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DAVID NEEL
Multi-Media Guru

ISSUE 11
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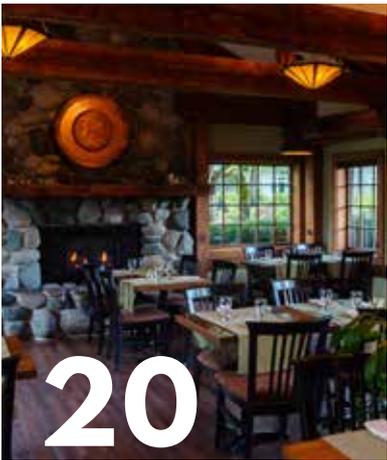


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PUBLISHER'S NOTE



The weather has arrived and a great outdoor season is upon us. With sustainability key in family growth and our environment, be sure to preserve what is in front of you. From forest to ocean, lake to river, Island communities have the beauty and the abundance of nature to self-sustain with generational management. The local cultures and arts are so incredibly rich here, and the talent so strong in connection with the beauty of the region and the lifestyle it offers. The Compass Magazine embraces Arts and Culture to share the direction of communities and create community dialogue within this region.

Gilakasla – Marci! In this issue of North Island Compass, we connect with:

- *Artist Feature, David Neel | Multi-Media Guru*
- *Heartstrong Fitness | Chronic Pain: Mindfulness & Management*
- *Health & Wellness Artist | Leah Decter: Solo Exhibition wake*
- *Naturopathic Inspirations | Tips for Back To School*
- *Exploring the Upana Caves*

Cheers

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PHOTO NICK WUNSCH/GREENCOAST MEDIA



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Ocean Chronicles

OCEANIC BIRDS

Life on the Wing



Josh McInnes

The fishing vessel groaned, clanked and creaked as a large fishing net was hauled on board. The fisherman had spent the last eight hours fishing 30 kilometers offshore of Vancouver Island. It was late at night, and the vessel's bright lights illuminated the surrounding water. As a fisheries observer, I was tasked with counting and monitoring the different fish species that were being kept and discarded by the fisherman.

I suddenly heard a chirping sound, and looked up towards the lights, where I noticed numerous small birds flying around our vessel. As the fisherman finished their last tow, one of them flew into the boat, colliding with a wall and landing on the floor. The little gray and black coloured fork-tailed storm petrel was stunned and disorientated. I gently lifted the bird and brought it outside to see if it could regain its strength to fly away.

After five minutes of waiting, I could see it was not going to be able to fly. I retrieved a small box and created a nest. After a week of feeding the petrel small bits of fish and krill, I was able to let it go and it flew away. I wondered how such an animal that is neither aquatic nor terrestrial could survive so far out to sea. What adaptations have evolved to allow birds to live so far from land? The ocean is a formidable place to live.

Environmental factors like temperature, salinity, oxygen, and food fluctuate spatially and temporally.

Many oceanic birds possess specialized salt glands located on their head to excrete and osmoregulate salt which accumulates from the ingestion of salt water and food. Keeping warm and dry is also an issue for oceanic birds. Many species possess specialized oils on their feathers to aid waterproofing and to keep them warm.

Being able to fly long distances enables oceanic birds to migrate from cold productive areas where food is unevenly distributed to warm protected regions to give birth to their young. Having longer wings and low wing load reduces drag and maximizes the use of wind currents. This reduces the use for powered flight and allows the bird to glide, minimizing the amount of energy spent by the bird.

Oceanic birds spend the majority of their lives at sea, and rarely visit land unless it is to mate or to lay eggs. The black-footed-albatross is a clear example of a bird species that spends a significant portion of its life at sea, but can be sighted from land in places like Monterey Bay, California. It is the most commonly encountered species of albatross that frequents the waters of the

North Pacific Ocean. They nest on remote tropical islands in the Pacific. Their wingspan ranges from 180 cm to 210 cm in length, and they can weigh close to 5.4 kg. They are recognized by a gray to black coloration, and a black bill.

The fork-tailed storm petrel in comparison is small, reaching a wing length of up to 46 cm. They are found far out to sea, and in North America they breed and nest on the remote Aleutian Islands, Alaska.

Oceanic birds are characterized by their foraging niche. Four forms of foraging behaviour are recognized: plunge diving, pursuit diving, surface skimming, and scavenging. Off the Pacific Northwest, common murrelets, pigeon guillemots, marbled murrelets, and rhinoceros auklets dive and pursue fish from the surface. They swim by pumping their wings vigorously, which enables some species to dive to 30m.

Albatrosses, petrels, and gulls are examples of surface skimmers. The fork-tailed storm petrel hovers above the water where it forages on planktonic organisms just below the surface. Many oceanic birds have been known to scavenge or act as kleptoparasites. While studying transient killer whales in Monterey Bay, California, we found that black-footed albatrosses would follow and scavenge from killer whale hunts on marine mammals.

Oceanic birds act as indicator species in local ecosystems, they signal an abnormal response to an acute or chronic factor. The different foraging niches bring oceanic birds into contact with human-induced pollution. In the Pacific, many birds ingest plastic that resembles food or was already consumed by their prey. The plastic inhibits digestion, and many birds die of starvation.



As Earth's climate changes and its resources become depleted by anthropogenic processes, oceanic birds will continue to decline. It is our responsibility to act as ambassadors for organisms affected by our actions.



Pelicans | Photo Doug Croft



Black Albatross | Photo Josh McInnes



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VOLUNTEER SPOTLIGHT

Laurel Sliskovic

When did you start working with Greenways?

I first noticed Greenways Land Trust at the Chum Derby in 2012. I reached out to Erin Nowak at their booth the next year to learn more about what they do.

How do you primarily spend your time when you are not volunteering for Greenways?

In summer time I ride my bikes, and in winter I ski. I also volunteer with the Young Professionals of Campbell River, currently as their president. I have a research company called the Sociable Scientists and I teach part-time at the North Island College Tourism program. I am also a bike tour guide with Island Joy Rides, and I pour beer at Beach Fire Brewing.

What do you think is Greenways' biggest success that you have been a part of?

The Adopt-A-Trail program for the Beaver Lodge Forest Lands. When I adopted my Butterfly Trail two years ago, I got a 1-on-1 introduction on the trail about how to maintain it: signage, drainage, debris, disposal, (invasive) plants, the beaver pond, emergency contacts.

If you could see ten years into the future, how will CR's greenways have improved?

A Greenways loop would be a dream coming true! Also having more Adopt-A-Trail type programs on any of our trails or park spaces would be a great development for the future.

What rewards do you receive from volunteering?

I really love where I live. I want to be a part of its health and quality of life, and help others be a part of it too.

For the full interview visit www.greenwaystrust.ca

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Kayaking on **NORTH VANCOUVER ISLAND**

It was 4:30am and my wife Georgina and I embarked on our journey to Telegraph Cove for a three day kayaking adventure. North Island Kayak owner and my personal friend Steve Emery had a couple of open spots on a trip he had going out. Three days on the water, with a guide, including all the kayaking equipment, camping gear and food. We jumped at the opportunity!

At Telegraph Cove we met the other members of our trip, Pennsylvanians Chet Morrison and his daughter Alexandra, Barbara Wilson from Oregon, and our guide Danial Finer from Saltspring Island. My wife and I were in a double kayak. Chet, Alexandra and Barbara were also in a double with a middle extra seat. Danial was in a single. After leaving the cove, we crossed Broughton Strait to Cormorant Channel Marine Provincial Park on Hanson Island. During the crossing, we were accompanied by many beautiful Dalls Porpoises.

I have had some experience in an ocean kayak, but the others were fairly new. A strong current in the channel between the Plumper Island group and Hanson Island was a tough but good lesson in controlling our crafts. On these adventures, the guides do all the cooking and cleanups, and Danial put together a wonderful lunch.

The rest of the day we traveled down Blackfish Sound along the north shore of Hanson Island. Off in the distance we saw whales coming to the surface. As we headed to the east end of the island we enjoyed a closer view of deer, mink, seals, sea lions and a few more porpoises. North Island Kayak has 6 camps located a various places in the area and they are incredible. There are 6 or more tents set up on platforms, covered cooking and eating areas, and fire pits. That night, we settled into our first camp where Danial created a dinner of barbecued salmon, rice pilaf, bean salad and various treats. Then we enjoyed a campfire with s'mores as we got to know our companions better.

At 3:30 am, Georgina woke me up to say she could hear whales. I heard the unmistakable sound of a whale breaching, and it was amazing just how fast we got dressed and out to the rock bluff overlooking the strait. As we trained our eyes to the early morning light, there they were: a pod of Humpback Whales feeding off in the distance. The sound was like thunder. They entertained us for more than an hour, and there was no going back to bed afterward.

The next morning, with our bellies full of banana pancakes and sausages, we paddled across the entrance to Black Fish Sound, between Hanson Island and West Cracroft Island and then along the southwest shore of Cracroft until we reached the Sophia Islands, stopping for a short break along the way. We later headed across the Johnston Strait to the western boundary of Robson Bight, then west up along the shore of Vancouver Island until we reached the camp for our second night.

As we carried the kayaks up to the high tide line, we spotted a humpback whale swimming slowly just on the



outside of the kelp bed. After a great dinner of home-made chili and buns, Georgina and I headed down to see Kaikash Creek. There is a public campsite maintained by the Namgis People only accessible by water, and remains of an old logging rail bed in this campsite; if you look close enough you can still see some of the old telegraph wires that at one time ran to Telegraph Cove. The creek is very pretty and the water is fresh.

We slept well and woke up to the smell of fresh coffee, eggs and bacon cooking. Danial was in the kitchen with his usual big smile for all of us. He has a great knowledge of the area and could answer all our questions.

Once packed, we paddled west along the shore of Broughton Strait towards our final destination of Telegraph Cove. Some wind and waves rolling over the kayak, added some excitement to the trip. We made a lunch stop at the Blinkhorn Rec Site, where we had pita bread sandwiches filled with tuna salad. A hike to the Blinkhorn light provided a great view of the Strait, along with a few seals and sea lions.

After a bit of a rest, we headed back to the rec site, loaded our kayaks and headed out on our final leg of the journey back to Telegraph Cove. Just off Westell Point

Daniel pointed out a large eagle nest with a couple of little ones inside. We then pulled into Telegraph Cove, which acquired its name in 1912 when the Superintendent of Telegraphs was looking for a community for the northern terminus of the telegraph line from Campbell River. It has been known by that name ever since.

For decades, Telegraph Cove was an industrial community, with a sawmill and salmon saltery. In the early days, you could only reach it by boat. By 1956 a road was constructed and sport fishers began to discover it. In 1980, Stubbs Island Whale Watching was launched and so began the cove's transition into the tourist destination it is today.

For us, it was the all-too-soon end of this trip of a lifetime. Thank you Steve for the chance to make this journey, and Danial for looking after us. If you ever get a chance to head to Telegraph Cove for an adventure with the North Island Kayak company, don't hesitate, for you will find yourself having one heck of an adventure.

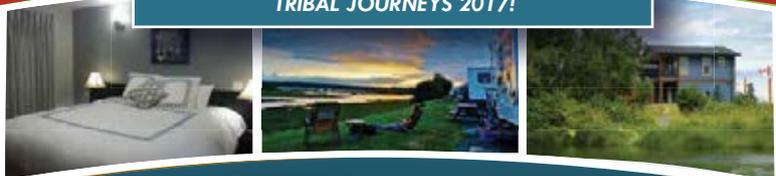


Bud Logan has lived on Vancouver Island since 1961 and has a deep love of the Island's wild places. He is an artist, environmentalist, writer, photographer and amateur entomologist. Visit Bud at www.gohiking.ca



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Recreating the THUNDERBIRD BEAR POLE

Numatsa Legacy

Erika Anderson

When you arrive in the parking lot of the Museum at Campbell River there is a new sight that greets you. A glistening new 22 foot tall totem pole stands tall and proud in a place of honour, its fresh paint reflecting the sunlight.

It was commissioned by the Museum to replace the previous pole, which had rotted to a point where it was beyond repair. The new totem pole was carved by master carver Bill Henderson and his nephew Junior Henderson to replicate the previous pole that Bill's father, Sam Henderson, carved. And it already has a story to tell about how it made it to this place.

Sam Henderson carved the original Kwakiutl Bear Pole for the 1966 Route of the Totems, a centenary project commemorating the 1866 union of the colonies of Vancouver Island and mainland British Columbia. This project saw the commission of 19 totem poles by 11 First Nations carvers, all to be placed at strategic spots along the Island Highway and mainland ferry terminals. The vision behind this project was to provide a unifying icon for tourists and residents traveling the Island Highway. The poles commissioned for the Route of Totems had to be over thirteen feet tall and incorporate a grizzly bear as the main figure. The remainder of the figures were determined by each individual carver's own history and family.

Unfortunately, when these poles were first carved, methods for withstanding the elements of our coastal environment weren't what they are now. Royal BC Museum conservator George Field would later develop a method for installing zinc rain caps on the poles that

would keep water from pooling and rotting the wood. Bill Henderson restored his father's pole for the first time in 1991 and then again in 2002. In 2015, it was realized that this pole had reached a time when it could no longer be restored.



Junior Henderson carves; Bill Henderson paints

There was a lot of discussion about what to do with the old pole. The Henderson family requested that it be returned to them. Then, after much debate, the family decided that it would be ceremonially burned. On April 30, 2016, in front of a small crowd, Bill laid some of his father's favourite foods upon the

pole, now lying on the beach by the carving shed, and it was burned as the family drummed and danced. There were several speeches, and emotions ran high as the community said goodbye to the iconic pole that had stood for so long in front of the Museum.

Once the ceremony was over and the pole reduced to ashes, the attendees walked to the front of the building to celebrate the new work that would soon be started, blessing the log that would become the new pole. The tone of the event changed, not because the past and the



The Original Thunderbird
Bear Pole by Sam Henderson
on the site of the Campbell
River Centennial Project

Photo #MCR011337 Courtesy
Museum at Campbell River

pole we had just seen returned to the earth had been forgotten, but because there was something new to celebrate. This log would soon be given life and would remind all who would see it about the strong carving traditions of the Kwakwaka'wakw people of this region.

Over the next year, Bill and Junior spent countless hours in the carving shed working on the pole. It was a difficult year, with the passing of Junior's father and Bill's brother, Daniel Henderson, and Bill's brother and Junior's uncle, Mark Henderson. "We had a rough way going, I lost 2 brothers four months apart, and it was a hard time to get back going again. I would open that shed up, and lock the door and walk away again. But I knew we had to move on, it has to keep going" explained Bill in a documentary film about the process of carving the new pole.

In the spring of 2017, the pole was ready. On May 20th hundreds of people gathered at the Museum for its dedication and blessing. There was a large turnout from the family of the carvers, joined by members of the public who came to witness the celebration. There was dancing, singing, drumming and speeches, and the dramatic unveiling as many people in the crowd saw the new pole for the first time. Afterward, there was food lovingly prepared by the Henderson family, and people gathered picnic-style in small groups discussing the perfect day under the shining sun. The day couldn't have turned out better.

A couple of months have passed, and visitors stop daily to take pictures of this new addition to the Museum collection. Installation was thought out carefully so we can avoid this pole sharing the fate of its predecessor. It will be a permanent addition to the Museum's landscape to be enjoyed by everyone visiting the Museum, or just passing through the grounds.



Funding for the commission of this pole was provided by a B.C. Arts Council Innovations Grant and Campbell River Rotary. The documentary film about the new pole is currently in production and will be released this fall as part of the Museum at Campbell River's Living History documentary film series. For updates on when the film can be viewed check www.crmuseum.ca

**Photos courtesy of
Museum at Campbell River**

SEABREEZE TAKE-OUT

*Janice Wilcox
&
Rachel Wiley*

Originally opened in 1994, Seabreeze Take-Out has become a mainstay for many locals and visitors alike. Started by Janice (Roberts) Wilcox, this then-Cafe started in the Discovery Harbour Centre. It was then located by the Thunderbird RV & Cottages for 7 seasons. Today, Seabreeze is a bustling little take-out by the Campbell River Cruise ship Terminal.

When the business was sold a number of years ago to family due to health reasons, it kept the name and the incredible logo that Mark Henderson (*Feature Artist Issue 10*) re-designed for it. "The logo that Mark built for us was based on his famous South-East Wind print (*Compass Centrefold Issue 10*)," Wilcox says. "It is so very special to us. He gave us his permission and I kept it close as I knew I would want to open again some time in the future."

It took her over a decade to come back to relaunch Seabreeze... but this time, Wilcox wasn't alone. She now works side by side with her daughter, Rachel Wiley, and even Gran is in the picture, still making the amazing pies for Seabreeze's menu. Wiley was only going to be an investor in the beginning; she studied Business Management in 2007 and then started her own family. She worked for Wei Wai Kum Nation as their

Cultural Tourism Coordinator, researching and proposing Aboriginal Tourism concepts. But the restaurant was busy, so she decided to focus solely on the business. "When we relaunched in 2012, we knew we wanted to be close to the ocean and the Cruise ship terminal. So we made our case to the Band and ensured that we had permission from Bill Henderson from the adjacent Carving Shed. To secure the mobile food truck, we truly had to get creative with our financing. BMO was key in getting us launched."



With their sixth season underway in this location, Wilcox says "if you want to succeed, you need to pursue your dream and be persistent. Adds Wiley, "From the kids and families across the road to visitors from all over the world, we are really supported by our patrons and feel very blessed for this." Wilcox and Wiley would love to see more Aboriginal Tourism launched in the North Island and especially near them on Tye Spitt, Campbell River. While their location is at capacity now, they are looking to the future. Perhaps the next generation will take their business collaboration and partnerships even further for the great food and hospitality at the Seabreeze Take-Out.



Connect with Seabreeze for their menu, specials and hours!

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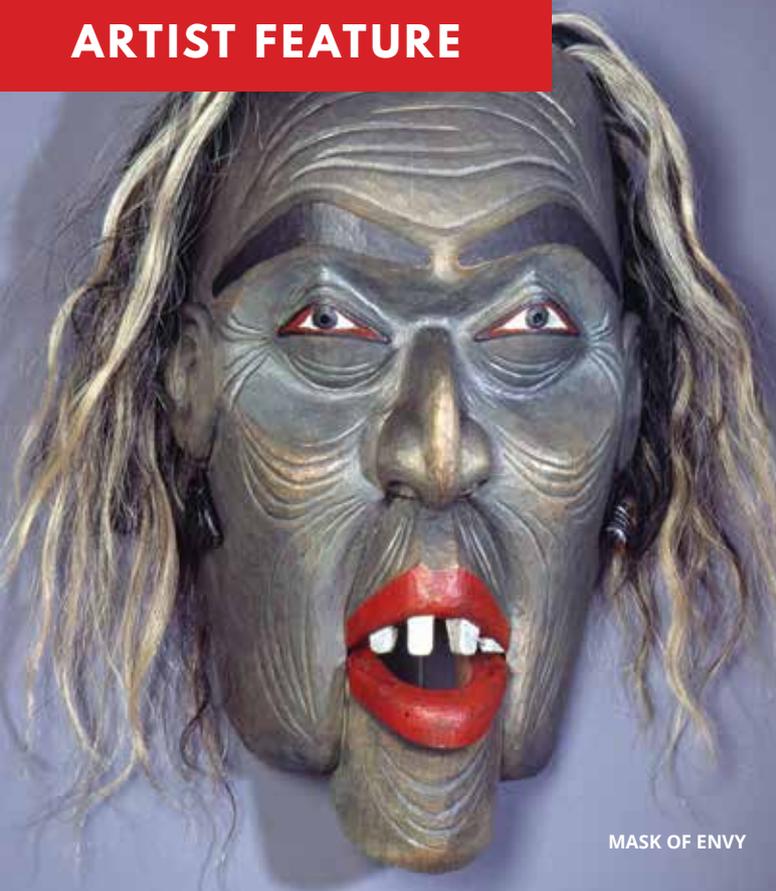
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MASK OF ENVY



MASK OF OVERPOPULATION

TLAT'LALA'WIS' DAVID NEEL

Based on the Lower Mainland in his North Vancouver studio, David Neel is a very strongly acclaimed multi-media First Nations artist. He has experienced some big changes in his journey as an artist, which has been very inspirational.

"I don't know any other artist that works like I do," he says. "Being multi-media gives me a large range of creativity to draw from." Currently, Neel has begun a series of print-making again, with jewelry as his primary medium, and he's writing another book. "Contemporary life changes at such a fast pace. Ideology and artistry moves quickly," he adds.

Neel was born in Vancouver and is a 5th generation artist. He comes from Kwakiutl artists under his Grandmother Ellen Neel, Kakaso'las of Alert Bay. While he is cross-trained, Neel is certainly not a jack of all trades. Neel takes his skills to new levels in photography, sculpture, jewellery and print making. He has an on-going special collection of contemporary First Nations masks tackling subjects like Globalization and

Residential Schools and is the only First Nation's artist who has presented any such collection to date. When asked about digital artistry, Neel says he plays with a mix of both digital and traditional. His silk screened limited editions are still hand-pulled because he can mix the pigments he wants. Never held back by technique, Neel says, "There is a series of steps between you and the skill. I choose to work with any media."

Starting in photography, Neel studied in the United States, focusing on documenting and history. He moved back to Vancouver from the US in 1987, to a home by City Hall. He then spent time at the Bill Reid Studio on Granville Island. While visiting with the famous Reid, Neel knew he wanted to apprentice for carving. He asked Reid, who directed him to Beau Dick. Dick was working with Wayne Alfred at that time and their totem project was right at Vancouver City Hall. Neel immediately started to apprentice under Dick. "Beau has produced a significant body of work; as an artist that is so important. He left behind a legacy for all."



MASK OF NUCLEAR DISASTER



MASK OF THE INJUSTICE SYSTEM

Fifth Generation Artist & Multi-Media Guru

During his training, Neel was awarded multiple grants and bursaries. He also visited collections in Washington, DC and Bronx, NY, at the British Museum, the Peabody, Smithsonian American Art Museum and many more. He felt privileged to study a private collection that hosted over 1 million pieces of native art—the largest collection of First Nations art in the world. These opportunities laid the foundation for his understanding of Art for the Pacific Northwest.

Being a photographer has allowed him to completely document his entire background, which really is a rarity for most artists. This has been such an advantage for his professional and personal life; even right now he is working on a new book. While it is still in the early stage, it will highlight his skill in multi-media and bring consistency to his level of work. Neel notes, "My training as a professional photographer really gave me the skills of a business professional, which helped launch my career."

Some of Neel's career highlights include creating his

book on canoes, and the carving of a 26' and 32' canoe. He was able to travel on several canoe journeys. He describes his canoe installation in Venice and being on the Grand Canal as "a mind-blowing experience." Working in the US with top level photographers was another highlight. "I schooled for Journalist Photography, then apprenticed for Commercial Photography which took me all over the United States; truly amazing people that I was able to train under".

Neel has been a single parent since his twins turned two, and his son turned four. As he reflects on his family of artists, it was important for him to ensure that his children learned traditional art and would be able to pass the art on. "Native tradition is a foundation to build upon, not a boundary to restrain creativity," he states. Proud father Neel says, "I wanted my children to embrace the culture. [Daughter] Ellen is now doing her residency at the Bill Reid Gallery and my son just graduated from Emily Carr with a Bachelor's Degree in Fine Arts."

Connect with David www.davidneel.com

ARTIST FEATURE



Walaskwisgila Travels Great Distances

Cedar Canoe

David Neel

www.davidneel.com



Adventure at the UPANA CAVES

Bud Logan

Climbing down into the earth can give you an amazing feeling, even a rush of adrenaline. The Upana cave system is one of the sweetest of many on Vancouver Island. Despite many adventures here, I still enjoy searching for new cave entrances I suspect are here, but haven't found yet. These caves are just awesome to hike in and you will find all types of formations. Keep an eye out for cave crickets and spiders; they are pretty incredible creatures to see and photograph.

The Upana Cave system is located about 17km west of Gold River on the Head Bay Road; just watch for the signs. There are fifteen known entrances into the system, and the length of the cave passages put together is about 500m. Individual caves vary from the size of a single room right up to passages of considerable length made up of multiple rooms. You can hike here with a friend or take a guided tour with a spelunking club. This cave system is quite beautiful and well worth the hike, but please be careful as accidents can and do happen.

Before you enter a cave system, you should answer several important questions: Are there any drop offs in the system? Are there fast-flowing underground streams? And is this a multi-room system where there is a possibility of getting lost?

The Upana system is relatively easy to explore, but there is also always the danger of getting injured. Use caution by carrying a map of the cave along with several sources of light. I like to have a flashlight, head lamp and also carry a few long burning candles in case you have a light failure. A helmet can save you from nasty bumps to the head. Warm clothing is also important, as the caves on Vancouver Island can be quite chilly, even in the summertime.

Even if you don't enter any of the caves here, there's still plenty to keep you occupied. A great trail system leads you around the area, and there's an awesome waterfall in the canyon. Throughout the trail system you will find interpretative signs that will inform you about the various caves. The bird and wildlife in the area is plentiful and there is good fishing in Upana Lake and nearby Bull Lake. Wilderness camping is allowed and there are numerous old roads and trails to hike around on.

So the next time you are in the Gold River area, take some time and explore in and outside the Upana Caves. You will not regret it!




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FITNESS, ETC. *Chad Braithwaite*

9 Things That Make It HARD TO LOSE WEIGHT

If you're logging hours in the gym to no avail, it's time to rethink your game plan. Here are a few things you'd never suspect could be making you fat.

1. According to a study published in the Journal of Consumer Research, **healthy-sounding labels** are duping dieters.
2. Studies have shown that subjects who drink **two or more diet sodas** a day have waist size increases up to six times greater than those of people who don't drink diet soda.
3. **Get more sleep.** Researchers at the New York Obesity Nutrition Research Center found that sleepy folks consume about 300 more calories a day.
4. **Turn down the thermostat.** Research in the journal Obesity Reviews suggests when our bodies are cold, we shiver, contracting muscles to generate heat—and burn calories.
5. A New England Journal of Medicine study declared that people can actually **"catch" obesity from close friends**. One study found those of us with very close friends who are obese have a 171 per cent higher chance of becoming obese.
6. **Eating small meals** frequently could make it easier to reduce overall calories. But the mini-meals in some studies are actually very small snacks, like the size of your hand.
7. **Don't pack produce in plastic.** New evidence links obesity with phthalates—chemicals used to make plastics flexible—and other "endocrine-disrupting" chemicals.
8. **Lower your stress.** Chronic stress makes your body step up its production of cortisol and insulin. Your appetite increases, and so do the chances you'll engage in "hedonistic" eating in the form of high-calorie sweets and fats.
9. **Cut sugar** from your diet and you will lose 10+ lbs. in a month.



Chad is the owner of Fitness Etc.
Campbell River, Courtenay, Parksville
www.fitness-etc.ca

WEALTH HEALTH

with GLEN CLARK

Over 55? Don't pay your property taxes... yet.

Often clients ask me if they should take advantage of the property tax deferral system in Campbell River.

In order to do so, you must be a homeowner in Campbell River, aged 55 or over, living in your principal residence standing on its own land. You must have a minimum of 25% equity in your home.

The idea is this: Instead of paying your property taxes, you apply to the province to pay them. If approved, you pay simple interest on the amount owing, plus a one-time \$60 fee and \$10 each year you reapply. The amount owing is paid later, when you sell the home or die. Assuming a 3% annual increase in the value of your home, the property tax payout can adequately be made with the profits from the home sale. In the meantime, the money you would have used on property taxes could be invested.

First, you can invest it at a modest 3.5% return. In thirty years you would have about \$409,000, before paying capital gains on the income.

Or, you could invest in a permanent insurance policy (based on a healthy 55-year-old, non-smoking female). It would provide a substantial tax-free pay out when you died, and your beneficiaries would then pay off the tax debt.

The best scenario: you use the tax dollars for thirty years to buy a whole life insurance policy that pays dividends which are used to buy additional insurance. This would provide a substantial tax-free death claim, leaving your beneficiaries a significant inheritance after the property tax payment, and they would still have the house.

If you ever want to chat about numbers, investments or insurance, or give me an idea for a future article, you'll find me at www.glenclark.ca



Eat LOCAL

Chef Ronald St Pierre

Kealy Donaldson

Thirty years ago, Chef Ronald started at the Old House Restaurant and he has come full circle; Locals Restaurant, heading into its 10th year, is located at the Old House property. It has been some time since I've been able to sit down with this talented chef, and what a pleasure to see Chef Ronald St. Pierre of Locals Restaurant!



Locals is Oceanwise certified through the Vancouver Aquarium and was the first restaurant in British Columbia to receive Level 3 Environmental Sustainability in Green Leaf Eco Standards. Currently, Locals' menu is 50% ocean-based, with a variety of local beef, pork,

poultry, duck, rabbit, venison and bison dishes upon availability. "Our vision is more than just using local products and ingredients, it is about the relationship with the producers. We are truly fortunate to have the variety available here," Chef says.

Chef notes that trends have changed significantly with the globalization of foods. In the 70s, restaurants vied to

serve the rarest products they could source. These days, distribution is much larger and most products aren't that hard to find. As a lazy cook, Chef focuses on the nutrients and flavour of local ingredients and allows these to shine in the dishes. "Committing to use local foods created demand for local producers to push for winter crops and be conscious of preserving foods for the winter season. Large efforts have brought success and awareness to other restaurants and the public at large."

With sixty staff, Chef Ronald is committed to maintaining a good working environment within this challenging industry. Fun is still foremost for the Locals staff, translating into great service and returning customers.

"The importance of the relationship with the supplier, from a food producers' business side, is knowing that the financial commitment is there year round. Consumers then commit and support as well," Chef says. "This movement is gaining speed as consumers start to recognize the importance of storing and preserving in their own homes. We are very fortunate in this area— foraging and gathering in the forest, ocean and lakes; the valley has a rich agriculture."

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IDYLLIC HOMES *Annette Elliott & Liz Yard*

Backcountry **BACK TO BASICS**

Backcountry—sparsely inhabited rural areas, wilderness... what if you got back to the basic necessities? Just the essential possessions to live your life? Would you feel like your backcountry is showing? Would you enjoy the wilderness more? Let's start with the simple tips that help keep the home life simple:

The Kitchen Drawers That's right—who needs three of each utensil? Tonight get a box big enough to hold all your utensil. Fill the box and as you use them, add them back to your kitchen draw. Do this for three months, after that, perhaps considering donating the unused and most likely unneeded utensils. Remember – don't donate the turkey baster that gets used on special occasions, unless of course you have multiples.

The Closets: Hall and Bedroom Turn all your hangers backwards! This is usually suggested New Years day, so that once you use a piece of clothing, you place it into the closet normally. At the end of three months, anything not used will still be facing the wrong way. So if you've got it and don't use it—donate it!

The Garage Yes, you should give this a yearly clean also. Recycle those dried out paint cans, donate the 'spare' tools. If the lawn mower hasn't worked in years, repair and sell or donate it. Don't let unused items pile up.

The 20/20 Rule If it cost less than \$20 and you can obtain it in less than 20 minutes, you *do not* need to keep it in the house! Free up space for other items; pick up these items when you need them, as you need them.

Keeping it simple and uncluttered means more time for the greater pleasures. Declutter - Destress - Donate!

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ABORIGINAL HEALTH *Kimberley Black, RD with Francesca Reinbolt*

PART ONE
CONNECTING WITH YOUR GRANDCHILDREN
Around Nourishing Foods

The role of grandparents in a child's life is one of great importance, a relationship that when nurtured, can provide health benefits to both grandparent and grandchild. In today's western society, many families are scattered across the country, and it can take a concerted effort to allocate time in their busy schedules for regular visits. Despite these challenges, establishing close relationships between grandparents and grandchildren is well worth the effort.

Grandparents can help the next generation to cultivate respect for the tradition, knowledge, culture, values and lessons learned from a life of rich experiences. Many aboriginal cultures teach respect for their elder's wisdom and life experiences. Elders are seen as the first and foremost teachers and roles models from infancy to adulthood. It is important to acknowledge that all children from all cultural backgrounds benefit from time with grandparent to get to really know them and form strong bonds. When grandchildren form close relationships with their grandparents, respect flows naturally.

Grandparents can be great role models and influence the children around in them in many important ways. Food plays a significant role in our lives and at the root of meals lie the traditions of family and culture. Cooking together and sharing food can be a great way to bond and pass on traditions. Food can serve as a vehicle for which you communicate sentiments and create memories, and the sharing of food can keep you connected. It is also a great way for you to encourage healthy eating behaviours in your grandchildren.

Cooking and eating together not only has benefits for the children, but research shows significant health and

social benefits to family meals for seniors as well, including improved nutrition and social well-being.

There is no time in life when it is more important to practice healthy eating behaviours than in childhood. Eating behaviours established in childhood can persist in adolescence and adulthood. Yet children often struggle to make wise food choices. This is reflected in Statistics Canada data which shows that obesity rates among children and youth have nearly tripled in the last 30 years. Grandparents can potentially help prevent unhealthy eating behaviours and obesity in children by using good feeding practices and using the division of responsibility with their grandchildren.

In the next edition of Compass Magazine, we will explore responsive eating, and provide some delicious recipes to share with your grandchildren.

Francesca Reinbolt is a UBC Dietitian student in her 5th and final year of the Dietetics Program.

Kimberley Black is a Registered Dietitian with the North Island Aboriginal Health program of Island Health.

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To say that the canoe has been subsumed into Canadian life, culture and national identity as a taken-for-granted form of “heritage” is perhaps an understatement. The canoe stands as a powerful signifier of colonial power both historically and in the present....

As a form of Indigenous technology and culture that has been branded as Canadian, it demonstrates the consumptive colonial habits of appropriation and erasure that are as deeply ingrained into the Canadian psyche as is the assumption of colonial claim to Indigenous land.

LEAH DECTER



WELLNESS ARTIST

LEAH DECTER
wake



'memoration 2: constituent parts'

Leah Decter 2015
photo Dorit Naaman



'memoration 2: constituent parts'

Leah Decter 2015
photo Aric Mcbay



'memoration 2: constituent parts'

Leah Decter 2015
photo Aric Mcbay

WELLNESS ARTIST LEAH DECTER

*Leah Decter will be presenting her solo exhibition *wake* at the Campbell River Art Gallery this fall. Opening on Friday, September 29, 2017 during BC Culture Days, the free reception will take place at 6pm in the gallery. A free artist talk will be presented on Saturday.*

Leah is an artist and scholar currently based in Winnipeg, Canada; Treaty 1 territory. She holds an MFA in New Media from Transart Institute (Berlin) and is currently a PhD Candidate in Cultural Studies at Queens University (Kingston). Her artworks call into question “the dominant views of ‘Canadian’ history,



Image Leah Decter/Cheryl L'Hirondelle
'Founder' 2015 (video stills)

nationhood and identity, and interrogate [her] own position(s) as a white settler citizen who inherently benefits from these structures.” (LD)

At the Campbell River Art Gallery, Leah will present three videos and sculpture—namely, a 12-foot gilded canoe. By combining personal stories and national mythologies, Leah writes, “the works in *wake* use the canoe as a vehicle to uncover the everyday workings of colonial dominance in Canada.” The goals of the project as a whole are to ‘unsettle’ established modes of being and unhinge the colonial gaze.

As an artist, Leah has exhibited widely throughout Canada and internationally in the US, UK, Germany, Malta, the Netherlands and India. In 2017, she was a Visiting Research Fellow at University of New South Wales’ National Institute for Experimental Arts in Sydney Australia.

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NATUROPATHIC INSPIRATIONS *Ingrid Pincott, N.D.*

Naturopathic Tips for a HEALTHY TRANSITION *Back to School*



Why do so many children get sick in the first month of returning to school? Here are some critical elements of the immune system that can be primed in the last few weeks of August so your child does not get sick this year!

Getting enough sleep is very important for the immune system; During the summer most people get out of healthy eating and sleeping routines. One the best remedies for insomnia for both adults and children is calcium and magnesium taken before bed. It has a calming effect on the brain as well as relaxing the muscles in the case of restless legs and leg cramping in children. Due to the high incidence of milk allergy I do not recommend hot milk before bed unless it is goat's milk. Calcium and magnesium are also great for the treatment of anxiety and menstrual cramps in the case of adolescent girls. It is available in a chewable form.

Probiotics improve the immune system by priming the gut flora. Probiotics will help prevent colds and flus, help with bowel regularity and the health of the skin. The powder form can be added to smoothies.

Fish oil providing 3000mg per day of EPA and DHA essential fats are critical for the immune system; in chewable form or the oil can be added to smoothies. Make sure it contains Vitamin D to provide further immune support important during the winter and spring.

Vitamin C will help fight colds and flus as the children get exposed once back into the classroom. There are no side effects from taking too much vitamin C except softening the bowels. It is also hard on the teeth when chewed, so brush the teeth afterwards.

A high sugar diet lowers the immune system. Wean children off sweet treats using fruit and smoothies. Consider having your children make their own popsicles. Getting children more involved with meal preparation is a good way to teach children about nutrition. Color is important to include in the daily diet! Purple: onions, purple potatoes, cabbage. Blue: blueberries and blackberries. Red and orange: peppers, carrots and tomatoes. Green: green pea pods, cucumbers or broccoli. White: cauliflower and potatoes are the healthiest white vegetables.

B complex supplement treats anxiety and depression which may also help with insomnia.

Homeopathic remedies such as Influenzinum and Thymulin can be started weekly in the middle of August. When taken throughout the school year, parents notice great results.



Ingrid Pincott N.D.

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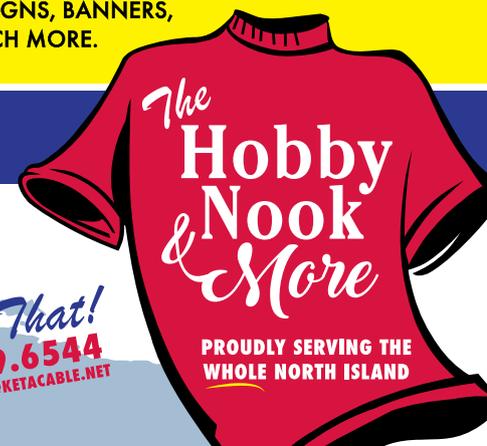
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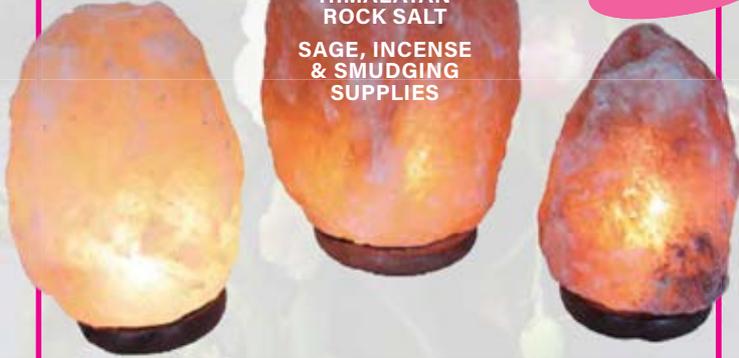


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GROWING UP COASTAL *Joseph McLean*

We sit down in the fancy sushi restaurant, one dad with two kids. We are out of our league, but hunger has made us brave.

Kevin refuses to sit in the highchair, instead riding my neck like an actual horse. Pummeling me about the ears in his endearing way. Ryan wants to sit in a highchair, but not the same highchair. So we have one booth, with various highchairs spilling into the aisle.

We order a salmon special for me, and a mess of avocado rolls for Ryan because suddenly, "that is all I will eat forever." Nothing for Kevin because he's only allowed to eat hair.

The food comes and I can't reach Ryan, not with Kevin doing jumping jacks on my shoulders. Ryan takes charge as an eldest child will, prodding each piece with a chopstick before grabbing it in a clenched fist and devouring it whole.

Kevin is trying to swim through the air to my platter, having decided that sashimi is an ideal first food for babies. Drool falls in my hair, and a maniacal cackling fills the booth. It is at this moment that the headwaiter appears beside our table. He adjusts his glasses, looks menacingly down at us, and says:

"Two boys! You are so lucky! Blue eyes, over here! Look here! Hi hi, do you want to come over?"

And picking up my delighted infant, he turns his attention to Ryan. "Do you think you are building with Legos?" Ryan looks up from his latest effort (a leaning tower of avocado rolls), then at me, then back to the man. "No," says Ryan. "Actually, this is sushi."

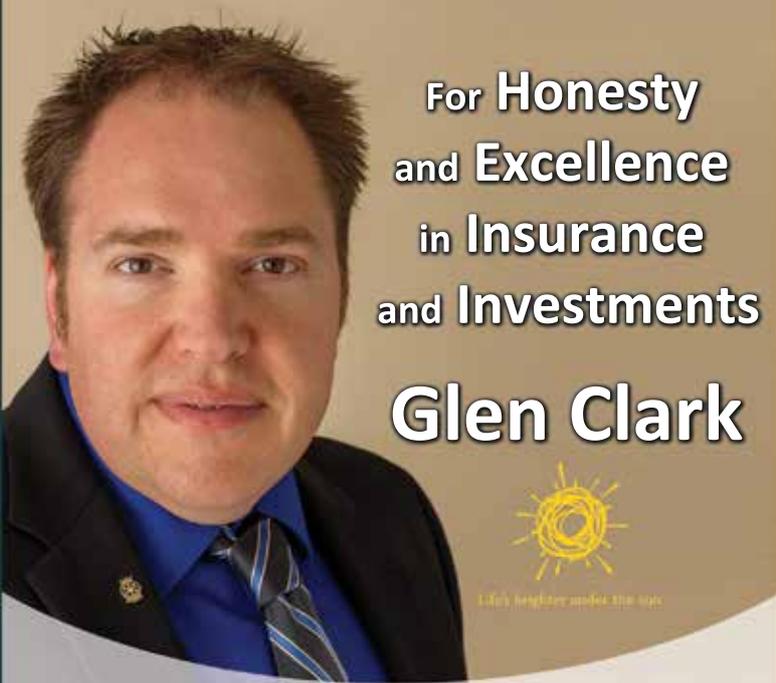
"Hahaha!" cries our benefactor. "You are very smart. Here is something for you." And bam, we are served with a booklet of UFO stickers. Not an eviction, not a verbal warning, but a bunch of stick-on flying saucers.

People say I make a good dad, but it's always been about the support I am given. "That guy was my friend," Ryan said as we left the restaurant. Son, he was a friend to parents everywhere.



Joseph McLean lives with his wife Katie in Powell River, where he runs a computer specialty store, a whimsical blog, and the occasional marathon.

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Robyn Smalley, B.Sc Kin MBCAK

Chronic Pain MINDFULNESS & MANAGEMENT

Chronic pain can be classified into two categories: mechanical and non-mechanical. Mechanical pain is the result of a structural abnormality. This can be from an injury, joint problems or osteoarthritis. Non-mechanical pain is a nervous system or pain system disorder, such as persistent pain or fibromyalgia.

Your nervous system is your body's warning system. However, with a chronic pain disorder, that warning system becomes inaccurate. Your pain system is like a car alarm; it alerts you to threats. Sometimes, the system breaks down and goes off when there is no danger. To decipher these pain warnings and manage chronic pain in daily life, keep in mind these tips:

Focus on Function A goal to increase your day-to-day function is more realistic than just working on reducing pain. Your pain system will adapt and become desensitized with the gradual (and safe) increase of activity and function. Don't let pain dictate your daily activities.

Activity With activities to manage chronic pain, it's important to begin slowly and with movements that do not increase pain symptoms. Pacing your activity and creating SMART goals (Specific, Measurable, Attainable, Realistic, Timely) is key. Great activities to get moving include stretching/mobility classes, walking and hydrotherapy (water-based exercises).

Breathing and Sleep Being mindful of your sleep patterns and developing adequate sleep cycles is important to let your body recover and "reset" from your day. Sleep strategies include removing distractions (noise, light, sound) and creating consistent routines. Proper breathing techniques can help calm your body before sleep, and also help during activity. Diaphragmatic breathing decreases muscles tension and heart rate and reduces production of the stress hormone cortisol.

Living with a chronic pain condition affects you not only physically, but psychologically, socially, and emotionally. Another management tip: be mindful of how these factors interact, and develop a plan to control pain from multiple directions.

Robyn Smalley, B.Sc Kin MBCAK, is a Practicing Kinesiologist with Heart Strong Fitness
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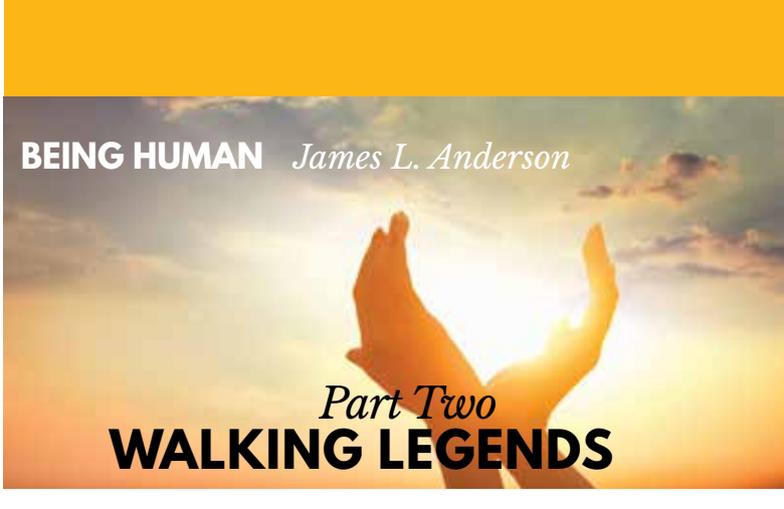
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BEING HUMAN *James L. Anderson*

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But we are missing something here.

Like tortured frogs sitting in water beginning to boil, we really have no idea how desperate our lives are. We don't begin to recognize that just living today and walking this wretched earth in these times is a courageous, impossible task. Our life force and our beings are at the breaking point today, everywhere. Earth today for us is a torture chamber. And the real torture is that you and I are wasting our lives. And we know it. And it is destroying us inside. Every second the pressure we bear of guilt, despair and corruption is beyond anything that human beings have had to deal with on this planet since the beginning of time. Like those space probes sent to inhabitable and toxic planets that somehow survive all expectations and function for years and years almost beyond belief. Every human being on this earth is a walking miracle. And you have to respect that. You have to.

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All of us are walking legends. We just don't know it yet. Every moment we live, we carry the human dream through a living hell that daily becomes more and more unbearable. We may be pathetic, corrupt and worthless. Yet we still carry on. Yet we still survive.

And as a species we will have more respect for each other if we can finally appreciate one last thing. You and I walk through this disintegrating terror and desperate world today alone. We must finally see that we are not built to withstand this pressure all by ourselves. No matter how courageously and valiantly we live our lives, it is just a matter of time until that brutal vulnerability of being so terribly alone brings us down. Not 'spozed to be that way. Time we learn. One by one, alone, cut-off and adrift we shatter and fail in numb, lost agony, always. But back to back, together, we can stand and survive anything. Together, we are invincible. It would be a force to be reckoned with...and worthy of respect. A human powerhouse of walking legends. Hand in hand together.

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LEAH DECTER *wake*

OPENING RECEPTION //
FRIDAY SEPT 29 @ 6PM

EXHIBITION DATES //
SEPT 29 - NOV 8, 2017

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Image: Leah Decter, Founder #2, 2015.

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