

the valley

# VOICE

Living In The Cowichan Valley



Local Arts  
Community News  
Fine Winter Foods  
Creative Cowichan Gifts

Issue 15

December 2009

**FREE**

# December Events


DEC	Event Information
through Dec	<b>ANNE by Paul Ledoux</b> Chemainus Theatre <a href="http://www.cheamainustheatrefestival.ca">www.cheamainustheatrefestival.ca</a>
to Dec 3 9:30-5pm	<b>Tzouhalem Spinners and Weavers Sale</b> The Loft Art Gallery (Valley Vines to Wines), Mill Bay Centre
1, 15,22 8pm	<b>Dress Rehearsal Tuesday</b> Duncan Garage Showroom, Duncan \$5 Everyone
2 6:30-8:30pm	<b>Full Moon Gathering for Women</b> 4515 Greenbrier Rd, Cowichan Bay \$12
2,9,16,23 6:30-8:30pm	<b>Oasis -Yoga and Ambient Music fused together</b> Oasis Home Studio, 125 Horel Rd, Salt Spring Island
2 8pm	<b>The Mason Rack blues band</b> Duncan Garage Showroom, Duncan \$15/\$20
3 8pm	<b>Blackberry Wood</b> Duncan Garage Showroom, Duncan \$12/\$15
4 7:30 pm	<b>'Stocking the Food Bank Shelves' Benefit w/ Beverley McKeen and friends</b> Duncan Garage Showroom, Duncan \$12 plus 2 cans of food
5 2-4pm	<b>Cowichan Bay Wooden Boat Society Christmas Sail Past</b> 1761 Cowichan Bay Rd
5 8pm	<b>Lonesome Valley Singers / Children of Celebrities</b> Duncan Garage Showroom, Duncan \$10/\$12
5 10-5pm	<b>4th Annual Chemainus Christmas Walking Tour</b> Chemainus
5 10am-4pm	<b>Christmas at Damali Lavender Farm</b> 3500 Telegraph Road, Cobble Hill
6 1-3pm	<b>Christmas Baking Class at Amuse</b> 1753 Shawnigan Mill Bay Road For Info: 250.743.3667
6 2-4pm	<b>Hope King</b> Duncan Garage Showroom, Duncan \$12 / \$15
6 8pm	<b>Coco Love Alcorn</b> Duncan Garage Showroom, Duncan \$15 / \$20
6,13,20 27	<b>Sunday Brick Oven Pizza Nights!</b> Merridale Bistro, 1230 Merridale Road 1.800.998.9908 E-Mail: <a href="mailto:info@merridalecider.com">info@merridalecider.com</a>
8 3pm	<b>Thommas Michaud</b> Duncan Garage Showroom, Duncan \$15
9 8pm	<b>Terra Grimard</b> Duncan Garage Showroom, Duncan \$12/\$15
10 8pm	<b>Sun Aristocrats / Colin Rink / Derek Thomas / Char</b> Duncan Garage Showroom, Duncan \$10/\$12
12 2-4pm	<b>Pigs</b> Duncan Garage Showroom, Duncan \$15
12 8pm	<b>David A Gogo</b> Dancing Bean Cafe, Chemainus \$20 Tix 250 246-505
13 2pm	<b>Thommas Michaud</b> Duncan Garage Showroom, Duncan \$15
13 8pm	<b>Mystic Bowie</b> Duncan Garage Showroom, Duncan \$12/\$15

To list your event for FREE: Please e-mail title, date, time and location only (no room for descriptions) of event ONE month in advance with subject heading EVENT to [info@cowichanvalleyvoice.com](mailto:info@cowichanvalleyvoice.com). For extra event promotion please enquire about our Community Event Rates.

18 8pm	<b>Hip hop with Matt Dunae / Tone Of Voyce illi jo and Eric Bearclaw and more</b> Duncan Garage Showroom, Duncan \$12/\$15
18 8pm	<b>Christmas with Carli and Julie Kennedy</b> Dancing Bean Cafe, Chemainus \$10 Tix 250 246-505
19 8pm	<b>Georgia's Belly Dancing Extravaganza</b> Duncan Garage Showroom, Duncan \$25
20 7-9pm	<b>Community Drum Circle with Karin Lewis</b> Providence Farm, 1843 Tzouhalem Rd To reserve a drum 250-748-6750 or <a href="mailto:playfulrhythms@msn.com">playfulrhythms@msn.com</a> \$12
29 8pm	<b>For The Love Of Words w/Bill Levity</b> Duncan Garage Showroom, Duncan \$5 Readers/\$10 Others
25 7am -1pm	<b>Christmas Breakfast and Movies Day at The Showroom!</b> Duncan Garage Showroom, Duncan by donation
27 8pm	<b>Kid's Dress Rehearsal</b> Duncan Garage Showroom, Duncan \$5
31 5:30pm or 8:30pm seatings	<b>New Year's Eve at Amuse Bistro</b> Enjoy 3 course early seating before your New Year's Party or the later 5 course seating and count down till 2010 ! 1753 Shawnigan Mill Bay Road For info: 250.743.3667

*Wishing all our readers  
a Happy Solstice!*

December 21st



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December  
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# the valley VOICE

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Sheila & Richard Badman

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We welcome your story ideas & photo submissions, however Valley Voice magazine reserves the right to edit submissions for space, clarity, content and style. The opinions and expressed in Valley Voice Magazine do not necessarily reflect those of the editor, publishers or other authors.

The Valley Voice Magazine is distributed throughout the Cowichan Valley (Malahat, Mill Bay, Shawnigan Lake, Cherry Point, Duncan, Cowichan Bay, Crofton and Chemainus) and to Ladysmith, Victoria, Ucluelet, Tofino, and Salt Spring Island.

**Cover Image - Holiday Quadrant**

Top L *Brad Boisvert and Leah Bellerive of Amuse*  
Top R *Terry Ananny Carolling [www.terryannanny.com](http://www.terryannanny.com)*  
Bottom L *Carol Badman's Family Frosted Fruit*  
Bottom R *Community Christmas in Duncan Square*

**Inside Cover Image**

*Cheese counter at Hilary's Cheese in Cowichan Bay*

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	Page
December Events	2
Table of Contents	3
Voices Choices	4
Traditional Tales: Before The Malahat	5
Yellow Point Cranberries	6
100km Holiday Cheese Plate	7
Cowichan Gourmet	7
Cherry Point Vineyards Solera	9
On The Farm	10
Cowichan Valley Arts Council December News	11
Out-numbered!	11
Talking Arts: Susan Whitham	12
CVAC Gallery Updates "Junk Art"	13
Off The Grid: Reflections of a Mall Santa	14
Whispers From England: Festive Frosted Fruit	14
Creative Cowichan Gifts	15
Holiday Singing	16
What's Hatching?	16
Mind, Body, Spirit: Couples	17
A Yogi's Perspective: Blue Moon	18
The Art of Tea	19
Cowichan Green Community	20
A Holiday Home For Styrofoam	20
TLC Cowichan Cabin	21
A Winter Walk in The Woods	21
Georgia Nicol's December Horoscopes	22
Crowders Corner	23
Fax, E-Mails and Verbal Lint	23
Community Services Guide	23

**Valley Voice Magazine November Retraction**



Gillian Needs CHT of The Stressbusters is not a vendor nor is she involved in any way with anything to do with the Salt Spring Health Wellness & Eco-Sustainability Fair. [www.stressbuster.ca](http://www.stressbuster.ca)

# Voices Choices: Check it, check it out!



**Cowichan Bay  
Christmas Sail Past**  
presented by the  
Cowichan Bay  
Maritime Society  
CWBS  
1761 Cowichan Bay Rd  
December 5  
2pm - 4pm

This year make the Christmas by the Sea part of your family's Christmas traditions. There will be free hot chocolate, coffee and candy canes, music and a wonderful view of the Lighted Ships as they Sail Past.

Christmas is a magical time. Come and enjoy the bonfire and BBQ, bake sale and silent auction.

Wheelchair accessible.  
No admission fee.  
2:00-4:00PM BBQ by donation  
5:00PM Sail Past  
We will gladly accept non perishable food for our local food bank.



**Christmas Baking  
with the Chefs of  
Amuse**  
Amuse Bistro  
1753 Shawnigan Mill Bay  
Rd, Shawnigan Lake  
December 6  
1pm - 3pm  
\$55 per person  
Includes a cocktail during  
the class and take home  
recipes

Impress your friends and family with gifts of gourmet baking! This month the chefs of Amuse offers a hands on class. Learn new recipes and techniques to apply to holiday baking this year. What a great way to spend an afternoon-fun, frolic and fanciful baking! Grab a friend and reserve your spot today.



**A Christmas Concert  
at the Theatre with  
Michael Delamonte  
and Friends**  
December 14th  
Chemainus Theatre Festival  
7:30pm  
Tickets \$25 plus taxes.  
Box Office 1-800-565-  
7738 or 250-246-9820.  
[www.chemainustheatrefestival.ca](http://www.chemainustheatrefestival.ca)

A special evening with Michael Delamont, award winning actor, comedian and singer and meet his friends - musician, singer Kelt Eccleston, Chemainus Theatre Festival's resident pianist Dwight Siemens and actor Samantha Currie, starring as Anne of Green Gables.



**Christmas Morning at  
The Garage Breakfast  
and Movies!**  
December 25th  
7am - 1pm  
Duncan Garage  
Showroom, Duncan  
By Donation

The need and desire for fellowship is strong on Christmas morning... The Duncan Garage Showroom opens their doors to all the Christmas orphans for some x-mas morning breakfast followed by movie screenings (by group consensus) Gifts and donations for under the tree are graciously accepted; suggested gifts include socks, underwear, flashlights, gloves... We'd love to see you there!



## Honeymoon Bay Outdoor Market

**Christmas Market Saturday December 5  
1:00pm - 4:00pm**

Bring a friend to enjoy the sights and sounds of Christmas.  
Lots of crafts and food for gifting.

**EVERYTHING IS HANDCRAFTED**

10063 South Shore Road, Honeymoon Bay

You can find us at "The Coffee Mill" and  
Community Gardens location in Honeymoon Bay  
New vendors welcome call us at 250-749-7772



**DUNCAN GARAGE SHOWROOM**

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# Traditional Tales



Thomas Wagner is now retired and is a historical researcher, writer, photographer and sailor living in Cowichan Bay. Web address is <http://thomaswagner.org>. His e-book on Cowichan Bay was possibly the first electronic publication recognized by the Canadian Library and Archives. He enjoys digging up history and looks forward to hearing any good stories.



## Before The Malahat

There was a demand for passenger service, and there was no way they would spend the night sleeping under the wagon. So the road was expanded and improved. It was still referred to as the "Cowichan Trail", but now coaches could be used. The trip up island was still a couple of days long as the average speed was less than 10 mph; roadhouses had to be build. The first one was built between Cowichan Bay and Cobble Hill by the Dougan family; it still exists as a farm house. The second was the Columbia Hotel in Cowichan Bay. By this time, Harris had sold out to a chap named Ordano. Cowichan Bay was named in honour of the local natives, the Cowichan Tribe. He also renamed his home bay, Snug Leave, in honour of his home town. We now know it as Genoa Bay.

Roadhouses were built all along the road to Nanaimo and beyond. Most of them were hardly used; they were all destroyed when Dunsmuir built the E&N railway. They did not abandon the trail but eventually a real road had to be built. The automobile became the main method of transport, so a road was carved over the Malahat. The roadhouses still exist as pubs, with a few exceptions. The Columbia became a fishing tackle and charter store; now it is a very nice restaurant with an apartment upstairs, which for a while had a sail-making loft in the attic. Fortunately, we can follow some of the trail. If you travel around the Cowichan Valley, pay particular attention to the road names. We even have a "Lover's Lane" (more on that later). They all tell a story.

Image source Unknown.

**I**n the early days, the small village of Cowichan Bay didn't even have a name. There was a road North but it was incomplete; there were no bridges over many of the rivers along the way.

late, as was usual, the locals had a few pints in Sam's pub.

The merchants in Victoria needed a more convenient – and often faster – method of going up island. In winter, the boat would not run for days at a time. It was decided that a "Wagon Road" was needed. A route was surveyed, but in reality they just started cutting trees and hacking through the underbrush.

about 8 feet wide. One of the means of locomotion was oxen as the hills were very steep and a horse could not pull the required weight. The road started off in Victoria, near the present Goldstream Park, and went behind the mountains, past Shawnigan Lake and eventually ended at Cowichan Bay. The ox-cart drivers slept under the wagon overnight. The trip could take almost a week; oxen did not move very fast.

For most of the settlement, the only passage was by water to Cowichan Bay at Samuel Harris' dock (and pub). It was a gala event when a boat arrived; everyone showed up. When the boat was

The first road was

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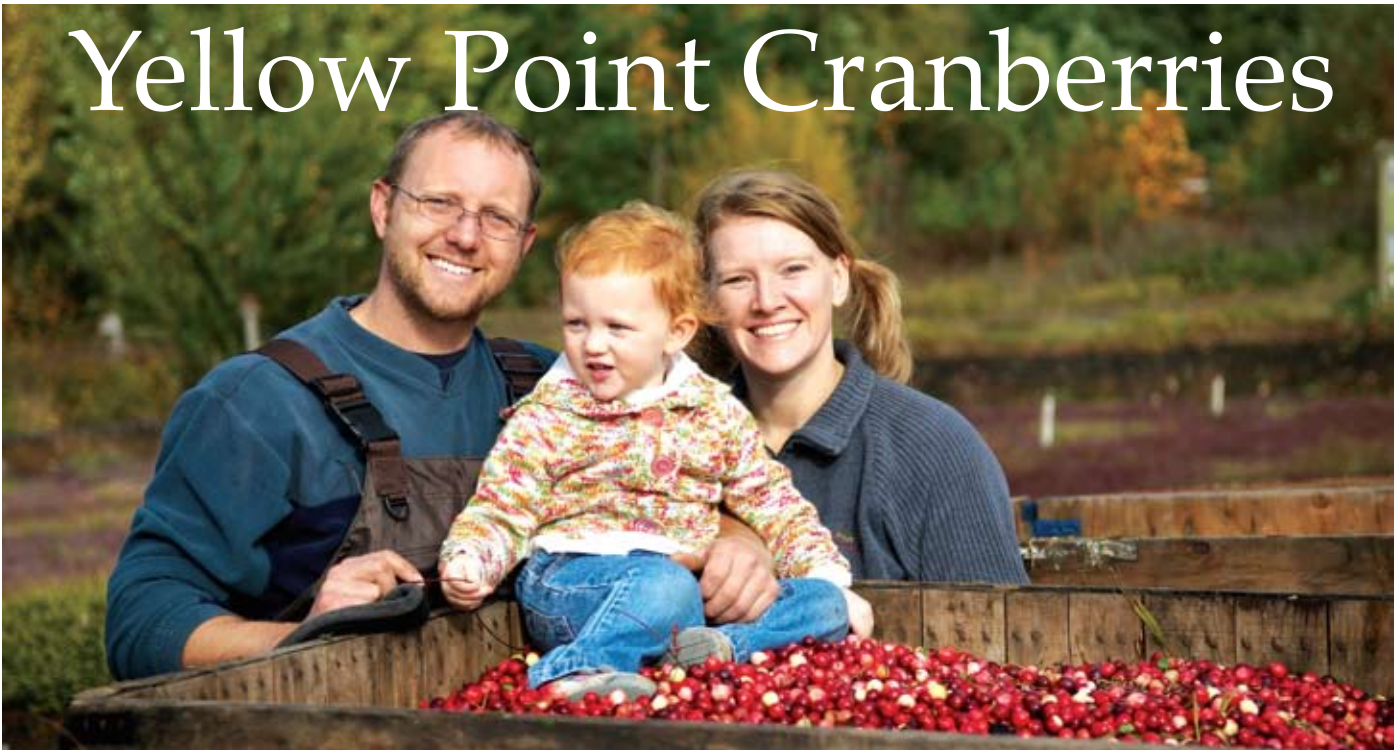
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# Yellow Point Cranberries



**4532 Yellow Point Road Ladysmith BC 250.245.5283**

Follow the Yellow Point Road to our family-run cranberry farm, Yellow Point Cranberries, and home of Cranberry Cottage Preserves, located just 5 km off the Island Highway between Ladysmith and Nanaimo.

We produce over 20 specialty cranberry preserves from our farm-fresh cranberries. From heirloom cranberry recipes to our fusion cranberry salsa, we offer a wide variety of cranberry concoctions for sale in our Cranberry Cottage Preserve Store.

In 2001, I and my husband Grant, a third-generation farmer, began restoring our 43-acre farm. The land had been left fallow for over 30 years, so the two of us, with some help from friends, family and new neighbours, spent months clearing the land, brush cutting, levelling, and finally planting 8 acres of cranberries in May 2002.

In October 2005, we had our first official harvest. Each year thereafter we have planted additional fields. We now have over 18 acres planted; 15 acres are in production this year.

At the time of writing, we are just completing our 2009

harvest. It has been one of the most challenging and troublesome harvests to date. We have been fighting weather, equipment and dyke failures. Sadly, we were unable to get the cranberries out of one field. However, with the help of some great neighbours

and family, the majority of our crop will come off.

We have plenty of fresh and frozen cranberries in our store for the coming Christmas Season. Come for a visit, take a tour of our upper fields, and sample our homemade cran-

berry preserves. Our farm and store are open seven days a week, September through December, 11:00 a.m. to 5:00 p.m. Please view our website, [www.yellowpointcranberries.com](http://www.yellowpointcranberries.com), for special events and harvest updates.

*Winter at merridale*



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Sip a mug of mulled cider, shop for unique presents – then relax at our orchard spa or enjoy fresh local cuisine at our bistro after your shopping is done. Open 7 days a week through the winter.

Christmas parties are welcome – phone for reservations.

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merridale



# Cheese Please!



## Cowichan Gourmet

### Cranberries

Once again the holidays are upon us. One ingredient that comes to mind for me during these holiday times are cranberries. You may think, “Cranberries on Vancouver Island?? Yes, our cornucopia of an island has cranberries too; you can find them in Yellow Point just North of Ladysmith. Fittingly, given their product and location, the farm is called Yellow Point Cranberry Farm. Owners Justine & Grant cultivate cranberries two different ways: by flooding the bogs and by hand-picking a bush variety in early September.

Cranberries are an extremely healthy berry; packed full of antioxidants as well as vita-

min C, K and beta carotene, cranberries are known as a super fruit. The cranberry name originated as “crane berry”, named by European settlers in America who thought the expanding flower, stem and petals looked similar to that of the neck, head, and bill of the crane bird, hence giving it the name “crane berry”. While this super berry was traditionally used for treating wounds and for dyeing hides for clothing, it was the Native Americans who first discovered the cranberries use as a food source. <sup>1</sup>

Cranberries are extremely versatile; they can be used in both sweet and savoury

continued page 8...

Join us for Early Dinner  
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Reservations 250.746.6466

BISTRO

161

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Gourmet Foods

Opening December 2nd  
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**December Hours:**  
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1:00pm to 9:00pm

### Christmas Week

Monday December 21 to  
Thursday December 24  
1:00pm – 6:00pm

\*\*\*Gift Certificates & Catering also available

- House made Pate
- Chutney's & Preserves
- Amuse made Crackers
- Chocolate Truffles
- Christmas Baking
- Local Cheese

# Cheers to The Valley

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www.venturischulze.com  
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balsamic vinegar. Please  
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### Blue Grouse Vineyards

250.743.3834  
4365 Blue Grouse Rd  
Duncan  
www.bluegrousevineyards.com  
One of the founding estate wineries on Vancouver Island.

### Cherry Point Vineyards

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Cobble Hill  
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Enjoy tastings and tours  
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seasonally.

### Deol Estate Winery

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6645 Somenos Road  
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www.deolestatewinery.com  
Family owned & Operated.  
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to Sun. 11 am - 5 pm

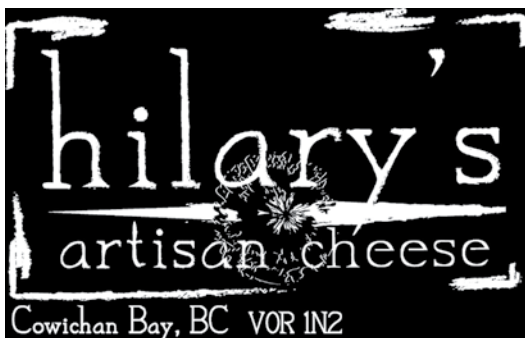
### Godfrey Brownell Vineyards

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# Writers' Voice



## A Seasonal Gift from an Apostle of the Kingdom Fungi

*Each year, at this time, as energies of Earth withdraw towards Her Centre, living green of much of Kingdom Plantae goes to sleep or to decay. But Forest Life continues, and Fungi arise, transforming products of Summer into soil upon which Earth's creatures will be re-born. Fruit of the Fungi we may gather, for our livelihood, our pleasure, and our education to Earth's Mysteries. With such Gifts of the Forest, we celebrate Transformation, Re-birth. -jms*

### Hidden within the deepest green

Chris Muscat

They are unlike anything,  
Hidden within the deepest green,  
Some suitable as an umbrella lifting from the tree  
Their veils trim and dripping

I look upon what seems unseen  
A world of moss and fairy tales,  
Long shafts portraying their simplicity and décor,  
Secrets at our toes

Orange lady,  
Your dishevelled dress  
Lays heavy in my basket,  
Chanterelle! My stolen love

And there  
Tender and rotten  
Staring limply at the forest floor  
Bolet, so many things hidden in your look  
As you dissolve backwards,  
An old fettered man,  
Hidden in the forest

There are so many things to find  
Each a secret world held temporarily  
After a rain, erect and gentle  
Some fragrant others shaped by death, himself  
All so innocent in their beauty

I am enthralled by the hunt  
Under the sheltered belt of forest ridge  
Ancient decay and fading vanilla leaf  
Mingling through me  
As I stand alone  
In the company of mushrooms

==== wv =====

John Mowat Steven  
Warm woodfire fragrance  
Low sun sky burnished silver  
Spring will come. Now rest.



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We sincerely thank Volume One Bookstore and Ten Old Books, of Duncan, BC, for their generous sponsorship of *Writers' Voice*.



# Cranberry Red Wine Jus

Ingredients:	Amount:
Oil	1 Tbls
Carrots - Chopped	2 ea
Onions - Chopped	1 ea
Red Wine	1/2 cup
Cranberries	1 cup
Veal Stock	1 cup
Peppercorns- Crushed	4 ea
Bay Leaves	2 ea
Fresh Thyme	3 sprigs

## Method:

1. Sauté carrots and onion, cook until lightly Brown
2. Deglaze with red wine reduce by half
3. Add remaining ingredients bring to a boil.
4. Simmer and reduce until the sauce coats the back of the spoon.
5. Whisk in 1 tablespoon cold butter keep sauce in warm place until ready to serve.

applications. I love to use them in sauces! I find their tart characteristic pairs beautifully with duck, venison, or holiday goose.

## 1. Wikipedia



A Culinary Institute of America trained chef, Bradford Boisvert combines his passion for local food with his passion for French cuisine at his restaurant Amuse Bistro in Shawnigan Lake.

A CHEMAINUS THEATRE FESTIVAL FUNDRAISER

## A CHRISTMAS CONCERT

with MICHAEL DELAMONT and FRIENDS

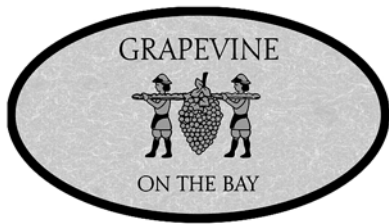
December 14, 2009

Cheminus Theatre Festival presents an evening of winter classics and Christmas carols with Michael Delamont – award winning actor, comedian and singer – last seen here in a show-stopping performance as the Duke in *Brotherhood "Jail" in Oklahoma!* He will be joined on stage by musician and singer, Keli Eccleston, Samantha Corrie, and starting in CTF's ANNE and the Festival's resident pianist Dwight Siemens.

Don't miss what is sure to be a memorable evening!



December 14, 2009 at 7:30 pm Tickets are \$25 plus taxes.  
Box Office 1.800.565.7738 www.cheminustheatrefestival.ca



**Oceanside Bistro Dining**  
6701 Beaumont Avenue Duncan, BC  
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## Cherry Point Vineyards: Solera

Bronze Medal Winner Northwest Wine Summit

*"An ideal wine for sipping on those cold rainy nights of winter. A wonderful flavor using our Blackberry dessert wine that is aged in Oak using the Solera process to enhance the wonderful flavors. A great way to bring back those memories of warm summer days as you enjoy a nice glass of Solera this winter."*

Cherry Point Vineyards

**WE** sat at the dining room table, Waterford goblets glittering beside a freshly opened bottle of Cherry Point Vineyards' Solera Blackberry Wine. He-who-knows-most-about-wine poured us each a helping of the cherry-coloured beverage. I followed his lead by swirling the wine around my glass and sticking my exceptionally-useful-in-this-case large nose deep into the glass.

Closing my eyes, I rocked my head from side to side. "You look like Stevie Wonder", he said of my unorthodox style for smelling wine. Setting pride aside, I inhaled in search for words that were my own, not an oenophile's.

Mocha, I said, to which (and to my surprise) he agreed. He said Turkish Delight, which was exactly right. He brought over a piece of white paper, in front of which we held our glasses to consider the colour. Rusty brown with pink around the edge. "Enough



musing," I said, "Let's get to the good bit," and I took a swig. Currants, berries and coffee flavours bounced off my taste buds and the finish was as smooth as chocolate.

I would order it *instead of* dessert.

Great gift idea!  
You can pick SOLERA up locally from the vineyard at 840 Cherry Point Rd [www.cherrypointvineyards.com](http://www.cherrypointvineyards.com) or from the DeVine Liquor Store, Beverly Corners Liquor Store and The Cobblestone Inn.



The Young family can be seen walking along Maple Bay beach most evenings – even the rainy ones.



**Book your Christmas Party now!**

**Holiday Cocktails and Winterlicious Specials!**

Open everyday at 11:00 Weekend Brunch 10:00-3:00  
250-743-1887 Shawnigan Lake Village  
[www.steepleresrestaurant.ca](http://www.steepleresrestaurant.ca)

# On the Farm



Don't tell my family, but they're getting homemade gifts this Christmas. Dried apples, plum jam, dried beans, pickled beets

for my dad, ginormous garlic bulbs, bags of echinacea tea, fresh eggs for my brother in Victoria... These gift baskets will be a scrap-

book of our second year of farming, and easily personalized to tell my family how much I love them.

We've received similar gifts since we moved to the Cowichan Valley: apple butter, spicy beef jerky, mustard beans. These presents have meant so much to us, given by our neighbours and customers who have supported us these past few years. I've eaten three different jams made by three different women from the strawberries we grew. They've

inspired me to learn how to make jam, to hunt down a monster canning pot, and to begin my search for the perfect crunchy-pickle recipe.

If you don't enjoy sweating over a perfectly timed batch of jam, there's no shortage of local canning experts who offer their products at craft fairs and the Downtown Duncan Farmers' Market. I've compiled "Taste of the Island" gift baskets with tuna from Nanoose Bay (available at Mad Dog Crabs), Organic Fair chocolate bars, cook-

ies from True Grain, freshly roasted Peaks Coffee beans, organic tea from the Art Farm, and an assortment of Cowichan-grown dried herbs, garlic, and other shippable produce.

Food-themed gifts are an excellent way to support local food producers in the colder months, keep your dollars in the Cowichan economy, and show a foodie in your life just how much you love them.



Heather Walker and Brock McLeod own and operate Makaria Farm at 4715 Bench Road, just south of Duncan. Heather is a writer, editor and passionate seed starter. [www.makariafarm.com](http://www.makariafarm.com)

*Our favourite red-head is back in a marvelous new adaptation of the classic story.*



# ANNE

BY PAUL LEDOUX

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**ANNE OF GREEN GABLES**  
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 ARTS COUNCIL



Photo by Misha

The Cowichan Valley Arts Council offers our community a wide array of exhibitions, educational programs, and artist venues that focus on the area's cultural richness. According to government statistics, Vancouver Island has the highest concentration of artists in Canada. A significant number make the Cowichan and Chemainus Valleys their home. CVAC was formed nearly forty years ago and has continued

through the years to develop, a successful spring sale, SASSE; an ongoing Scholarship Program for high school students, and publications such as Verse & Vision. The most recent addition has been a store front gallery on Station Street in downtown Duncan.

The gallery recently celebrated its first year with an exhibition of bill bissett's paintings and a very entertaining read-

ing by him. Over the year there have been eleven exhibitions ranging from retrospectives such as Thom Anderson: Performance of a Lifetime to Economic Disparity a thematic based exhibition examining artists' responses to the financial crisis. In conjunction with the Scholarship Program the gallery presented the works of the applicants in an exhibition with an opening night featuring musical performances, readings

# COWICHAN VALLEY ARTS COUNCIL DECEMBER NEWS

and a fashion show.

Exhibitions have ranged from spotlighting a couple of artists to a multitude as with Small Matters: a teeny tiny show. This is an annual show that is currently running with artwork that doesn't exceed three inches in size! It is quite a treat for the eye and with the coming holidays, one could be an excellent gift from the valley artists.

The first exhibition in the new year will feature the recent works of Judith Mason and Paul Fletcher. This promises to brighten up the typical valley winter with stunning

displays of colour! Both artists employ photography in their process. Judith composes and frames with a camera as she moves to her canvas with paint and brush, and Paul is pushing his photographic images into the realm of abstract expressionistic painting. Upcoming is Junkyard an exhibit of "found art" that is currently being assembled.

Tom Faue is the curator and is inviting submissions; for more information drop by the gallery #2 - 139 Station Street, or if you're a member details will be coming via Arts e-news.

## OUT-NUMBERED !



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# Talking Arts



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*Clay is a sort of communication device between myself and the outside world. I don't question my need to create. I pass along my experience through creating, appreciating, listening and teaching*

Artistic expression has always been my saving grace, my driving force, my sense of sanity. My love of clay began as a small child. Decades later clay is still the tangible substance through which I best express myself on physical, emotional and spiritual levels. I often record with my camera walks through natural settings in the Cowichan Valley. Photography allows me to have immediate results and capture the lighting or setting,



## Susan Whitham

which inspires my work later. The effects of the photography often show up in my patterns and decorative designs, and act as a guide to the drawing and carving I do in the clay. I enjoy drawing scenes on clay tiles and framing them on found wood panels. I have a series of Leisure clocks or Island Time, which are more about the drawing and colors on the clock face than about accurate time.

My happiness and zest for life come through the bright colors and festive nature of all my work these days! I am a formally trained artist who is greatly influenced by the cultural designs inherent in architecture, other artwork, textiles and of course natural settings around the globe. I love living here in the Cowichan Valley, with its great artistic and involved community. I am involved with and

participated in the Visions Art tours. I show my wares at Embellish! on Kenneth St. An annual Holiday Show with local painter, Bernadette McCormack, is in the works for Saturday, December 5th from noon to 5:00pm at her studio on the corner of Day Road and Wharnecliff in Duncan. My work is also available at Salish Sea Gallery in Cowichan Bay. While I am avail-

able by appointment, often the best variety and selection is available in these shops. I enjoy custom work, especially for lamps and dinnerware. I am working to expand my outlets and have just completed coffee mugs for Moziro Cafe in Shawnigan Lake.

*Image of Susan Lynn F Lindeman. Ceramics images Susan Whitham.*

*Talking Arts profiles the work of one Cowichan Valley artist a month.*

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# “JUNK ART”

The term “Junk Art” was originated by art critic Lawrence Alloway in 1961, deriving from “junk culture” - the term used to describe post war throwaway objects and industrial waste and their incorporation by artists into collage, assemblages, and sculptural work.

On the west coast of Canada a similar movement emerged semi-independently with early practitioners such as Bill Bissett, Al Niel and Carol Itter. The Vancouver Art Gallery’s 1989 exhibition “Rezoning” curated by Keith Wallace thoroughly explored the West Coast perspective of these art forms.

In the Cowichan Valley, the artist most frequenting this medium is Tom Faue of Genoa Bay a regular participant in CVAC exhibitions and co-curator of the upcoming “junk yard” exhibition. Tom’s frequent forays to the sea, under the docks and cruises through

Harper’s junk yard provide endless fodder for his whimsy. Recent Valley newcomer Laird Cambell’s sophisticated found wood assemblages are also a major valley voice in this genre.

With its distant roots and origins in the Dada and Surrealists movements, art based on found objects has a more personalized vision in the practitioners of assemblage and collage art of the west coast scene.

Given the obvious advantages of economic frugality and fiscal practicality of these mediums coupled with the powerful statements about our society and world that exploring these art forms can achieve what better time than

during our present economic realities for the Cowichan Valley Arts Centre to host a show celebrating the explorers of this medium.

If you are a practicing artist working in the medium of found object art the co-curators of this exhibition welcome your submission into this show.



Jeffrey Birkin is a visual artist who is currently serving as curator on the exhibition committee of the Cowichan Valley Arts Centre and member of the CVAC board of directors.

Image; Horizon of Expectations by Tom Faue, 4' x 5' Mixed media; found objects, wood, steel and copper



# COWICHAN VALLEY ARTS COUNCIL

## Call for Submissions

“Junk Yard” - an exhibition of found object art  
Cowichan Valley Arts Centre  
Feb. 25 – April 16, 2010

Please send a C.V., artists statement, several jpeg images of your work or proposed works by email only to [jeffreybirkin@hotmail.com](mailto:jeffreybirkin@hotmail.com). From the submissions received, a finale slate of artists for this exhibition will be curated. co-curated by Tom Faue and Jeffrey Birkin Deadline Friday January 8



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## Off The Grid

### Reflections of a Mall Santa

I became a Mall Santa by accident. Eight years ago, I grew a beard for a Pacific opera production and, on a tip from my agent, I answered a call for Santas and was “hired on”.

Being a Mall Santa is fascinating. As a teacher, I taught junior and senior high-school students; talking with the delightful little ones makes me regret not teaching them also.

My Santa mailbox overflows with paintings, drawings and letters; I keep them all. Being “in the know” allows me to be of value to parents by revealing their little one’s secret desires. I also try to steer the children to think of the giving rather than the getting aspect of Christmas.

Over the years I have seen photos of myself prominently displayed on top of a television or fireplace mantle with smiling, happy children; fortunately, most kids don’t recognize me without my Santa suit.

My favourite ice-breaker with



children is a “hi-five”, which helps them become acquainted with Santa. My suggestion to all parents with cautious children is to wave to Santa, continue shopping, pass by for another wave and hi-five, and soon they are happy to sit on my knee for a chat and a photo.

Other favourite events are Breakfast with Santa and pet night (which I really enjoy!). Dogs, cats, gerbils, budgies, rabbits — and once even a snake — have all arrived to have a photo with Santa. All a challenge but great fun!

Next year, I hope to change my venue from Hillside Mall in Victoria to SaltSpring Island. See you next Christmas in Ganges and a Happy Holiday Season to all. Ho Ho Ho!



Joan and Aubrey Cobham are the parents of 7 and grandparents of 3. They live in their “off the grid” cabin in the Sansum Narrows

Look no more- These Creative Cowichan Gifts are our favourite local gift finds for the season. Something for everyone! Thanks to YOU our readers, writers and neighbours for all these great and easy shopping ideas.

Special thanks to all the participating small businesses for providing the Valley with so many unique gifts and services.

## Happy Holidays!

### Whispers From England

On this issue’s cover is a bowl of homemade frosted fruit. It is our family tradition to have a bowl of frosted fruit at Christmas-time. So easy to do and can even involve the children in its preparation. Selection of fruits of different sizes, the smaller pieces are easiest to use. For example, small apples, tangerines, kiwi fruit, grapes, small pears, orange peel cut in long strips; add whatever you like but have a good variety.

#### Method

Whip up egg white and have a bowl of fine castor sugar ready. Take each piece of fruit dip in egg white, then in the castor sugar. Place on a wire rack or a plate and let dry in a warm place

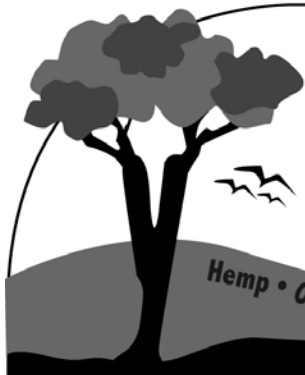


overnight. The following day, assemble the fruit on an attractive, flat plate. I have a cake plate on a raised stem that I use so the fruit cascades down. Place the larger fruit on the base and pile the smaller pieces on top. You can serve as a desert over the festive season or make into a fruit salad once the excitement is over.

A very Merry Christmas and a Happy New Year!



Carol Badman, grandmother to 3, is preparing her bowl of frosted fruit as you read this.



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# Holiday Singing



**W**inter is upon us and what glory to hear the angels singing out as we prepare for our holiday traditions.

Children, especially, are at the heart of this time of year. They enjoy preparing gifts, making cards, baking and being part of the celebrations. Children and adults alike may find themselves singing more than usual during this festive time. It is a time with many traditions and many songs to sing to celebrate the bringing in the light through the time of darkness. There are many traditions that celebrate this time of the year. In songs and praise, many communities come together to herald, announce celebrate the new birth of light.

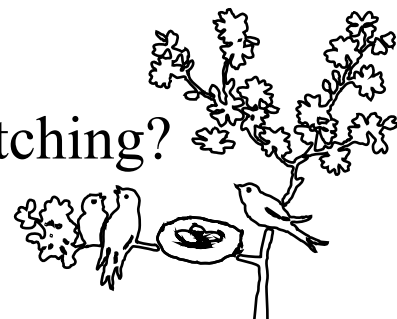
In our family, we began a tradition of celebrating Advent a few years ago by replacing the bedtime story with singing songs together as a family by candle light and beside

the fireplace. Once we have sung our evening selection, we slowly move up to our bedrooms holding the candles to light our way. (It is fun to secretly prepare the darkness by switching off all the lights before singing starts, so it is dark when the children return to their rooms, already ready for bed.) The children are in awe of this magic ritual. The songs bring them great joy and each year we learn more verses and harmonies as a family. Why not bring a little singing into your holiday season? You could sing a new song at the dinner table; create a little ritual in the morning; or sing with friends, as singing with others can bring much warmth and joy. Wishing you a song-filled holiday.



*Cari Burdett, mother, performer, teacher, www.joythroughmusic.com*

*Image courtesy of Canadian Artist Terry Ananny Caroling 16 x 20 www.terryananny.com*



## What's Hatching?

### 'Tis' the Season to be Phlegm Free!

**O**ften people experience the difficult and inconvenient symptoms of a cold that never ends or a runny stuffed-up nose for weeks after a cold. Children often seem to have countless colds and influenza with copious amounts of mucous.

From a Traditional Chinese Medicine (TCM) approach, these symptoms are due to an accumulation of "phlegm" in the body. The phlegm is overproduced due to the body's inability to effectively transport naturally occurring fluids. The body stores these fluids as "phlegm" in the lungs.

The nose has a close relationship to the lungs and therefore if you have phlegm lingering in the lung system, the symptoms frequently include copious nasal discharge, headaches and cough with chronic phlegm.

Eating habits play a crucial role in the production of phlegm. Significant phlegm producing foods are nuts, dairy, wheat, sugar and citrus fruits; avoiding these foods aid in the reduction of phlegm and associated symptoms.



cessive worry and over thinking all adversely affect the accumulation of phlegm from the perspective of Traditional Chinese Medicine.

Beyond the reduction of the above foods, inclusion of warming and phlegm-resolving foods, such as ginseng, coriander, pears, apples and dried ginger aid in the reduction of phlegm associated symptoms. A comprehensive list of appropriate foods can be found in resources such as *Healing with Whole Foods*. A range of complimentary therapies are available through consultation with any registered Traditional Chinese Medicine Practitioner.



*Kim Cooper offers TCM and acupuncture services at Natural Harmony Chinese Medicine Clinic.*

*What's Hatching? is a monthly parenting column written by members of The Birth Nest. www.thebirtnest.ca*

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# Mind, Body, Spirit



## Couples

This is a parable from the

Buddhist tradition. A father and daughter made their living by performing dangerous acts of balance. One evening as they sat around a small fire, the father said to his daughter, "We must look after each other! You must always watch me during our acts and I will always watch you. In this way, our livelihood will be secure." The daughter, although young, was very wise. "No", she reflected, "you are wrong. When we are performing, I must pay attention to my balance, and you must pay attention to your balance. Only in this way can we take care of each other."

The Buddha commented that the daughter was correct.

Within any relationship, and especially in long-term relationships such as marriage, the individual's primary responsibility is towards his or her own life goals and soul development. It is natural for couples to seek the Other in their partners. What we lack and what we yearn for, we see reflected in the Other. This is the propulsion for the emotion of love. For example, a woman

who is not competent in the Earth Way (action, production) will naturally seek a man who is. The tango is that conversely a man lacking the grace and compassion of the Aire Way will seek these qualities in his partner. This works well as long as each partner grows within their own beings, learning from their partners and integrating the skills and intelligences of the Other. However, relationships break down when the individual's growth and learning is stunted. The major reason almost always occurs when one partner projects their own deficiencies upon the Other, forcing the Other to take up the burden of their own resistance of personal growth and change. Then the work is not so much on "the relationship" but more for each person to investigate and integrate the Other within themselves. The scattered mother must learn to be more disciplined to become a better mother. The emotionally disconnected doer must develop his empathy to become a better doer.



Julia Star is a writer and spiritual counsellor who lives in Cowichan Bay BC. For more information about her book "The River Books: Love Work and Wisdom" go to [www.longboatcounselling.com](http://www.longboatcounselling.com)



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- 1) Ask yourself what you value about your partner. Identify these qualities. Be specific. E.g. I love that him because he is very creative.
- 2) Because the story is always about you, identify how you yearn to have these same qualities yourself. E.g. I would love more time to explore my photography.
- 3) Identify one way in the next twenty-four hours that you can integrate these same qualities into your own being. E.g. This Sunday from three to five in the afternoon I'm going to take a walk through the mountains and take my camera

# A Yogi's Perspective

'Once in a Blue Moon!

A term used to describe a rare event or occurrence. Just like normally there is one full moon per month. However, during the course of 2.72 years an accumulation builds and we receive an extra moon – the Blue Moon. Not so rare after all! December's Cold Moon cycle provides such a treat. One full moon on the 2nd and the next (Blue

Moon) on the 31st. The Blue Moon is a time of enormous influence and energy (more so than the moons) and that any work performed during is given additional energies. This is a very special time to manifest some goals and intentions. On the 24th of this month we also have with us the First Quarter Moon. It brings with it a good timing to share your New Moon quests with

others. What were they? What seeds of growth did you plant? It's during this time when we start to see a response to our intentions – some positive and others, not so much. If things are not quite manifesting the way you'd like them to, begin to change it around by - first taking it all in- the hurts, worries and grief. Then host a mini tea party, ask the advice and opinions from those you love and trust. By the time the tea pot is empty you just might have a clearer understanding of what needs to be done. First Quarter energy is also about taking action and how the Universe will provide you the power to "just do it." Self empowerment comes from



acting with trust and belief. Be fearless, drop all hesitation and move forward! Blessings to your dreams for the New Year everyone! Metta.



Robin Massey is a yoga instructor in the Cobble Hill/Shawnigan Lake area who guides a Full Moon Gathering for Women on the eve of each Full Moon. [www.themotree.com](http://www.themotree.com)

## ROY HENRY VICKERS 2010



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Canadian artist ROY HENRY VICKERS is best known around the world for his limited edition prints. He is also a world -renowned printmaker, painter, carver, author, sought-after keynote speaker and designer whose signature style fuses the traditional images of his WestCoast native ancestry with the realism of his British heritage.

His artwork is held in museums and private collections across Canada and the World and is mostly sold through his artist - owned and operated gallery in Tofino, BC. In addition, Roy is a recognized leader in the First Nations community, and a tireless spokesperson for recovery from addictions and abuse.



# The Art Of Tea



Some time ago we received a small and beautiful gift. It was The Book of Tea written by Okakura Kakuzō and it significantly changed the way we look at what we do. The book introduced us to Teatism; a philosophy honouring the simple, the path of artful living and the way of tea culture.

And so our way with tea has continued to bring us many gifts. We are grateful to Valley Voice for giving us the opportunity to write about our love for tea. Their contribution to promoting food, art, culture and more in the Cowichan is so wonderfully needed and appreciated.

We have had the good fortune of having a fun and lively market season at both the Market in the Square in Duncan and Makaria Farm market and have enjoyed sharing our blends with local tea lovers

and folks from afar.

The Community Farm Store in the Duncan Garage has created an amazing place for people to gather and offers positive healthful choices. A wide variety of our teas are available in the bulk section of the store.

Chemainus Health Food Store is a little gem of a place for information and products for your well being. They carry mainly our herbal teas.

Our great gift is being able to share the Artfarm and our appreciation of Teatism. We invite you to find some seasonal peace in an artful tea experience and encourage you to be in the moment and make tea the gift of yourself.



Victor Vesely and Margit Nellemann are tea purveyors and the co-creators of the Artfarm located on Richards Trail just north of Duncan

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## Cowichan Green Community's Story of Stuff

When writing about a Green Christmas, one naturally gets to thinking about stuff.

Deciding to do some research on the issue, I quickly came across the most brilliant, accessible, clever little video, aptly entitled The Story of Stuff. Seen now by over 7 million viewers (apparently I'm not the first), it illustrates the "extraction, production, distribution, consumption, and disposal" that comprise our materials economy with radical clarity.

I learned that in North America, a mere 1% of the stuff we purchase is still in use six months later, either because it was literally made to break ("planned obsolescence") or because it was quickly considered out of date ("perceived obsolescence"). How to withdraw from this madness? Invest in good quality gifts that are low on the industrial production chain – things that took simple resources and low energy inputs to create, and will remain useful for many years.

Here are just a few gifts at Cowichan Green Community's new store that won't

break down and will never go out of style:

Mason bee boxes, bat houses, planter boxes and bird feeders: handmade with untreated, reclaimed wood by local carpentry students;

Stainless steel water bottles;

Care Bags: reusable, stretchy mesh bags made by hand in Vancouver to hold bulk goods and produce;

Books on sustainability and local food culture by Canadian writers;

Natural decorations gathered sustainably from local forests;

A gift certificate for a workshop on permaculture design, organic gardening, composting, or wild plant identification;

CGC memberships! Membership earns 10% off at the store and access to our new lending library. Stop in today, have a cup of tea, and learn more about the inspiring events happening in our community right now.

## A Holiday Home for Styrofoam

While predicting snow-covered holidays for the Cowichan Region is an annual exercise in conjecture, one thing is always a lock: it's always a white Christmas on the garbage piles of the CVRD transfer station.

Freshly relieved of duty from warmly embracing new electronics, sparkling appliances and various other shiny-but-fragile toys, a load of Styrofoam inevitably finds its way to the dump, destined to sit in a landfill in perpetuity.

The bulky, blocky white polystyrene never returns to its natural petroleum-based state and remains removed from the ever-spinning cycle of nature. Once Styrofoam is made, Styrofoam it stays, and is responsible for 1% of garbage buried in landfills. If we want to get to the goal of zero waste, we can do it one per cent at a time, and Styrofoam is a good place to start. Stamped right on each piece of the light plastic product is a recycling triangle with the number six in the middle, meaning if the facilities exist to handle the product, it's recyclable. The problem in



the Cowichan Valley is the municipal curbside recycling program doesn't accept Styrofoam for recycling.

Recently, Cowichan Recyclists began offering a program to recycle Styrofoam. They are eager to have residents save their polystyrene packaging and recycle it rather than throw it in the garbage. Responsible businesses such as Staples have also come on board to offer Styrofoam recycling to their customers. During these holidays, try to give the gift of less garbage, and recycle your Styrofoam by calling Cowichan Recyclists at 250-732-3619. It's just one more way to make the holidays a merrier affair.



Aaron Richard co-owner of Cowichan Recyclists a locally owned and operated, ecologically sustainable and responsible company helping businesses reduce their impact on the environment

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## A Winter Walk in The Woods



Another year has passed and the festive season has store fronts and our pocket books in its clutches. Even though our days are filled with gift giving and receiving, make a little time to give the gift of fresh air to your body this Christmas Season.

Maple Mountain is nestled between Crofton and Maple Bay, rimming Sansum Narrows. The views from top are magnificent. It about 45 minutes of easy hiking to a view point overlooking the Cowichan Valley, or continue on and lookout over Maple Bay. There are a few different ways to access this mountain. We entered from Osbourne Bay road, a large parking area is at the base and the trail skyward is well marked. The municipality of North Cowichan has created many brochures about parks open to the public. The info is available online at [www.northcowichan.bc.ca](http://www.northcowichan.bc.ca) A rewarding sensation surged

through me as we sauntered along the trails, surrounded by nature not by misguided refuge. This may be because Malple Mountain has restricted the use motorized vehicles, and there's a gate at the base. There are lists and lists of great walks and hikes in the Valley for everyone to enjoy, but unfortunately there are a few who see these areas as great places to dump garbage. Christmas is all about family and feeling good together. If you're out with your family this holiday season sledding or taking a walk, and you come across some misguided trash, please take it with you to the nearest trash can. Give something back to our environment this Christmas. If we continue to neglect these delicate ecosystems, our future generations will not see Beautiful British Columbia as we see it now. Merry Christmas Cowichan Valley.



Meghan Seal a veterinary receptionist writes in a variety of styles in her spare time.



## The TLC Cowichan Cabin

Since 1997 The Land Conservancy of BC (TLC) has been protecting natural areas, historic sites, farms and ranches, and places of recreational importance. TLC has protected over 125,000 acres of sensitive and threatened lands around the province, involving more than 300 projects. On Vancouver Island TLC has been most active in Victoria and surrounding areas with well known sites such as Abkhazi Garden, the Sooke Potholes and Craigflower Historic Site. Here in the Cowichan Valley TLC's most well known site is Keating Farm Estate. Many people may not know however that TLC has another local property, the Cowichan River Cabin.

TLC purchased the Cowichan River Cabin from Pearson College in 2000 and soon after registered a conservation covenant on the property. This secluded, forested property is roughly 5 acres and is located on the Cowichan River just upstream from Stoltz Pool. It is connected to Provincial Parkland and forms part of the protected area along the

Cowichan River Corridor. A few years later TLC added to this green space by purchasing another nearby property. This property consists of 4.5 acres of undeveloped forest and riparian area adjacent to the river.

The really good news for local residents and those visiting the Cowichan Valley is that the cabin can be rented year round. Whether you want to spend a summer weekend under the cool of the maples, tubing on the river, or curl up next to the wood stove in December, the choice is yours. The cabin accommodates 8 people and includes a large common room with a wood stove, two small bedrooms with loft space above and a kitchen and dining room space. This is a rustic cabin with no running water or electricity but everything is provided for including a 3-burner propane stove, propane lamps and a barbeque on the deck. Visit [www.conservancy.bc.ca](http://www.conservancy.bc.ca) or call 1-888-738-0533 for more information.



Nicole Haddad is a staff member with The Land Conservancy and is the Project Assistant at Keating Farm Estate.

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## December Horoscopes



*Georgia Nicols M.A. is Canada's most popular astrologer. A Buddhist, this Vancouver-based astrologer writes daily, weekly, monthly and special annual forecasts appear in Canada's Elle Magazine, the*

*San Francisco Examiner and the Paris Star. She is featured in regional papers across Canada, the United States, and New Zealand. [www.georgianicols.com](http://www.georgianicols.com)*

### Aries (March 21-April 19)

This month you want to travel. You'll also enjoy taking a course, or going back to school, or learning any kind of training. Philosophical, metaphysical, and profound subjects will interest you – especially over a coffee, or a glass of Merlot. This next month is all about pushing out into the world. It's exciting! You're enthusiastic. Lots of new stuff is bubbling up. Some of you might fall in love with someone from another culture or a different country. Enjoy this thrilling swirl of newness!

### Taurus (April 20-May 20)

You're never casual about money. You love your creature comforts, and they don't come cheap! (Especially land, wine cellars, and antiques.) This month your focus is on shared property, debt, taxes and anything you hold jointly with someone else. Clean up fuzzy details. While you're doing this, you might have to negotiate with others because of differing values. This has to go - it's a piece of junk! Whaaaat? Do you know that they'll be worth in fifty years? And so it goes.

### Gemini (May 21-June 20)

Certain things in your life are coming to a climax. Where you did your homework, and prepared properly - you'll have a sense of accomplishment and satisfaction. However, where you

cut corners will be glaringly obvious. Agghh! I hate smelling the coffee! This is also a time to focus on forming partnerships and working units with others. Suddenly, it's a big deal in your life. Now you discover how much you need them and how much they need you. (How do you like me so far?)

### Cancer (June 21-July 22)

It will be so easy for you to get down to business this month. Why? Busy little Mercury with the help of the Sun wants to galvanize you into action to get organized! You'll be clearing out closets, cupboards, sheds, and garages. (Cancers have a lot of stuff!) You want to departmentalize, categorize, label, and sort everything. Because the heavens are helping you now – roll up your sleeves and get busy. For starters, give yourself the right tools to do a great job. (You're even focused on getting healthier!)

### Leo (July 23-Aug. 22)

What a marvelous, fun-loving, creative, flirtatious, playful time! You want to play! No matter how busy you are in other areas of your life, you will still book movies, parties, entertaining diversions, playful times with children, and watch sports, musical events, and dabble in the creative arts as much as possible. You have to do it! Furthermore, you feel sexy, attractive, prankish and flirtatious. New love can blossom. Plan your busy schedule so that you can have as much fun as possible.

### Virgo (Aug. 23-Sept. 22)

Home and family take top priority. Many are tackling repairs at home, because people are visiting, or there are family gatherings or chat sessions where you live. Nevertheless, you also want some down time for some serious thinking. Certain details in your

life are provoking memories from your youth. This takes you back. You might even reinvent your past so you have a happy childhood. Why not? Enjoy tweaking your home. ("I've got the place child proofed – but the kids are still getting in!")

### Libra (Sept. 23-Oct. 22)

This is one of the busiest times of the year for you. It's jam-packed with short trips, errands, increased conversations with everyone, shopping, buying and selling, as well as an increased reading, writing, and studying. It's all a bit much, but you have no choice. Group activities plus competition with someone will also create further demands on your time. Just accept this. Crank it up a notch! You can handle this because Saturn is in your sign. When the going gets tough, the tough go for coffee.

### Scorpio (Oct. 23-Nov. 21)

You're focused on your cash flow. You're dreaming up moneymaking ideas, thinking of changing jobs, or wondering how to be self-employed. (I'd like to be rich but I don't want to work too much.) This is a great time to shop for wardrobe goodies. You feel sexy and attractive! Because your ambition is aroused until next summer, buy some power outfits. Make people sit up and take notice when you enter the room. (Most Scorpios like a combination of black and black; however, some just wear black.)

### Sagittarius (Nov. 22-Dec. 21)

Ta da! This month you have increased energy, plus the ability to attract people to you, along with opportunities. It's all about you! Naturally, this is also a time of new beginnings because you're starting your own personal year (birthday to birthday). Since the Sun is the source of all energy, this is also your chance to recharge your batteries for the rest of the year. And because the Sun is

all about creativity and giving birth to whatever is new – you have a strong need to express yourself! (Go do that voodoo that you do so well!)

### Capricorn (Dec. 22-Jan. 19)

Behind the scenes research will be productive because both the Sun and Mercury are lurking in a hidden part of your chart. It's as if they're working behind the scenes. Therefore, use this energy to work alone to come up with whatever you're looking for, especially answers to questions, solutions, secrets, and the fruits of research. Nevertheless, your sex drive is strong. (Oo la, la!) Plus, friends and groups are good company. You're not alone now. Au contraire! This month, friends could become lovers.

### Aquarius (Jan. 20-Feb. 18)

It's a popular time. You're out there flying your colours! (All Aquarians are marvelous net workers.) This month is a wonderful time to join committees, clubs, groups and organizations. You might form a partnership with someone. Others are ready to extend their help. But more than that, now is the time to focus on your goals and dreams for the future. Share these ideas with others to get their feedback. Work your trap line.

### Pisces (Feb. 19-March 20)

The Sun is now moving across the top of your chart creating the illusion of a spotlight on you. (Seriously.) You will see that others notice you more than usual, especially important people – parents, bosses, teachers, VIPs – and the police. You're high viz.! Why not turn this to your advantage? (It's a once-a-year thing.) Because this "light" makes you look more competent, more capable, and more attractive to others – milk this for all it's worth. Demand the advantage! Go after what you want. It's also a good time to think about your life direction in general. Carpe diem!

Give the gift that is on everyone's list...



Visit [www.conservancy.bc.ca](http://www.conservancy.bc.ca) or call 1-877-485-2422 for TLC Tribute Gifts and other great ideas

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## Small Farm Producers

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## Christmas Markets

**Honeymoon Bay Christmas Market**  
250.749.7772  
10063 South Shore Road  
Saturday December 5  
from 1-4pm. Twinkling lights, warm cider and a party atmosphere for our Outdoor Christmas Market.

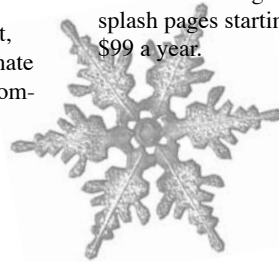


## Home Support Services

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## WEBSITES, EMAILS AND VERBAL LINT

*By That Rick Dennis Guy*

Gifts That Keep on Giving: Global Initiative Fair Trade Store (G.I.F.T.S.) is a non profit volunteer-run organization which buys handmade crafts from Third World artisans at a fair price. Cobble Hill volunteers Dawn Braithwaite, Lois Turner and Robbie Fritz have been placing orders with neighbour co-ops in Latin America, Asia, India, Africa and Egypt and the results are on sale at 135 Kenneth Street in Duncan till Dec. 12th. Proceeds from sales are funnelled back into the communities from which they are bought. It's your chance to get that special someone a unique gift and contribute to a worthy cause in the bargain.

The Family That Plays Together Stays Together: According to their website The Smiley Band have been "rockin' the Pacific Northwest since the 70s" and Todd, Jeff, Shannon and Shelley still perform with an exuberant sense of fun that belies their years of experience. Hint: These kids started young. To find out more about these singing siblings and purchase tickets to "Smiley Christmas 'Staff' Party" (8pm-1am) at Duncan Eagles Hall check www.thesmileyband.com or phone 250-743-8035. (Tickets in advance only)

We Were Gonna Call Him LL Cool J (But Apparently Someone Already Has That Name): Don't have anywhere to spend Christmas morning? (Hey, it happens.) Join Longevity John Falkner and friends at Duncan Garage Showroom from 7am - 1pm Dec. 25th for a holiday breakfast and movie screenings. Admission is by donation and donations for breakfast/gifts under the tree (socks, underwear, flashlights, gloves) are graciously accepted.

Our Back Pages: Wanna check out one of our back issues? The complete text (ads and everything) for all of our issues from May - November 2009 are now available online at [www.cowichanvalleyvoice.com](http://www.cowichanvalleyvoice.com)

# MP

Crowder's  
Corner

### What if we could end seniors' poverty?

By working all our lives, inside and outside the home, we each do our share to make Canada better. Today's seniors earned their retirement—a precious time to reflect, to volunteer or to enjoy the company of family and friends. Yet more than 250,000 of the seniors who built this country are living in poverty. It's an appalling number. And there's no good excuse for letting this situation continue.

Here's the truth: Canada could permanently eliminate seniors' poverty tomorrow. There's a solution ready to go. We can even put a price tag on it.

Statistics Canada calculates the "poverty gap" among seniors at less than \$700-million. In other words, for less than half of what Canada will spend next year on corporate tax cuts, we could increase the Guaranteed Income Supplement to end seniors' poverty.

This idea is ready to go because GIS increases do not need legislation. Please let me know if you think ending seniors' poverty is important to you.



Jean Crowder has been the NDP Member of Parliament for Nanaimo-Cowichan since 2004.

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