

valley VOICE owichan



MARCH 2024 ISSUE 184

WELCOME SPRING | DELICIOUS DINE & SIP | LOCAL SEEDS | HAPPY EASTER

HURRY HARD

by Kristen Da Silva



*Canada's most-produced
playwright Norm Foster
has called her "one of the
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Canada."*

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Comedy Award Winner*

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MARCH EVENTS



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R.P.C.C., H.C.P.



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 246 INGRAM STREET

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 IN THE DUNCAN GARAGE
 AND ON WWW.MERCURYPLAYERS.ORG
 MERCURYPLAYERS.ORG - FOLLOW US ON FACEBOOK



1 Fearless Friday Art Circle
 12:45-3:15pm Mill Bay Comm
 Hall 1035 Shawnigan Lake-Mill
 Bay Rd +MAR 15

Tartuffe by Molière, The Mercury
 Players 7:30pm Duncan United
 Church Hall 246 Ingram St \$25/
 \$20 students&65+ tartuffe.
 eventbrite.ca +MAR 7/8

2 Kindergarten Open House
 Sunrise Waldorf School
 10-12pm 5179 Lakeside Rd.
 register @www.sunrisewaldorf.org
 FREE

Alterations & Repair Workshop
 10-12pm \$60 The Spool Yard
 250-710-1165

Turnip the Beet Video
 Shoot @Duncan Showroom
 turnipthebeetband@gmail.com

Brass Camel 8pm Osborne Bay
 Pub, Crofton Tix@Eventbrite \$20

2&3 MATINEE Tartuffe by
 Molière, The Mercury
 Players 2:30pm Duncan United
 Church Hall 246 Ingram St \$25
 \$20/students&65+ tartuffe.
 eventbrite.ca +MAR 9/10

3 Winter pruning workshop w/
 Bernie Dinter at Providence
 Farm info:pdtagriculture@viu.ca

Sacred Healing Sound Journey
 5:30-7:30pm Collective Space
 166 Station St. \$33 www.
 adelinewholistichealing.com

Zadie Jumpsuit 12-3pm \$180
 The Spool Yard 250-710-1165
 +MAR 10

Backyard Sessions:Nature
 Connection for families & others
 10-1pm \$40/pp children/by
 donation \$60/family cariburdett.
 com

Discover Your Inner Wisdom
 course, create your own practice
 claughan@shaw.ca +MAR
 10/17/24

4 also MAR11/18/25 Reading
 & discussion group
 "Final Report of the Inquiry
 into Missing and Murdered
 Indigenous Women and Girls"
 1:30-3pm Cowichan Library
 2687 James St FREE

Fossils of the Comox Valley w/
 Pat Trask Curator Courtenay
 Museum 9:30am Fish Health
 Bldg 1080 Wharnclyffe Rd.

Seed Library Packaging Party
 2-6pm Cowichan Branch Library
 2687 James St. Duncan FREE

4 Open Studio drop-in
 10-12pm CVAC Studio
 Community Center James
 St. by donation education@
 cowichanvalleyartscouncil.ca
 +MAR 25

Virtual Tour of Courtenay
 Museum w/Pat Trask 7pm Email
 cvs@naturecowichan.net for
 zoom link

5 Sunrise Waldorf School
 Grades Tour 8:45am 5179
 Lakeside Rd. register @www.sunrisewaldorf.org FREE

6 Create a Ceramic Garden
 Gnome w/artist Janet
 Magdanz 1-4pm \$60 admin@
 rainforeststarts.ca +MAR 20 (1-
 2:30pm)

Embrace Imperfection Youth Art
 showcase opening reception
 3:30-5:30pm CVAC Gallery
 Comm Ctr James St. FREE

Drop-in Drum Jam! Beginner
 friendly/drums provided
 7-8:15pm The Hub 2375
 Koksilah Rd by donation
 karinfreebird@protonmail.com
 +MAR 13/20/27

7 Lila Community Choir Thurs
 6:30-8pm \$20/\$25 drop-in
 cariburdett.com +MAR14/28

9 Mardi Gras Madness w/
 live band The Soul Shakers
 7-11pm Aggie Hall, Ladysmith
 \$35/person

Myco Muse:Art Exhibit
 debut multidisciplinary
 exhibit, Collective Space
 simonedclement@live.com

Celebration in honor of
 International Women's Day
 12:30-4pm CVAC Studio
 ComCtrJames St. \$60-80incl.
 materials register:cowichanvalley
 artscouncil.ca

Featuring Our Youth Concerto
 Concert 7:30pm Chr. Ref.
 Church 930 Trunk Rd
 \$20 tix@Volume One Bookstore
 www.cowichanconsort.com

Claire Coupland @Cowichan
 Folk Guild Coffee House 7pm/
 doors \$10/public \$5/members
 Duncan United Church

10 Xeriscaping presentation
 by Bernie Dinter @
 Providence Farm 2-3:30pm
 register: pdtagriculture@viu.ca

Cowichan Camerata presents
 "Musical Reflection" Concert
 @Providence Farm Chapel
 \$20 FREE/under19 info@

MARCH EVENTS

cowichancamerata.org

12 Ink and Wash Workshop
w/Art Carlyle 1-3pm
\$40+materials admin@
rainforestarts.ca +MAR 19/26

12-15 Kids Learn to Sew
12-2pm \$190 The
Spool Yard 250-710-1165

13 Warmland Book & Film
Collective discussing
"And Then She Fell" by Alicia
Elliott 5-7pm online zoom
link:WarmlandBFC@gmail.com

14 Makers Circle! Bring your
creative projects 1-3pm
Shawnigan Lk Comm Ctr +MAR
28

15 South Cowichan Music
Jam w/Turnip the Beet
Band FB:southcowichanmusic

16 Cobble Hill's 24th Annual
Seedy Saturday 10-2pm
Cobble Hill Hall 3550 Watson Av
and Stu Armour Hall 1438 Fisher
Rd FREE

An Evening of Memories &
Stories w/ Craig Spence 7-9pm
Chemainus Valley Museum
Waterwheel Square \$25
chemainusvalleymuseum.

16&26 Invasive
Removal &
Maintenance S'amunu/Somenos
Conservation Area 9:30-11:30
Open-Air Classroom phaedra@
somenosmarsh.com

Two Celtic Bands The Slieves
& Clanna Morna 8pm Osborne
Bay Pub, Crofton Tix@
Eventbrite \$20 ca

17 St Patrick's Day Event
Satellite Bar and Grille
3515 Telegraph Rd Cobble Hill
250-743-5100

Inspire! Youth Explore & Create:
Story Stones 1:30-3:30pm
Evergreen Ind School Salal Rm

3515 Watson Rd Cobble Hill

17 Chemainus Classical
Concerts:Walter Martella
& Karina Inkster,accordion/
piano 2pm St Michael's Church,
Chemainus \$10-30 250-748-
8383

18 Cowichan Watershed
Board Speaker Series w/
Tim Kulchyski & Barry Hetschko
7-8:30 pm VIU Cowichan
Campus Room 140 FREE

"The Miracle Club" 7pm
CPAC 2687 James St \$17
cowichanpac.ca

19 Connections deer &
bumblebees in Garry Oak
ecosystems w/Kephra Beckett
7:30pm zoom link:cvns@
naturecowichan.net

Mindful Mending Meetup
5:30-7:30pm Cowichan Branch
Library 2687 James St. FREE

19-22 Teen Fashion
Camp 12-3pm
\$375 The Spool Yard 250-710-
1165

21 Spring Equinox Family
Sing-along 6pm Elsie Miles
Park, Shawnigan Lk Comm Ctr

Beginner Hand Drumming
Duncan location upon
registration 11-12:15pm \$160
Drums provided 8 weeks
karinfreebird@protonmail.com
runs til MAY 9

22 The Unfaithful Servants at
the Chapel @Providence
Farm 7pm/doors 1843
Tzouhalem Rd \$25/Members
\$35/Public

The Art of Storytelling for Adults
7-9pm Shawnigan Lk Comm Ctr

Hurry Hard Opening Night
Curling Comedy Chemainus
Theatre Festival
chemainustheatrefestival.ca

SPRING ART WORKSHOPS

To register email:
admin@rainforestarts.ca

Create Your Own Ceramic Garden Gnome
with Janet Magdanz
2 Sessions: March 6 1-4, March 20, 1-2:30pm \$60

Ink & Wash Workshop with Art Carlyle
4 Sessions, 1-3pm: March 12, March 19, March
26 and April 2 \$40 plus materials (if needed)

BRITISH COLUMBIA
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23 Keating Farm 10th
Anniversary Open
House 12-4pm 5250 Miller Rd
Keatingfarm.ca

Encaustic painting workshop
10-4pm CVAC Studio Comm
Ctr James St. \$180-200 incl.
materials register:cowichanvalley
artscouncil.ca

The Wilds by Wonderheads
7pm \$36 adults/\$30 seniors
\$10 children/students, \$75 for
families (2 adults/2 children)
250-746-2722
www.cowichanpac.ca

Meet Kwakwaka'wakw Artist
Rupert Scow and see the canoe
he is carving at Sunrise Waldorf
School, Noon-4pm 2148
Lakeside Rd., Cowichan Station

The Art of Storytelling for
Families 1-2pm Shawnigan Lk
Comm Ctr

CVRD Arts & Culture Plan
Pop-up 5:30-8:30pm Cowichan
Comm Ctr

24 CVRD Arts & Culture
Plan Pop-up at Seedy
Sundays 10-2pm (Si'em' Lelum
Gymnasium)

Full Moon Sacred Healing
Sound Journey 5-7pm Coastal
Garden 3025 Telegraph Rd \$33
adelinewholistichealing.com

Duncan Seedy Sunday 10-2pm
Si'em Lelum' Gymnasium, 5574
River Rd. Duncan

28 Cowichan Solutions w/
Sonia Furstenau MLA &
Michelle Staples Mayor 7pm
Duncan United Church 246
Ingram St

Cowichan Valley Launch:
Severance of the Sorcerer
7-9pm Cowichan Bay Maritime
Centre RSVP@eventbrite or
info@kategateley.com FREE

30 Yacht Rock 8pm Osborne
Bay Pub, Crofton Tix@
Eventbrite \$20

31 Easter Brunch Satellite Bar
and Grille 3515 Telegraph
Rd Cobble Hill 250 743-5100


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info@cowichanvalleyvoice.com for A rate card, monthly
offers and print ad specials.

Next Ad Deadline March 15 for April 2024 Issue 185
*Non Profit Community Ad Rates available please enquire.
COMMUNITY CALENDAR LISTINGS ARE FREE!
Next EVENTS DEADLINE March 15 for April 2024 Issue 185
E-mail: Date, Event Title, Time, Location and Cost w/ subject
"EVENT" to
events@cowichanvalleyvoice.com
Cowichan Valley Voice Magazine reserves the right to
omit and/or edit submitted listings due to space limitations

SPECIAL THANKS TO FOLLOWING VALLEY VOICES
TanyaTrafford, Lon Wood, Ranji & David, Jock Hildebrand, Penny
Lehan, Denise D'Fantis, Theresa Zip, Akiko, Stephanie Farrow, Krystal
Aikman, Tina Foster, Grant Easterbrook, Bill Jones, Bernie Dinter,
Sonia Furstenau, Tamra N, Amy Luck-MacGregor, Hannah Auer, Kyla
Atkinson, Alistair MacGregor, Craig Spence, Malcolm Watt, Vanessa
Maben-Hamer, Robert Boyle, Dawn Howlett, Madeline Southern,
Shiloh Badman, Debbie Wood, the lovely Georgia Nicols, Nicolette
Genier, and the wonderful staff at the Community Farm Store.

We welcome your story ideas & photo submissions; however
Cowichan Valley Voice Magazine reserves the right to omit and/or
edit all submissions for space, clarity, content and style. The opinions
expressed in Valley Voice Magazine do not necessarily reflect those
of the editor, publishers or other contributors. Please send a query
email with your suggested topic prior to sending your article as
space is limited and may not always be available.

Valley Voice Magazine is distributed through 450 + select locations
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Cherry Point, Duncan, Cowichan Bay, Crofton, Chemainus and Salt
Spring Island and to Cowichan Lake, Ladysmith, Victoria, Tofino and
Parksville



Cover Image: Bottle Baby featuring one of Keating
Farm's cutest sheep. Photo captured by Eva Cherneff
of Eva Cherneff Photography, a lifestyle, wedding and
engagement photographer based on Vancouver Island.
www.evacherneffphotography.com
www.keatingfarm.ca



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our 2024 Print Ad Rates Card and
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for new clients. Next ad deadline for
April 2024 Issue 185 - March 16**

info@cowichanvalleyvoice.com
250 746-9319 | Text: 250 709-8846

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INK AND WASH WORKSHOP

CVCAS encourages budding artists to try their hand at Ink & Wash techniques. Learn the techniques and tricks to create quick ink drawings then add color. Participants learn the balance between ink lines and watercolour washes. Workshop designed for beginner and intermediate artists.

During the first session participants will learn some tricks to improve drawing skills and how to do a simple wash. They will also learn the difference between “ink & wash” and a regular water color painting. Session two will demonstrate how to quickly find the shapes in a scene and how perspective works. Reference images will be provided to match participants’ skill level. Session three will focus on still life and doing several drawings leading to a finished creation. Students will master the skill to tackle a complex subject with confidence. By this lesson students will be fearless. The fourth and final session will show how to easily add simple people to a drawing. Also tricks will be revealed to help draw faces and full figures in the correct proportions. Ink and Wash Workshop (4 sessions):

Participants learn the balance between ink lines and watercolour washes. Instructor: Art Carlyle
March 12th, March 19th, March 26th, April 2nd (1-3pm) Cost \$40 (plus materials if needed)
To register email admin@rainforestarts.ca – limited spots available



Bookmarks, fridge magnets, brooches—the art of enamelist Margot Page adorns all kinds of every-day artifacts. Some of her larger pieces will be featured at Rainforest Arts in March.

Colourful Art Fused To Steel

Enamelist Margot Page has been creating images on metal since 1975, and she’s still enamoured by her art, finding new subjects that inspire her and modes of presenting her creations that appeal to art lovers.



Margot will be featured at the Rainforest Arts gallery—9781 Willow Street, Chemainus—in March. Rainforest patrons who are familiar with her popular collection of bookmarks and pendants will enjoy a collection of Margot’s larger pieces, which transform simple vases, journals, and other functional items into unique works of art.

The technique of enamelling, which has been around since at least the 13th century BC, requires several stages. A metal—either sheet steel or copper—has to be cut into the desired shape, cleaned, and

burnished; then natural oxide glazes are sprinkled on the surface to form a background layer and flash fired at 1,400 degrees Fahrenheit for two minutes; finally, stencils, which Margot creates herself, and very fine brushes and tools—often dental tools—are used to place figures onto the background.

Hummingbirds are a favourite subject for Margot. Their brilliant colours and elegant forms make for delightful compositions. Other subjects she loves painting are herons,

quail, flowers, and insects. Margot takes a ‘definitely commercial’ approach, but that doesn’t mean her art is about the money. “I’m used to working to deadline,” she said. “When I do something, it’s meant to go.” Having customers and deadlines puts her into an artistic cycle that sees her works “eventually into some kind of display” and, from there, into the hands of people who will enjoy them.

“It’s not the money at all; it’s the sequence of things you go through making the thing,” she said. “After you’ve got it all prepared, you look for an outlet.” Since arriving in BC in the 90s, after sailing the world’s oceans with her partner, Margot has established herself as an artist whose works add touches of colour, charm and delight to people’s lives.

Rainforest Arts is located at 9781 Willow Street in the Coast Capital Credit Union building. Gallery hours are 11 a.m. to 4 p.m., Tuesday through Saturday. You can contact the gallery at info@rainforestarts.ca or 250-246-4861. Find out more at RainforestArts.ca.



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Supported by the Province of British Columbia

Spring Break Sew

For nearly two years now, I have been teaching the Kids Learn to Sew lessons at The Spool Yard. In these weekly sessions, students of varying levels of experience learn how to thread their machines, identify and safely use different sewing tools, experiment with different stitches, and troubleshoot when things don't go exactly as planned. They soon come to know terms such as "seam allowance" and "selvedge" and "grainline" and determine what types of fabrics are best suited for projects such as book bags, pouches, and pillows, and are involved in every step of the process. We have a lot of fun and it's incredible to see how imaginative and individual their final creations can be.

It is an absolute privilege to watch the confidence of these students grow as they become more comfortable



using the machines and to witness their unconditional support of each other. I often hear them say things like, "You did such a good job!" or "I love the colours you chose" or "This is so much fun!" My favourites, though, are the whispered comments along the lines of "Ooh, I love the sound of the scissors cutting through the fabric" or "The hum of the machine is so soothing." That's when I know I have hooked them for good.

Sewing is not only an important life skill that will have long-term value but it also fosters independence in young people, helps them develop fine motor skills, and improves their concentration and the ability to focus, so useful in a world of ever-increasing distractions.

During Spring Break, The Spool Yard is offering a condensed Learn to Sew session for kids aged 8-12 for the first week and an Upcycling Fashion Camp for teens in the second week, taught by Julia Petley-Jones, a veteran of the fashion design industry. If you have a child interested in exploring what sewing is all about or a teen who is keen to learn how to design their own clothes, this is a perfect opportunity to give it a try. No experience necessary! If you're feeling like you'd like to learn or improve upon your own skills too, we are also offering Adult Learn to Sew sessions on the weekends during the break. No need to feel left out!

For more information, visit our website or call the studio. Hope to see you there soon!

Abbott Painting

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Tanya Trafford is an instructor at The Spool Yard. She is working on building a sustainable wardrobe for herself, one piece at a time.



MARCH EVENTS

We are a textile-based studio located in the heart of the Cowichan Valley.

March 2 10am-12 pm
Alterations & Repair Workshop \$60

March 2 1-6 pm
Studio Tunic \$175

March 3 & 10 12-3 pm
Zadie Jumpsuit \$180

March 5 4-6 pm
Sewing with the Stars \$60

March 12-15 12-2 pm
Kids Learn to Sew \$190

March 16 3:30-6:30 pm
Dopp Kit \$105

March 16 & 23 10 am-3 pm
Adult Learn to Sew \$375

March 19-22 12-3 pm
Teen Fashion Camp \$375

March 19 3:30-5:30 pm
Serger Refresher \$60

March 26 12-3 pm
Adult Learn to Sew \$375 (4 classes)

March 28 6:30-8:30 pm
Nikko Mock Neck Top \$135 (2 classes)

March 30 1:30-4:30 pm
The Perfect Pant \$325 (4 classes)

Enquiries:
info@thespoolyard.ca

250 710-1165
WWW.THESPOOLYARD.CA



Cowichan Valley Book Launch: Severance of the Sorcerer

Cowichan Valley author Kate Gateley is excited to announce the launch of the third and final volume of her Lost Wells Trilogy – *Severance of the Sorcerer*! In Book Three, Julia and Dom have been forced into hiding following a painful betrayal. Emotions run high as the allies scramble to hide from the dark scourge while coming up with a final plan to defeat the Child of Rome. Unlocking the power of



Julia's magic has never been so essential, but will it be enough to sever the Sorcerer once and for all?"

"A dynamic conclusion to an epic fantasy trilogy, *Severance of the Sorcerer* encompasses the emotions of a clash spanning thousands of years." –Foreword Clarion Reviews (5 out of 5)

"Robust worldbuilding and a millennia-spanning romance make this fantasy series finale a compelling read." –Kirkus Reviews
Signed copies of Books One & Two are available at Volume One Bookstore, with Book Three launching in late March 2024.

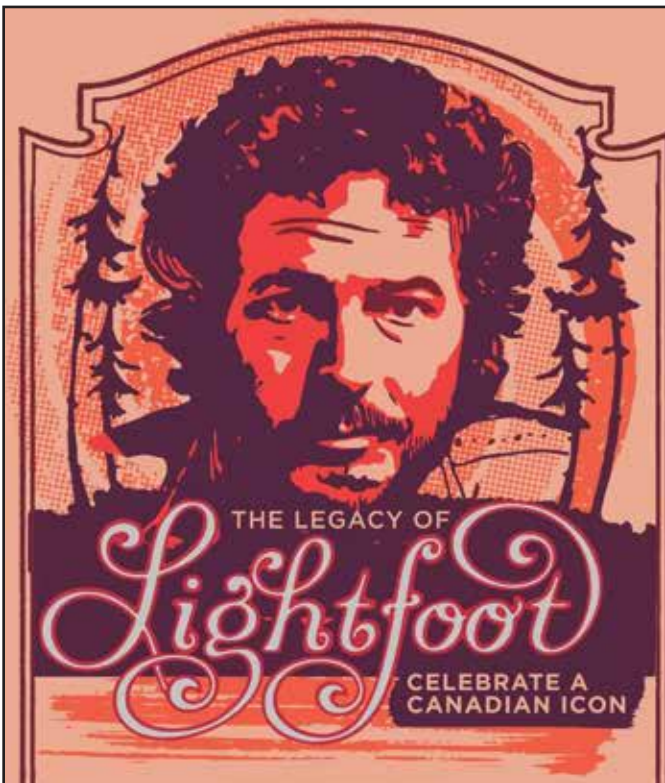
Join Kate & friends for a night of book reading, music, and art at the Cowichan Bay Maritime Centre on Thursday, March 28th, from 7-9 pm (doors 6:30). Meet the author, purchase books & merch, get your books signed, and mingle with fellow fans – mark your calendars! FREE tickets will be available through Eventbrite – attendees must RSVP. For more information, visit Kate on Instagram (@kategateleyauthor) or contact info@kategateley.com.

Tartuffe by Molière Mercury Players

The Mercury Players are putting on the 17th century hilarious classic farce



Tartuffe by Molière. All the stops were pulled to create a performance to remember, with period costumes for the 14 cast members as well as a dazzling set in the Heritage Hall adjacent to the Duncan United Church on Ingram Street. Dates are 1 March 7:30 pm, 2 March 2:30 pm, 3 March 2:30 pm, 7 March 7:30 pm, 8 March 7:30 pm, 9 March 2:30 pm and 10 March 2:30 pm. Tickets 25.00 (students and 65+ pay 20.00) at Ten Old Books in the Duncan Garage or on <https://tartuffe.eventbrite.ca>.



"A moving tribute that captures the soulful essence of Gordon Lightfoot's timeless melodies"
- Seaside Folk & Fiddle Festival

MARCH 15

COWICHAN PERFORMING ARTS CENTRE
COWICHANPAC.CA

MARCH 16

NANAIMO | ST.ANDREWS UNITED CHURCH
GOTPOPCONCERTS.COM



Exciting Music Ahead at Osborne Bay Pub



Vancouver's own **Brass Camel**, a one-of-a-kind quintet that blends 70's progressive funk, and blues rock into a fresh and original sound. Brass Camel is a unique Vancouver-based rock group made up of five experienced young musicians, their collective accomplishments include performing at New York's Apollo Theater, jamming with guitar icon Les Paul, racking up countless studio sessions and covering hundreds of thousands of miles on the road before coming together. Recently having released their debut album, mixed by multiple Juno winner Ben Kaplan, Brass Camel's singular sound mashes together the diverse influences of prog, funk, blues rock and fusion then ties them together with the kind of neat bow only attained by five musicians who are gunning for glory on the same frequency. Crofton helps to kick off a ten week coast-to-coast tour of Canada this Spring on March 2.

Brought together by their love of traditional Irish Music, **The Sieves** has brought Celtic folk and Celtic-inspired original music to the coast of BC for well over a decade. The trio, Tasia MacKay (Irish flute and whistles, 5 string banjo, vocals), the accomplished Jeremy Walsh (guitar, vocals) and the foot-stomping Andrew Morris MacKay (bodhran, spoons, vocals) draws

inspiration from such groups as Dervish, The Bothy Band, The Pogues, The Chieftains, Great Big Sea, The Irish Rovers, and others. Don't miss this magical show on March 16.

Hailing from the occupied territories of the Songhees, Esquimalt and WSÁNEĆ nations, **Clanna Morna** brings their take on the Celtic Traditional genre to the west coast. Their sound is rooted in the traditional Irish, Scottish and English music that many love, and features carefully crafted arrangements, rhythmic spirited energy and captivating storytelling. Comprised of an ensemble of multi-instrumentalists, their collective musicianship and attention to detail contribute to a unique audience experience featuring both familiar and lesser known folk ballads and tunes. The band pays tribute to and takes inspiration from legendary predecessors including The Dubliners, The Pogues, The Bothy Band, Planxty, and The Clancy Brothers.

Yacht Rock is a broad music style commonly associated with soft rock, which was one of the most commercially successful genres from the mid-1970s to the mid-1980s. Drawing on sources such

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MARCH 16 | CLANNA MORNA & THE SLIEVES

MARCH 30 | YACHT ROCK

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as soul, smooth jazz, R&B, and disco, common stylistic traits include high-quality production, clean vocals, and a focus on light, catchy melodies. As a result of its incorporation in soundtracks of recent films, especially the Guardians of the Galaxy

movies, this genre is also popular with younger audiences.

Showtime 8pm - Tickets at eventbrite.ca. Come for dinner and stay for the show! Osborne Bay Pub, 1534 Joan Avenue, Crofton.

Youth Embrace the Imperfect



March shows and workshops have a special focus on youth and women at the CVAC galleries.

CVAC's annual youth show (ages 13-21) is a chance to see powerful expressions by local young artists. This year's compelling theme – Embracing Imperfection – was chosen by art teachers and students from Frances Kelsey Secondary School. The creative process (like life) can be messy whether you are mixing paint or welding a sculpture. Do you make mistakes along the way?



Of course! But flaws and quirks can be the most beautiful parts in the final artistic product. In the main Gallery: Embrace Imperfection March 6- April 2, Opening reception March 6, 3:30-5:30 pm.

The Annex hosts A Retrospective by Jim Malo

until March 13 followed by the creative expressions of the Warmland Calligraphers March 14 to 28

Spring Break Art Camps for youth (ages 6-10 and 9-13) are wildly popular, a chance to spend a whole week expressing themselves and learning new techniques under the guidance of professional artists.

Being Women (March 9) is an afternoon workshop celebrating International Women's Day. Nurse/artist Donna Draper will guide the group through collages and intuitive painting.

Discover Encaustic painting (March 23) is for painters who wish to learn this very special technique.

This is the month to come and see or participate.

MARCH WORKSHOPS

Details & Registration:
cowichanvalleyartsCouncil.ca

SHOWS

- Main Gallery: Youth Art Showcase 2024: Embrace imperfection March 6 - April 2
- In the Annex: A Retrospective by Jim Malo continues until March 13
- Warmland Calligraphers March 14 - 28

Every Monday: Open

Studio Drop in between 10 and Noon and bring a work in progress and connect with fellow artists.

March 2: Wearable Art : Nuno Felting with Donna L Bennett

March 9: Being Women - a creative celebration for Women's day with Donna Draper

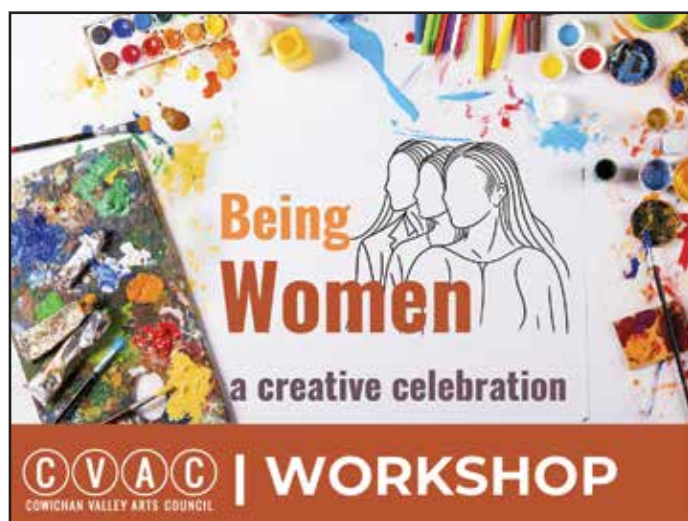
March 23: Discover Encaustic Painting with Loretta Puckrin

April 2 - April 30: Spring Art Dabble- 6 classes, 6 teachers, 6 techniques

SPRING BREAK ART CAMPS:

Registration and details on reccowichan.ca

- March 11-15, Dig into Art with Chantey Dayal, age 9-13 Use code 66827 to register.
- March 18-22, Art Explorers age 6-10 Use code 66830 to register



About Us Founded in 1971, CVAC is a registered charity dedicated to enriching our community through the lens of arts & culture. We provide 30 art exhibitions per year and arts-themed programming for all ages. We recognize that we operate on the unceded territories of the Hul'qumi'num-speaking peoples who have resided here from time immemorial.

“Art is not what you see, but what you make others see.”

Art Council Established

DUNCAN — Harold Proctor will head the Cowichan-Malahat Community Art Council until the first annual meeting Jan. 10. The council's task is the promotion and co-ordination of arts activities in the Cowichan Valley.

The interim executive, formed Sunday also includes Nigel Turner, vice-chairman; Julie Porter, secretary; Lorin Higley, treasurer; Will Mackenzie, Lon Wood and John Roelofson, directors.

For over a half century, Cowichan Valley Arts Council philosophy has embodied this summation by French impressionist Edgar Degas.

With this year's 54th Annual Cowichan Valley Fine Arts Show set for May 8 to June 4, CVAC will again provide the artist's view for thousands of patrons expected for Vancouver Island's largest non-juried fine arts show and sale. With participation of 140 artists in every medium there will be lots to see.

Whether art-informed or just curious, all who attend may with their own eyes take in what Degas felt is key to the artist's role. At the end, all voices can be heard through ballots cast for in People's Choice category winners.

On a chill winter night in 1970, an ad hoc group met in a back room of the old Cowichan Leader on Craig Street. They aimed to discuss ways of promoting and co-ordinating arts activities in the Cowichan Valley. The rest is history.

The group struck a seven-member interim board to launch the Cowichan-Malahat Community Art Council. Before adjourning, they set January 10 the following year to hold the council's first annual meeting.

CVAC progress has been steady but the road was bumpy at times. Financial challenges were compounded by shunting from one temporary gallery to another — often cramped and unsuitable spaces; poorly located and shared with others.

The picture is vastly improved since CVAC settled into the centrally-located Cowichan Community Centre, with liberal space in a gallery updated to professional grade to accommodate sundry CVAC programs.

Players passionate about promoting the visual arts have swelled in number over five-plus decades — but above all it's the steadfast squad of volunteers giving generously of their time both stage centre and behind the scenes that make it happen.

“Hang Your Art,” is the website heading to click on after you've opened “Call for Artists.” It brings you to a set of necessary protocols administered by Hanging Team duo Rory Macdonald and Cam Russell — both artists and experienced board members who are always hands-on volunteering for whatever else needs doing.

“Artworks may be moved around multiple times in the process of being curated,” says Rory. “Therefore it's helpful to have



Well Fades Over Time, Willie Harvie

COWICHAN VALLEY
Fine Arts SHOW

VANCOUVER ISLAND'S LARGEST NON-JURIED ART EXHIBITION

MAY 8 - JUNE 5

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www.cowichanvalleyartscouncil.ca

CVAC
COWICHAN VALLEY ARTS COUNCIL

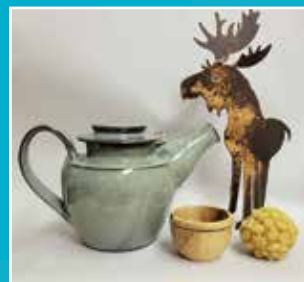
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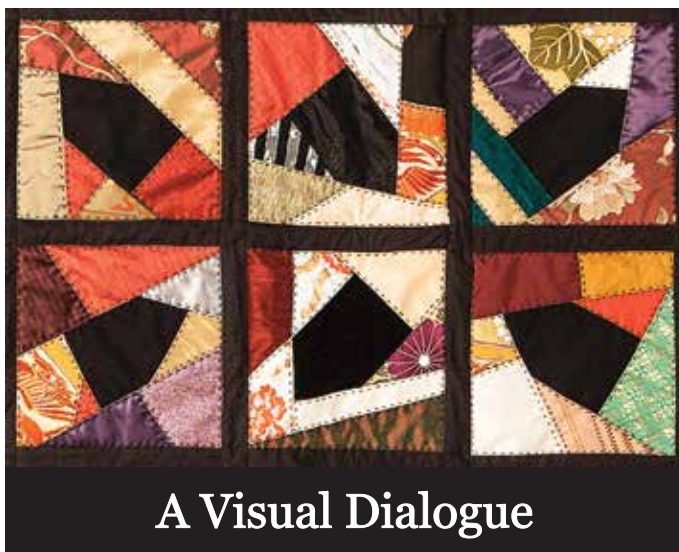
It is a matter of record that the curatorial team's diligence has sustained in delivering every show “to its highest potential within the theme and vision of its specific collection.”

Former CVAC board member Suzan Kostuick of Excellent Frameworks is a go-to guru for framing. Verboten are dust, scratches, fingerprints or

mats and backings that are not acid-free and thus archively unsound and damaging. Suzan is offering a 20% discount to those contemplating custom framing of their entry in the 2024 CVFAS, for what she calls “that extra pizzazz” though more costly, can elevate artwork to professional



Lon Wood is a retired journalist and founding member of CVAC



A Visual Dialogue



Jock Hildebrand, DipFA, is the President of the Cowichan Public Art Gallery

A Stitch In Time presents the work of Gloria S. Daly, who skillfully comments with fabric, needle, and thread on the overarching narrative of the Japanese people's past and present experiences.

Her works in the Snow Country series Kimono give a visual "voice" to the ancient Edo or Tokugawa period (1603-1868) in which the Japanese Art Craft of Boro (reworked/repaid textiles) was first stitched. Musashi the quilted work that portrays the bird's-eye-view-like the paintings of The Tale of Genji, also known as Genji Monogatari, a classic work of Japanese literature written by lady-in-waiting, Murasaki

Shikibu, in the 11th century. Even as she visualizes the bygone world of ladies - in - waiting, Daly articulates the truths surrounding Diaspora, the internment of men, women, and children during World War II here in BC. Through her work we seem to hear the inspired image whispering those aesthetic principles that concern the nature and appreciation of beauty, especially of visual art.

The stories chosen are told in textiles, a method used in western art for thousands of years, that include such diverse works as the eleventh-century, 70-metre Bayeux Tapestry and the late fifteenth-century Lady and the Unicorn series of six tapestries in the mille-fleurs style. These works were important tools in the teaching of cultural insights for the educated as

well as the non-educated people of their times. The works in this exhibition also play a role as teaching tools, because they, too, are powerful visual



Gloria S. Daly Kimonos

a Stitch in Time
Solo exhibition of textile art
Gloria S. Daly

Feb. 2 to April 11
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"pages" for the public to experience in this current global time of racism, national and international conflict, religious prejudice, and political unrest.

Combining the traditional quilt format with innovative twenty-first century mark-making and hand embroidery, Daly explores contemporary

themes through her embroidery. As a storyteller her goal is to create thought-provoking visual dialogue with her viewers.

The Cowichan Public Art Gallery is now exhibiting Gloria's through April 11. The gallery (126 Ingram St. Duncan) is open Tuesdays through Saturdays from 10 am to 4 pm.



MARCH EVENTS

MARCH 1 & 15 12:45-3:15pm
Fearless Friday Art Circle
Come on down!

Mill Bay Community Hall

MARCH 10 3:30-6 pm
Acoustic Jam

*All instruments, skill levels (adult)
 Mill Bay Community Hall*

MARCH 12 6:30-8 pm

Inspired By Reading Book Club
Demon Copperhead

*South Cowichan Library,
 Mill Bay Centre*

MARCH 14 & 28 1-3pm
Makers Circle

*Bring your creative projects!
 Shawnigan Lake Community Ctr*

MARCH 15 7-10 pm

South Cowichan Music Jam
with TURNIP THE BEET - join in!

*Malahat Legion,
 1625 Shawnigan Lake-Mill Bay Rd*

MARCH 17 1:30-3:30 pm
Inspire! Youth Explore and
Create: Story Stones

*Evergreen School, Salal Room
 3515 Watson Rd Cobble Hill*

MARCH 21 6 pm
Spring Equinox
Family Sing-along

*Elsie Miles Park, Shawnigan Lake
 Community Centre*

MARCH 22 7-9 pm Adults
MARCH 23 1-2 pm Families
The Art of Storytelling

*Co-presented with Shawnigan
 Lake Museum, Shawnigan Lake
 Community Centre*

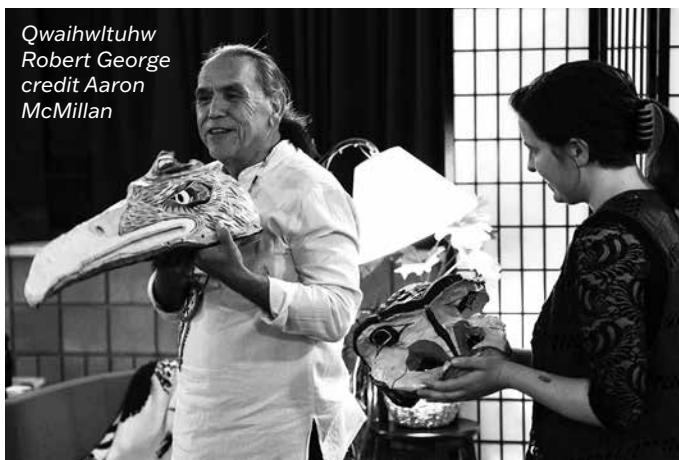
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**For more info contact: hello@
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*Qwaihwtuhw
 Robert George
 credit Aaron
 McMillan*



Cowichan South Arts Guild in March

As a guild, CSAG offers diverse opportunities for all to engage with the arts locally: Music, Visual Arts, Drama and Storytelling, in convenient venues (Mill Bay Community Centre, Shawnigan Lake Community Centre/ Elsie Miles Park, Cobble Hill Park, Malahat Legion...) so much fun, so close to home!

So, what is a 'guild'? We think of it as a collective of everyday people who like to share learning, practicing and teaching in the arts. Guilds began in medieval times as a way of passing on knowledge and skills to members. Over time, some guilds became quite elite and closed—that's not us! CSAG values supportive community, free or low-cost events, and interest and openness in outlook. We do have a small membership

fee to be able to rent spaces, pay instructing artists and sustain our website... but our yearly Individual \$15/ Family \$20 membership is the best deal in the Valley for fun and friendship!

Bring your family to our Spring Community Singalong, at Shawnigan Pavilion, Elsie Miles Park, Thursday, March 21st, 6pm. Regulars and newcomers alike are appreciating the friendly seasonal gatherings, which support all voices celebrating together (songbooks provided)

CSAG's 'The Art of Storytelling' festival is coming Friday, March 22

(adult 7-9pm) and Saturday, March 23 (families 1-2pm)! Friday evening's line up is on its way to being a great follow up to last year's full-house event. We've had many submissions from local storytellers who are interested in performing and are excited by the range of backgrounds presented. Also, returning by popular request, is Qwaihwtuhw (Robert George) to

tell a story in his entertaining and thoughtful style. Saturday afternoon's storytellers for the children & family-focused portion of the weekend are experienced educators and vibrant entertainers, sure to bring joyful energy to their performances. A mix of stories, music, participation, playfulness and laughter will leave everyone with warm memories and looking forward to our next Storytelling event!" And on that theme, leading up to the festival you can join us for our family friendly Explore and Create Workshop, March 17th, 1:30 - 3:30pm and make 'Story Stones'!

Theresa Zip



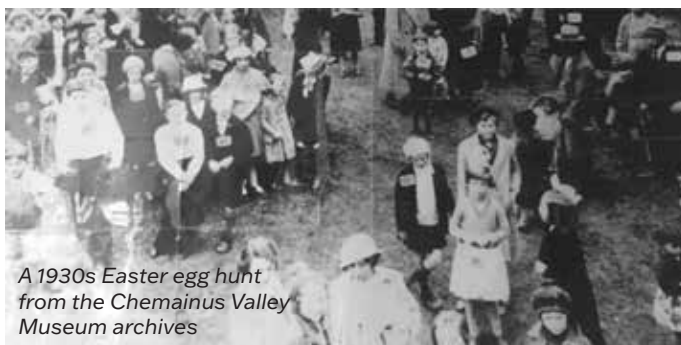
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A 1930s Easter egg hunt
from the Chemainus Valley
Museum archives

An Evening of Memories and Stories

Most of the residents of Chemainus have moved here from somewhere else and don't have much knowledge of the town's and the Chemainus Valley's past. Even people born in Chemainus may only recall a few generations of their family's stories with which to piece together a history of the place they call home.

'So what,' some—preoccupied with the frantic here-and-now—might say. To which the volunteers of Chemainus Valley Museum would answer: History adds a third dimension to your appreciation of the town—it fulfills the notion of being in a place-and-time.

The Chemainus Valley Museum invites you to find out more at Memories Unveiled: Stories Beyond the Murals, Saturday, March 16th from 7-9 p.m. (doors open at

6:30). It will be an evening of personal anecdotes and readings from the museum's in-house book Memories of the Chemainus Valley.

There will be door prizes, live entertainment, refreshments, a silent auction, a raffle, and a 50/50 draw. Tickets are \$25 (one free drink ticket included). They are available online at chemainusvalleymuseum.ca or by calling 250-246-2445.



To add a humorous twist to the occasion, 'mural gazer' Craig Spence will join in the celebration. He will take you inside the walls of Muraltown with readings from his



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historical fiction inspired by the famous wall art of Chemainus.

Of course, the town's murals remind us of Chemainus' history every time we walk its streets. It's writ large in those paintings—art that, for the most part, was based on photographs, which are part of the museum's collection of more than 14,000 artifacts. In fact, the creation of the Festival of Murals was a turning point in the history of 'the little town that could'.


We are reminded, too, that European settlement of this region began in the early 1860s, with a waterwheel powered mill where its modern descendant now stands, and that the name Chemainus is derived from the First Nations name Stz'uminus. History in the Chemainus Valley is unfolding on the traditional lands of the Stuz'uminus and Penálexeth' peoples. Knowing our history will help us understand our present more deeply.

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Brian has spent over 50 years in the Auto body industry. After graduating high school, he opened his own Body Shop in his hometown of Mossbank, Sask. Sold after 3 years and moved to Calgary. While taking many courses to upgrade his skills, he worked in high end Auto Body shops working his way up from prep and bodywork, to Paint Technician.

Brian opened his own body shop in the Cowichan Valley - Custom Car Colors - in 1999. His company was successful, and Brian gained a solid reputation in the Valley for high quality work and attention to detail. His services included all autobody, prep, restorations, paint, and polish/wax with a show car finish. He worked on many show cars and race cars!



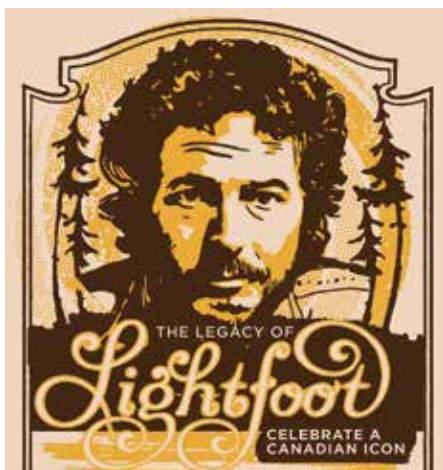
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Now booking Spring Auto Detailing appointments.



A Remarkable Tribute to the Legendary Gordon Lightfoot

The Legacy of Lightfoot, a remarkable tribute to the legendary Gordon Lightfoot returns to Vancouver Island after an extraordinary first run of shows captivating audiences and garnering widespread acclaim. The group, formed by accomplished musicians Oliver Swain (Big Machine, The Bills) and Dylan Stone (The Unfaithful Servants) along with a talented ensemble, brings to life the unparalleled musical spirit and legend that is Gordon Lightfoot.

Upcoming Tour Dates:

- March 1st – Salt Spring Island - Artspring Theater Tickets – www.artspring.ca
- March 2nd – Sooke – Sooke Community Hall Tickets – www.lightfoot.eventbrite.ca
- March 15th -Duncan – Cowichan Performing Arts Centre Tickets –

www.cowichanpac.ca

- March 16th – Nanaimo – St Andrews United Church Tickets – www.tixr.com

Following the graceful passing of Gordon Lightfoot in May 2023 musicians Swain & Stone organized a concert to celebrate Gordon's life & music. The overwhelming response led to

the formation of The Legacy of Lightfoot and now, this new run of shows.

"You will go with me everywhere. When I'm dreaming, you still share my lonely nights"

– Gordon Lightfoot

The Legacy of Lightfoot celebrates Gordon Lightfoot's the enduring legacy with an authentic, driving tribute that delves deep into the world of Lightfoot's magic. The group, born out of an enduring respect for the iconic artist, takes audiences on a journey through one of the deepest and most prolific catalogues of songs ever written.

From the coffee houses of the 1960's to the mega hits of the 70's and the beautiful music written in his later years, The Legacy of Lightfoot

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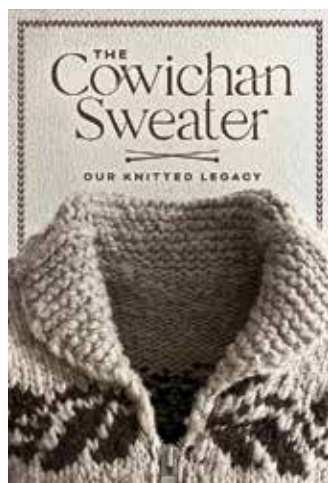


shines a light on the entirety of Gordon's masterful career, now a theatre production connecting with

large audiences and giving new life and longevity to Lightfoot's spirit and music.

The HUB Film Club and the Cowichan Film Society are teaming up to put on a documentary film festival on March 22-24 at the HUB at Cowichan Station. The Festival is a fundraiser for the community centre as well as a community building event.

We will be screening a number of feature length and short documentary films over the three days, focusing



Documentary Film Fest at The Hub

on topics such as the arts, environmental issues, social justice and First Nations culture.

We are a small group of dedicated volunteers who love documentaries and work hard to share these amazing stories with our community. The films are informative and inspiring. We hope to motivate people to engage in lively discussions with one another about the films.

Friday evening we are screening two local First Nations films: A Cedar is Life and The Cowichan Sweater: Our Knitted Legacy. Saturday includes Unarchived, a portion of which focuses on the local community of Paldi. Saturday also includes Ailey, about the great dancer, choreographer and activist, and Joan Baez I Am a Noise, spotlighting her music and

her activism. Sunday offers several informative and entertaining films dealing with environmental issues and closes with the delightful The Truffle Hunters, which beautifully captures the precarious lifestyles and rituals of this age-old pursuit in Italy.

Our volunteers will operate a concession in the HUB Café throughout the Festival where you will be able to get delicious light meals, coffee, tea, snacks, baking and of course popcorn!

Please check www.cowichanvalleyfilm.ca or www.cowichanstation.org/hub-film-club/ for the full schedule of films and screening times and advance tickets. This Festival is free to ages 18 and under. See you at the movies!

By Penny Lehan



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Cowichan Folk Guild Presents Unfaithful Servants

The Unfaithful Servants have gained a reputation in Western Canada as a must-see act. With an original and exciting approach to acoustic music, the group serves up explosive instrumentals, compelling story-telling and high-powered vocals. As Kelly Nakatsuka (Islands Folk Festival, CBC host) describes “The Unfaithful Servants are one of the most exciting bands from Vancouver Island in some time...gorgeous harmonies and fine song writing, beautiful instrumental interplay and some seriously rippin’ solos.”

American born mandolinist Jesse Cobb could be described as a virtuoso on his instrument. He is a founding member of the critically acclaimed bluegrass group The Infamous String Dusters and he received a Grammy nomination for one of his original compositions, Magic #9. He’s held residency on the historic stage of The Grand Ole Opry, his exceptional talent is widely recognized in the Bluegrass world, and he is an innovator of the instrument.

Singer/songwriter Dylan Stone is a restless songwriter. An interesting and storied career has led him to share the stage with Alejandro Escovedo, open for Keith Urban at BC’s largest country music festival, play onstage with Robert Randolph & The Family Band, and perform his songs for Lou Reed in Nashville, Tennessee. A modern-

day troubadour, Dylan has lived and toured across Canada and toured the West Coast extensively.

The Servants are working on new music and a new chapter, this includes the addition of two new members to the group; Quin Etheridge & Louis Rudner. Quin is a multi-instrumentalist who started his journey with the fiddle at age 6. Louis Rudner joins the band on bass, his masterful ear adds a new edge to the Servants sound and helps to drive the band even further sonically.

“Our influences and backgrounds are so diverse that you always hear a little of each of these influences in each song we create,” explains mandolinist Jesse Cobb. “We run the gamut from classical, bluegrass, rock and roll and traditional fiddle music, and usually try to incorporate all those ideas together to form a cohesive sound.” Dylan adds that arranging the songs is a meticulous process, “until we feel that the song has reached its maximum potential, then it is a matter of performing it with intention and energy and make its full possible impact known.”

March 22 The Unfaithful Servants at the Chapel at Providence Farm 1843 Tzouhalem Rd, Duncan Doors 7pm, show at 7:30pm, \$25 Members, \$35 Public

Cowichan Valley Film Society
& The HUB Film Club
Present

COWICHAN VALLEY

Documentary Film Festival

March 22, 23 & 24
at The Hub at Cowichan Station
2375 Koksilah Rd, Duncan

Friday ~ Opening Night \$10
Single Day Pass \$15
2 Day Weekend Pass \$25
18 & Under Free

Advance Tickets and Film Schedule:
www.cowichanvalleyfilm.ca
Tickets also available at the door while supplies last.

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LET'S GET CREATIVE, COWICHAN! JOIN US IN SHAPING ARTS AND CULTURE ACROSS THE REGION.

The Cowichan Valley Regional District (CVRD) has launched its first-ever Arts & Culture Master Plan, which aims to enhance creative opportunities for locals and visitors across the region.

The Cowichan Valley is home to an

abundance of talent and creativity. There are many ways we take part in arts and culture—from enjoying art galleries, plays, poetry, comics, movies, concerts and music festivals, fibre arts, book clubs, classes for kids, and even tattoos!

“Arts and culture thrives in our neighbourhoods,” said Patrick LeBlanc, Arts & Culture Manager at the Cowichan Valley Regional District, who is working with BC-based consultants Happy Cities on the new master plan. “This is a great opportunity for our communities to share hopes and ideas to help strengthen and direct arts and culture in our region for years to come”.

Recognizing that arts and culture are for everyone, the CVRD is seeking

community input on arts and culture priorities for the region, to help craft the new Arts & Culture Master Plan.

All artists—dabblers, creatives, and appreciators alike—are invited to share their ideas by filling out a ten-minute survey or chatting with us in person at a pop-up event.

The Arts & Culture Master Plan is anticipated to be completed in Fall 2024, with more community engagement activities planned for July and August.

The CVRD is collaborating on the project with Happy Cities, a BC based consultancy that aims to create happy, healthier, and more inclusive communities through urban planning and design.

Share your ideas:

- Take the online survey from March 11 to April 8 (scan the QR Code below)
- Join us Saturday, March 22nd from 5:00 to 7:00 pm at the Cowichan Community Centre (find us outside the main entrance)
- Join us Sunday, March 23rd at Seedy Sundays from 10:00 am to 2:00 pm (find us outside the Si'em' Lelum Gymnasium)

Join us to talk about...

Arts and culture!

The Cowichan Valley Regional District wants to hear your thoughts for a new arts and culture plan.

Scan here to
take the survey!



Learn more: www.cvrld.ca/2089/Arts-Culture





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Acupuncture for Seasonal Allergy Symptomatic Relief

Soon the cool and dark days of winter will gradually yield to the longer and brighter days of springtime on Vancouver Island.

Along with the warmer temperatures associated with the season of spring, the natural world will come alive as vegetation begins to burst with vivid colours and tiny promising green buds.

With the splendour of nature displaying its full renewal and growth potential comes the seasonal return of environmental allergens such as tree, grass, and weed pollen. For many people, including approximately 20-25% of Canadians, environmental allergens such as seasonal pollen can result in Allergic Rhinitis which includes sneezing, runny nose, stuffy nose, itchy throat, eyes and ears.

There are many effective antihistamine and intranasal topical glucocorticoid medications available that provide relief for people who suffer with these seasonal symptoms.

Traditional Chinese Medicine and in particular Acupuncture may also provide symptomatic relief of Allergic Rhinitis.

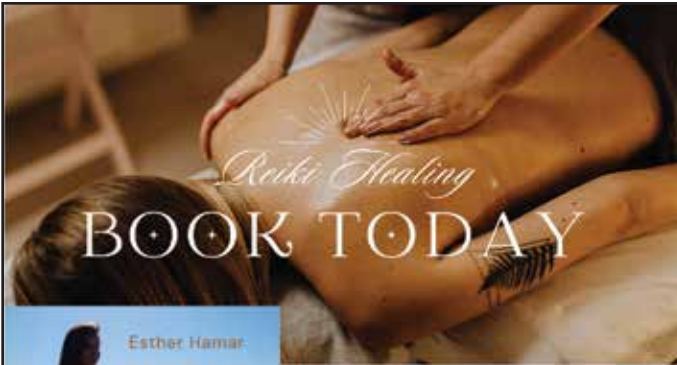
Acupuncture, which involves the insertion of tiny, sterile needles into strategically placed areas on the body, has been shown in many clinical studies to have a comparable effect to antihistamine medication in the treatment of severe Allergic Rhinitis, and it is safe without any severe adverse side effects. (Chen YD, Jin XQ, Yu MH, et al. Acupuncture for moderate to severe allergic rhinitis: a non-randomized controlled trial. *Chin J Integr Med* 2016;22:518-24.)

Assumed to modulate the immune system, Acupuncture was reported for the effectiveness and efficacy in the treatment of Allergic Rhinitis in "The Acupuncture Evidence Project" (AEP) by Dr. John McDonald, PhD, and Dr. Stephen Janz in 2017. The AEP consisted of two systematic reviews, two high quality randomized controlled trials, a clinical practice guideline on Allergic Rhinitis, and two cost-effectiveness studies. The results showed moderate to high quality evidence for the effectiveness and efficacy of acupuncture for Allergic Rhinitis, with symptoms such as sneezing, itchy nose and eyes, runny nose, and blocked nose showing the greatest improvement.


To achieve the most effective results, it is recommended to receive consistent Acupuncture treatments prior to but especially during the months of heavy pollen presence.



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HONOURING THE WELLNESS &



Sherry from the **Chemainus Health Food Store** didn't hesitate when sharing the most popular beauty line in the shop. **Matka Botanicals**. A women owned and operated skincare company based in Nanaimo with a burning passion for sustainability, veganism, animal welfare and affordable luxury. "Their

stuff is amazing! It feels so good, there's something for every type of skin and she is always coming up with something new. Staff favourites are the Firming Asparagus Moisturizer, a non greasy, rich and creamy daily moisturizer that leaves a slightly dewy finish. Golden Radiance Firming Face Oil, a powerful concoction of the most reputable flowers and oils known for anti aging and rejuvenation. Helps to reduce signs of aging. Foaming Rosehip Cleanser, a gentle face and makeup remover with pure rosehip and oat extracts. *Chemainus Health Foods Store 9738 Willow St, Chemainus Open Mon-Sat*



10am-5pm. 250 246-9838

Madeline Joelle

Acupuncture Women!

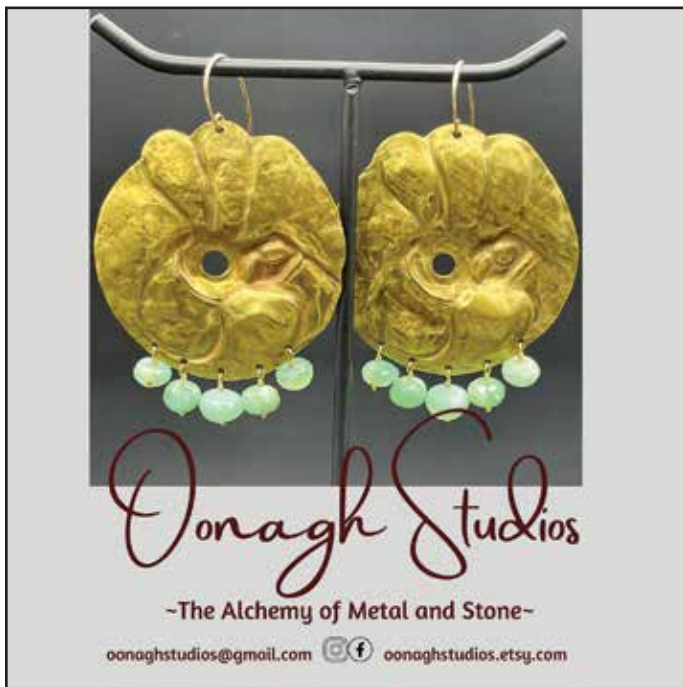
Are you seeking natural alternatives to support your health? Acupuncture is a holistic integrative medicine that uses techniques of Traditional Chinese Medicine to cultivate balance within the energetic pathways of the body. Acupuncture techniques include Traditional Fire Cupping, Gua Sha, Tui Na (Chinese massage), Shi Liao (Diet therapy) and gentle Acupuncture. These techniques activate biochemical changes that stimulate the body's own natural healing abilities. Benefits may include detoxification, lowering inflammation, relaxing the nervous system, and promoting physical, mental, and emotional well-being. Acupuncture can support hormonal issues by enhancing fertility, regulating menstrual cycles, and supporting perimenopausal symptoms such as reducing hot flashes, regulating mood swings,

increased energy levels, sleep concerns, low libido, headaches and pain. The practices of Traditional Chinese Medicine can be an empowering way for you to connect to your creativity and source of power as a woman, no matter which phase of life you are in! *Call to book 604 619-9774 255 Ingram Street Duncan www.madelinejoellewellness.com*

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BEAUTY IN WOMEN

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At **Genoa Integrative Health & Wellness**, our modality, known as Photobiomodulation, helps our clients to get rid of inflammation, decrease pain, increase range of motion - repairing and rejuvenating our bodies at a cellular level. While Photobiomodulation, also known as red light therapy, can help to promote the production of collagen and turn back time, it can also help to increase energy levels and quality of life. Our treatment is a non invasive, pain free treatment that can help with mood swings, breast tenderness, incontinence, night sweats, endometrial health, brain fog etc. just to name a few. We offer personalized care based on individual needs and value health and wellness as our most precious assets. Genoa Integrative Health & Wellness is the largest Photobiomodulation clinic in Canada, and it's located right here in the Cowichan Valley! Genoa Integrative Health & Wellness located @ 3110 Gibbins Rd Duncan Open Mon-Fri 8:30-5pm 250-701-5380 Visit our website @ GenoaLaserTherapy.com



Madeline Joelle

Registered
Acupuncturist

604 619 9774
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Red light therapy benefits Women's Health by offering full-body and spot treatments, including preventive pelvic and breast health treatments and promotes collagen production. Home-use devices are available for pelvic and breast treatments.



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Strengthen your bones, loosen your joints, relieve stress and bring up energy levels with 'Wild Goose' or 'Dayan' style of Qigong taught by Sifu Lee Masters. Originating over 1800 years ago, this knowledge was passed down to Lee through lineage by Qigong Grand Master Michael Tse whose teacher (or 'Sifu') was a woman named Great Grandmaster Yang Meijun. She was the 27th generation inheritor of this high-level skill and was taught by her grandfather. Yang Meijun lived to be 104 years old!

Wild Goose Qigong is Chinese Health Exercise composed of beautiful, gentle movements designed to balance energy in the internal organs, releasing old, 'negative' Qi (energy) and gathering fresh healthy Qi from nature to store in

the body. By developing our Qi we can strengthen our immune system, open our energy channels and bring balance to our physical mental and spiritual state. Beginners welcome. Classes on Mondays, Tuesdays and Wednesdays in Glenora. rivendellrhythm@shaw.ca wildgooseqigongcentre.com

Reiki Wellness Reiki is a Japanese word meaning universal life energy. Many ancient cultures, including the Japanese, Chinese, Indians and Egyptians, embraced the belief that life energy flowed through the body deeply affecting our bodies, minds and emotions. Reiki is a technique that triggers the body's natural healing abilities by stimulating a pure energy form that promotes balance and the normal regenerative processes of the body and mind. A treatment will give you a deep sense of peace, calm and clarity, which in turn affects how relaxed the body feels. Through improved circulation and energy flow and removing the worries and anxieties from your face and body, Reiki has the added bonus of making one feel and look rejuvenated.

Reiki Wellness, Upper Level Valley View Centre 1400 Cowichan Bay Road #13, Cobble Hill, Call to book 250 743-8122

Genoa Integrative Health & Wellness is thrilled to introduce to Eminence Organic Spa Treatments at **EUCALYPTUS ORGANIC DAY SPA** with Verity (previously from Soul Escape Spa)

To kick off this exciting addition we are offering a special **MARCH FACIAL PROMOTION**



Indulge in a luxurious 1 HOUR Eminence Signature Facial to rejuvenate your skin and relax your body. Let the organic ingredients hydrate your skin, leaving you with a radiant glow. Also, we will add a complimentary **30 MINUTE BACK MASSAGE** with your facial! All of this for just \$115 (regular \$180)

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The People Behind the Wool!

They say there's a good woman behind every great man. In this business, a few great women are in front of all men. At Soul Comfort we put our heart and SOUL into everything we produce. Bringing something unique to our customers is the light that guides us forth.

Aly looks after our front end. She's great with people and loves interacting with them, discovering their needs, and helping them find the right product.

Toby is one of our seamstresses. She makes coming to work a joy for all of us with big smiles and positive energy. She also bakes a fantastic loaf of sourdough bread for Saturday's clientele.

Mystia is our youngest apprentice. She has her creative flare and wants to grow in the industry. We are so happy to have her with us.

This brings us to Anyes Delaat. The creative driving force of Soul Comfort. Her passion for The Miracle of Wool is reflected in the diversity of goods she creates. Anyes found her creativity was met and challenged working with the sheepskin slippers, as many clientele have specific needs that require custom fitting. For example, swollen feet, deep toe box for sensitive toes, wide opening for easy access, extra broad for bunions etc.

At this time, Anyes is fully focused on the medical line as she sees her dream of 25 years come to fruition - Wool, the gift from the Goddess herself, Mother

Earth, is finally making its way back into the medical field.

Initially, hospital beds were covered with sheepskin to offload the patients. Due to changes in our medical system, the sheepskin was removed from medical care, and synthetics replaced them. Without the breathability of wool, patients now experience breaking down of the dermis, causing bed sores, ulcers, and other medical issues. These health concerns are now at an all-time high. Wool is the answer, and Anyes and our team are so pleased to celebrate it making a comeback in medical care.

As you can see there is no shortage of passion at Soul Comfort. It's in our very name. The benefits of Mother Nature's gift are present in all we do. Our pet line, yoga mats, massage table covers, sheepskin slippers, and medical footwear are enjoyed and cherished by customers around the world.

My husband was struggling with recurring bedsores on pressure points on his feet for quite some time, and nothing else seemed to help. I was able to send the measurements of my husband's feet and Soul Comfort worked with us to create a fantastic pair of boots that my husband loves. The boots have helped relieve pressure on the feet and the sores have healed. Plus, everyone who sees the boots comments on how wonderful they look.

Thank you, Soul Comfort!
Ruth Ann



My Aikido Story



Akiko is a member of Shawnigan Lake Aikikai since 2022 and enjoys her life in Cowichan Valley.

Ever since I moved to Canada, I've wanted to keep some sort of connection to Japan. Two years ago when I saw an advertisement for Aikido in the Cowichan Valley Voice my Aikido journey began. I now practice three times a week.

Aikido is the only martial art that does not involve fighting. We respect everything (our teacher, practice partner, practice room, practice materials, nature) and we practice with gratitude while striving to strengthen our

minds and bodies.

With an aim to improve oneself rather than compete in strength, we breathe effectively within the flow of techniques, keeping in mind the centre (Tanden). Perhaps for this reason, after practicing Aikido, my body is filled with calm energy and I feel reinvigorated.

At the dojo, all trainees practice together in pairs, regardless of gender, age, or physique.

There are uke (receiving techniques) and tori (applying technique). We learn how to understand the opponent's skills and characteristics and take care to avoid injury.

There are countless combinations and variations of Aikido techniques. By harmonizing an opponent's movements with your own, you can unbalance the opponent's centre, convert energy, and perform techniques. As I watch the teacher's demonstrations, the beautiful and graceful movements are like a dance, it is inspiring.

I still have a long way to go, but for now I think it's important to keep practicing the basics so that I can step up little by little. What you learn through Aikido training is also useful in your daily life. Calmness, awareness, respectfulness are some of the benefits of Aikido, which can help to reduce conflict. The

AIKIDO

Aikido is a martial art that teaches how to blend and harmonize with any aggressive energy, whether physical, psychological or emotional.

It teaches you how to remain relaxed in your mind and centered in your body and spirit in the face of adversity.



Aikido, the peaceful warrior art, calls on all men and women, young (14+) and old, who want to make a positive difference in their lives and in their communities. Build the confidence to stand your ground and speak your truth in a relaxed, centered and open-minded way.

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result is using energy for only necessary things and keeping a peaceful mind.

I'm so grateful to be a part of Shawnigan Lake Aikikai. In the warm, respectful and energetic environment, I

have great practice members who can help improve each other's skill. There are great opportunities to learn from the experienced teachers. I'm looking forward to meet new members who want to do Aikido with us.

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In the heart of Vancouver Island, Heronwood Custom Cabinetry stands as a symbol of exquisite craftsmanship and unwavering passion. Founded by Jason and Ann-Marie Fifield, Heronwood has become a beacon of luxury in the realm of custom cabinetry, shaping homes and kitchens into elegant, functional, and timeless spaces.

Our journey into woodworking traces back to Jason's childhood, where he learned the intricacies of the craft from his grandfather and father. Growing up amidst the breathtaking landscapes of Vancouver Island, Jason found inspiration in the untouched beauty of nature—the creative spark that would ultimately define the shared vision for Heronwood.

“When it came time to name our business I wanted to use the heron to pay homage to my grandfather's influence on my work ethic and creative thinking. Every time we see a heron we think of him.”
— Jason Fifield

The creation of Heronwood extends beyond mere entrepreneurial aspirations; it embodies a collective



Heronwood Custom Cabinetry

Immerse yourself in modern sophistication with shaker door profiles, Emttek hardware, and Quartz Montauk — a kitchen that seamlessly blends style and functionality.

dream between Jason and Ann-Marie. Jason's mastery of woodworking seamlessly intertwined with Ann-Marie's expertise in interior design, giving rise to a company rooted in innovation and creativity. Together, we envisioned Heronwood as more than just a cabinetry company—it's a place where craftsmanship meets design to create spaces that hold

your family's most precious memories.

So what should you expect from working with Heronwood? Our streamlined design process ensures your project flows seamlessly from start to finish. Beginning with the discovery stage, Jason and our design team will meet with you to discuss your vision, material options, and storage solutions. Within a few weeks after this initial consultation, our clients receive a detailed 3D rendering for review and, once approved, you are invited for a showroom visit for material selection, including cabinetry finishes, countertops,

and hardware. With constant communication, we involve clients in the entire design process, inviting them to witness their cabinetry taking



Elevate your kitchen experience with a bespoke appliance lift—where customized convenience meets home excellence.



Revolutionize your kitchen layout with the Fioro Magic Corner—an elegant solution maximizing corner space efficiency with seamless design.



Timeless allure unfolds as the kitchen's perimeter embraces Benjamin Moore Simply White, while a rift white oak island stands as a focal point, marrying contrast with elegance.

"When it came time to name our business I wanted to use the heron to pay homage to my grandfather's influence on my work ethic and creative thinking. Every time we see a heron we think of him."

— Jason Fifield

shape in our open-concept showroom. Finally, in our delivery stage, our skilled installation team ensures flawless execution on-site.

"If you work with your hands, you will take pride in what you do." — The Fifield's

The dedicated Heronwood team believes in crafting one-of-a-kind work that surpasses mere functionality to become a masterpiece in its own right. Many of our employees have been with us for over seven years, bringing more than 20 years of experience to each project. From prep sanding to flaw detection, the

Heronwood team goes above and beyond to deliver flawless results. And when it comes to colours, our custom shop can match any shade, using top-quality brands like Sherwin Williams and Benjamin Moore to make your vision a reality.

Beyond the realm of business, Heronwood embodies the values of family and hard work. As parents to two young boys, we envision Heronwood as a legacy—a testament to the power of passion, dedication, and community. It's a legacy we are proud to pass down and a reminder to our children that with determination and vision, their dreams too, can become reality.

In every cabinet we craft and in every home we transform, Heronwood Custom Cabinetry remains steadfast in its commitment to excellence, integrity, and the relentless pursuit of beauty.

"We are proud of the work we do and we want you to feel the same way about your home."

— The Fifield's


www.heronwoodcabinetry.ca






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Kitchen + Bath Design | Fixtures + Finishes Selections
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We are a full service residential design firm focusing on custom homes + renovations. Through the process of collaboration between clients, designers + trades, a well thought out home is the difference between existing in a space and truly living there.

Donna Burdulea | Interior Designer

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TWELVE MONTHS to zero waste



Stephanie Farrow & Krystal Aikman-Plentiff Refillery & Sustainable Living Store

Month three in our journey to lower our consumer waste, so glad you're here! By now I'll bet you're starting to become more aware of your consumer habits and waste streams. The small actions should be starting to add up and hopefully, you're noticing a reduction in landfill and recycling waste coming and going from your home. Good job team! You're doing great! Let's keep it up by planning for some spring cleaning and taking a deep dive into greenwashing.

Month 3: Clean Cleaning Is it really "Green"?

Start here: Be a Slogan Sleuth Greenwashing in household cleaning products can take many forms. Companies often use vague, unregulated terms like 'green', 'natural', or 'eco-friendly' without providing anything to back it up. The lack of a universally accepted definition for these terms creates a grey area

that can be easily exploited. Often a company might highlight one environmentally sound aspect of a product while completely ignoring more significant, harmful environmental impacts. For instance, a cleaner might be advertised as "made with natural ingredients" but still contain harmful chemicals or be produced in ways that harm the environment. Here are a few things to watch out for:

- Vague or broad claims: Be skeptical of products that make broad claims like 'eco-friendly' without providing specific information. Genuine green products usually offer detailed information about why they are environmentally friendly.
- Misleading labels and certifications: Some products may advertise certifications or eco-labels that are not backed by credible organizations.
- Lack of transparency: Companies that are genuinely committed to sustainability usually share detailed information about their practices and ingredients. A lack of transparency is often a huge red flag.

Being vigilant about greenwashing ensures that your choices align with your values of sustainability and environmental responsibility. By critically evaluating products and looking beyond surface claims, consumers can avoid being misled and



support genuinely green products and practices. Lastly, it's important to remember that true eco-friendly products not only focus on the contents but also consider packaging, production processes, and corporate sustainability practices.

So now what?

Start here: Shop Small! Allow me to introduce you to Mint Cleaning. If you haven't already heard of them, Mint was established in Ucluelet in 2016 as a cleaning business, but over the next few years, they found that the products they were using were making them feel unwell. Fast forward to 2020 and they launched their ever-growing line of handmade, all-natural cleaning products.

Fast forward again to 2024 and they can be found in well over 100 retailers across Canada and have won awards for their business successes. So, why am I telling you all this? Well, for a couple of reasons:
1) Their small-batch, handmade products smell amazing and work incredibly well.

2) Because they, as a company, epitomize what it means to be truly "green". From the ingredients they use in their products, to the packaging and refill programs, along with their company ethics and transparency... all of this means you can feel confident that you're making a good choice for the earth and your body (and the local economy too, but that's a whole other



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story).

The best news is that Mint is just one beautiful example of many amazing Canadian companies that are producing good clean cleaning products and being open and honest about their company ethos and ethics so that you can make informed decisions that you can feel good about.

REFILL your Clean Cleaning Products at

plentiFILL!

So, what can you refill at plentiFILL to make your Spring Cleaning safer for you and the environment? Go to plentifill.ca to check it out or bring your empty bottles down to 163 Kenneth st to see for yourself! Happy cleaning friends!

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LOVE'S TRIANGLE COMMUNITY KIRTAN, CALL & RESPONSE CHANTING

Kirtan is a Sanskrit word that means 'praising'. Our kirtan by Love's Triangle this month celebrates Krishna, the deity or symbol of compassion. We offer devotional songs and chants from all major spiritual practices every month in Duncan and Nanaimo. Join us in this most healing and joyful practice of music and sound, for yourself and all you love. March 10 at 2:30pm. St. Peter's Quamichan Church Hall, 5800 Church Road, Duncan.

COWICHAN FOLK GUILD COFFEEHOUSE CLAIRE COUPLAND

Claire Coupland is making a name for herself as a moving songwriter and performer, earning festival slots across Canada since 2016.



With a music degree, ten years living and working out of Toronto and touring steadily up until the pandemic, she now resides on the west coast. Claire effortlessly pulls her audience into her personal world of life experiences touching on themes of love, self doubt and optimism in the world around her. Claire Coupland presented by Cowichan Folk Guild Coffeehouse. 7:30-10:00pm, 246 Ingram St, Duncan \$5 Members, \$10 Public Open Stage at 7:30pm

COLLABORATIVE SOLUTIONS FOR OUR COWICHAN COMMUNITY

Join Sonia Furstenau and Michelle Staples for an evening of coming together to find collaborative solutions for our Cowichan Community. You will have an opportunity to hear about the work that has been done to address homelessness and the opioid crisis, to ask questions and to share your vision for your community. This event is hosted and sponsored by the BC Greens. March 28th, 7-9pm, Duncan United Church 246 Ingram st. Please RSVP so we can plan refreshments.

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Collagen Peptides

Collagen supplements are becoming more and more popular, and for good reason. Adding in a collagen supplement can benefit your joints, skin, bones, cartilage, gut lining, internal organs, and repair in all of these. As we age we all lose more collagen, and thus tissues lose strength and elasticity which leads to wear and tear and sagging skin. Other factors like UV radiation, smoking, and lack of essential nutrients contribute to a greater collagen loss.

Vitamin C is an important nutrient we all need more of, as it is water-soluble and used up in the body readily. Vitamin C plays

an essential role in supporting the stability of collagen molecules. Without vitamin C, collagen production gradually slows to a standstill. Since the human body cannot generate vitamin C on its own, a diet rich in vitamin C is critical for maintaining collagen production. Good sources of dietary vitamin C include citrus fruits, strawberries, red peppers and many raw fruits and veggies.

Lysine together with vitamin C will make collagen in the body. So sufficient whole protein is also important. Good food sources are animal products like meat, fish, eggs, and many plant sources such as legumes, quinoa and buckwheat, fermented soy, pumpkin seeds, and avocados. When looking for a collagen supplement to get it directly, it can be confusing as there are so many to choose from! Liquid, powder, bovine, marine, type 1, 2, or 3 etc. Collagen supplements are broken down into peptides which are the building blocks

our cells need to make collagen strands. The peptide size is an important aspect when buying, because the smaller the better your body can absorb it directly. Bioactivity will determine the peptides are designed to mimic biological activity and role of endogenous peptides in order to stimulate collagen production at specific areas of the body. Both bovine from cow and marine from fish are similar in amino acid sequence, so our cells can't really tell the difference. So look for a clean, sustainable and reliable source (such as grass-fed cattle, or wild and sustainable fish). Now as for specific uses, Type 1 and 3 collagen is used for strong hair, skin, nails and bones. While Type 2 Collagen is less prevalent within our bodies, it still offers great benefit to the aging body by promoting joint and cartilage health. Type 1 and 3 also stimulate the production of amino acids, particularly the wonderful Glycine- whose role is to build muscle and burn fat! It also helps anxiety, sleep, and gut health. Glycine is also available in an easy scoopable powder.

Vegetarians/Vegans can supplement with a good

absorbable Silicon/Silica to support collagen production and vitamin C (as these together make collagen within your body!) with perhaps lysine powder as well if you think you could benefit from this. Better silica supplements to look for are bamboo, or in MMST form, colloidal, orthosilicic acid and generally in liquid form are well absorbed.

Good food sources for natural collagen to include in your diet are bone broth, wild fish, and eggs. Team these with supportive foods to enhance collagen production and its retention like citrus, berries, avocados, chlorella, garlic and other sulfur-rich foods, hemp and flax, and leafy greens!

I swear by a good Silica for my hair and nails, and added greens and kelp. And of course, lots of Vitamin C for all of its incredible super powers!

Good health to you!



Good health to you! Tina Foster, RHN Essential Remedies

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Balsamic Glazed Ham

Courtesy Grant Easterbrook, The Olive Station



Ingredients

1 - bone-in skinless smoked ham, shank or butt end
portion, 6-8 lbs
1/2 cup Maple Dark Balsamic Vinegar
1/2 cup Cinnamon Pear Dark Balsamic Vinegar
2 tablespoons dijon or grainy mustard

Directions

Preheat the oven to 325 F.

With a sharp knife, score the fat all over the ham in
a diamond pattern. Place the ham, cut side down, in
the roasting pan and cover tightly with foil. Bake for
1 hour.

Meanwhile, reduce the balsamic to 1/2 cup by gently
simmering it in a medium sauce pan set over low
heat. This process should be done slowly, taking
approximately 25-30 minutes to complete. When
the balsamic has become thick and syrupy and is
reduced by half, remove from heat and whisk in the
Dijon mustard.

After baking for an hour, remove the ham from the
oven and increase the oven temperature to 350 F.
Using a pastry brush, liberally apply the balsamic
glaze all over the ham, paying special attention to
working it in to the scored portions. Cover just the
shank end with a small piece of foil to prevent it from
burning. Return the uncovered ham to the oven and
roast for approximately 35 minutes, (Repeat applying
the glaze in 15 minutes) or until the glaze has
caramelized and the ham is golden brown.





Rebecca
& George
Papadopoulos
"Farm life,
celebrated"
Keating Farm

This month marks the 10 year anniversary of our arrival in the Valley and stewardship of Keating Farm. Keating Farm is one of the oldest and most unique farms in the Cowichan Valley. Located on the unceded territory of the Quw'utsun People, the farm was first established by the Blyth family in 1870; transformed into a grand estate by the Keating family in the late 1880s and 1890s; leased from 1901 to 1920; farmed by the Complin family from 1920s to 1940s; and then farmed by the Tews family until the property was sold to the The Land Conservancy of British Columbia in 2005 in hopes of saving it. But, after a series of organisational and financial issues, The Land Conservancy was faced with the difficult decision of selling the property in 2013. After much scrutiny and a couple of Supreme Court decisions, The Land Conservancy was granted permission to sell the property to us, Rebecca and George Papadopoulos, in March 2014. We have spent the past decade devoted to the restoration of the farm, to resurrecting the heritage buildings, regenerating



George and Rebecca Papadopoulos, 2015

Keating Farm: A Labour of Love

the land, and giving the farm new life and purpose so it can serve our community for generations to come. Owning and restoring a heritage farm like this is a legacy project. We feel honoured and privileged to have the opportunity to be part of the history of this special place. Luckily, we still love working together, don't mind getting our hands dirty, and get immense satisfaction from a job well done. We've been on an epic journey that has tapped all of our skills and resources but has also been one of the most rewarding experiences of our lives.

Since purchasing the farm, we have restored the failing 1800's farmhouse and

agricultural buildings; reestablished the farm's infrastructure; started our farming operations; and expanded the farm's offerings to include weddings, agri-tourism events, and accommodations; not to mention welcoming three beautiful children into the world. We won a Conservation Award from Heritage BC for the restoration of the farmhouse and were nominated for a similar award

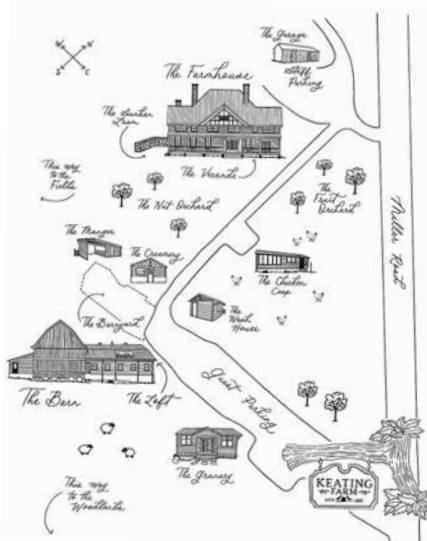
from the National Trust. Our weddings have been published nationally and last year we were recognized as one of the premier wedding venues on Vancouver Island. Our agri-tourism events and farm stays provide exceptional experiences attracting people from around the world. Last but not least, we have grown our farm produce offerings to include pastured heritage breed pork, lamb, chicken, turkey, eggs, honey, juice and hay. We use ethical, regenerative, and sustainable farming methods. Our products are of the highest quality and are sought out by locavores, foodies, caterers and restaurants. And we produce a tremendous amount of food for our local community each year. Moving forward, we plan to expand our farming operations to include mixed vegetables, more agri-tourism events, and a farm-to-table brewery and cafe. It's all part of our larger plans to create a highly productive and sustainable system wherein the land is improved by our farm operations. Some say it's a bit crazy, but our ultimate goal is to be a seed for change. We believe that if every person takes responsibility for their impacts and is intentional with their choices that big changes are possible. That's what first brought us here to the farm. We never imagined our dreams



Keating Farm's 1947
International K5 Truck. Photo by
Ashley Marston Photography

for the farm would grow and evolve the way they have but that's the best thing about dreams, they rarely turn out the way you expected. After much discussion, we finally settled on the tagline for the farm: "Farm life, celebrated." We want the farm to serve as a venue for people to experience a glimpse of agricultural life past, present, and future; to connect with the land; to learn about where food comes from; and to gather, creating personal connections within their community. With these intentions in mind, we want to take a moment to celebrate and to thank you for your support. We are so grateful for how we were welcomed into this amazing community and for all of the love and support we received. We could not have accomplished any of this without the encouragement and support of our neighbours, family, and friends; loyal customers; and fantastic vendors, suppliers, and tradespeople. In thanks, we invite you to join us at the farm for an open house and we look forward to seeing you there!

*Keating Farm 10th Anniversary
Open House Saturday, March
23, 12 pm to 4 pm, 5250 Miller
Road, Duncan
www.keatingfarm.ca*



Map of Keating Farm by Addison Quinn



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Mussels with Miso and Apple Cider

Courtesy Bill Jones, Deerholme Farm

Ingredients

2 lbs (1 kg)	mussels
1 Tbsp (15 mL)	butter
1 Tbsp (15 mL)	miso
1 tsp (5 mL)	minced garlic
1	onion, peeled and finely diced
½ cup (120 mL)	apple or pear cider (or white wine)
2 Tbsp (30 mL)	cilantro, minced
minced fresh cilantro for garnish	

Method

In a large bowl, place the mussels and rinse quickly with cold water. Pull off any threads attached to the side of the shell (the beard). Drain and set aside.

Place a large pot over medium high heat. Add the butter, miso, garlic and onion. Saute until softened then add the apple cider and cilantro. Bring to a boil, add the mussels and cook for 5 minutes, covering with a lid. Shake the pot occasionally. When the mussels have just opened and are still plump, remove to a serving dish and garnish with the minced cilantro. Serve warm with rice or bread.



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West Coast Shellfish



*Bill Jones is a
chef, author and
food consultant
based at
Deerholme Farm.*

We are spoiled here on the West Coast in our bounty of amazing shellfish. Many of the commercial species we raise here were introduced from other parts of the world but they have found a home here local waters. The ocean waters flowing down the coast from northern climates are rich with nutrients and very cold. This makes the prime areas for shellfish production around the mid-zone of Vancouver Island. Cold waters are necessary for fine flavours and nutrients are necessary for rapid growth and healthy shellfish.

Seafood aquaculture (unlike salmon) is an industry that has largely been deemed sustainable and provides little harmful impact to the local environment. Shellfish need clean, nutrient filled water and not much else. They are, however, subject to the effects of dangers like pollution and red tide. Also called Paralytic Shellfish Poisoning (or PSP), red tide is a population explosion of tiny toxic plankton (usually in the warmer months). When a red tide warning is posted in an area, the harvest of shellfish is banned until the levels of toxin is reduced to a safe level. All commercial shellfish in BC are tested to determine the safety

of our products.

Most of our local oysters are variants on the Japanese Oyster (*Crassostrea gigas*) that has been cultivated in our waters for decades. Oysters are marketed by a variety of names. The name might refer to the growing region (as in Chef Creek), the growing technique (ie. Tray-raised

Miyagi) or perhaps the co-op that markets it (ie. Pacific Kiss Oysters or Fanny Bay). They are available live in shells or shucked in containers.

Local clams were a special food source for the local First Nations peoples. They harvested many varieties of clams and cockles, some were wind dried and kept for use in the winter, some were baked in fire pits covered with seaweed for use in celebrations and Potlach ceremonies. Most of the clams we see in the market today are Manilla Clams (*Venerupis philippinarum*), an introduced species that is known for its tender meat and small size. We also occasionally see the Little Neck native clams (*Protothaca staminea*) mixed in a batch of Steamer clams, but the Manilla clam dominates the fresh Market in BC.

Mussels are another special treat from our local waters. The common wild blue mussel (*Mytilus trossulus*) is abundant on rocks and shorelines all over the island. Many commercial mussel farmers have selected the Mediterranean mussel (*Mytilus edulis*) and a new hybrid the golden mussel for local cultivation.

We are very lucky to have amazing shellfish in our markets and March is the peak of the season.



A Life at Sea with Michelle Rose

My whole adult life I have fished, spanning close to 5 decades. Life at sea has always been close to my heart since an early age. My grandparents were caretakers at a place by the sea that had multiple row boats that my siblings and I would spend our days in, when visiting. At home we often had a rowboat or sailing dinghy, that I could idle away my summers with. I am not from a fishing family, so I came to fishing from a different route, oddly enough, through my high school English teacher, Dunc. He had not been able to give up fishing when he became a teacher. At the end of each school year, he would head back out to the fishing grounds. When I graduated from high school, I went

fishing with him, which opened a whole new, larger world afloat. He gave me such an amazingly rich education at the “University of the Coastal BC”, on how to read the tides, where the fish were and why. The bonus was all the amazing people we meet up and down the coast. This education has stayed with me far more than his classes on Shakespeare and Chaucer. After crewing with my teacher and a number of other skippers, who were

both good and bad. I finally had my own boat at age 24. It was a half rotten wooden boat, built in the 20s, so already 60 years old when I made its acquaintance. Our relationship was cut short by a leaking gas fuel line that burnt the boat to the waterline, fortunately my brother and I were not hurt. Losing the boat only slowed down my fishing for a few months. I soon found another boat and was back at sea. I have had the good fortune to wander this incredible coast from Cowichan Bay to the Alaskan border ever since. I now fish the Michelle Rose, a freezer salmon troller. With my crew we operate a Community Supported fishery (CSF) based in Cowichan bay. The CSF has allowed us to be financially sustainable in these difficult times, we have reduced the carbon footprint of our catch by shortening the distance from boat to dinner plate and helped build community and food system resilience here on the South Island. If this sounds interesting and you would like some top quality seafood, check out our website at: michellerosecsf.com



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DINE & SIP COWICHAN

March 1st - March 24th 2024

With a variety of food & beverage venues to choose from, everyone can Dine & Sip Cowichan!

Menu and Venue Info at dinesipcowichan.ca



Island Savings
A DIVISION OF FIRST WEST CREDIT UNION

Dine & Sip Cowichan is proud to partner with The Full Cupboard by Island Savings for the eighth year allowing diners to enjoy culinary delights while also supporting Cowichan Food Banks.



Experience the Culinary Extravaganza of Dine & Sip Cowichan 2024!

Welcome to the vibrant world of Dine & Sip Cowichan 2024, where March comes alive with the delectable flavours and creative culinary offerings of the Cowichan Valley. This annual gastronomic celebration has returned for its 8th year, promising a wonderful journey filled with exceptional food and beverage experiences, all at special prices. Join us as we explore the diverse and thriving local food and beverage scene that defines our beautiful region. A Culinary Journey Awaits Starting from March 1st and continuing throughout the entire month, Dine & Sip Cowichan 2024 invites you to savour a wide array of inspired dishes and beverages, each carefully crafted by our local venues. Whether you're a fan of fine dining, casual eateries, cozy pubs, food trucks, family-friendly spots, or specialty food stores, there's something for everyone. For those who appreciate a well-paired beverage with their meal, our craft beverage sector is ready to impress with offerings from wineries, breweries, cideries, and distilleries, ensuring that your dining experience is truly memorable.

Supporting Our Community One of the hallmarks of Dine & Sip Cowichan is our commitment to giving back. We are proud to announce our ongoing partnership with The Full Cupboard by Island Savings

for the 8th year. By indulging in the culinary delights during this festival, you're not only treating your taste buds but also contributing to the support of Cowichan Food Banks, making a positive impact in our community. A Region-Wide Celebration Our festival isn't limited to a single town; it spans across the Cowichan Valley, with participating venues in Duncan, Shawnigan Lake, Mill Bay, Cobble Hill, Cowichan Bay, Maple Bay, Genoa Bay, Lake Cowichan, Youbou, Chemainus, and Ladysmith. With over 40 venues to choose from, you're guaranteed to find something special that suits your taste, from one end of the Valley to the other. Join the Celebration Tourism Cowichan is thrilled to support Dine & Sip Cowichan 2024, as it showcases the rich diversity of culinary experiences and artisanal food and drink that our region has to offer. We encourage both locals and visitors to partake in this celebration of our local flavours and to support our incredible businesses, growers, and producers. For more information and to explore the mouthwatering Dine & Sip menus, visit www.dinesipcowichan.ca or give us a call at 250-746-4636. Join us in savouring the culinary delights of the Cowichan Valley and in making a difference in our community through The Full Cupboard initiative.

Take advantage of this extraordinary opportunity to embark on a culinary adventure that truly embodies the essence of the Cowichan Valley!

PARTICIPATING VENUES South Cowichan

- Bridgemans Bistro - 740 Handy Road, Mill Bay
- The Brazen Fork - 1530 Cowichan Bay Rd
- Cobblestone Pub - 3566 Holland Ave., Cobble Hill
- The Cook & Butcher - 1681 Cowichan Bay Rd.
- Cure Artisan Meat & Cheese - 1400 Cowichan Bay Rd, Cobble Hill
- The Lakehouse at Shawnigan - 2460 Renfrew Rd, Shawnigan Lk
- The Eatery at Merridale - 1230 Merridale Rd, Cobble Hill
- The Masthead Restaurant - 1701 Cowichan Bay Rd.
- The Mill Pizza & Grill - 260-2720 Mill Bay Rd., Mill Bay
- Prima Strata Pizzeria - 14-1400 Cowichan Bay Rd.
- The Satellite Bar & Grill - 3515 Telegraph Rd., Cobble Hill
- The Restaurant at Unsworth - 2915 Cameron Taggart Rd., Mill Bay

Duncan

- Aloha Bowls - 104-177 Kenneth St.
- Brunch on 3rd - 148 3rd St.
- Craig St. Brew Pub - 25 Craig St.
- CVI Restaurant & Lounge - 6457 Norcross Rd
- Duncan Garage Café & Bakery - 330 Duncan St.
- Ironworks Café & Creperie - Duncan - 64 Station Street,
- Italian Kitchen & Deli at Grove Hill Farm - 6159 Lakes Rd,

Duncan

- Just Jakes Restaurant - 45 Craig St.
- Kahuna Burger - 177 Kenneth St.
- The Oak Taphouse - 6159 Cowichan Lake Rd
- The Old Firehouse Wine & Cocktail Bar - 40 Ingram St •
- Original Joes Restaurant & Bar - #9-361 Trans-Canada Hwy,
- Romeo's Restaurant - 180 Trans-Canada Hwy
- The Taco Hole - 2687 James St, in the Cowichan Community Ctr
- Taco Revolution - Food Truck.
- Urban Forest Bistro - 23 Kenneth St

Genoa Bay & Maple Bay

- Genoa Bay Café - 5000 Genoa Bay Rd., Genoa Bay Marina
- The Lion Rampant Scottish Pub - 6777 Beaumont Ave., Maple Bay
- Shipyard Restaurant & Pub - 6145 Genoa Bay Rd., Maple Bay

Lake Cowichan & Yubou

- Farm Table Inn Farm Store - 6755 Cowichan Lake Rd. Jakes at the Lake - 109 South Shore Rd
- Riverside Inn Pub - 56 North Shore Rd
- The River Café - 56 North Shore Rd
- Yubou Bar & Grill - 10524 Yubou Rd

Ladysmith

- In The Bean Time Café - 18 High St.
- Ironworks Café & Creperie-422 Esplanade Ave,

Chemainus & Thetis Island

- Owls Nest Café & Bakery - 9752 • Willow St., Chemainus
- Owls Nest Café & Bakery @ Saltair Station - 10445 Chamainus Rd, Saltair



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- Bayview Brewing - 204 Dogwood Drive, Ladysmith
- Blue Grouse Estate Winery - 2182 Lakeside Rd., Duncan
- Cherry Point Estate Wines - 840

- Cherry Point Rd., Cobble Hill
- Enrico Winery - 3280 Telegraph Rd., Mill Bay
- Merridale Cider & Distillery - 1230 Merridale Rd., Cobble Hill
- Red Arrow Brewing - 5255 Chaster Rd., Duncan
- Rocky Creek Winery - 1854 Myhrest Rd, Cowichan Bay
- Stillhead Distillery - #105-5301 Chaster Rd., Duncan
- Unsworth Vineyards - 2915 Cameron Taggart Rd., Mill Bay

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Crispy Vancouver Island Brie ~ 22

panko, spicy honey, olives, almonds, apple butter

Charred Sprouts ~ 15

chili, lime, garlic, grana padano, lemon & herb aioli

Grilled Romaine Hearts ~ 14

anchovy emulsion, focaccia, crispy house bacon,
grana padano, cured yolk
add chicken ~ 7

Butternut & Apple Bisque ~ cup 8 / bowl 13

yogurt, pumpkin seed za'atar

MAIN PLATES

Prime Rib Burger ~ 25

symphony BBQ sauce, mustard aioli, arugula,
house bacon, smoked cheddar, fries
sub soup ~ 2 / sub salad ~ 3

Duck Leg Confit ~ 34

braised beans, quince jus, charred sprouts, curry oil

Sablefish Mosaic ~ 47

leek ash, carrot risotto, pistachio & bull kelp granola,
buttermilk & dill vinaigrette

DESSERT

Yuzu Tart ~ 15

cinder toffee, raspberry, black sesame sauce

Chocolate Mint 'After 8' ~ 14

mint pudding, callebaut dark chocolate glaze,
white chocolate chantilly

Reserve now at UnsworthVineyards.com

2915 Cameron Taggart Road, Mill Bay
250.929.2292 (ext. 1)

UnsworthVineyards.com

DELICIOUS DINE & SIP

Genoa Bay Cafe



Genoa Bay Café is just a short drive from Duncan, providing a West Coast inspired casual fine dining experience for friends, family and tourists alike, we pride ourselves on featuring seasonal and local specials, house made preserves, and a variety of local wines and beer. Whether you're looking to enjoy a full meal or a glass of wine, our oceanside patio with views of the marina is a must for anyone looking to relax and unwind.

Bestselling Favourites:

West Coast Seafood Chowder – cream, halibut, sockeye salmon, clams, bacon, vegetables, toasted french bread *Open for dinner only Wednesday and Thursday 5-7:30pm Friday- Sunday Lunch and Dinner service 12-7:30pm– 5000 Genoa Bay Road, Duncan*

www.genoabaycafe.com

Shop the **Farm Table Inn's** on-site **Farm Store** for delicious oven-ready meals, soups, fresh breads, and more. Take advantage of the

Dine and Sip Lasagna Family Meal Deal or shop for other favourites such as cabbage rolls and mac n cheese. Pick up Easter brunch ingredients - farm fresh eggs, house-smoked bacon and sausages, and desserts - our Lemon squares are made with our farm fresh eggs.

Store hours are Wednesdays to Saturdays 10am to 5pm. Or shop our booth at the Duncan Farmer's Market every Saturday from 10am to 2pm. We also offer off-site catering - from buffets to platters and more info@farmtableinn.ca 250-932-3205, 6755 Cowichan Lake Road

The Oak Taphouse



The Oak Taphouse is your neighbourhood taphouse serving up 18 local brews,

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COWICHAN DESTINATIONS

Unsworth Restaurant



wine and cider, feature pizzas, daily specials, and happy hour, 3 PM Sunday - Thursday **Best pick:** Prime Rib Beef Dip 3287 Cowichan Lake Road, 250 856-0899 www.theoaktaphouse.ca,

Welcome to **Unsworth Restaurant**—a culinary celebration of all-things Vancouver Island. From a seasonally inspired menu showcasing fresh, local, sustainable ingredients, to exceptional service and award-winning wines, we give bold, new meaning to farm-to-table cuisine. **Signature Favourites:** 2018 Cuvee de L'ile, Sablefish Mosaic Winery restaurant with adjoining Tasting Room. Childrens menu, vegan and vegetarian options available. *Open for lunch and dinner Wednesday*

thru Sunday 11am-8pm 2915 Cameron Taggart Rd Mill Bay 250-929-2292 ext 1 www.unsworthvineyards.com

Pizzeria Prima Strada

- thin crust, wood-fired pizza, local wine, beer and more! Join us for a delicious and casual meal with family and friends.

Customer Favourites include pepperoni, cheese and mushroom pizzas and house made meatballs! *Open Wednesday - Sunday 12-8pm 14-1400 Cowichan Bay Road Valley View Centre 250 929-4655*



Pizzeria Prima Strada




JOIN US MARCH 1 - 24

This year for Dine & Sip Cowichan, we will be offering featured special appetizers and entrees every week. March at the cafe is sure to be a foodies delight!

— — — — —

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DELICIOUS

Duncan Garage Cafe and Bakery

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out our Daily Features menu for healthy soups, casseroles, wraps, sandwiches, salads, pizza and more. In a hurry? We have a Grab and Go fridge full of lunch items and bake at home meals and desserts. **Customer Favourites:** Soy Chai Lattes, Cheesy Eggs and toast for breakfast, Daily Pizza for lunch available in wheat, non gluten and dairy free options and Peanut Butter Squares for dessert. *Open Monday - Saturday 7:30 am-5pm, 330 Duncan St # 101, downtown Duncan.*

Neko Ramen is Duncan's first and only specialty ramen restaurant in the Cowichan Valley. Our establishment is distinguished by the presence of a Japanese chef. Experience our fresh homemade noodles made daily in-house and our homemade miso, perfected over two years, in a kid-friendly space adorned with pink interiors and decorations

Neko Ramen



Duncan Garage Cafe and Bakery



featuring Japanese anime and seasonal characters.

Bestsellers: "Miso Ramen," made with homemade miso and noodles. Green Curry and Soy Sauce flavoured ramen. *Open Tuesday-Friday 11:30-6:30, Saturday 11:30-3pm 171 Canada Avenue, downtown Duncan* nekoramen.net



Craig Street Brew Pub is a local hot spot to celebrate and enjoy fresh, house-made beer, local craft cocktails, and top-notch food. **Best pick:** Craig Street Nachos 25 Craig Street, (250) 737-BEER www.csbrewery.ca.

Urban Forest Bistro

Discover culinary bliss at Urban Forest Bistro, a hidden gem nestled in the heart of downtown Duncan. Delight in our eclectic menu featuring a fusion of flavors, from succulent meat dishes to innovative vegan options.

DESTINATIONS



Urban
Forest
Bistro

Immerse yourself in the inviting ambiance as smooth jazz melodies serenade your senses. Whether you're a discerning foodie or a casual diner, Urban Forest Bistro promises an unforgettable dining experience that tantalizes the taste buds and soothes the soul. **Must Try 2024:** Beef Brisket Panini, Smashed avocado on baked True Grain focaccia topped with hemp hearts, grape tomatoes, and a balsamic drizzle. Many vegan options and everything can be made gluten free. *Open Monday - Friday 9-6pm, Saturday 9-3pm, Sunday 10-3pm, 23 Kenneth St., Duncan*
www.urbanforestbistro.ca

Wild Poppy Market offers thoughtfully delicious gluten free grab and go meals and baked goods made in house daily. The market is also stocked with a variety of local retail food products and gluten free staples. We offer indoor seating with counter service. **Market Favourites:** Gluten Free Multi-Seed Bread, GF Donuts, GF Cinnamon Roll *Open Monday-Saturday 8am - 5pm 541 1st Avenue,*

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At **Plantitude** all of our menu items are 100% plant-based. Cheeses, sauces, dips and all proteins are lovingly made from nuts, legumes, coconuts as well as plant and grain ingredients. No dairy, eggs, meat, poultry, fish or honey are used at Plantitude – and many items are available gluten-free. We strive to use fresh, local and organic ingredients whenever possible and are proud to partner with several Vancouver Island based suppliers. **Customer Favourites:** Plantitude Benny, Crispy Chikin & Bacun Burger, Cinnamon Maple French Toast or Waffles & Bacun *Join us Friday and Saturday 11am – 8pm, Sunday 11am – 4pm 431 1st Avenue, Ladysmith*
For reservations & takeout:
250-924-1201
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Wild Poppy Market



Wild Poppy
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DELICIOUS DINE & SIP



Cure Artisan Meat and Cheese

Cure Artisan Meat and Cheese is the Cowichan Valley's premier charcuterie shop, featuring house made pates, sausages and cured meats. We have an extensive selection of imported and local cheeses and stock a large array of imported and house made condiments, chutneys, artisan crackers, sauces and more. **Customer Favourites:** House Smoked Cheddar, Duck Confit, Tenderloin Filet Mignon and our made to order sandwiches served on fresh baked baguette. *Open 7 days a week. Valley View Centre Lower Level 1400 Cowichan Bay Rd Cowichan Bay 250 929-2873*



Satellite Bar & Grille

wedding, our team has you covered. Every month we feature: Bi-weekly Specials that change every two weeks. Daily Features for every day of the week. Upcoming brunch and dinner features for Easter and Mother's Day. **Must Try:** Wonton Soup 3525 Telegraph Road, Cobble Hill, 250.743.5100 ext. 2 www.satellitebargrille.com



Satellite Bar & Grille

The Satellite Bar and Grille, located at the scenic Arbutus Ridge Golf Course, boasts some of the most amazing views in South Cowichan! The Satellite Channel, Salt Spring Island, and Mount Baker provide a beautiful backdrop no matter the occasion. Enjoy a classic favourite, the Ridge Chicken Burger, or a soon to be new permanent addition to the menu, a delicious Wonton Soup. Whether it's a casual dinner out, a tournament, or



Just Jakes

Just Jakes: For over 30 years, Just Jake's has been your local family restaurant featuring house-crafted brews, mouthwatering dishes, delicious desserts, and friendly service.

Best pick: Chicken Taco Salad 45 Craig Street, 250 746-5622 www.csbrewery.ca,

Bridgemans Bistro is the perfect setting for a family gathering, a friendly meal, or a relaxing dinner for two. Located on the water at the beautiful Mill Bay

COWICHAN DESTINATIONS

True Grain Cowichan Bay



At **True Grain** we use 100 % BC-farmed organic grain for everything we bake. From ancient grains like Einkorn, Emmer, Rye, Khorasan and Spelt, to heritage wheat

Bridgemans Bistro



like Canada's own Red Fife, we buy directly from organic farmers close to home. **Customer Favourites:** Cinnamon Buns, Almond Croissants and French Baguette *Open Friday- Sunday 8am - 5pm* 1735 Cowichan Bay Road, Cowichan Bay Waterfront 250 746-7664 www.truegrain.ca

Marina, every table enjoys a breathtaking view of the Saanich Inlet and Mt. Baker. Relax indoors or in our covered glass patio. Our West Coast inspired menus have locally sourced ingredients and house-made items. We also offer weekend brunch and daily specials. **Must Try:** Bridgemans Signature Chowder - Creamy seafood chowder with fresh salmon, clams, mussels, shrimp, bacon and vegetables. Served with garlic toast. Chicken and Brie Burger - House burger sauce, grilled chicken breast, bacon jam, brie cheese, lettuce, tomato, and red onion. Peachy Keen - Peach vodka, Elderflower liqueur, Fresh lemon juice, Peach purée, club soda *Open Weekdays 11:30am - 8pm, Weekends 10:00am - 8pm* 740 Handy Road. Mill Bay www.bridgemans.ca

like Canada's own Red Fife, we buy directly from organic farmers close to home. **Customer Favourites:** Cinnamon Buns, Almond Croissants and French Baguette *Open Friday- Sunday 8am - 5pm* 1735 Cowichan Bay Road, Cowichan Bay Waterfront 250 746-7664 www.truegrain.ca

Leeward Cafe



Leeward Cafe Coastal Cafe by True Grain in Cowichan Bay the coziest, little waterfront cafe in Cow Bay featuring sandwiches, pastries & specialty coffee. **Customer Favourites:** Breakfast sandwich with island ham, farm eggs, havarti and arugula served on a True Grain ciabbata bun, Island Fog Latte made with Westhome Tea Co. Lavender Earl Grey and local Cowichan Milk. Also be sure to check out Rose's rotating specials. *Hours Tuesday - Sunday 8am 2:30pm* 1737 Cowichan Bay Road, Cowichan Bay

Bridgemans Bistro at Mill Bay Marina



True Grain

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Mmm.....Cinnamon Buns!



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A cozy waterfront café with spectacular views serving delicious specialty coffee, pastries, & sandwiches

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Rupert Scow, and the future cedar canoe under construction at Sunrise Waldorf School.

Kwakwaka'wakw Artist Carving a Canoe at Sunrise Waldorf School

At Sunrise Waldorf School, the creation of a traditional cedar canoe is underway under the craftsmanship and leadership of Kwakwaka'wakw Artist, Rupert Scow. Last year, Rupert completed a Totem Pole at Sunrise, which he donated to the Hub at Cowichan Station, where it now stands.

Carving a totem pole and carving a canoe, had been on Rupert's bucket list for many years. Both logs for these projects were gifted to him, and the log for the canoe from local Cowichan Elder Qwiahwultuwh. The totem pole taught Rupert many things, which he now refers to as the "community pole" as so many people were involved in its creation. He knew the totem pole would be completed but described how it taught him to let go of what he had expected and accept the knowing it would be completed.

His goal of completing the canoe is similar, he is open to the process and is happy to be carving on-site at Sunrise Waldorf School. He reflected on how welcoming the school and the students have been, and the people of the Cowichan Valley, in general. He has generously decided to donate the canoe to Sunrise, and the school is thrilled to receive such a treasured gift. He hopes the canoe can be used

for cultural learning from local Elders who have experience with traditional canoes.

Rupert described how it is important to share knowledge as we grow older, and this is the traditional way of his ancestors. The Elders would be the ones to teach, and he was always taught to respect the Elders, from all Nations. He shares his knowledge with the students with generosity, warmth and often humour! Rupert is happy to be welcomed at Sunrise, he spoke about how the students are fun to be around: their enthusiasm, sense of wonder and play, and their willingness to help support the process.

To meet Rupert and hear about his journey and see the canoe, the community is welcome to come by Sunrise Waldorf School, at 2148 Lakeside Rd on March 23rd and/or April 20th, 2024 from 12-4PM. To support this project, tax-deductible donations can be made to Sunrise Waldorf School, (contact finance@sunrisewaldorf.org), or sent by e-transfer to Rupert directly at scowrupert01@gmail.com.



Rae Calder, Head of School at Sunrise Waldorf School



Wonderheads' The Wilds Stops in Duncan This Spring

The Cowichan Performing Arts Centre is proud to present *The Wilds* by Wonderheads on Saturday, March 23 at 7pm. *The Wilds* is part of the 2023/24 CPAC Presenting series that showcases national and international artistic excellence and merit.

When Wendell discovers that his wife Tilda and their beloved tree have vanished from the backyard, he must venture into the nearby forest to bring them home. Confronted with shifting landscapes, unusual creatures, and a mysterious lurking presence, Wendell soon learns that the key to finding Tilda is to first unlock the mystery of *The Wilds*.

Charming and profoundly touching, this wordless award-winning show features WONDERHEADS' signature masks, whimsical puppetry, and enchanting music, and moves its audiences to both laughter and tears. WONDERHEADS' work has been described as living animation, and the improbably astonishing way in which their masks come to life must be seen to be believed.

Through their expert use of mask performance and puppetry, they weave stories that are equal parts funny

and heartwarming, and they have been delighting audiences around the globe since 2009 with their unique theatrical stories. Don't miss this spellbinding show that the CBC describes as "captivating and magical!" This performance touches on themes of grief, loss and love and is recommended for ages 8+.

WONDERHEADS is a multi-award-winning physical theatre company specializing in mask performance, puppetry, and exquisite visual storytelling. Their work features full-face mask performance, a wordless, whimsical form of storytelling that are at turns hilarious and heartwarming. WONDERHEADS make it their business to step beyond words and ignite the imaginations and hearts of every audience member.

Tickets to *The Wilds* by WONDERHEADS are \$36 for adults, \$30 for seniors and \$10 for children/students, \$75 for families (2 adults/2 children) and can be purchased online, by calling 250-746-2722 or by visiting the Ticket Centre. For further show information and trailers, visit our website at www.cowichanpac.ca.

Cowichan Performing Arts Centre presents

ONE MAN'S LOVE TAKES HIM FARTHER THAN HE EVER THOUGHT POSSIBLE...

the Wilds

BY WONDERHEADS

"Captivating and magical."
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Saturday, Mar. 23, 2024
7PM

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Spring Into Composting!

Whether you got your outdoor systems nicely prepped last fall, or you're starting from scratch this spring, getting a jumpstart on outdoor composting is a great way to ensure you'll have some beautiful black gold available for your gardens this growing season.



Heap It for Heating

March can still be a cold month - especially at night - so we recommend "going big" with your early spring composting systems. For true thermophilic composting you will generally need at least 1-2 cubic yards of Carbon:Nitrogen balanced material to achieve the critical mass for proper heating - but even just completely filling up a typical backyard composter (we love the GeoBin) can be enough to really help things along.

Especially when you add...

Manure for the Microbes

Adding rich farmyard/stable manures to your backyard systems in the spring can be a great way to stimulate even more microbial action, which in turn leads to more warmth and faster breakdown of waste materials. Horse manure is a great choice - one that tends to be readily available in most regions - but there are a variety of other great options available, including rabbit, goat, or

sheep manure. Just make sure it's straight from the source, not from the store!



Worms for the Win

Many people don't associate composting worms with backyard composters, but this is actually one of the best ways to put those wiggly, waste-processing all-stars to good use! Red Wigglers - our favourite variety - can help to accelerate the composting process by fragmenting and mixing organic wastes, moving microbes around, and aiding with aeration. Just be sure to add them down low in your systems - especially with larger heaps - so they have easy access to cooler zones during hotter stages of the process.

Pacific Composting has the composting worms, systems, supplies and support you need to succeed with composting at any time of year! Check us out today at pacificcomposting.ca!




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Food Gardening



Bernie Dinter, owner Dinter Nursery. Family owned and operated since 1973 offering 3 generations of horticultural knowledge

With the inflation in food prices, consider your garden as a means of reducing your costs. The bonus is getting exercise and the satisfaction of growing food. A sunny location and some knowledge of growing plants, you can have a garden that contributes food most of the year.

The size of the growing space will determine what you will be growing. In larger spaces, fruit trees give high yields as they mature. Healthy trees have a life span of 50 to 100 years. Select varieties with a range of ripening times from cherries in July to storage pears and apples that are harvested in late October and used throughout the winter. Keep trees healthy by pruning in late winter to create an open structure with light and air circulation.

Small fruits like blueberries fit into any garden setting. As a small shrub in the 4-6' range it just needs a sunny location. Surplus fruit is easily frozen. Grapes and kiwi are long trailing vines for a south facing wall, fence, or trellis. Also blackberries, loganberry, boysenberry and other related vines are easy to grow in these locations using underutilized space.

Vegetables grow in any sunny location. If the ground is not suitable then use



raised beds or containers. Fill with rich soil but grow plants that use limited space or have a short harvest rotation. In early spring plant cold tolerant plants such as lettuce, spinach, chards, mustard greens, and peas to name a few. As the days get warmer plant heat-loving ones, with tomatoes being everyone's favourite. If you have space or extra containers, potatoes are highly productive and

store well for 6 months or longer. Corn is best grown in large gardens. Squash and zucchini are great for summer and fall harvest. When the summer crops are harvested, the final rotation is back to cool season crops that can be harvested as winter approaches. With a planned crop rotation there will be something to harvest or take from storage most days of the year.





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What To Do When Drought Looms?

The landscapes we love are created and sustained by water - let's approach it with care.



Sonia Furstenu, MLA Cowichan Valley, Elected House Leader BC Green Party

As we officially welcome Spring at the end of this month, we are hearing that BC's snowpack is 39% lower than normal levels. And so, Cowichan Valley residents brace themselves; while Spring typically signifies a time of renewal and rejuvenation, this year's forecast brings the sombre spectre of drought to the valley.

The Cowichan Valley is renowned for its lush landscapes and abundant agriculture. However, this picture is under threat as the River Forecast Centre predicts a prolonged period of dry weather. For farmers, Spring is a crucial time for planting and establishing crops, but the reality of water scarcity casts a shadow of uncertainty over their livelihoods. As in previous droughts, tough decisions on water allocation will need to be made once again this year to ensure that food production can carry on.

Of course, the impact extends beyond agriculture. Reduced water levels in rivers and streams threaten fish populations, including the iconic salmon runs

that are integral to this region's identity and cultural heritage. Wildlife habitats are already suffering, and fragile ecosystems could face irreparable harm if measures are not taken to conserve precious water.

Drought is not a new phenomenon for the region, but the severity and duration of recent dry spells have raised concerns. With dwindling snowpack levels and reduced rainfall, the water supply is becoming a critical and urgent issue for all of us.

So, let's treat it with care. Ask yourself,

"where can I reduce my water use?" There have been times in the past when our own well has run dry, with nothing coming out when we turned on the taps. As a way to reduce our water use, but still grow food in our garden, I invested in drip hoses to make my watering as efficient as possible. From reducing household water usage to implementing efficient irrigation techniques, collective efforts are needed, especially in support of local food security.

I want to give a shout out to Katy and John Ehrlich who are growing beautiful organic food in a sustainable way, who have not only fed the community, but built community. I have worked with them in the hopes that a solution can be put in place that will ensure that Alderlea farm can continue to be a part of our local food security here in the Cowichan Valley.

While the forecast may appear bleak, the resilient spirit of the Cowichan Valley community shines through. By coming together and embracing multi-stakeholder water sharing initiatives, I trust that we can find and implement solutions that will help us weather this drought and be better prepared for next year.



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Get Growing with Locally Adapted Seeds and Plants

transplants being dropped off by Cow-op member producer Nate Harben (Cowichan Green Community - Cowichan Farm & Food Hub) and Kyle (Cow-op Market Manager).



*Tamra N.,
Cultivating
community
through local
agriculture at
Cow-op.ca*

Are you getting ready to start seeds for this year's garden? Did you know that it's possible to get all the necessary supplies - locally adapted garden seeds, transplants and even potting mix - all from Cowichan Valley producers?

Local plants and seeds are the best choice. Seeds from selective local growers are usually better adapted to our unique soil and climate, and locally grown plants have a short transition period and smaller carbon footprint - from start to finish, Cowichan Co-operative Marketplace growers will get garden plants

to you quicker than big box stores can! There is no need for your precious garden plants to get damaged in transportation over long distances, and then sit neglected in big distribution centres. And, let's not ignore the elephant in the room: Cowichan-grown plants mean less fuel and fewer emissions!

Most importantly, by purchasing locally-produced garden supplies, you're supporting Cowichan Valley farmers. Winters are a quiet time, with little produce growing, and limited options for farm income. When you buy local plants, seeds, and potting mix, you are giving farmers in our community a much needed kick-start to the season's cash flow. It is more appreciated than you know!

It's easy to see why choosing local seeds and plants is the best choice for your garden. And the good news doesn't stop there! It is also very convenient to purchase these items from wonderful local producers on Cow-op.ca.

You'll find a huge variety of fruit, vegetable, legume and flower seeds from A&S Microgreens, Cowichan Green Community Farm and Food Hub, Boots n' Roots Permaculture Farm, Salt Spring Seeds, and Seeds Of The Revolution-Saanich Organics.

Shop plants that are ready for your garden soon from Lockwood Farms, Wise Elder Elderberry Farm, Cowichan Green Community Farm and Food Hub, Wishing Well Farm, Spring Hill Soil Laboratory and



Fruit Forest Farm.

And this year for the first time, don't forget to pick up a bag of compost-based locally made seed starting mix from Rootbound Sustainability Co.! Throw in a bottle of liquid Activated Effective Microorganisms from Boots n' Roots Permaculture Farm to help establish those tiny seedlings in a nutrient rich soil system... and Happy Gardening!
www.cow-op.ca

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lettuce mix, pea shoots, arugula,
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**Cobble Hill
Seedy
Saturday**

24th Annual Seedy Saturday
Saturday, March 16th 2024
 10 am - 2 pm

Cobble Hill Hall Stu Armour Hall
 3550 Watson Avenue 1438 Fisher Road
 Cobble Hill, BC V0R 1L0 Cobble Hill, BC V0R 1L0

Free Admission - Lots of Free Parking!



An exciting array of gardening related vendors awaits those attending Cobble Hill's 24th Annual Seedy Saturday on March 16th 2024.

Two huge buildings, the Cobble Hill Hall and the Stu Armour Hall plus outdoor spaces, will be loaded with those selling unique and hard to find garden supplies. From A&S Microgreens to Denman Island Heritage Apples and Wendy's Willows, Sweet Rock Farms, Rebecca's Garden, Mayne Island Clay Works with their clay olla's there will be something for everyone.



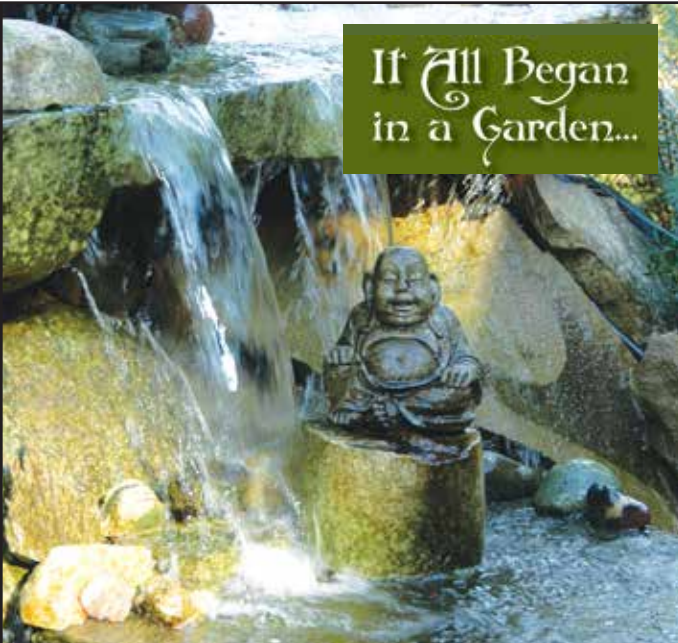
the CVRD's Emergency Cowichan along with the Mill Bay Fire Department to get some very valuable prevention tips.

To accommodate all of the vendors and several thousand eager gardeners our event is housed in two main buildings within easy walking distance of each other. Both are located in the heart of the Cobble Hill Village at 3550 Watson Avenue or 1438 Fisher Road.

Also featured is our famous seed exchange and lots of free parking. Both halls are wheelchair accessible and still have free entry for everyone.

Great local food is offered by the Women's Institute and by the Rotary Club of South Cowichan. We hope you take this opportunity to share in the excitement of growing things again after our long, wet and sometimes cold snowy winter.

Doors open at 10 a.m. and it all wraps up at 2 p.m. Saturday, March 16th. Don't miss Vancouver Island's best Seedy Saturday. For information contact schfias.treasurer@shaw.ca



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Seasonal Sampling



Amy Luck-MacGregor
Certified Soil
Food Web
Laboratory
Technician

Soil biology numbers change across seasonal cycles. Understanding what mediates the flurries of activity of these wee beings is helpful in deciding when and how to check who is home in your soil. Numbers peak when plants are actively growing and excreting “liquid sunshine” through their roots. Soil temperature, moisture and other types of microbe food (organic matter) also play a role.

As perennial plants wake up in the spring and annual seeds germinate, photosynthesis kicks off a downward flow of sugary goodness - a delicious call-out to the beneficial microbes hanging around in the soil reservoir below (that is, we and the plant very much hope they are still there). This flush of food and the microbes drawn to it lasts while the plant is growing. As reproduction begins, nutrients instead flow upward into fruits and flowers and microbial populations around the roots drop. This is why spring is the perfect time for sampling, and why we sample from a standard place around root zones. Sampling bare ground can provide a general starting point, perhaps quantifying the hit the biology just took from the tillage...

Summer sampling works if there is adequate soil moisture and cover, though we expect lower numbers. Looking at the biology around the corn plants out at Hope Farm last September, we were able to measure a difference between the control plots and plants grown with chemical treatments + biologically complete compost (a 2.5-fold increase in the ratio of fungi to bacteria) and in plants grown with biologically complete compost without the chemicals (a 5.5-fold increase). Yields increased by 14.6% and 75.1% respectively, showing the incredible difference those microbial partners made. Fall moisture brings increased microbial activity again. Annual plants and perennial leaves fall and become organic matter (food) for microbes. Perennials draw any nutrients that are left back down into their roots and on the cycle goes. Without year-round photosynthesising plants or adequate food, much of the biology will go dormant, awaiting signals for the right conditions to re-emerge.

So if you are curious about measuring the biology in your soil, spring is the best time to give me a buzz. I invite you to bring in your samples and learn more about biologically complete compost in my CVRD Recreation workshop series beginning March 27th. See www.springhillsoil-lab.ca for details.



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and also on the inherent belief that there is that of God in everyone. Silent worship allows us to discover the inward stillness where we can best hear the voice of God.

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For further information and directions:

www.cowichanvalley.quaker.ca

cvquakers@gmail.com or call Donna at 250.661.7751



Hannah Auer
(she/her)
Project coordinator,
The Resiliency
Project and The
Elder's Gathering
Garden

Cowichan Green Community

One question I always ask children, while holding a palmful of creamy deep purple-red anasazi beans, or small smooth deep brown lupine seeds, is “So, are they alive or dead?” I like to watch kids think about this question. In some way the seeds look like an inert object, a small stone or a bit of debris.

“They’re dead, right!?” the students ponder, “they don’t do anything, they’re just lying there in that jar!”

“But what happens when we push them into the garden soil, and the spring rains fall?” I ask, feeling the hum of excitement that I feel when kids see firsthand the profound magic of the earth.



Seeds of Spring

“They.....they grow! They come alive again!!”

“Yes! So the seeds are alive.”

They are alive. Dreaming a winter dream, resting, dormant. Until the conditions are just right, until the perfect moment arrives

when the sun has warmed the soil just enough, and a spring breeze softly blows, and that little seed begins to uncurl, open, and a plant springs forth. Everything that plant needs to grow into wholeness, the flower, fruit and seed contained within that perfect vessel.

These are the kind of deep thoughts one thinks while processing seeds for far too many hours over the winter. Seed is sacred, in the simplest way, and children are always good at spotting these important truths.

Protecting heirloom seeds, and preserving the diversity of plants grown on the planet is an important act of service to our future generations. Virtually all vegetable seed planted in Canada is imported. Saving and planting local seed is one way to support local growers and strengthen our food system, most importantly with regionally adapted seeds. We hear a lot more these days about food sovereignty, and at the core of food sovereignty is seed sovereignty. This is what the local seed movement is all about.

Steph Hughes, from The Bauta Family Initiative for Canadian Seed Security, talks

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about five reasons to buy local seed:

Seeds learn as they grow. By saving seed, farmers adapt their crop varieties to their growing conditions, and improve them over time. Having a good supply of regionally- adapted seed creates resilience and crop security in a changing climate.

Seeds help make sustainable farms. Saving seed can reduce a farmer's input costs at the beginning of the season, and selling seed can provide important off-season income. Biodiversity is the foundation of healthy ecosystems! Globally, we've lost 75% of agricultural biodiversity in the last century. By saving seed, farmers save, improve, and even expand the diversity of local seeds available to all of us.

Seeds are for the people. Due to corporate consolidation in the seed industry, 10 seed companies now own 75% of the global commercial seed market. By saving seed, farmers retain access to and control over the seeds that grow food for all of us. Every seed tells a story. Seeds have incredible historical

and cultural value. By saving seeds, farmers keep these little pieces of our history and heritage alive.

The Cowichan Valley has always been a temperate rainforest, but as spring and summer gets hotter and drier, we are transitioning to a more Mediterranean-type climate, with warm, dry summers and cool, wet winters. Officially, we are in plant hardiness zone 8b. One of the best ways to choose seeds for our growing region is to talk directly to the seed farmers growing locally. And Seedy Saturday/Sunday events are a great place to make this direct connection. We are lucky in the Cowichan Valley, as we are home to two Seedy events! Consider this your invitation to come out to one (or both!) of these great community events, and browse the amazing diversity of seeds grown here on the Island!

*Duncan Seedy Sunday,
Sunday March 24, 2024
10am - 2pm, Si'em Lelum'
Gymnasium, 5574 River Rd.
Duncan*



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www.dnsfarmsaltspring.com

DUNCAN SEEDY SUNDAY 2024

Spring seed market featuring local seed farmers, music, kid's activities, a community seed swap, workshops, food trucks and general spring merriment. Admittance: \$2 donation.

**MARCH 24, 2024
10AM - 2PM
SI'EM' LELUM GYMNASIUM
5574 RIVER RD.**

HOSTED BY THE COWICHAN GREEN COMMUNITY

VANCOUVER ISLAND FARMERS



Cicada Seeds, Owner Michalina Hunter We specialize in rare and unique perennial vegetables, herbs, and flowers. Perennial vegetables are not only delicious, they're less work, they grow soil, and they store carbon, too! Seeds are grown ecologically without chemical pesticides or fertilizers in Errington, Vancouver Island, and a few partner farms in BC. **2024 Favourite Seeds:** Homesteader's Kaleidoscopic Perennial Kale- a hardy, delicious, and diverse kale mix that grows to 6', lives for 7 years, and can be propagated by cuttings. Some plants show pink, white, and lavender variegations in the cooler months. Potato Onion- a pungent multiplier onion with bulbs that store indoors for up to a year. Each bulb will multiply into a cluster of 5-10 over a season. Eat the big bulbs, and replant the small bulbs in fall or spring. Caucasian Spinach- a vining perennial leafy green that can grow in full shade (or full sun). Shoots can be eaten in spring like baby asparagus, and the mild, heart-shaped leaves are great raw or

cooked. Does great in a permaculture guild climbing up fruit trees. Very cold-hardy and lives for 50+ years... imagine planting spinach once, and harvesting it for the rest of your life!
www.cicadaseeds.ca



Seeds of the Revolution!

- Saanich Organics Head Farmer: Keira Nichol

We produce locally grown, regionally adapted, certified organic vegetable, flower and herb seed packets for everyone from balcony gardeners to commercial farmers! We are proud to offer a wide selection of seeds including rare and heirloom varieties, grown right here on Vancouver Island.

2024 Favourite Seeds:

Sunrise Bumblebee Tomato - A sweet orange cherry tomato with yellow stripes.
Globe Gilia Wildflower - Hardy native wildflower
Gorgeous blue compound flowers adorn the gentle frilled leaves of this drought tolerant species. Pollinators love it!

Grand Rapids Lettuce - Giant green leafy lettuce heads with a delicate flavour
www.saanichorganics.com



Good Seed Land Farmer: Blake Hunter

We cultivate heirloom, open-pollinated and easy to grow varieties of plants. We've been farming on leased land on southern Vancouver Island for nearly 20 years now, and are currently in Central Saanich. We focus on traditional Indigenous crops like beans, squash, pumpkin and corn. We are looking forward to hosting knowledge-sharing workshops on the farm as well. **2024 Favourite seeds:** Resilience

Watermelon: Grown from seed found on the family homestead in SK, which had been locked for more than 70 years! Six years ago we planted all the seeds and 3 of them grew. So we've been cultivating them on the island since then and they are very rewarding: they grow outside, need little water and yield 5-8 pound excellent tasting fruits! Algonquin Long Pumpkin: Said to be the most Northern

cultivated indigenous pumpkin, this beauty is a long keeping pumpkin loaded with sweetness and dense nutrition. Excellent for making pies!
www.goodseedland.com



Growing since 2004, Metchosin Farm stewards 260+ seed varieties, native plants, hard to find roots and tubers, and also creates totally new ones! Check out Metchosin Farm Originals' – varieties that we have created here at Metchosin Farm **2024 Favourite seeds:** 'Strawberry Cherry', 'Teardrop' and 'Metchosin Pink' tomatoes, 'purple soft leaf' kale, and our many new potato varieties such as 'My Chosen Purple' and 'Orozo' and our unique 'Potato Mix' which contains new types
www.metchosinfarm.ca



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LOCAL SEED FAVOURITES



CGC Cowichan Farm and Food Hub Head Farmer Nathan Harben

The Farm and Food Hub is a farm initiative of the Cowichan Green Community, a plant nursery, market garden and seed farm. We focus on growing using organic farming practices, harvesting heirloom seeds, and educating the community on growing healthy fresh food! The Seed Bank offers the community locally adapted and diverse seeds for purchase. We offer varieties of vegetables, legumes, grains, fruits, herbs, and flowers. Our staff and volunteers maintain the seed bank, grow, rotate, and package every seed. 2024 Favourite seed: Arugula Selvatica Organic heirloom wild arugula is a staple in our farm salad mix, a favourite with customers year round. These seeds take a little longer to germinate, but the beauty of this plant is that you can just keep trimming the delicious leaves and they regrow quite quickly. Full Sun, cool season crop, but this variety is particularly slow to bolt so can be grown for most of the summer season. Matures

in 40 days. Start indoors 2-4 weeks before the last frost and transplant out in late spring.

A&S

Microgreens is an urban farm located in the beautiful Cowichan Valley. We proudly grow several varieties of fresh nutritious

microgreens as well as vegetables, herbs, edible flowers and certified organic seeds. We are open year-round because it is always peak season at our farm.

2024 Favourite seeds:

Broccoli Raab and Fennel
asmicrogreens@shaw.ca



At **BOOTS n' ROOTS** we work hard in harmony with nature to bring you the safest, most nutritious vegetables all through the year. We focus on feeding the soil so that our plants are naturally healthy and full of nutrients. Everything we apply goes beyond organic requirements. 2024 Favourite seeds: Blue Lake Pole Beans, Super Sugar Snap Pea, Red Russian Kale available at the Saturday Farmer's Market or on www.cow-op.ca



SEEDY SUNDAY HIGHLIGHTS



Here at **DnS Farm Farmers: Dave Burgess and Shirley Boyas** we keep very busy with our Waygu beef, produce which includes ginger, turmeric and galangal. This winter Dave has been out in his shop woodworking. He will be offering his art pieces for sale his year. This is also our first year to offer our ginger, turmeric and galangal plants for sale. We start planting in the winter to give the plant the longest growing season for our area. Last year was very productive. Beside tasting great, having numerous health benefits, knowing how and where it is produced makes growing very rewarding. I love ginger and have some everyday. Visit them at Duncan Seedy Sunday. www.dnsfarmsaltspring.com



At **Pacific Composting** we're on a mission to inspire people to turn their organic wastes into rich composts and living soils. Whether you're interested in layered composting, vermicomposting, bokashi - or you don't even know where to start - we've got you covered with the products and information you need to succeed! Please join us on March 24th for the Seedy Sunday event in our amazing home town of Duncan. We'll have composting worms, small systems and supplies available for sale, and will be hosting a free DIY worm bin workshop. We can't wait to help you enrich your soil naturally! info@pacificcomposting.ca
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www.cowichangreencommunity.org





Growing Medicinal Plants on Vancouver Island

Early spring is upon us in the Cowichan Valley and it is the perfect time to start your medicinal herbs for your garden. In the beautiful Cowichan Valley we are in Zone 8b for our Plant Hardiness Zone, which means we can grow many of our medicinal plants that like warmer weather in this climate.

There are many type of propagation techniques that can be utilized in early spring including seed starting, and vegetative propagation such as cuttings or division.

Seed Starting:

Seed starting with medicinal plants can be a little trickier than our garden plants, as our medicinal plants are wild, not cultivated species. This means that our wild medicinal seeds like to undergo seasonal changes and/or require animal's digestive system in order to stimulate germination. We can mimic these conditions by:

- **Cold stratification**, which is stimulating a cool to moist environment for 1-3 months by placing seeds in sand, or wet paper towel in the fridge. This is mimicking the winter temperatures triggering the seed to think it is spring when brought out to warm temperatures. Medicinal herbs that have better germination with cold stratification are:

• *Echinacea*, *Anise hyssop*, *Skullcap*, *Ginseng*, *Marshmallow*, *Passionflower*, *Stinging nettle*

- **Seed Scarification** by altering the seed coat with medium grit sandpaper until the endosperm (seed's nutrient reserves) is shown, to allow quicker water absorption which will improve the germination rate. This is mimicking fire in nature, or

digestive enzymes of animals that may have eaten the seeds. Medicinal herbs that have better germination with scarification are:

• *Astragalus*, *Hibiscus*, *Licorice*, *Marshmallow*, *Passionflower*, *Red root*, *Chaste Tree*

- Light Dependent Germinator

herbs are best seed sown on the top of the soil with pressing gently into the soil. Medicinal herbs that have better germination with light exposure are:

• *Angelica*, *Bee balm*, *Catnip*, *Mullein*, *Saint John's Wort*, *Violet*, *Yarrow*

- **Heat Dependent** seeds are herbs that require heat to germinate, which require the soil to warm up before planting. Medicinal herbs that have better germination with heat are:

• *Withania somnifera*, *Centella asiatica*, *Ocimum sanctum*

*These are best to wait until we have more consistent warm temperatures to direct sow or with a grow lamp/warm greenhouse.

Vegetative Propagation:

Vegetative propagation is a form of asexual reproduction where a piece or pieces of a plant are removed to grow adventitious roots (roots that grow from other plant parts than the primary root system). This type of plant propagation creates a clone plant, so best to take from many different plants to create diversity within your garden to assist with plant community survival.

Medicinal herbs that you can grow by **vegetative propagation with cuttings** are:

• Mint family plants such as *Peppermint*, *Lemon Balm*, *Stinging Nettle*, *Skullcap*

You can also take hardwood cutting from dormant woody shrubs and plants such as *Elderberry tree*. In the early spring you want to cut 12-16 inch

growing tips from the dormant plants, potting these into a potting mixture and watering well.

Root Division is another form of vegetative propagation where we divide out our perennial plants in the spring or the fall with the root harvest.

- Many perennial plants will grow as a clumping perennials where the root system can be divided up into many plants such as:

• *Valerian*, *Motherwort*, *Meadowsweet*, *Comfrey*

- Or you can divide a larger root structure with a shoot crown to replant such as:

• *Marshmallow*, *Echinacea*, *Elecampane*

Hardening plants is very important if you have been starting your seeds in warmer locations then outside temperatures to prepare them for the temperature shift. You can do this a few ways by opening the sides of your greenhouse, or simply placing your trays outside during the day and bringing back in overnight. This is also a good time to reduce watering to give them the experience of drought stress to strengthen the seedlings.

Happy seed starting!

Krista will also be offering an 8 month program on Growing Medicinal Plants with the FARM to MEDICINE Mentorship program in the Cowichan Valley from April to November! For more information: www.kristadawnpoulton.com/mentorship-program/

Krista Dawn Poulton, Medical Herbalist recently launched FARM to MEDICINE Workshop Series and Mentorship Program and is the clinic owner of the Little Farm Clinic in the Cowichan Valley.

www.kristadawnpoulton.com
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- ✦ Growing Medicinal Plants

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WITH *Krista Dawn Poulton* Medical Herbalist

To Register & for more information:
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Spring Seeds for a Pollinator Garden

The Importance of Pollinators

Pollinators play a vital role in keeping the natural balance within our ecosystems. They work hard to pollinate the food that we eat, and in doing so, help sustain life here on earth. Pollinators need our help! Many are facing population decline due to habitat destruction & climate change. The best way to help the pollinators is to grow a garden. It's important to provide a variety of flowers that bloom throughout the year and incorporate as many native plants as you can.

Pollinators and Native plants have symbiotically co-evolved for over a millennia. These plants provide a food source, nesting habitat, sanctuary & respite for many species of bees, birds, butterflies and other beneficial pollinators, even bats! They enhance biodiversity and in turn, create sustainable, thriving landscapes.

Sowing Native Wildflowers Spring can be an exciting time to start preparing for an abundant garden. Creating a welcoming environment for pollinators can be beautiful, peaceful and educational for the entire family.

Most native wildflowers require cold stratification in order to germinate, meaning they must be sown in fall. That doesn't mean you can't sow seeds this spring to add more pollinator plants. The list below is a wonderful blend of companion plants that can be sown in the early spring and still provide flowers in their first year.

- Fireweed
- Pearly Everlasting
- California Aster
- Yarrow
- Canadian Goldenrod
- Woolly Sunflower
- Mountain sneezeweed
- Large leaved lupine

Mixing these powerful pollinator plants with native grasses like California brome and Blue Wildrye along with spring flowers like Red Columbine and Cammas, you can create quite a spectacular native pollinator garden, providing beneficial habitat all season long. Try adding native shrubs like Mock Orange for more structure and height.

Interest in learning more? Meadow Wren will have a booth at Seedy Sunday this year in Duncan. Come by to learn more about which plant species are best suited



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for your garden site, learn about mason bees and the services we offer. We will have plants for sale, mason bee subscription sign up & more! Check out our website for more information. meadowwrenflowerfarm.com



Ecologist, writer and conservationist, Kyla Atkinson strives to make a bigger environmental impact through creating more biodiverse landscapes & educating on the importance of them.



Image Barry Hetschko

Cowichan Watershed Board Speaker Series

The Cowichan Watershed Board's March Speaker Night at VIU will be an interesting evening. It will provide a glimpse into a relationship between two local people — one settler and one indigenous — that has grown organically through each of them doing what they do best for the

Watershed, making both stronger as a result. Nutsamat kws yaay'us tu qa.

Cowichan Watershed Board Speaker Series

"Becoming a Friend of the Watershed: the value that every single person has!" Hosted by Tim Kulchyski (Cowichan Tribes Biologist, Cowichan Watershed Board member). Featuring slides and stories with Barry Hetschko (Photographer/Naturalist/Volunteer).

Monday March 18th, 7-8:30 pm

Vancouver Island University
- Cowichan Campus, Lecture Hall 140, 2011 University Way, Duncan.

Free. Seating capacity 80.



Banning Falls

Waterfalls in the Spring

1. **Manley Creek Park** is located off Aros Road in Cobble Hill. This hidden little treasure can also be accessed from Ratcliffe Road near Arbutus Ridge Golf Course. It is not a big park but boasts lovely little creeks and a beautiful waterfall. It is well maintained with several wooden bridges and stairs. There are a couple of well-placed picnic tables to enjoy a hot beverage and a picnic while enjoying the ocean view. There is also a beach access park with stairs to the waterfront.

2. **Stocking Creek Falls** is in Stocking Creek Park in beautiful Saltair just north of Chemainus. This trail is ranked moderate but during the rainy season can be slippery and muddy. The best viewing of the falls is at the bottom of a staircase with a viewing platform. There are several trails in the park that you can enjoy, and the park also connects you to the Trans Canada Trail. The falls will be magnificent especially after the winter rains. The road to the park (Thicke Road) off Old Chemainus Road can be a little difficult to find. Watch for a small blue sign with an arrow directing you to Thicke Road and parking area.

3. **Lower Bannock Creek Falls** is a section of the Chemainus River that runs through an attractive canyon. From the Trans Canada Highway turn west onto Mt. Sicker Road behind Russell Farm Market and travel along for 2 kilometres along a scenic country road. Turn right onto the gravel road. The yellow gate is

open during the cooler weather but closed during fire season. This road is known as Grace Road and is marked only with a North Cowichan sign on a tree that says No Hunting and No Camping. Travel along this main gravel road for 4 kilometres until you reach the small parking area. Park and walk through another yellow gate to the river. There are lovely paths along the river where one can practice flyfishing or even panhandling. The falls cascading down to the river are magical for everyone.

4. **Chrisite Falls in Ladysmith** is referred to as a stunning cascade of waterfalls. This area boasts three waterfalls that cascade into each other. The best time to catch the water falls at its peak is in the spring. It is a longer trek into the falls and is approximately 7 kilometres return. First you will come across a Bush Creek Hatchery and then a sign for the Trans Canada Trail. This is where you will see the first set of falls. Watch for directional signs and follow single trail from this location. Travel to Ladysmith and take the Grouhel Road exit off TransCanada Highway and turn left. Take the first right on Christie Road and at the stop sign onto Arroyo Road and travel to the end. Park at the red gate. Do not park on other side of gate as you may risk the chance of getting locked in.

Why not combine your hike to the waterfalls with a culinary adventure during Dine and Sip Cowichan Festival March 1st to the 24th. From Ladysmith to Chemainus and Maple Bay, to Lake Cowichan and Duncan, to Cowichan Bay and to Mill Bay, you will find everything from breakfasts, brunches, lunches and dinner. Or enjoy a refreshment at one of the several craft beverages venues in Cowichan. Check out all the fabulous offers at www.dinesipcowichan.ca



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NDP Continues to Advocate for Universal Pharmacare



*Alistair MacGregor
MP for Cowichan-
Malahat-Langford.
NDP's Critic for
Agriculture and
Agri-food and NDP
Caucus Chair*

In addition to the Canadian Dental Care Program that is already rolling out for low-income seniors, which will soon be available to persons with disabilities and expand to children under the age of 18, one of the biggest reasons my NDP colleagues and I entered into the supply-and-confidence agreement with the Liberals was to fight for a national universal pharmacare plan. We have achieved some incredible progress on several programs and policies through this agreement, but our next big push is to provide a single-payer pharmacare plan that will provide financial relief to the millions of Canadians who struggle with the costs of medication.

By having a single-payer pharmacare system, the federal government will be able to bulk buy medications at a lower cost, leading to much-needed relief for individuals and the system overall. However, the Liberal government has been dragging its feet and avoiding a commitment to a single-payer system. The original deadline was by the end of 2023, but our NDP caucus provided the Liberals an extension to March 1st in the hope of coming to an agreement.

We need universal pharmacare in Canada

because one in five Canadian families cannot afford their prescription medications. Many Canadian families are increasingly being forced to make difficult choices every month between food, rent, or medication. Canada is the only developed country in the world with a universal healthcare system that does not currently cover essential prescription medications. We have publicly, and in confidential negotiations, consistently made it clear that we must build a system of delivering medicines according to the principles that underpin Medicare. As every major study has demonstrated, it is only by delivering pharmaceutical products via our public healthcare system that we can realize the savings, efficiencies, and equities that Canadians need and want. At the time of this writing, negotiations with the Liberals are ongoing. The Liberals would do well to remember that in June 2019 their very own advisory council recommended the establishment a universal, single-payer, public system of prescription drug coverage in Canada, and that it be based on the five fundamental principles of Medicare, embodied in the Canada Health Act.

We will not stop fighting to realize the dream of Tommy Douglas and many others, who believe that quality healthcare must be available to all, without regard to their ability to pay, as a matter of right.



Himalayan Blackberry Pull Somenos Marsh Wildlife Society

Somenos Marsh Wildlife Society is holding two volunteer events in March. The events will be held on March 16th and 26th, at the Somenos Conservation Area, off Highway #1 just north of Beverly Street. We will be working together to remove Himalayan blackberry, a pervasive invasive plant from the area as part of our ongoing stewardship and restoration of the area. The Somenos Conservation Area is an important public space which supports the enjoyment of the wildlife and nature that the Somenos Marsh has to offer. We welcome anyone who wants to learn more about the Somenos watershed and be a part of its stewardship to our events, our main goal is for

community members to come, enjoy the Somenos Conservation Area and be a part of some of the work we do. Volunteers can expect to learn about the Somenos Conservation Area, invasive plants in the Somenos watershed and the importance of their maintenance. They can also expect to cut blackberries and dig up roots as part of the invasive removal process. The events will be held from 9:30 till 11:30 with a 15-minute break, coffee and tea will be provided, along with gloves, shovels, and clippers. In a time of increasing community disconnect and climate uncertainty we at Somenos Marsh Wildlife Society look towards community participation and connection to increase resilience through environmental restoration and monitoring. March 16th and 26th
Time: 9:30 am to 11:30 am
Location: Somenos Conservation Area (Open-Air Classroom)
If you would like to attend one of these events or would like additional information, please don't hesitate to contact Phaedra from Somenos Marsh Wildlife Society at phaedra@somenosmarsh.com.

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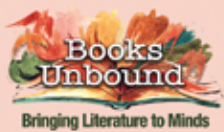
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Direct-to-Web gateways for readers

I recently posted my third direct-to-web (D2W) novel, *Stained Glass*, to the internet. As the name suggests, D2W is literature shared in the form of a stand-alone website or hosted on a 'parent' site. In either case, D2W is a publication mode that offers advantages, which we'll touch on in a minute. First, though, let me clarify the difference between a 'stand alone' and a 'hosted' book.

My second D2W novel, *The Mural Gazer*, has its own URL: MuralGazer.ca. Everything under that top-level address has to do with the novel. *Stained Glass* is hosted on my writer's website, so its online 'cover' is located at CraigSpenceWriter.ca/Stained-Glass. There are pros and cons to each approach.

It's important to note at the outset that direct to web should be considered an integral part of the publication mix for Indie authors. It complements other formats, including print, eBook, and audio editions. The objective is to give readers choices and create synergies when it comes to distributing, promoting, and selling books.

Most readers still prefer print editions. But chances are there's a significant 'audience' for a book that can be opened on a mobile phone

or tablet the same way you would any other web page. A D2W edition also provides a gateway for people who want to preview a book but, in doing so, might discover the formatting convenience and interactive possibilities of direct-to-web an interesting alternative.

Another unique feature of D2W books is their open-endedness. *The Mural Gazer* was written online in real time. Readers could comment on the story as it unfolded. That ability still exists. If readers feel the story can be improved or would like to ask questions about an aspect of the story, they can shoot me an email.

Books don't live on shelves and hard drives; they come to life in the minds of readers. A promotional strategy is essential. The opening pages of *Stained Glass* and *The Mural Gazer* are one mouse click away, making it easier to feature them on social media and email lists, drawing readers into the stories.

Thanks for reading this edition of *Writers 4-UM*. A Zoom session will be launched on Wednesday, March 6 at 4:55 p.m. PST. The topic will be Proofing and Editing Copy using the QuillBot AI platform.

Road Kill



Malcolm Watt

The sharp caws of the crows cut through the rumble of the traffic. They had gathered—maybe thirty of them—along the power lines and in the trees above the insanely busy four-lane highway that bisects the town. There is nothing unusual for crows to gather like that; their mysterious meetings are their own business, entirely closed to busy mankind. This time, though, I found out why they had chosen this spot and the meaning of their raucous chorus. A smashed, dead crow lay in the right lane beneath the assembly.

I walked up to the spot on the sidewalk near where the dead crow lay. Just ahead of me, where the sidewalk angled down at the entrance of a strip mall, the dead crow's mate crouched facing the road, eyes blinking like the camera shutters. The rest of the crows continued their lamentations. Not knowing what or if there was any comfort I could offer, I sang a eulogy.

"We will never forget your memory," I sang, and other words I now forget. It was altogether strange, but seemed completely natural. I felt I should remove the carcass from the street before it was pulped into the asphalt. As I waited for a break in the endless stream of traffic that had so far passed over the body without

hitting it, a man wearing hiking gear and a ball cap strode into the road from the direction I had come, stopping the cars.

With his boots, he shuffled the carcass up onto the sidewalk to where the crow's mate crouched. The live bird remained unmoved.

Again, using his boots, he pushed the dead crow further from the street under an ornamental cedar, a satisfactory final resting place. He came back to photograph the crow's mate with his cell phone. I noticed he had a peculiar eagle badge on his ball cap. It wasn't in the indigenous West Coast style; rather, it was like a bald eagle embroidered in definite realism, the colours brown, gold, and white.

"That's a unique eagle you have on your hat. You know about these things." The comment had an effect.

"She's in shock." Ya, he knew about these things.

I said stupidly, "I'm not sure about the sex. I don't know that much about them."

He knelt down, stroking her first with a single finger and then with his full hand. Easily, he lifted her with one hand, holding her briefly to view the street. The crow's eyes flashed again like rapid camera shutters as he carried her to the dead mate, placing her on the sidewalk next to the cedar. He took one more picture, returning in the direction from where he had come. I watched him go until he faded into the scene. I looked back down at the crows, one alive, one dead. I turned the opposite way and continued down the highway to where I was going. All I could hear after that was the roar of the traffic.



Valley Voices

You've got a story to tell; we're listening. Whether you are an established writer or a dinner table raconteur, we want to share your story with Island readers. More at CVCAS.ca/literature...

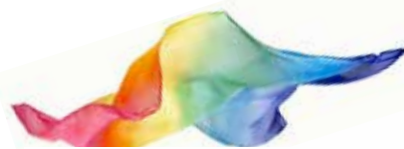


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Ukrainian
EGGCESSORIES

HAPPY EASTER, HAPPY SPRING!



Natural Childhood & Steiner Book Centre

Our store is loaded up with beautiful toys, dolls, gifts, activities, games, stories, books, postcards, kits & craft ideas for you and the family to bring meaning to your Spring and Easter celebrations. We have a beautiful selection of new hand-puppets (bunnies, chicks, ducks!) and all the supplies for traditional Ukrainian Egg decorating as well as lovely beeswax, paints, crayons, toys, games, silks and much more!

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Here at the Freya-Sophia Waldorf store we are inspired by the work of Rudolf Steiner and committed to meeting the soul needs of our children and our community by providing books, toys, supplies, resources, classes, workshops, instruction, support and conversation to those who visit us. We are here to help and to support. We are happy to accommodate your mail orders and inquiries by phone or email info@freyasophiawaldorfstore.ca

One of a child's fondest memories revolve around the celebrations of Easter where the magic of dyeing colourful eggs comes

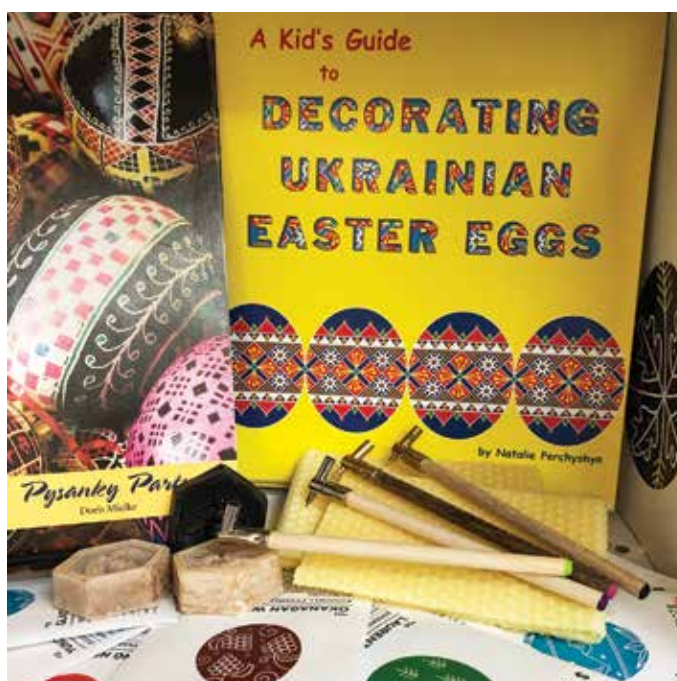


alive.

Safe Egg Decorating with Children

For very young children Natural Earth Paint makes fantastic natural egg dyes made with fruits, herbs and vegetables and are 100% non toxic and safe to use around children. Easy to blend you pour a packet of the powered dye into a 1/2 cup of hot water and stir. White eggs are like a blank canvas for dyeing so be sure to have at least a dozen on hand to use as your child will want to dye as many as they can! Submerge your egg for 10-20 minutes until desired intensity is reached. Patterns and decoration can be drawn on your egg using wax crayons and still show up after dyeing.

Painting wooden eggs are a new option for children who like to play with their eggs long after they have been lovingly painted and dyed. Plant based water soluble paints make vibrant colours for painting and can be varnished with a clear non toxic solution to preserve the artwork. These paints can be used for children wanting more details than an overall



Easter Activities for Everyone

dye bath colour, and can be used to paint details onto dyed eggs.

Pysanky - Intricate Egg Decorating

Pysanky is a Slavic egg decorating technique that creates beautiful works of art. Traditionally the designs and colours held different meanings and historic symbology. Using a simple tool (Kistka), beeswax, vibrant dye colours and some practice one can create really beautiful Easter eggs. Adults who loved dyeing eggs as children will enjoy trying this with your older kids or friends. With this method you can apply several layers of designs and colours on each egg.

Pysanky Party is a 7-page booklet by Doris Mielke, that draws on her own Ukrainian background and her many years of making Pysanky with helpful hints that will make your Pysanky time - a fun and memorable time. She



covers all the materials you'll need before you start, so there are no surprises. Included is information on preparing your materials and setting up your work area and understanding your Kistka. Then step by step, you'll learn about the process of "Pysanky Time" so

you can create your very own Ukrainian eggs with helpful hints along the way. This is a true gem that is thorough and easy to understand. A perfect starter guide for the new artist or beginner.

Everything you need to try this successfully is available at the Freya Sophia Waldorf Store. Easter is the store's most popular seasonal craft celebration so the store stocks colours and tools well in advance. Come in for your materials early to avoid disappointment. They carry Pysanky Kistka tools in various sizes - fine, medium and heavy for different weight of line. Beeswax pucks and beeswax combs in natural and black and many books are on hand to help with learning this technique and learning how to create traditional patterns.

A kid's Guide to Decorating Ukrainian Easter eggs" by Natalie Perchyshyn is a soft cover fully illustrated book that takes you step by step thru the Pysanka making process. Perfect for children, beginners and anyone who would like a refresher on the techniques of making Pysanky. Craft materials, books, dyes and more are available at the *Freya Sophia Waldorf Store #3 - 5380, Trans-Canada Hwy, Duncan (by the Brick) Open Monday - Saturday 10am - 5pm.*



Tracy Parker, BA, MSc.

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The **Chemainus Health Food Store** has an assortment of fair trade chocolate and vegan treats to add to your Easter activities including an assortment of fair trade organic chocolate bunnies made by Denman Island Chocolate. Vegan organic gummy bears and jelly beans from Yum Earth. Easter goodies arriving daily check our facebook page. *Chemainus Health Foods Store 9738 Willow St,*



*Chemainus Open Mon-Sat
10am-5pm. 250 246-9838*



At **Glow Raw Food Cafe and Juicery**, we love creating healthy raw vegan Easter treats each year. Come in for some Easter Donuts, Cashew Easter Pudding cups, Almond Butter filled Chocolate eggs and more. New this year - real fruit frozen ice cream a perfect addition for your Easter brunch! Cashew base and

HAVE A WONDERFUL



made to order available in a variety of fruit flavours. All organic, gluten and dairy free. *3-5380 Trans Canada Hwy, Duncan. 250 597-2595.*

True Grain Cowichan Bay

Easter specialty items are back for a limited time only! Order all your favourites including Hot Cross Buns, Easter bread, challah, centrepieces, and French Croissants! From our family to yours, Happy Easter! In the heart of Cowichan Bay Village order by phone: 250 746-7664 or online at www.truegrain.ca or have it delivered by **Cow-Op Marketplace** Hours Wednesday - Sunday, 8am-5pm, Easter Sunday: 8am-3pm www.cow-op.ca

Then they are slow smoked to perfection to be ready for you to finish in your oven at home. Ham can be glazed while roasting or taste just as good when you leave it as is to retain the smoky flavour. Cooking times differ for bone in to bone out. I recommend to bake in roasting pan with a 1/2 cup chicken stock or try a strong ginger beer to help keep the ham nice and moist during cooking. *We are accepting ham orders until March 25 for Easter weekend 250 929-2873. Cure Artisan Meat and Cheese 5-1400 Cowichan Bay Rd, Cobble Hill in Valley View Centre.*

Easter Ham Glaze

Courtesy Chef Brad Boisvert, Cure Artisan Meat & Cheese

- In a bowl combine 200 ml dark stout beer, 1/4 cup brown sugar, 1/3 cup local honey, 4 tablespoons Dijon (or your favourite mustard) and 3 sprigs of fresh thyme.

- With a pastry brush, baste glaze on ham every 10 minutes for last half hour of baking.



Cure Artisan Meat and Cheese custom cured hams add festivity to local Easter tables. Our cuts are always antibiotic and hormone free BC Pork. To prepare our cuts are carefully brined in a simple salt and sugar solution.



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COWICHAN EASTER



The **HUB at Cowichan Station** is organising another **Easter Eggstravaganza** again this year. Come join in the fun on Easter Sunday with egg hunting in the forest, from-scratch pancakes, bouncy castle, face painting, crafts, music and more. Come out and see what the Hub is all about whilst enjoying some SpringTime festivities. "It's such a wonderful family event that generates huge smiles and community spirit!" Says HUB event organiser, Donna Shaw.

To find out more and to get an event map, check out the HUB facebook page. 100% of event profits will go Cowichan Station Area

Association to support improvements and programs at The HUB.

This is a free community event from 9am – 2pm on Easter Sunday, April 9th. Fair style tickets will be sold so you can pick and choose your favourite activities. The Hub at Cowichan Station, 2375 Koksilah Road.



The Easter magic is alive at **The Community Farm Store!** Fill a Baraka basket with Denman Island Chocolate bunnies, organic jelly beans, gummies, candies, nuts, crystals and so much more! Multiple basket sizes to choose with lots of goodies to fill. Farm fresh organic eggs to dye also available in the coolers! 5380 Trans Canada Highway, Duncan

The HUB
at Cowichan Station

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EASTER FAIR
AT THE HUB**

**EASTER SUNDAY
MARCH 31, 9AM – 2PM**

**Buy fair tickets for...
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"In some Native languages the term for plants translates to 'those who take care of us.'"

Braiding Sweetgrass,
Robin Wall Kimmerer

**Show Your Support
for Natural Health
Products and
Bill C-368**

The Natural Health Products Protection Association (NHPPA) is leading a nation-wide campaign to stop Health Canada and the Self-Care Framework. If fully implemented, it will result in the loss of most of our natural health products and the natural health practitioners we rely on. Health Canada will be responsible for people losing their livelihoods and their lives. We can't let this happen!

Canadians have already sent hundreds of thousands of emails, letters, and postcards to Members of Parliament (MPs) expressing dissatisfaction about how the changes will negatively affect the industry, and all Canadians who rely on NHPs to support their daily health and well-being. We should have a choice and the freedom to choose natural products without government interference and control.

Health Canada bureaucrats are working to suppress, control and limit our access to Natural Health Products (NHP) by implementing

stricter regulations, introducing excessive new fees, increasing censorship that will prevent truthful advertising by both manufacturers and natural health stores; adding huge new fines that will cripple and destroy the natural health community. Prior to June 22, 2023, the maximum fine a person faced for 'violating' the laws on NHPs (such as selling a product with improper labelling) was \$5,000. Now it is \$5,000,000 a day!

These changes will fully destroy the natural health product community. Most of the effective products will disappear and

we will lose our natural health practitioners such as Naturopathic Doctors, Traditional Chinese Medicine Doctors, Homeopathic Doctors, Herbalists, Nutritionists etc. These practitioners will go out of business because they will lose the natural remedies they use to help us every day.

Over 71% of Canadians use natural health products on a daily basis, and Canada is already one of the highest regulated countries in the world. Time to reclaim our power as people over the voted-in politicians and under-handed bureaucrats who need to be reminded who pays their salaries and bonuses – we do -- the Canadian citizen!

Many Canadians are only alive today because of NHPs, and many more only enjoy quality of life because they manage serious health conditions with natural health products. There is no proof – zero -- that there has ever been any serious health risk scientifically or medically identified by a natural health

product! Did you know you are 14x more likely to be struck by lightning than to be killed by a natural health product?

"Because of the safety and effectiveness of many natural remedies, we cannot pretend that there is not a negative health consequence to censoring truthful information about them, and by creating a regulatory environment which will preclude most claims concerning the treatment of serious conditions." Shawn Buckley, Lawyer and President NHPPA

We don't need these changes, we didn't ask for them and they will bring more direct suffering, costs and hassle to already stressed and max-taxed Canadians. We need government out of our personal lives and NSP's de-regulated and these over-the-top regulations and fees stopped now.

Please educate yourself about what Health Canada has set into motion by downloading and reading the Discussion Paper This is a must read document for all Canadians. Learn more and take action:
<https://nhppa.org/wp-content/uploads/2023/06/NHPPA-Discussion-Paper-on-2023-Health-Canada-Initiatives-Revised-June-26-2023.pdf>

There is some good news! In early December, 2023, MP Blaine Calkins of Red Deer-Lacombe, Alberta took a stand in support of our cause and officially tabled our Private Member's Bill in the House of Commons. The Bill was seconded by MP Brad Vis, (MP for Mission-Matsqui-Fraser Canyon) and given the official Bill number C-368.

This action taken by MPs Calkins and Vis effectively amplifies our voices, champions the cause for the NHP industry and acts in the interests of every Canadian citizen that relies on NHPs. Get involved and support Bill C-368, our Private Member's Bill. Please sign the e-petition and share it with friends: <https://nhppa.org/private-members-bill/> As Canadians, we need to demand that they uphold every Canadian citizen's most

fundamental rights and freedoms – yours and mine – to choose how we care for our own health and decide what goes into our bodies.

Please insist on the following from your elected Member of Parliament, Alistair MacGregor and all other Members of Parliament across Canada:

> Repeal sections 500 to 504 of the Budget Implementation Act, 2023, No. 1 (formerly Bill C-47*) and undo the time it has been law since June 22, 2023 so that no manufacturer, retailer, or practitioner can be persecuted for being open and transparent about the benefit of NHP's and subjected to \$5,000,000 per day fines;

> Stop the Self-Care Framework; stop cost-recovery for natural health product businesses, and de-regulate natural health products now.

* Bill C-47 was passed and became law on June 22, 2023. Although it was primarily a Budget Bill, it was unexpectedly and sneakily revised to include five sections that put undue and unfair pressure on natural health products without necessary prior consultation with Canadian consumers, practitioners and manufacturers. This is unjustified and borders on malfeasance.

Please get educated, engage with your local MP, sign the petition and support Bill C-368. You can also support natural health product stores and protect our practitioners. Get involved and visit <https://nhppa.org/take-action/> to learn more about how to take action and spread the word.

"Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has." Margaret Mead



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Diana Pink is an inspired Wholistic Health Mentor who loves working with and growing natural remedies to detox and balance life, restore health and vitality.



Why Do I Meditate ?

Why do I meditate and what has it brought me? It's a very good question. Heartfulness meditation has brought a new dimension to see life filled with purpose and direction, a change that mere thinking couldn't bring about.

Life and living it, has become more precious as it becomes more and more heart centred. I care more about how I speak to people and how it might effect them. In worldly affairs, am I doing my best? I feel every moment is purposeful with a reason to accept graciously all life's challenges that actually foster building inner strength and capacity and are no longer merely unnecessary obstacles. A deep pervading feeling has come that life is a continuum, that this is only a preparation for the next with a need to leave the world a better place than I found it.

I have stopped judging others, who was I to think I knew better? Not by what others are doing but am I better today than I was yesterday? World sufferings exist, I feel them now and it's important to me that I am no longer asleep to them just because they happen so far away. I am more conscious

of our humanness and connectedness: physically, mentally, emotionally and spiritually.

Guided by something far greater than myself, the way I look out at the world and what it means to live it is more purposeful and meaningful now, and I like the way it looks.

The newly released best seller 'Spiritual Anatomy' is a practical guide to help navigate your own evolution of consciousness through simple meditation practices to reveal our true essence: Love.

Kamlesh D. Patel, affectionately known as Daaji, is the global spiritual guide of Heartfulness Meditation, offered free of charge worldwide. Explore and experience the benefits for yourself of the Relaxation, Meditation and Cleaning practices by visiting Heartfulness.org or download Hearts app or by contacting me directly, Robert Boyle at skypil0t@telus.net (skypil0t with a zero)

'Spiritual Anatomy' is available in Duncan at Ten Old Books, Volume One Books and Bucknucks Books

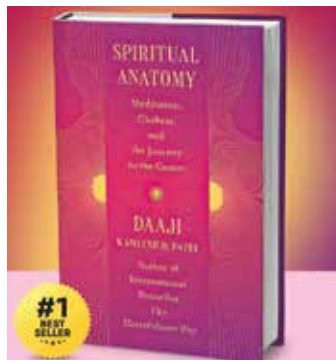
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Dawn is a professional organizer who loves to recycle and promote sustainability. Reach her at closetstocastles.ca

Aluminum cans are one of our recycling superstars. This abundant, versatile and affordable metal can be repurposed infinitely, while maintaining its strength and purity. More importantly, recycling it uses 95% less energy than producing it from its raw form (and uses 50%

FUN FACTS ABOUT ALUMINUM:

Approx. 75% of the 2 billion tons of aluminum ever produced is still in active production.

Recycling one aluminum can saves enough energy to run a TV for 3 hours.

Globally, close to 70% of aluminum beverage cans are recycled (Europe = 81%, Canada = 71%) {2019 Stats}.

Aluminum floats on water and is considered in the industry to be lighter than air.



Aluminum Recycling: Why We Love It

less water too). This makes it one of the most sustainable materials on the planet (glass is the only other material that can be endlessly recycled). In Canada, on average, we recycle a decent 71% of our aluminum, yet there is room for improvement. Europe and Brazil are regularly reaching numbers between 80 - 98%. Since aluminum takes up to 500 years to fully degrade in a landfill, it seems like getting the other 29% to our depots, just makes good sense.

Consider setting up a home counting system for your aluminum cans (pop, alcohol & bi-metal need to be sorted separately). The easiest way to keep track is to hang a clip



board and pen beside your bins, and make a chicken scratch each time you add a can. Easy. Once you get the hang of it, it really becomes second nature. Kids enjoy tallying up the totals too. The staff at Island Return It will smile when you come in with your clear plastic bag of cans accurately pre-counted.

Note: make sure cans are emptied of liquids (and cigarette butts), especially as the weather heats up and the wasps come out.

If you are looking for a handy bag system for your aluminum can recycling, Island Return It has Bag Buddies for sale (see picture)

Besides beverage containers, aluminum is also repurposed into:

- Automobile and airplane parts
- Construction materials: rebar/ beams/fencing
- Furniture and appliances
- Baseball bats and toys



for \$20. Replacement plastic bags are \$.50

This well oiled machine that is in place for collecting aluminum, is a great reminder how as a society, we can adapt to recycling much more. Think about repurposing more soft plastics, electronic components, and batteries. Imagine if we captured 80-90% of those resources and repurposed them. Those days are here. Let's reuse what ever we can to protect our precious planet.



Dawn Howlett • Professional Organizer
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The March of the Moon Snail



*Madeline Southern
Education
Coordinator
Cowichan Estuary
Nature Centre
Cowichanestuary.ca*

These giant snails can reach up to about 5.5" high. Average weight is unknown, though from experience I would hazard a guess around 2-3 lbs. Moon snails can be found on sandy beaches in the mid to low intertidal zone.

Usually when you find a moon snail, it has an enormous fleshy, slimy foot sticking out that curves up and around part of its shell. When the snail is disturbed, it will attempt to retract its foot into the shell. Once the snail's foot is all the way in the shell, the snail can close its "door", also known as an operculum. This trap door allows the snail to remain inside its shell and safe from most predators.


Speaking of predators, the moon snail does not have a lot of them. Possibly some species of sea star would be strong enough to pry open their door; and they're not particularly tasty to humans. Moon snails, on the other hand, are carnivorous predators. They eat a wide variety of clams and other snails. When a moon snail gets hungry, it finds a clam or snail and uses a radula (a toothy drill) to drill into the shell and then cuts up the flesh with its radula. Moon snails eat about one clam every four days, depending on how big the clam is. You can identify clams that have been eaten by moon snails (and other

snails) by the perfectly drilled hole in the top of the shell.


Moon snails reproduce in the spring, usually in May-June. They produce egg collars that look exactly like old tires. The moon snail will make a sandwich type collar that has a layer of eggs in jelly that is sandwiched between two layers of sand which is moulded to the shape of the shell

as it is produced. The eggs will hatch in about 6 weeks. If you find lots of things that look like old tires and you're on a sandy beach, please leave them where they are (or GENTLY) put them closer to the water, they are fragile and can tear easily.

Beach etiquette: Please be gentle with all creatures you find on the beach. The ocean is a hard place to live. If you turn a rock to look underneath, please turn it over and put it back exactly as you found it. The creatures that live under rocks need their homes to survive.



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Aries (March 21-April 19)

Respect your "Spidey sense" this month because messages from the universe through ideas, intuitions and dreams will be floating through your mind and your sensory perceptions. Make a mental note of any conclusions you may come to or important ideas because these might be a clue for your future. Meanwhile, your interactions with friends, groups and organizations will be vigorous and successful. People welcome your input. (A flirtation with a friend is possible.)

Taurus (April 20-May 20)

This month you will be more involved with younger people. You might take on a leadership role in a club or an organization. This is also a good opportunity for you to share your hopes and dreams for the future with someone to get their feedback. This could be helpful for you because it's tough to operate in a vacuum. Feedback can be reassuring and confidence building. Fortunately, your ambition is strong this month. Furthermore, authority figures will look kindly on you. (So kindly that some will begin a romance with a boss.)

Gemini (May 21-June 20)

It's important to know when an opportunity is available to you. So often we don't know this. It's like having a diamond hidden in your home but you don't know it. Obviously, this does you no good. This month (and this happens only once a year), the Sun is at the top of your chart, symbolically casting you in a spotlight that is flattering! This means others, especially bosses and people in authority, will see you as competent, capable and effective (even if you don't do anything different). This is an advantage! Make your pitch!

Cancer (June 21-July 22)

You will feel a strong urge to travel or do something different this month. If you can travel – great. If you can't travel,

you can still do something to create a sense of adventure and greater stimulation in your life. Be a tourist in your own neighbourhood. Go places you've never been before. Visit stores, museums, parks, galleries as well as the theatre, bowling alleys, pubs and give yourself a new experience. Some of you might learn new things by talking to people from other backgrounds. Make the most of this chance to enrich your experience of your world!

Leo (July 23-Aug. 22)

Life has some challenges for you with Mars opposite your sign. Relations with friends and partners might be testy. Nevertheless, Jupiter is at the top of your chart boosting your reputation in the eyes of others. You look successful! This month, your focus on inheritances, wills, shared property, insurance issues and taxes will be stronger. Now is the time to sort out these details and get on top of whatever can affect your wealth directly or indirectly. Fortunately, Venus will enrich your closest relationships, which is like a little gift coming your way.

Virgo (Aug. 23-Sept. 22)

The Sun is opposite your sign this month. Because the Sun represents energy, and it is now as far away from you as it can get all year (in your chart) -- this means your energy will be flagging. You will need more sleep. However, this polarized position of the Sun will also give you greater objectivity to see your role in your closest relationships and partnerships. This is an advantage! You will see ways to improve these relations. (Obviously, you can only change your behaviour – not the behaviour of others.)

Libra (Sept. 23-Oct. 22)

This month you want to work hard to get as much done as possible. Furthermore, you want your actions to count, which is why you want to work effectively and efficiently. And you will do this, which means it will be easier than usual for you to accomplish a lot. Believe that you have this ability! However, it's not all work and no play. Oh no. Venus and Mars want you to grab opportunities to schmooze and enjoy sports events, the arts, and fun times with others, including playful activities with children. It's time to work hard and party hard!

Scorpio (Oct. 23-Nov. 21)

It's play city for Scorpios this month. Grab something sexy and exciting to wear. Accept all invitations to party and schmooze with others. Enjoy social outings and fun times with friends as well as playful times with kids. Sports and the arts will particularly appeal. This is the perfect time for a vacation. Meanwhile, many of you will also make improvements on the home front and beautify where you live through redecorating projects or buying something attractive for your home. You will also enjoy entertaining. Live it up!

Sagittarius (Nov. 22-Dec. 21)

Home, family and your private life are your primary focus this month. You might also be more involved with a parent. This is also the perfect time to tackle home repairs and DIY projects because you want to create a solid base that you can count on for yourself and your family in the future. Daily interactions with neighbours, siblings and relatives will be positive because you will

appreciate the affection and love that exists all around you. Be careful because you might come on like gangbusters with Mars in your House of Communications. (Oh yeah.)

Capricorn (Dec. 22-Jan. 19)

The pace of your days will accelerate this month because you're busy with errands and appointments. You will also see neighbours, relatives and siblings more than usual. Plus, many of you are reading, writing and studying more as well. All of this adds up to a busy pace that will be stimulating and exciting! Quite likely, you will shop more than usual, especially for beautiful things for yourself and favourite people. (Fun little gifts.) Fortunately, you have the motivation to work hard to boost your earnings. A winning combination!

Aquarius (Jan. 20-Feb. 18)

This month your focus will be on money, earnings, cash flow and also your possessions and assets. Thinking of changing jobs? Thinking about how to boost your earnings? This is the time for you to act if you're thinking of checking out new ways to earn money because several reasons are present, which will help in your success. Fair Venus in your own sign makes you look attractive to others; and fiery Mars in your sign makes you appear decisive and confident. Therefore, make your move this month. Make it happen!

Pisces (Feb. 19-March 20)

The Sun is in your sign giving you a chance to recharge yourself to build your confidence; plus, attract people and favourable situations to you. Furthermore, Mercury in your sign will make you eager to share your ideas with others and talk to people about what you want and what interests you. Fortunately, with lucky Jupiter in your House of Communications, you're positive and upbeat! Admittedly, secret activities – among them, secret love affairs -- might take place. Note: avoid anyone who does not have your best interests at heart. If you suspect something fishy is going on – it is!

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Avalanche Dogs



Debbie Wood owns Lucky Dog U-Bath. She can be found on trails in the Cowichan Valley with her BF, Bonnie.

With the ski slopes devoid of snow this season, I have found myself on these dreary days curled up and watching videos of dogs playing in the snow. The best of these are the professional avalanche dogs. These vids are designed to tug at our hearts, with the slow-motion action and the swelling music, and I love them. Medium sized dogs of many breeds “playing” at finding human victims in the snow.

They ride chairlifts, snowmobiles, gondolas, helicopters and my favourite, they ride on their handler’s shoulders to be skied down the slopes.

Many ski hills employ these “Avy Packs” for the serious work of search and rescue, and they also play a valuable role in being safety ambassadors on the hills, meeting children’s groups while a ski patrol human talks about avoiding dangers.

The dogs are chosen as pups for certain characteristics. They need to be brave, yet also be amiable and willing to be handled. A strong prey drive is paramount to hunting out humans, but the dog must also remain calm when all around them is exciting. These attributes are tested for. Pups that pass these tests are brought to the hill right away. Their training begins at eight weeks of age. Wearing only their service vest they start by playing hide-and-seek in the trees. They get to watch the older dogs work and learn how to walk on all the surfaces they will encounter. The pups get used to all the people, the machines, and the altitude. The training for searching under the snow and sniffing out people stuck in tree wells is implemented in small increments. Every day is training day. Sweaters are buried in the snow to find. People are hidden in snow caves to hunt down. All of this serious work is designed to find victims caught in an avalanche.

Some dogs are owned by their handlers, some dogs are owned by the ski hill, but work with one handler. And yes, the dogs go home with their handler and continue training and remaining fit during the dry season. No crazy rock climbing or parachute jumping, though. These dogs are valuable and need to have long, healthy careers. They live amazing lives and love their jobs, but eventually they will retire. Like most working dogs this can

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be a dreadful time of boredom and depression. But, a lot of retired avalanche dogs will continue to go to the mountains and hang out in the sheds with the young dogs and act as ambassadors to the mountain; meeting people and being the celebrities that they are.

If you are fortunate enough to see a working avalanche dog on a ski hill, leave them alone. They are working. Most hills have an apres ski session where you can meet the dogs later in the day and take pictures, ask questions, and buy some merch. So, on those days when the sky

won't snow and the sun won't shine, Google “avalanche dogs” and watch the real rescue dogs at work.

-Thanks to the podcast “Avalanche Dogs of the Eastern Sierra”.

(While researching this article I discovered that one can donate one's body to Cadaver Hunting dog groups for training purposes. Hmmm...)

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Irish Proverb Happy St Patrick's Day



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