Shawnigan Lake has been very supportive of the family, who are originally from Edmonton but moved to the lake when Emily was a baby.

He said Emily enjoys swimming in the lake in the summer, going to the ocean, horses and piano lessons.



## Director's Report May 2012



**Dr. Bruce Fraser**  
*Area Director*

A comprehensive report on the Area Director's work on behalf of the community from December to April is currently available on my web site at [fraserforshawnigan.ca](http://fraserforshawnigan.ca)

### **Dumping of Contaminated Soil in the Shawnigan Watershed**

On May 8th, a CVRD delegation met with Environment Minister Hon. Terry Lake regarding the dumping of potentially contaminated soil in the Cowichan region, particularly in the southern headwaters of Shawnigan Lake. CVRD Chair Rob Hutchins led the delegation that included area directors Bruce Fraser, Mike Walker and Gerry Giles along with staff members CAO Warren Jones and Planning General Manager Tom Anderson. The approach taken by the CVRD was to seek a collaborative solution to what has become a major issue with rising conflicts arising over the past twelve years.

In discussion with Minister Lake and his senior

staff an agreement was reached to proceed with a stronger monitoring and assessment program with significant commitments on the part of the ministry. They include:

- Testing of samples of soil coming into the CVRD for contaminants, including spot checks of specific truck contents and monitoring of the eleven receiving sites already identified. This would begin within the next few weeks to ensure that the period of spring runoff is captured
- Tracking the sources of material being dumped. Testing of the water in Shawnigan Creek below the existing dump sites for potential contaminants
- Enhanced enforcement of the regulations that govern the movement of contaminated soil
- A requirement that any existing contaminated soils that exceed the regulated amounts of contaminants, already dumped in the watershed, be cleaned up
- A promise to consult with the CVRD Board on upcoming changes to contaminated soil regulations

- Providing a ministry liaison person to work collaboratively with the CVRD on an ongoing basis
- Working with the CVRD to identify and resolve differences between CVRD zoning by-laws and land use definitions employed by the ministry
- A program of public information to keep citizens of the Cowichan region fully informed of monitoring and test results along with any other actions taken
- An early presentation to the CVRD Board to present the ministry's regulatory framework and to discuss the collaborative effort

As this program proceeds, regular reports will be provided to Shawnigan residents in Focus articles, the Director's web site, the Director's office hours in the Village and during the monthly Director's meetings. CVRD Board meetings are open to the public and reports of progress will be included in the public agenda. If any person or group would like more information I would be happy to visit with them to provide a complete discussion.



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## Shawnigan Lake (Area B) Parks Commission



**Margaret Symon**  
*Chair of Parks Commission*

On May 27, 2012, Shawnigan Lake plays host to the 6th annual Shawnigan Subaru International triathlon. Race directors expect that

upwards of 500 athletes from around the world will be swimming, cycling, and running around our community in a busy, colourful competition that is organized by Lifesport Coaching, in conjunction with local volunteers. In the longest, and most challenging of the three triathlon events, the One Half Iron, athletes swim from West Shawnigan Lake Provincial Park out to the middle of lake and back again, quickly cycle four times around the lake, then run north up the TransCanada Trail, across the Kinsol Trestle, dash south along the trail for a total of 21 km, and finally finish back at West Shawnigan Lake Park.

The Olympic race grills athletes through a course that is about half the distance of the "Half"; the "Sprint," a mini version of the Half Iron, offers newcomers a bracing introduction to the world of triathlon racing. Each event also features a relay.

A special (and free) Kids Race for young, pre-Olympians, is to be held on Saturday afternoon, May 26, at Elsie Miles.

Our community is a seasoned host to racing events. For more than two decades on the last Sunday in October, the Shawnigan Half, the longest running half-marathon in British Columbia, has seen runners tackle wind, rain,

and frost, and occasional shafts of late autumn sunshine on a pumpkin-studded route around Shawnigan Lake. Last year a new course designed by the Ceevacs saw a record number of runners competing in the Kinsol Half -a 21.2 km race from the Beach Estates to the trestle and back, and a shorter "Half a Half" event (about 10 km). Earlier this spring the Ceevacs donated the proceeds of the 2011 Shawnigan race - together with monies raised from selling custom-made Kinsol socks - in the form of a cheque for \$2500 to the CVRD Parks Dept., to be used in the ongoing restoration of the Kinsol Trestle.

All the legwork behind Shawnigan Half Marathons, Shawnigan Triathlons, Community Commissions and Residents' Associations, the Shawnigan Museum and the Focus newspaper wouldn't happen without volunteers. Volunteers produced this newspaper you are reading. Volunteers run local commissions. Volunteers plan and coordinate Easter egg hunts and community Hallowe'en nights and Shawnigan Triathlons and Shawnigan half marathons. At the upcoming Shawigan triathlon, all the course marshalls, transition zone folks, ham radio operators, aid stations, body markers, first aid attendants, musicians, refreshment coveners and distributors, set-up and set-down people, lifeguards, boat operators, and clean-up crew will be volunteers.

At the end of race day on Sunday, May 27, some of these weary volunteers may well be mistaken for tired athletes who've just completed grueling triathlon events.

Good luck, athletes. Thank-you, local volunteers, for keeping our community "in the running."

Lois Saunders

250-743-5559

*Esthetics by Lois*  
Shawnigan Village

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Take a Hike!



Robin Massey  
www.theontree.com  
Shawnigan Focus

8 bells on a Sunday can certainly come early sometimes, but oh so worth it! In April, we were a little pressed for time as life gets pretty busy during the bustle of renewal and regeneration being upon us, so we chose something a little closer to home.

Our hike started at the end of Miner Road just off Ingot Drive and if you are familiar with it then you probably already know that there is an incredible network of trails that can take you all over the backside of the Cobble Hill and Shawnigan Lake areas. The spring has definitely been good to our forests as they proudly display beautiful new growth and foliage which indeed has a calming effect on those of us with a typical go, go, go attitude.

At the trailhead there are three choices of routes to take but because the route was scoped out earlier by our trail scout, we stuck to ‘the plan’. We jumped on the trail up the centre, which is the one with the immediate incline of course! A short time thereafter we popped up on the

mainline which if you go right takes you to Silvermine or, if you go left, it can apparently take you all the way to Burnt Bridge and beyond. Going left we maneuvered around the large puddles created by the spring showers.

I have to admit that it’s so very tempting to take some of the off shooting trails upwards on the right, but in order to keep our bearings, we stayed true to the more substantial trails. And also, I’ve been detecting a slight flavour of mutiny within the group and often get outvoted. I guess I’ll have to go back on my own! So, we diligently stayed on the main until a major junction (road) appeared up on the right providing a nice and modest iron butt workout.

Staying left we curved and climbed until a trail that may have started as a game trail showed up on the left through the trees. Note: If you feel

like bushwhacking a bit, you can dig back down the hill through the trees from this trail and find a cool little wood hut that was built some time ago (if anyone knows the story I’d love to hear it!). This time around we stayed on the trail until reaching another more substantial track which kindly offers a nice white flag marker on the tree. Turning right and travelling about 10 minutes more we arrive at another main trail that takes you down to the quarry or up and away. This particular junction is also white flagged – yaay! Remember flags are your friends. Take note of them because you just never know when you’ll need them.

Going left and up another fifteen minutes or so from the marker we arrived to a bluff that reveals a spectacular open landscape of green rolling hills and mountains as far as

the eyes can see. We had plenty of room to roam and took our time to check out indigenous plants and flowers in bloom - not to mention enjoying the amazing fresh air and peaceful stillness. No traffic, no phones, just good company and good food – ahh we do love our monthly fieldtrips of escape!

We lingered for a while, took some photos and when the dogs gave us a signal (i.e. they were bored and getting into our picnic food) we packed up and headed down. Another fabulous journey completed!

This route is a medium, moderate pace and if you follow as outlined above it will take approximately 45 minutes to reach the bluff. We do hope you try it and let us know how you make out. Enjoy!



The Wild Side:  
The cry of the loon

Dave Hutchinson  
Shawnigan Focus

One of my favourite outdoor sounds is the haunting cry of the loon. The eerie tremelo and the warbling yodel remind me of September camping in the Chilcotin. It is not often that we get to see or hear them on Shawnigan anymore but there have been reports of sightings during the last few weeks.



The Common Loon  
Scientific Name: *Gavia immer*  
Google Images

The common name “loon” likely comes from either the English word lumme meaning lummo or awkward person or the Scandinavian word lum meaning lame or clumsy. Either way, the name refers to the loon’s poor ability to walk on land.

The common loon measures about 30 inches from head to tail, has a 5-foot wingspan, and weighs 6 to 13 lbs. During the breeding season, the loon has a black iridescent head, red eyes, and a white necklace. Its back and wings are black with white spots, and its underside is white. Loons float low on the water and dive frequently.

- Males and females have the same plumage.
- The loon’s average life expectancy is between 25 to 30 years.
- Loons eat approximately 2 pounds of fish each day
- Can dive up to 100+ feet. 80% stay with the same mate for life.
- In flight, loons flap their wings about 200 times per minute and can reach speeds of 70 miles per hour.
- Most loon nests have two eggs.
- Loon eggs are 3 inches long with an olive green shell with dark spots.



The Common Loon – A Canadian

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Personal lending products and residential mortgages are provided by Royal Bank of Canada and are subject to its standard lending criteria. <sup>4</sup> <sup>5</sup> <sup>6</sup> <sup>7</sup> <sup>8</sup> <sup>9</sup> <sup>10</sup> <sup>11</sup> <sup>12</sup> <sup>13</sup> <sup>14</sup> <sup>15</sup> <sup>16</sup> <sup>17</sup> <sup>18</sup> <sup>19</sup> <sup>20</sup> <sup>21</sup> <sup>22</sup> <sup>23</sup> <sup>24</sup> <sup>25</sup> <sup>26</sup> <sup>27</sup> <sup>28</sup> <sup>29</sup> <sup>30</sup> <sup>31</sup> <sup>32</sup> <sup>33</sup> <sup>34</sup> <sup>35</sup> <sup>36</sup> <sup>37</sup> <sup>38</sup> <sup>39</sup> <sup>40</sup> <sup>41</sup> <sup>42</sup> <sup>43</sup> <sup>44</sup> <sup>45</sup> <sup>46</sup> <sup>47</sup> <sup>48</sup> <sup>49</sup> <sup>50</sup> <sup>51</sup> <sup>52</sup> <sup>53</sup> <sup>54</sup> <sup>55</sup> <sup>56</sup> <sup>57</sup> <sup>58</sup> <sup>59</sup> <sup>60</sup> <sup>61</sup> <sup>62</sup> <sup>63</sup> <sup>64</sup> <sup>65</sup> 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## Earth Week at Dwight International School

42 years ago, on April 22nd, the world saw its first Earth Day.

Distressed by the damage caused by an oil spill in Santa Barbara, US Senator Gaylord Nelson wanted to find a way to raise awareness about air and water pollution. Together with Republican Congressman Pete McCloskey and Dennis Hayes, who worked as national coordinator, this team worked to create a “national teach-in on the environment.”

The members of the zenvironment committee at Dwight International School felt that one day would not be sufficient to celebrate, honour, and raise awareness about the issues, challenges, and dangers threatening the Earth today – which are all the same ones we faced 42 years ago. It was agreed that Dwight celebrate Earth Week, during which we would engage our entire school community with events and activities that would renew our connection to this planet on which we depend for sustaining life.

On Monday, April 16th, Earth Week was launched at Dwight with an invigorating presentation from Matt Hill, founder of Run for One Planet. Matt Hill and his friend Stephanie Tait encouraged everyone to make a commitment to make one change that will help the Earth. At Dwight, students and staff enthusiastically pledged to turn out lights, use less water, switch to re-useable bottles and shopping bags, and eat local and organic food. Pledges made, we strapped on our running shoes and ran as an entire school to Shawnigan Village and back – taking our own steps for the Earth.

Monday afternoon, Dwight opened its doors to the many amazing people in our local community who are actively making a positive impact on the earth. These folks led small groups of students through a variety of eco-activities, including tree planting, water testing, removal of invasive species, tea-making, nature

photography, letter writing, and making bio-diesel. Students rotated through these hands-on activities, soaking up knowledge, skills, and wisdom from the leaders in our community.

On Tuesday, Elizabeth May delivered a stirring talk to the school and members of the community, encouraging everyone to take a stand for the environment. “You are the leaders of now,” she told Dwight students. Bowen Chen, one of 25 students who spent the whole afternoon with Ms May, summed up his feelings afterwards: “This was the best day of my life!”

On Wednesday, the whole school headed out into nature, with trips to farms and nature centres to help connect us to the world around us. Students enjoyed getting up close to Water Buffalo and Alpacas, learning about waterways and ecosystems, and spending time on organic farms.

Thursday, students showed off their talents in our upcycle fashion show. Four intrepid designers displayed the clothes they’d made entirely from used materials. The creativity and ingenuity were remarkable, and the lesson – that something old can be made into something new and amazing – was not lost on any of us.

On Saturday, Dwight students attended the Creatively United Festival for the Planet – an energetic and exciting celebration of the people who are making a difference for the environment.

The students’ own words summarize Earth Week best.

Seong Woo Lee: “... I saw the true nature of things; the huge mountain in front of me and the small mountain in



Photo Credit - Jose Ortega

the back, and the pure green grass, and the smell of trees and the pure blue sky and the clouds.”

Wayne Mak: “It was totally my honour to participate in this event. At first I didn’t even want to run for this, but after hearing Matt’s and Sonia’s presentations, I felt like I should do something for this community and the earth.”

Sawa Okamoto wrote about planting trees for the first time in her life. “I had an amazing experience. I went up to the mountain and planted trees. It was my first time to plant something by myself.”

Gigi Lam:... “I don’t like this kind of topic. I think it is so boring. But after today’s run [with Matt Hill], I changed my mind... I won’t be the next Matt Hill, but at least I will try to do my best to step up and help the environment.”

Dar Wu, who also ate lunch with Elizabeth May, describes having “a fabulous day.” He was inspired by Ms May. “... It was really an unforgettable experience for me and also significant. Ms May told us every one has power and is supposed to keep that power. I’m going to keep my power and try my best to contribute to the environment.”

Sawa: “I feel so new; I re-think about the earth and the environment, and now I have so many ideas... I am going to do the things that I said today; it was a great day and it changed my life and my mind a little.”

By the end of the week, Dwight students and staff felt much more than a renewed sense of commitment to the environment; we felt a renewed sense of community and purpose – we had found experienced something that had united and connected us all.



Photo Credit - Jose Ortega

## Shawnigan Lake RCMP

Shawnigan Lake RCMP are working with local residents in regards to the increasing concern of the inappropriate use of firearms in the forested/ rural areas which surround the Shawnigan Lake area. These lands are largely owned by private individuals and forestry companies. These areas are increasingly being used by people in the pursuit of various outdoor recreational activities. This has resulted in an increase in the number of complaints regarding the careless use of firearms that Shawnigan Lake RCMP respond to.

In 2010, Shawnigan Lake RCMP responded to a total of 10 complaints involving the careless use of firearms. In 2011, that number increased to 29. To date in 2012, the Detachment has responded to 18 complaints about the careless use of firearms, that compares to 10 complaints for the same time period in 2011. The RCMP would ask that firearms owners wishing to target shoot/practice make use of one of the established gun ranges available on the south Island.

The Shawnigan Lake RCMP will be increasing their investigation and enforcement of the applicable firearms legislation in these areas in an effort to increase the public’s safety while enjoying the outdoors. The RCMP encourage the public to report persons observed using firearms in an unsafe manner.

“We are also looking to increase our presence in areas such as the Trans Canada Trail, and Kinsol Trestle. You can expect to see us in these areas enforcing traffic laws as well as some bike patrols and ATV’S.”

Sgt. Rob WEBB

Detachment Commander

Shawnigan Lake RCMP

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# Shawnigan Lake Walk Sunday, June 3rd



The Shawnigan Lake Walk for 2012 is just a few weeks away! Be sure to put Sunday June 3rd on your calendar.

This marks the 8th year that the Shawnigan Lake Walk has brought people together for some great outdoor fun, exercise and entertainment. It's an opportunity to do something good for yourself while helping others. This event is put on by Cowichan Family Caregivers Society to raise awareness and funds in support of family caregivers - the local unpaid heroes who look after our most vulnerable citizens who are often our elders. The Society relies on participants from all over the Cowichan Valley and lower Vancouver Island to help achieve their fundraising goals through registrations and the pledges that are gathered.

Registrations along with pledge sheets can be found online at [www.theshawniganlakewalk.com](http://www.theshawniganlakewalk.com) and at our Island Pharmacy or Island Savings Credit Union.

There are some fabulous prizes for the top pledge gatherers and a number of great

prizes in the draw for all participants who gather more than \$50 in pledges. The top prize for this draw is a 1 night's stay with complimentary breakfast at the BEST WESTERN CHEMAINUS and 2 tickets to the CHEMAINUS THEATRE.

Raffle tickets are currently being sold at the local Island Pharmacy for \$5.00 each or \$20.00 for a book of 5. The grand prize is a 3 night getaway for two at LONG BEACH LODGE in Tofino.

After their walk or kayak, participants will be treated to delicious food, a foot massage and live entertainment.

This year, there will be a garage sale with many gently used items that need new homes. The whole community can join in the fun!

In order to put on this event many volunteers are needed. If you would like to volunteer a little time please email Kathy at [info@familycaregiverssupport.org](mailto:info@familycaregiverssupport.org).

WEBSITE INFO

## CHECK IT OUT!!!

[www.shawniganfocus.ca](http://www.shawniganfocus.ca)

View Our past issues & Twitter feed

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## SRA Report: The Shawnigan Creek Clean Out ... Passed

### Grant Price

The CVRD initiative to keep the Shawnigan Creek clean and clear of unwanted sand, rocks, vegetation and debris has been passed. More details about this initiative are available on the Shawnigan Residents Association website <http://www.shawniganresidentsassociation.com/>.

An announcement was placed in

the local papers in early April, giving affected residents the opportunity to scuttle the initiative. While 10% of the affected residents were needed to force the matter to a referendum, or abandon it completely, only half this number was received by the May 1 deadline. This approval means that homeowners with property on the lake, and those close by that draw their drinking water from the lake (i.e. the Shawnigan Lake North Water System serving the Shawnigan

Beach Estates area and the Lidstech Holding Water System, serving the Shawnigan Village area) will receive a tax increase, starting next year, of up to \$2.29 per \$100,000 of their assessed property value (generating approx. \$18,000).

While the tax doesn't come in to effect until next year, the CVRD is hoping to borrow funds and start the work this fall. The maximum \$18,000 per annum will likely be fully utilized in the initial clean-

up efforts, but could be less. In subsequent years, a much lower figure is expected to be used for annual maintenance. Major clean outs could occur an infrequently as every 10 -15 years. The Shawnigan Residents Association (in particular myself) will be monitoring the work being done and the funds utilized...and I will be sure to keep you informed.

Thank you for supporting this important initiative.

## Shawnigan Lake Triathlon update



**Sarah Malerby**  
Director,  
S.L. Triathlon  
[s.malerby@triserries.ca](mailto:s.malerby@triserries.ca)

The Shawnigan Lake Triathlon Weekend is almost here...and YOU are invited!! If you haven't already decided how you will participate, here are some suggestions:

### GET FESTIVE:

Saturday, May 26 from 12 to 3 pm – Downtown Shawnigan Village

The Shawnigan Lake Business Association presents the 1st Annual Shawnigan Lake Triathlon Festival. Come out from hibernation and join your neighbours and visiting athletes for a community party happening in Shawnigan Village. Many of the local businesses will have specials, there will be a marketplace, art displays, street painting, live music, entertainment, food and much more!

### FREE KIDS FUN RUN:

Kids can get in the action with their friends and participate in the Danone Kids Fun Run on Saturday, May 26 at 2:30 pm in Shawnigan Village/ Elsie Miles fields. Kids from 3 to 12 can participate in either a 300 m, 800 m, or 1.7 km distance run. All kids will get race bibs, ribbons and a chance to stand on the Winners Podium! Danone Yogurt and other goodies will be provided, along with plenty of the thrill and excitement of racing. To register, contact Darcy Kulai at [dkulai@cvrd.bc.ca](mailto:dkulai@cvrd.bc.ca) or call Shawnigan Lake Community Centre registration at (250) 743-1433.

### CAMP PRINGLE DINNER PARTY:

If you've always wanted to check out Camp Pringle, this is your chance! On Saturday, May 26 from 5 to 7 pm come and dine with race athletes and your neighbours – all for a good cause – to send kids to Camp Pringle. This Pre-Race Fundraiser dinner is open to everyone and will include entertainment and door prizes. The menu includes Chicken Marinara, Pasta, Salad, Dessert and Beverages; tickets are \$22.50 and kids under 6 are FREE! Get your tickets before they sell out – available on-line at [http://www.eventsonline.ca/events/subaru\\_shawnigan/](http://www.eventsonline.ca/events/subaru_shawnigan/).

### A DAY IN THE PARK:

On Sunday, May 27, come out to beautiful West Shawnigan Provincial Park anytime between 6 am and 3 pm for a True Triathlon Experience. The Park will have transformed into "Race Headquarters", complete with hundreds of athletes wandering around nervously in wetsuits and fancy racing gear. Spectators will enjoy seeing the main stage, many tents and Race Expo exhibitors, delicious food from Rotary and Merridale Bakery, Level Ground Coffee and family friendly entertainment. There will be a free Shuttle Bus all day travelling from Shawnigan Lake Community Centre to the Park that will likely do pick-ups from all the public bus stops on Renfrew Road. Parking at the Park is limited, so plan to take the Bus!

### PANCAKE BREAKFAST:

The South Cowichan Rotary Club will be offering their very popular Pancake Breakfast at the Park from 6 am to 10:30 am. Come down early to enjoy breakfast and watch the swimmers in the lake. The

swim course is open from 7:15 to 10 am; it is very exciting to watch the athletes run from the lake and transition on to their bikes. Pancake breakfast will be followed by the Rotary Grill lunch, smoothies, and frozen treats.

### WATCH AND CHEER:

Show your community spirit and watch and cheer our athletes! The Bike Course goes clockwise around Shawnigan Lake and is open from 8:30 am to 12:30 pm. Grab your coffee and a lawn chair to cheer on those athletes from the roadside; some of these riders will be going around the lake 4 times – your encouragement will be appreciated! Runners will be on the TransCanada Trail between 10:30 and 3:00 pm – come out for a stroll on our wonderful trail / Kinsol Trestle and help motivate those tired racers in their final stretch.

### VOLUNTEER:

Our Volunteer Team is AWESOME this year and will provide a fun and rewarding experience. If you would like to volunteer and get a great K-Swiss technical shirt and an invitation to the Volunteer After-Party at Merridale Cidery, sign up on line now at <http://triserries.ca/volunteering.php>. All volunteers should attend the Volunteer Orientation located at Shawnigan Lake School on Tuesday, May 22 from 7:00 to 7:45 pm.

The Triathlon website has more details and contact information: [http://triserries.ca/shawnigan\\_lake/index.php](http://triserries.ca/shawnigan_lake/index.php)

See YOU on race day!!





The picture is from the Shawnigan Model UN and shows grade 12 student, and Model UN Secretary, Johnny Brynelsen thanking local MP Ms Jean Crowder for her inspiring keynote address at the opening ceremony.

As we move into spring and the temperature starts warming up, so do the many activities at Shawnigan. Here are just a few events the School has delved into:

The Shawnigan Model UN celebrated its second year with larger participation and a greater variety of committees. The event opened with a keynote address from local Member of Parliament, Ms Jean Crowder, who discussed the role of gender in politics and a variety of issues in international

## Spring warms up Shawnigan activity!



**Kelly Koepp**  
Shawnigan School

development. In addition, the students received a personal letter from current UN Secretary-General Ban Ki-moon praising their motivation and interest in current world affairs and politics. In total 8 schools and 65 delegates participated in four committees that focused on issues including the Arab Spring, the admission of Turkey into the E.U., the historical proxy war in Angola and the proposed Enbridge pipeline.

Next up was the annual Cowichan District Hospital Foundation Champagne Dinner and Auction Gala where Shawnigan welcomed more than 300 guests from the local community. The event, hosted at Marion Hall for the sixth consecutive year, has grown to become the Cowichan Valley's premier fundraising event. In fact, since partnering with Shawnigan in 2007, the gala has raised more than \$650,000!

The Hospital Foundation Gala also presents a great opportunity for Shawnigan students to learn about giving back to their community. Each year, more than 70 students give up their Saturday afternoon and evening and, under the direction of Gary Dukelow, volunteer their time to assist with parking, food serving, clean up, and whatever other tasks need attending to in order to ensure the gala's success. The hard work and enthusiasm of

this year's Shawnigan students was greatly admired by all in attendance and was critical in making this year's event the biggest yet!

A few days later, school staff members were surprised and pleased when the Shawnigan Parent's Association (SPA) honoured them with a Staff Appreciation Day. SPA President, Trish Letient, hosted the ceremony that recognized teachers, administrators and support staff for their commitment, patience, support, care and attention to making Shawnigan a successful, nurturing community. An extra large dose of appreciation was expressed by staff and students alike for the 6 Shawnigan staff members who have dedicated their services to the School community for 30 years or more!

To wrap up the whirlwind of activity, 15 of our Grade 12 students attended the Dogwood District Authority Award Scholarship evening in Victoria with 7 students being named winners. Congratulation to the following award recipients: Tala Brewster (Creative Writing), Hailey Hewstan (Yearbook/Journalism), Jordan Johl (Performance in Sport: Individual), Chelsea Kingzett (Studio Arts: Drawing/Painting), Ines Receveaux (Second Language: French), Michaela Thomas (Textiles) and Lizzie Yates (Performance in Sport: Team).

## Shawnigan Remembered

**Sally Davies**  
Shawnigan Focus

Are you spring cleaning or downsizing? Do you have old photos or memorabilia that relates to Shawnigan Lake or the Kinsol Trestle?

Would you like to preserve your memories and share them with your "whole" family and this community for generations to come?

Our little museum is garnering a reputation as "one of the best small museums on the island" to quote one visitor from Victoria. We have a very rich history of people, places, and events and that history resides in the "Shawnigan Lake Museum".

We all know of the Kinsol Trestle,

"The Last Spike", Shawnigan Lake School, and E.J. Hughes.

Not many would know of some other luminaries that have called Shawnigan Lake home.

"Ravenhill" is much more than the name of a street in the Beach Estates. Alice Ravenhill emigrated from Britain to Shawnigan in 1910. She was a social reformer and one of the first authors to champion the rights of aboriginals in B.C. She was a developer of the "Women's Institute" and an educational pioneer.

Bruce Hutchison was widely considered one of Canada's foremost experts on politics and was known in Washington D.C, as well as Ottawa. "A Life in the Country" (1988), as the

online book site," A.B.C." describes it, "was Hutchison's philosophical equivalent to Walden Pond. It was derived from his love for a cottage at Shawnigan Lake."

How many people know that George Norris created the crab sculpture in Vanier Park in Vancouver, along with many other high profile public sculpture installations? Yes, he too was a very vital part of our community along with his wife Phyllis. His legacy to Shawnigan and the museum can be seen in the carved faces of his Shawnigan friends and neighbours carved into the wooden lintels above the doors in our community centre and the handsome map that can be purchased in the museum gift shop.

The memory of these people, these places, and these events are held in trust by our tiny museum. The dedication and hard work of our curator, Lori Treloar and her husband Grant, along with a small army of enthusiastic volunteers have made our museum the envy of other like-sized museums on the Island.

Museums are the repositories for the stories of the people who make up the community in which we live. As the inexorable tsunami of change continues to engulf us, there is an urgency in holding on to the fragments of our past and the stories of those who came before; to remind us, and instruct our children and grandchildren of what did, and does make our community so very special.

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What are you doing Wednesday night?



Sports Stuff

Taryn Scott  
Shawnigan Focus

If you're not playing grass volleyball with the Cowichan Outdoor Volleyball League (COVL) on the beautiful Brentwood College Fields, then you're missing out! It's "over the top"!

As a new resident to Shawnigan Lake, one of the first phone calls I made was to the local recreation centre. Being an avid sports player, I wanted to find as many opportunities as possible to get active in the community.

When I heard about the COVL, it sounded like a brilliant mix of fresh air, exercise and people. And it is.

You don't have to be a good volleyball player to appreciate and enjoy a night of family fun in the fields of Brentwood College.

This highly organized league, with players as young as 14, and as mature as 60+, started 12 years ago with 8 teams at Brentwood College. Now with roughly 32 teams and 6 divisions ranging from recreational, with first time volley-ballers, all the way up to Elite, where some very experienced players 'grace' the fields, there is a perfect level of ball for everyone.

The COVL promotes healthy, life-long outdoor activity for youth. This year, the league has sponsored and selected 4 or 5 high school teams

from applicants in Secondary schools in the Cowichan Valley, and given them a spot in the Spring 2012 Grass League.

When I arrived at the field for my first game and the season opener, I was blown away by the amount of planning and effort that must go into the COVL. Bonnie Griffiths and her husband Dewi are mainly to thank for this well oiled machine of a league. Bonnie with her charm and volleyball knowledge, and Dewi with his technical suaveness and big personality work together to make the COVL the success it is today.



Team ATAK with a huge block - Photo Credit - Dewi Griffiths [www.covl.net](http://www.covl.net)

But that's not all. At the end of a good night of fun everyone, including spectators and children, is invited over to Catrina's Grill for a post game social. Raffle tickets are given out and generous door prizes

donated by the long list of sponsors are drawn.

Thanks COVL - no more boring Wednesday nights for me!

[www.covl.net](http://www.covl.net) for more info

I want to hear about your upcoming sporting and recreational events!!  
I'll be there with my camera to capture good times with fun people.

[taryn@shawniganfocus.ca](mailto:taryn@shawniganfocus.ca)

Shawnigan Callouts

Shawnigan Lake Volunteer Fire Department attended 15 incidents in April 2012:

- Wednesday, April 4 - MVI on Shawnigan-Mill Bay Road at Wallbank Road
- Monday, April 9 - First Responder off Shawnigan Lake Road
- Tuesday, April 10 - First Responder call in Hillcroft Acres
- Wednesday, April 11 - First Responder in the Beach Estates
- Thursday, April 12 - Smell of gasoline in the Beach Estates
- Friday, April 13 - First Responder on Shawnigan-Mill Bay Road
- Friday, April 13 - Smouldering Fire on Deloume Road
- Monday, April 16 - MVI on Shawnigan-Mill Bay Road near Deloume Road
- Monday, April 16 - First Responder off Shawnigan Lake Road
- Saturday, April 21 - First Responder off West Shawnigan Lake Road
- Sunday, April 22 - First Responder off Shawnigan Lake Road
- Wednesday, April 25 - First Responder in the Village
- Wednesday, April 25 - First Responder off Shawnigan Lake Road
- Thursday, April 26 - Chimney Fire in the Beach Estates
- Sunday, April 29 - First Responder in the Village.

Our vision statement:

To strive for a work environment that promotes team work, growth and continued learning through positive reinforcement with open, honest communication.

Current campfire & burning regulations

Campfires are permitted in the Shawnigan Improvement District. Campfires must NOT be larger than 0.5 metres by 0.5 metres (about 19 x 19 inches). You must have a shovel or at least eight litres of water nearly to extinguish the fire; a firebreak must surround the fire - create one by scraping down to the dirt - one metre around the fire; and you MUST NEVER leave a campfire unattended. Before leaving the area, always ensure your campfire is completely extinguished and ashes are cool to the touch - this is important at any campground or in your backyard.

Burning Regulations in the Shawnigan Improvement District: Residential burning of yard and garden refuse is permitted in the Shawnigan Improvement District until June 15th. Size of the pile can be up to 1 metre (3 feet) in diameter, or in a domestic incinerator fitted with a metal screen having 12.5 mm (1/2 inch) or smaller mesh. No permit is required. The material burned is to be clean and dry, and in a condition that provides for safe and proper combustion. BURNING OF CONSTRUCTION WASTE, DEMOLITION MATERIAL AND RUBBER (RUBBER GOODS, TIRES, PLASTICS AND TAR AND ASPHALT ROOFING MATERIALS) IS NOT PERMITTED.

Clearance requirements for a burning pile is 3 metres (10 feet) from any combustible material and 6 metres (20 feet) from any building; for domestic incinerators the required clearance is 2 metres (6 feet) from any combustible material and 7.5 metres (25 feet) from any building.

Be considerate of your neighbours - BC Air Quality Readings are available for viewing at <http://www.envy.gov.bc.ca/epd/bcairquality/readings/index.html>

Please report any illegal burning - call the Fire Department's Non-Emergency number at 250-743-2096 for further information.

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## Acro Yoga

**Nicloa Cusi**  
Owner, Kali Yoga  
www.kaliyoga.ca



I stumbled over AcroYoga about 5 years ago, when I visited a friend's Yoga Studio in Seattle and found myself in my first AcroYoga class. The class was taught by Lux, one of the world's leading AcroYoga teachers (and definitely one of my all time favourite ones) who was just starting on the West Coast that time. A blend of Partner Yoga, Acrobatics, Yoga Flow, Contact Dance and Thai Massage, AcroYoga is now spreading like a wildfire across the world.

Having practiced and taught Yoga for over 20 years, I was instantly intrigued by the challenges of that modality. After twenty years of daily practice I found new meaning of the words "alignment, stacking, engaged core, and balance".

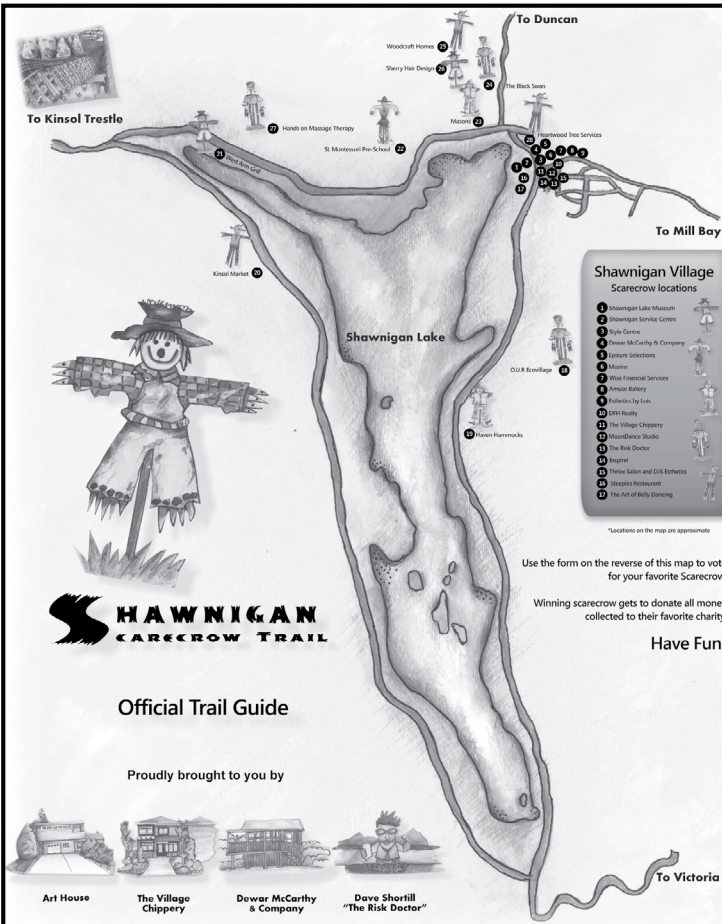
I finally understood why we soften the toes, spread the weight equally in tadasana – this is the only way I can give stability and support to the person I lift up on my feet. Balancing that person safe on my feet taught me how to use my feet to better support my own weight when standing.

Only then I realized how many times I had cheated myself through poses, doing less than my best effort because of laziness or drifting off in daydreams. AcroYoga taught me to be present, every moment of the practice. If I am not in perfect balance in myself and with my partner, I am going to fall or drop someone. Working with a partner reflects in instantaneously where you are at. Every contact becomes a perfect reflection, a mirror we can't escape. There is very little room for drifting off, very little space for pretending, very little time to be lazy in AcroYoga.

I love the challenge of trying something new that seems so impossible, only to learn that with regular practice and patience there is no limit to what one can achieve! My teacher Lux taught me that there is no "I can't do it", only a "I can't do it YET".

AcroYoga brought more depth, body awareness, and presence to my regular Yoga practice and is a continuous source of playful fun and deepening of the connection with my partner - and is last but not least – our regular couples therapy!

## Shawnigan Scarecrow Trail



## Shawnigan Lake Community Association

**COME...JOIN OUR TEAM!!**

The SHAWNIGAN LAKE COMMUNITY ASSOCIATION loves to make fun in Shawnigan Lake! We host fun celebrations for Easter, Canada Day and Halloween. Come, join our team and let your creative ideas come to life!

Celebrate Canada Day- Shawnigan Style! On July 1st the day will begin with a pancake breakfast at the Malahat Legion hosted by members of the Legion and the Mill Bay Lions Club. 8:30am – 11am a full meal deal will be flipped and served then Canada's colours will be raised at 11am to recognize Canada's 145th birthday. A parade will follow from Cairns Park to the Elsie Miles grounds where a family

fun fair will offer games, food, Kids Can Build project, petting zoo, displays, entertainment and inflatables!

We welcome groups wishing to host games as fundraisers or to provide entertainment on stage. For more information email [stayafloat@shaw.ca](mailto:stayafloat@shaw.ca) or call the Community Centre at 250-743-1433.

Halloween: The SLCA is looking for new ideas for our Halloween Howl in October. This event is hosted in the Community Centre and has supported a haunted house, entertainment, refreshments, crafts and treat bags. Have you attended before? What would you like to see added or changed? Send your thoughts to [stayafloat@shaw.ca](mailto:stayafloat@shaw.ca) or leave them at the Community Centre.

We thank all volunteers who have joined our team to help make our events successful! We also thank all the participants who come and enjoy the fun!! A great time to meet your friends and neighbours!

## Shawnigan Weather April 2012

(stats courtesy of UVic Weather Network)

compiled by Grant Treloar

	Shawnigan Normal	Cigarmaker's Bay	Discovery School	Shawnigan Museum	Kelsey School
Average High	13.2	13.3	12.9	13.5	13.6
Average Low	3.5	4.3	3.4	4.3	4.3
Extreme High	30.0	21.2	19.9	21.3	19.8
Extreme Low	-5.6	-0.9	-1.8	-0.9	-0.8
Precipitation	65.2	77.0	63.5	59.9	47.9
Days with Precip	15	15	14	16	14

Lake Temp: Apr 1st: 7° Apr 8th: 8° Apr 15th: 11° Apr 22nd: 13° Apr 29th: 12°

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# Shawnigan Focus

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MAY 2012

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Kurt Hafso

### PHOTOS

Credit given under photo

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### EVENTS & CLASSIFIEDS

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June 2012 Issue: June 5th

Please send copy as an email attachment using Microsoft Word, text, RTF or Appleworks to:

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Typewritten or handwritten copy is acceptable if you have no access to a computer. Please do not send PDF as it does not convert properly. Leave hard copies of articles not sent via email in the Focus box at the The Chipperry:  
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### AD DEADLINE

The 8th of every month for mid-month publication.

### CLASSIFIEDS

editor@shawniganfocus.ca

### ABOUT THE FOCUS

The Shawnigan Focus is an independent, local, non-profit publication, produced by the volunteer Focus team. The opinions expressed in articles are those of the authors, not the paper. Shawnigan Focus endeavours to inform; promote harmony and involvement in the community; and interest a broad cross-section of the residents of Shawnigan Lake.

Shawnigan Focus is delivered, free of charge, to postal addresses in Shawnigan Lake (Area B). Out-of-town subscriptions are available. Please contact editor@shawniganfocus.ca for details. Note: *Views expressed by individual authors are not the opinion of Shawnigan Focus, but of the comment writer.*

Additional copies are available at:

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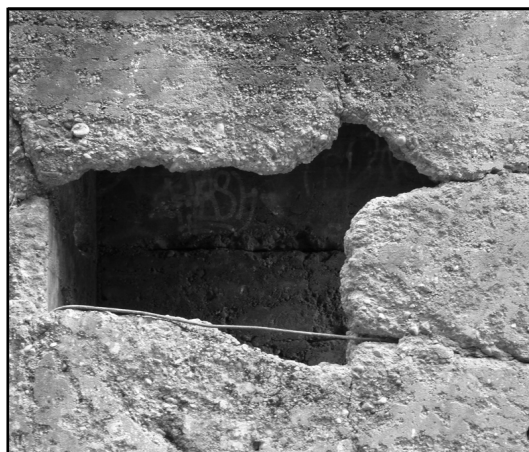
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## WHAT IS IT?

WHERE IS IT? WHY IS IT?



*First correct answer sent to: editor@shawniganfocus.ca*

## WHAT IS IT?

CONTEST WINNER: APRIL ISSUE

### CONGRATULATIONS!!

Kevin Turenne had the correct answer for our April, Where is it? What is it? Contest. The picture is of a stretcher located at the south parking lot for the Kinsol Trestle. Kevin wins two specialty coffees from Moziro's.



Lunch - 11:30am  
Brunch - 10:30 Sundays  
Dinner - 5:00pm Daily

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**Sunday, June 3, 2012**

Shawnigan Lake Community Centre, 2804 Shawnigan Lake Road, Shawnigan Lake

- Registration/Check-in 7:30 am
- Warm Up 8:00 am
- Walk Start Time 8:30 am

### Choose Your Route:

- 4k Family \*
  - 10k McGee Creek
  - 14k Combination \*
  - 22k Shawnigan Lake
  - 27k Scenic Lake
  - 12k Kayak  
(supported by Cowichan Bay Kayaks)
- \* cross the historic Kinsol Trestle!

Register Online by credit card at:  
**[www.theshawniganlakewalk.com](http://www.theshawniganlakewalk.com)**  
or at participating locations.

**\*Advance Registration ends May 25**

### For more information

Please visit our website  
**[www.theshawniganlakewalk.com](http://www.theshawniganlakewalk.com)**  
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## CLASSIFIEDS

### GARAGE SALES

May 26 Saturday,  
9am - 1pm  
2250 Renfrew Frontage  
Road (off Renfrew Road)  
Look for the sign with  
"2250 Cuthbert"  
(We will have balloons up  
to mark the driveway)  
Tools / Furniture  
/ Collectibles /  
Kitchenware

Shawnigan Lake Walk  
Garage Sale:  
Sun, June 3rd 10--2pm  
Shawnigan Lake  
Community Centre  
Come and cheer the  
walkers/kayakers  
Enjoy the music and  
some gently used  
treasures!

### EMPLOYMENT

Museum Assistant  
Early June – late August  
(summer position)  
Must be full time student  
returning to University  
References required.  
Suitable for history or  
education majors.  
Contact Lori at  
[shawniganlakemuseum@shaw.ca](mailto:shawniganlakemuseum@shaw.ca)

### MISC FOR SALE

Cannondale 2.8  
aluminum series racing  
bike - \$500  
Betty Swan 250-743-3196

Mermaid Style Wedding  
Dress - \$500 obo 885-3025

### LOST, BORROWED, STOLEN!

Taken from my warf...  
May 4/5/6th, West Arm.  
Walker Bay 8 rowing/  
sailing dinghy.  
My grandson's boat.  
Reward for return.  
Jim Green 250-743-6555

## INSPIRE Gallery Opening a Success!

Jennie Stevens

Many hardworking volunteers put  
in hours of creative time, painting  
furniture and hanging art work in  
preparation for the well-attended  
April 21st OPENING of the gallery  
space for "INSPIRE! Shawnigan".  
This colourful first show continues on  
into mid-May, before changing up to  
something new.

Find us in the village, upstairs in  
the "Purple Building". Drop by for  
a visit, Monday to Friday. Consider  
volunteering there for a couple hours  
a month - it is a beautiful space to  
spend time in! Find out the perks for  
becoming a member (only \$10 a year).

CHECK IT OUT!!! [www.shawniganfocus.ca](http://www.shawniganfocus.ca) View our past issues & Twitter feed

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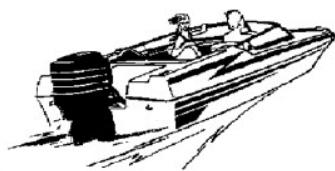
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