

ISSUE 13 DECEMBER 2017 | JANUARY 2018
SHARING THE DIRECTION OF VANCOUVER ISLAND COMMUNITIES



COMPASS



FEATURE ARTIST

**RAYMOND
SHAW**

Shaping his own Style

OFF THE BEATEN PATH

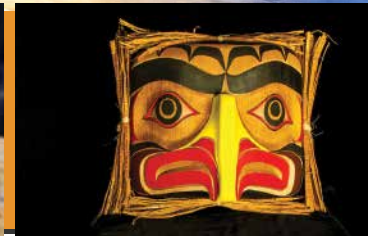
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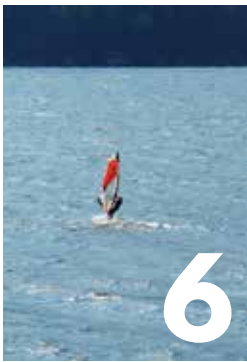
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PUBLISHER'S NOTE



As we turn a corner into 2018, reflection on the past year really begins to clear the pathway for new beginnings!

Compass Magazine turns three with this issue! Looking at all the Artists,

Writers, Advertisers and Readers that are integral part of our publication, we say THANK YOU! With the holidays upon us and the children giddy, let's remember T.S. Elliot's words: "Last year's words belong to last year's language, and next year's words await another voice."

Forgive, forget and rejoice—Happy Holidays!

Compass Magazine embraces Arts, Culture & Wellness to share the direction of communities and create relevant dialogue. Gilaklasla – Marci! In this issue, we connect with:

- **Artist Feature, Raymond Shaw | Shaping His Own Style**
- **Heartstrong Fitness | Healthier You in 2018**
- **Health & Wellness | Spirits of the West Coast Native Art Gallery**
- **Naturopathic Inspirations | Turning Over A New Leaf**
- **Eating Local | Edible Mushrooms & Harvesting**

Cheers

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Bear Transformation Mask

Raymond Shaw

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SID DOCS

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Nimpkish THE LAKE OF WINDS

**OFF THE
BEATEN PATH**
Bud Logan

Nimpkish Lake is in the Nimpkish Valley, and it is a big lake. It is 20 km+ long and quite narrow. The wind can come up on this body of water to produce some extremely large waves that will put you to shore to wait it out, so be careful. On the other hand, it is an ideal place to wind-surf or kite-sail.



The water in the Nimpkish is deep and cold, the winds can be very strong, and the waves can become quite massive. This is a lake for those who have at least some experience wind-surfing. You really need to come equipped for the conditions that prevail on this North Island lake. Take a look at the photos in this story and you will see the one kite-boarder who has lost his board and is flying by quite high off the water. As you can see, the winds can be quite fierce. I am sure this surfer has a pretty wild tale to tell.

To get to a great place to put in your wind boards for either wind-surfing or kite-boarding, travel up the highway until you pass Woss, then turn left at the Nimpkish

turnoff (look for an old brown building that used to be a gas station and turn there), and follow the road keeping right until you come to a double set of rail tracks. You will notice an old road that turns right in between the tracks—follow this road to the end. This is the trail head for the Nimpkish lake Windsurfing Trail. This trail will take you down to a great place to put in at Kinman Creek. It's a bit of a walk in, but I recommend this spot for those looking to kite-sail.

There is another trail that heads south from the beach that will take you to the lower end of the lake and one of the campgrounds. There are numerous spots along this trail that would be great for camping and putting in your boards. To reach the campground by auto, stay left on the way in and follow this road to the lake.

The shoreline is pretty awesome along the lake with fantastic rock cliff formations. Across from the put in at Kinman Creek, you will find shore level caves that are pretty cool and most of the creeks, streams and rivers that flow in have incredible canyons and falls if you just hike up a bit from the shore.

There are dolly varden and cutthroat trout in this lake that can reach impressive sizes—it's best to troll from a boat or canoe but you can catch the odd biggie from the shore during the evening bite, just before dark. I have camped and fished on this lake since I was youngin', long before the inland island highway made it easy to get here. There is so much to see and do here, it's one of my favourite areas on the island. There are several boat launches and recreational sites on the lake as well as a great provincial park on the lake. There are no roads to the park so you need to boat in.

Because the wild-life in the area is so awesome, there is a good chance you will see elk, cougars, bears, deer, wolves, raccoons, pine martins, and a great variety of birds. There are lots of incredible beautiful wildflowers here on the shores of this lake as well. It is quite a wonderland. You can camp, fish, windsurf, kite-sail or hike while enjoying the incredible views from your campsite—not bad for a lake that is just off the highway!



So pack up your campers with your windsurfing gear, load the canoes and kayaks on top, grab your camera and head up to Nimpkish Lake for an adventure that you will never forget.



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

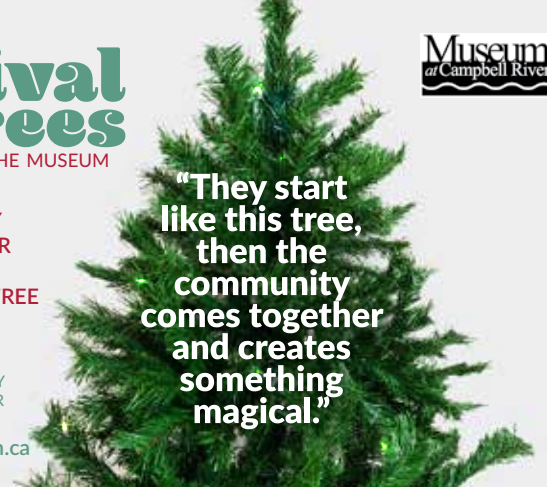
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Walking in their Footsteps: **ROBERT DUNSMUIR**

Bud Logan

Robert Dunsmuir was born in Hurlford, Scotland to James and Elizabeth Dunsmuir in 1825. At the time of his birth, Robert's family was engaged in the Scottish coal business. Dunsmuir's grandfather, also named Robert, had numerous coal properties that were producing high quality coal that sold for top dollar. In 1832, in the midst of this prosperity, Robert's mother, father, grandmother and two of his three sisters died within days of each other in a cholera epidemic. Three years later, his grandfather Robert died a wealthy man, leaving a third of his estate in trust for his orphaned grandchildren. Dunsmuir went to work in the family's coal mines for his uncle Boyd Gilmour.

At the end of 1850, Dunsmuir's uncle had signed on with the Hudson's Bay Company to work a coal finding on Vancouver Island at Fort Rupert. After hearing news of the conditions there, some of the men who originally agreed to go backed out. Gilmour signed his nephew Robert up for the journey—at a salary of \$5 a week.

On July 18, 1851 they set sail for Fort Rupert from the port of Vancouver, and when they arrived on August 9, they began a three-year contract with the Hudson's Bay Company. Gilmour struggled unsuccessfully to develop a producing coal operation at Fort Rupert until August 24, 1852 when Hudson Bay Company instructed them to move on to Nanaimo where a coal seam had been discovered. Work was slow and the living conditions were difficult. In 1854, at the end of their contract, Gilmour left to return to Scotland. Dunsmuir stayed on.

The lease from the crown giving the HBC rights to all coal found on Vancouver Island ended in 1859, and Robert continued to work for various coal companies as superintendant for the next 10 years. Then, in October 1869, Dunsmuir was fishing for trout at Diver Lake, a few miles north and west of Nanaimo, when he found a coal outcrop. He staked a claim to 1,600 acres in a band 1,000 yards wide and 6 km long including the north half of Diver Lake and running right to Departure Bay in the

area known as Wellington. He needed investors and Wadham Diggle, commander of the naval vessel *Boxer*, one of the first to use Dunsmuir's coal, invested \$8,000 in the venture. Rear Admiral Arthur Farquhar, Commander in Chief of the Pacific Fleet invested a further \$12,000. The two investors left the operation of the company to Dunsmuir. By 1873 the Wellington colliery was producing 16,000 of the 40,000 tons of coal produced on Vancouver Island.

By the end of 1875, it was producing 50,000 tons per year. Its two principal markets were San Francisco and the Royal Navy. The company bought out Farquhar in 1879 and in 1883 Diggle was paid \$600,000 for his half share of the business, then producing a profit of \$500,000 per year. Over the next few years, with the end of the mine's coal in sight, Robert was well aware that the mine would likely close. In the early 1890s he moved into the town of Union and began mining there. The Wellington Mine closed in 1898.

In 1891 the township of Union was renamed Cumberland. By 1897 the mine was producing 700-1000 tons per day, employed over 700 men, and supported a town of 3000, with an additional 2000 Chinese workers living in Chinatown, 1/2 mile from Cumberland.

Thirty-eight years after arriving at the Colony of Vancouver Island as an indentured miner for the Hudson's Bay Company, Robert Dunsmuir died the richest man in British Columbia in sole control of an empire estimated to be worth \$15 million. Robert's home in Victoria is called Craigdarroch Castle, and is today a popular tourist destination and National Historic Site.





IDYLLIC HOMES *Annette Elliott & Liz Yard*

MAKING MERRY!

It's here! This special time of the year, when family, friends and the uninvited gather at the homestead to celebrate. Wait – backup, the uninvited? You know what I'm talking about – party crashers! Party Crashers can take all kinds of forms, from the expired turkey gravy in the pantry to the small, unusable piece of wrapping paper, the roll of ribbon with a piece just big enough to do *nothing* with. Party Crashers invade the pantry, the wrapping paper box, kitchen drawers, and even the closet!

The Ghost of Christmas Past It is time to say good-bye to those uninvited items that add a bit more stress to the holiday season. With 2018 around the corner, get ahead of the resolutions and start the New Year with less clutter in our lives.

The Gifts of Christmas Present to recap 2017:

The 20/20 rule If the item is less than \$20 and less than 20 minutes away, don't keep it in the house.

New Years Hangers Turn all your hangers backward. If you don't wear the item for 3-6 months... donate it.

Kitchen Utensils Box everything up, and as you use them, place them back in the kitchen drawer – if you don't use it in 3-6, do you really need it?

Pantries and Medicine Cabinets The ever so important expiry dates check up.

Décor Items Are your Christmas boxes packed full with every colour of ornament ever made? Perhaps it's time to repurpose or donate? This doesn't just apply to Christmas items; but to any item stashed away. Display your beautiful pieces, or decide if it's time to allow someone else the pleasure of appreciating its beauty.

Idyllic Homes Staging would like to wish you and yours a Merry Christmas and a happy and healthy 2018. Remember – making memories is the biggest gift you can give!

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Ocean Chronicles

MONTEREY BAY

A Utopia for Marine Life

Josh McInnes, Peggy West-Stap, Stephanie Marcos, and Victoria Wade

There is nowhere more spectacular to view, experience or study marine life along the Pacific coast than Monterey Bay, California. From the cliffs of Big Sur overlooking the open ocean to the numerous sandy beaches stretching from Pacific Grove to Santa Cruz, Monterey is a marine utopia.

Monterey Bay, California is located approximately 1300km south of Victoria, British Columbia. The bay is situated between the Monterey Bay Peninsula to the south, and the city of Santa Cruz in the north. Monterey Bay was designated as a national marine sanctuary in 1992, and provides protection to marine life from San Francisco to Cambria California, which accounts for approximately 10,000 square km of ocean habitat.

Monterey Bay was a major player in the sardine fishery, and home to Cannery Row. The historic American tin cannery was located near the southern border of Monterey Bay, and was once an industrial staple through the sardine fishing and whaling era, starting in the 1850's. The fishing and canning industry supplied goods during WWI and WWII, in which periods of business were at an all-time high. Although now a magnificent oceanfront, the history of Cannery Row reminds us of our dependence on the ocean and the vast resources it

influences, such as biodiversity and wildlife. The canneries failed during the mid to late 1950's as the sardine fishery collapsed.

The coastal ecosystems of Monterey Bay are complex and rich in biodiversity. Oceanographic features like the California Current, winter storms, upwelling, and bottom topography provide nutrient rich waters sustaining different ecosystems.

Monterey Bay is considered one of the top places in the world to study deep sea ecology. The famous Monterey Canyon is located just off of Moss Landing and extends offshore for 150km. The canyon can reach depths of 3600m, where numerous deep sea organisms are found.

The deep sea is one of the most poorly studied habitats on our planet. In comparison to the surface, organisms have evolved specialized adaptations for dealing with pressure, temperature, light, and decreased food supply.

Near the surface numerous species of invertebrates can be seen drifting on ocean currents. During the spring and summer, large blooms of moon jellyfish turn vast patches of water a tropical turquoise colour. Other jel-

lyfish species like the sea nettle also bloom around this time and are identified by their long tentacles that are used to capture small zooplankton. The Monterey Bay Aquarium is one of the leading research institutions studying jellyfish biology. Researchers are studying their movement patterns, reproductive biology, and foraging behaviour to better understand how local ecosystems are being affected by oceanographic changes brought on by climate change.

One species that is iconic in Monterey Bay, the southern or California sea otter has had a long and complex history with humans. The southern sea otter population is currently found from San Mateo County to Santa Barbara County. Sea otters along the Pacific Coast were decimated in the 1700's and 1800's by over hunting. The population residing in Monterey Bay, has rebounded from what was thought to be a small group of 50 individuals off Big Sur in the late 1930s. They now are at risk of changing climate and food sources. They are the guardians of the giant kelp forest that can be seen close to shore.

Monterey Bay is also known for its spectacular whale watching both from land and on the water. Every spring in the months of March through May visitors can witness the seasonal migration of gray whales. During the winter the gray whales allocate their time to nursing and raising calves in the warm protected waters of Baja California. Along the hilltops and cliff sides visitors can watch the gray whales as they migrate north to their feeding grounds. Often gray whales can be documented close to shore, swimming through kelp beds.

Monterey Bay is also home to numerous other whale species. Three ecotypes of killer whale have been documented visiting the bay. The critically endangered southern resident subpopulation has been known to visit the Northern California coast during the winter months. The poorly known offshore population infre-

quently visits, and the mammal-hunting transients arrive in greater numbers to intercept and hunt the gray whale calves. Many species of oceanic dolphin visit the bay and congregate in large numbers to forage. Risso's dolphins specialize in hunting squid that live deep beneath the surface, while Pacific white-sided and northern right whale dolphins target small foraging fish like anchovy. Close to shore, small groups of coastal bottlenose dolphins can be viewed with ease as they make their daily movements along the coast.

The largest animals on our planet arrive from annual migrations during the summer. Blue and fin whales forage in the outer bay, focussing on krill that stains patches of water red. Humpback whales aggregate in great numbers and forage throughout the summer.



Risso's Dolphin | Photo Josh McInnes

The final note of this article is an experience our team at Marine Life Studies had on one of our research surveys.

We were returning to Moss Landing Harbour from an eight-hour survey when we were surrounded by 30 to 40 humpback whales foraging. In every direction they surfaced. Some whales sounded showing their large flukes. All of a sudden two whales lunged out of the water, throats expanded, 20m from our vessel. The sea was calm and the sun was low over the horizon before we headed for port.

We were all thinking the same thing as we smiled at each other—Monterey Bay is truly a utopia.





Campbell River ARTISAN MARKET

It's a beautiful time of year for sharing gifts with friends and loved ones. Many of us get the shopping bug and really seek unique, heartfelt presents to share during the Christmas holidays. With the incredible abundance of amazing artistic talent on Vancouver Island, markets and gift shows pop up in most communities. One very special market is hosted by the Campbell River Art Gallery, known as the Artisan Market; it's an annual affair and one of the biggest fundraisers for the Gallery.

The Campbell River Art Gallery hosts dozens of artists and a wide variety of work. Most of the artists are Vancouver Island based and produce fine art, pottery, jewelry and glass pieces. The movement of shopping local is at an extreme at these markets; not only is the buyer supporting the artist but the Gallery or host organization as well. This particular market is juried and most of the artists can be found year over year as they anchor the show; new artists and work are featured as well.

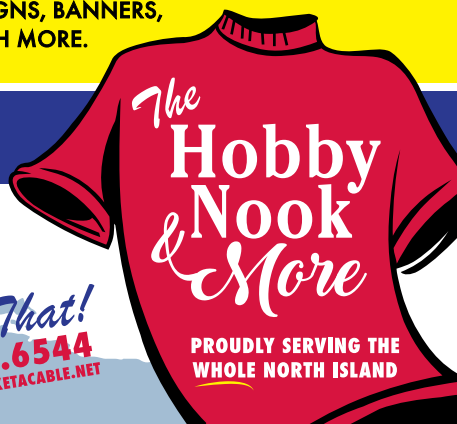
You'll be sure to find works by Gary Stewart, Wood Worker, pottery by Sylvia McGourlick, and locally made soap by Ravensong's Valerie Lamirade. These markets are destinations for artists to be sought out. As the artists' work on commission, it's critical that the public are participating and supporting the shows. The Artisan Market at the Campbell River Art Gallery benefits the community with the monies raised by their services, new exhibitions, programming and events. This show is open Monday to Saturday until and including December 24th at the Gallery's location in downtown Campbell River.



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Some Memorable **SNOW YEARS**

Erika Anderson

Because our winters are typically wet and grey, the years we do receive a big snowfall tend to stand out clearly in our minds. Last winter is of course still fresh, and if my memory serves me right we had a white Christmas in 2008. Historical data reminds us of the snowy winter of 1996 when Campbell River received over two metres of snow, and 1978 when we set a record with 60cm of snow falling in a single day. The Comox *Argus* reported in 1935 that Campbell River was snowed in with five feet of snow in town and the roads to Courtenay and Camp 8 were impassable. A blinding December snowstorm in 1927 holds a notorious place in history for having caused the wreck of the American steamship *Northwestern* off Cape Mudge. Thankfully all of the passengers and crew made it safely to the Willows Hotel to be warmed with hot coffee and gracious hospitality.

One particular heavy snowfall year could have easily gone down in history as one of the greatest disasters in Campbell River's past, but as it happens, luck was on our side on December 31, 1949.

Where the Mohawk service station stands today was at that time the location of the Campbellton Community Hall. The 49' by 68' hall, built by volunteer labour in 1925, was a central gathering place in the community for social events such as concerts, receptions, dances

and parties. In November 1949 the interior was completed and sanitary facilities were installed. A big New Year's dance was planned and many Campbell Riverites planned to attend what was sure to be a fun celebration. At about 3:30am, less than 24 hours before the party-goers were to arrive and fill the community hall, the roof and two walls of the hall collapsed under the heavy weight of two feet of snow. Fortunately, no one was in the building at the time, or the event could have had disastrous consequences for the people inside.



The Campbell River Courier on January 4, 1950 reported: "The loss of the hall is a great blow to residents of the district as it was the only hall in the immediate vicinity large enough to accommodate

large size gatherings." That winter the Boy Scouts Hall was also lost to snow.

Despite the damage, the interruption of transportation networks, and the other inconveniences of the infrequent heavy blankets of snow, there is still something magical about seeing the whole landscape transformed into a sparkling winter wonderland every now and then.

Museum
at Campbell River

Photos courtesy of
Museum at Campbell River



RAYMOND SHAW

Shaping His Own Style

Raymond Shaw started drawing and carving at a young age and was influenced by the local artists in his band and community. Shaw remembers taking a trip to the Museum at Campbell River when he was young and being completely inspired by the First Nations art on display there. He really reflects and draws from traditional pieces by older First Nations artists; when asked who his favourites are, he says, "There are too many to list."

Shaw's main medium is carving but he's ready to explore new concepts. At 35 years old, as a member of Wei Wai Kum, he has transitioned to being a full time artist over the past five years and is truly shaping his own style. He spent time in Port Alberni four years ago at Ahtsik Art Gallery with Artist and Gallery Owner Gordon Dick, along with Eric Glendale. Shaw worked at creating a standard for himself against more established artists.

Gordon Dick instilled a lot of confidence in Shaw; Shaw didn't realize it at the time but it truly helped

him believe in himself and challenged him to grow. Shaw's *Raven Rattle* is incredibly detailed and tells a story itself; with guidance from Eric Glendale this piece was commissioned by Ahtsik Art Gallery.

"The time Raymond spent in the gallery, I think he really grew as an artist opening his eyes a little wider as a student studying West Coast design and culture," says Dick. "As all people should practice being students in life. Looking at Raymond's earlier art pieces and then to see him evolve as an artist with the pieces he's creating today, I believe what Raymond creates contributes to keeping culture moving and alive."

Glendale introduced Shaw to the Steinbruek Native Art Gallery in Seattle, Washington, and the Gallery has been an incredible source of support for his work and a good art connection. "You always have to work at it; it's good to be humble and keep open to new ideas," Shaw says. "That's the fun part of being an artist; always learning."

Recently Shaw was asked to carve for ceremony, which is a great honour and inspired him to focus on older works to allow the traditional artistry to come into play. Transformation masks are a favourite—he's done a four-way split **Thunderbird Transformation Mask**, a commission for a Steinbruek Gallery Show focused on articulating works which translate into moving pieces.

The **Crooked Beak Hamatsa Mask** was created via an Arts Grant; Shaw was able to study at the Royal BC Museum in Victoria. "Another amazing experience; I really absorbed the traditional art on display there and focused to transpose those influences," he says.

Shaw is very interested in expanding his portfolio to include sculpture and totem poles; projects seem to be coming into his near future. "It took me a long time to figure out that this is what I wanted to do—to be a full time artist," says Shaw. His advice to up and coming artists is, "Really study the old ways, the traditional pieces and practice designing and drawing. I still need to focus on this part of my skills more; I need to follow my own advice," he says, laughing.

Shaw reflects on family and shares that he received a special blanket that was passed down to him, made by his great grandmother, Ethel Gee (daughter of Louis Gee) who married Jim Smith. "It was and still is a great draw for me; I'm inspired by what I see around me—beautiful landscapes, fishing the rivers, our majestic mountain ranges and the big cedars. My imagination really takes to our surroundings and history; that's where I draw strength from," he says.

Shaw resides on the Wei Wai Kum Tyee Spit, working from home.



Images, clockwise from opposite page: **Kolus Mask**; **Thunderbird Transformation Mask**; **Crooked Beak Hamatsa Transformation Mask**; **Crooked Beak Hamatsa Transformation Mask, underside**; **Mask with Octopus Crown**; **Raven Rattle**.

Connect with Raymond
Facebook/[raymond.shaw.16](https://www.facebook.com/raymond.shaw.16)

Images courtesy
Steinbruek Native Art Gallery,
Seattle, WA



Sisiutl Panel

Red Cedar, Acrylic Paint

64" X 20" X 9"

Raymond Shaw



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*Eat***LOCAL**

Foraging for Edible Mushrooms

Bud Logan

Heading out on a fall hike hunting mushrooms after a rainfall (the best time to hunt mushrooms) is one of the things I love doing. The crisp fall air, leaves all ablaze from the sun shining through the mist. The wonderful sounds coming from the forest like the patter of raindrops dripping from the trees, the murmur of a babbling creek made active by the rainfall. Sounds of insects coming out from hiding, married with songs of the various birds singing in the sunshine. This is such an incredible way to spend the day. What more could a person ask for, except perhaps a feed of those edible mushrooms.

Some of the mushrooms that can be found on Vancouver Island are not only edible and easy to identify, but truly delicious. There are many that can be gathered by beginners, but I would suggest that you learn from someone who already knows what they are doing, learn the easy ones first, then learn the more difficult ones later, add them one at a time until you know it well, then add another. When trying a new mushroom, consume just a small amount the first couple of times as people react to mushrooms differently and one that is quite edible can still make some feel ill.

Mushrooms come in such an array of colour and form, absolutely beautiful to behold. They are almost gem like when they are made sparkling by the morning light shining through the glistening dew. Mushrooms are one of the hidden wonders of creation. They appear to just spring up over night in all their glory.

If you are just beginning to harvest mushrooms, you are in for a treat, as you learn how they grow and reproduce, you will be amazed. As you discover the great edible kinds and learn how to prepare them and what foods they best pair with, I can guarantee you will be hooked for life. I know I am.

A walk in the fall through the forest looking for mushrooms is good for you, good for your body, good for your spirit. It's a form of meditation to me. Perhaps you do not enjoy eating mushrooms and that is fine, as they are perfect photography subjects, just take a small spray bottle of water to mist them for effect and clean the area of the photo of debris. You will capture some amazing images.

When you are out here, look around once in awhile and keep your eyes open, you might see a black bear wandering along a creek, a deer frozen still as she watches you pass, a mist covered elk or any of the other forest creatures that live in the coastal rain forest. Don't forget to bring your camera with you and take home some memories.



Mushrooms, clockwise from top: **Chanterelle;** **Cauliflower;** **Oyster;** **Lobster;** **Chicken-of-the-Woods;** **Angelwing.**



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HEALTH & WELLNESS



WEALTH HEALTH *Brian Shaw*

Planning for Retirement

Speaking about retirement at this time of year is nothing new but for small business people it creates a tough situation. How do you save efficiently for retirement?

The tax benefits of an investing in an RRSP are questionable if your reported taxable income is not high and it takes from needed cash flows for years. You'll only pocket 21 cents on the dollar if you deposit money in an RRSP until your reported annual taxable income exceeds around \$45,000, and even then rates only go to around 30% at the next level. The money then collects on a pre-tax basis until you decide to start drawing on it (ideally at retirement) and then it is considered fully taxable as income at your then current tax rate.

How about leaving the money in the business and getting investment income? Small business organizations are very upset over new Revenue Canada rules that are harsh on small business owners following that route.

What can the small business owner do? There are other solutions—some life insurance policies build cash values that you can access. If you can allocate surplus income that you were considering for an RRSP into a Participating Whole-life Policy you find a tax-efficient way to increase your cash-flow in retirement while creating an estate.

Funds that are built up inside a policy can be used as collateral for a tax-free bank loan to supplement retirement income much the same way as real-estate can be used as an asset backed line of credit. The debt is repaid using proceeds from the life insurance policy. Funds in the insurance policy grow on a tax advantaged basis. As well, almost immediately after depositing the first premiums you can use the available cash surrender value as collateral for a line of credit. So there really are other alternatives to putting money into an RRSP. You would be amazed to see the numbers.

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FITNESS, ETC. *Chad Braithwaite*

How to Stay in Shape **FOR THE HOLIDAY SEASON**



The holidays are a tough time for all of us trying to stay in shape. Between endless offerings of cookies, cakes, or pies and traveling to visit all the family and friends, it's almost impossible to avoid gaining unwanted fat and losing the gains you spent the previous year building.

Yes, you could lock yourself indoors and avoid any sort of public outings this holiday season, but all that does is leave you feeling alone, awkward, and in all likelihood binging on whatever unhealthy fare you have in your own cabinets. So, amidst the endless invites to family dinners, work parties, social evening with friends, what's an avid fitness buff supposed to do to keep the unwanted weight off while not being a total recluse?

That's where this handy guide comes in. Let's take a look at what you can do to stay healthy, happy, and fit this holiday season!

Tips to Stay Healthy during the Holidays

Calculate & Track Food Intake

The single most important thing you can do to avoid unwanted fat gain this holiday season is to calculate and track your nutrition. Weight gain and loss are directly related to how much you eat each and every day of your life. If you're really serious about not getting fat over the break, TRACK YOUR NUTRITION — it's that simple. Success or defeat this holiday season begins and ends with nutrition. Master this first trick, and the holiday bulge will be a thing of the past!

Exercise in the Morning

People often slack on their training during the holidays due to the simple reason that there's just too much going on, and more often than not, people slack on their workouts in order to get all of the other holiday "musts" done. To avoid blowing off another workout (or an entire week of them), start training first thing in the morning after you wake up. Sure it might be tough to get going those first few days, but after 3-4 workouts, your body will get used to exercising right away.

It's OK to Say "NO"

Across all the holiday dinners and work gatherings, you're going to be bombarded from every possible direction with all manner of tasty cakes, creamy mashed potatoes, and gravy-laden meats. Yes, all of these are insanely delicious, and it's OK to have each of these in moderation, but that doesn't mean you have to overindulge in them. It's OK to have a taste of these and be done.

Remember Food is Fuel

During the holiday seasons, people eat for a number of different reasons — stress, lonesomeness, sadness, pressure, depression, but almost never is it for the reason that it should be: to fuel your body. Too often these days, it's used as a crutch or coping mechanism when circumstances are less than ideal. Using food this way frequently leads to unhealthy binges, which spikes insulin, promotes fat gain, and leaves you feeling worse. If you're finding yourself stressed more than usual during the holidays, bypass the buffet table and find a quiet place to collect yourself.

Get Some Sleep

While you might feel like an unstoppable force, eventually skimping on sleep is going to catch up with you in a very big way—increased belly fat! Research has shown that skipping out on a quality night's rest can increase muscle loss by 60%! On top of that, cutting your nightly sleep short also offsets your natural hormone production, increasing cortisol, which encourages fat storage in the body.

Beat the Holiday Bulge!

The holidays are meant to be an enjoyable time spent relaxing with friends and family, and maybe indulging occasionally. The holidays are NOT a time to slack on your diet or training, lest you enjoy the thought of gaining a bunch of unwanted fat. These tips will keep the holiday weight gain at bay, and you'll end the year looking better than ever before!



Chad is the owner of Fitness Etc. in Campbell River, Courtenay, Parksville. He and his staff are always here to help. Whether it's product knowledge, or help with diet and training advice, they are here for you.

www.fitness-etc.ca

ABORIGINAL HEALTH

Kimberley Black, RD

Celebrate with Foods You Love THIS HOLIDAY SEASON!

The holidays can be a time of food abundance and temptation to overindulge in foods that we wouldn't normally eat. A healthy approach to the holiday season is to allow yourself to enjoy treat foods without guilt, and to nourish your body with healthy, seasonal foods. Here are some tips to make the most of your holiday season.

We can sometimes be tempted by highly processed baked goods and candies that don't even end up tasting that good. Make your food choices count by picking foods you truly enjoy the most—like Mom's apple pie or a baked good from your favourite bakery. Cook with your family or friends. Find an old recipe you haven't tried before or that you loved as a child, and pass on some knowledge about family recipes or preserving techniques.

Sugary drinks can also be a temptation over the holidays, from specialty coffees with syrups, to alcohol, hot chocolate and juices. To hydrate sans sugar but not miss out on flavour, try out a new herbal tea. The varieties available are almost endless and can help you avoid the excess sugar in many beverages.

It can be tempting to save your appetite for a big meal or holiday party, but rather than fasting and becoming over hungry, choose a light meal or snack with fruits

and veggies. Raw vegetables with yogurt dip or a piece of fruit with a handful of almonds a couple of hours before a holiday event can curb your appetite and help to prevent you from overindulging. In addition, be a healthy food champion and bring a healthy option to the next potluck party you attend. Quick and easy options include a platter of grapes and peeled mandarin oranges, or salmon dip made with plain yogurt and served with cucumbers, red pepper and wholegrain crackers. I often get rave reviews about this salmon dip.

LIGHT SALMON DIP

Ingredients

- ½ cup greek or plain yoghurt
- ¼ cup mayonnaise
- ½ clove garlic, grated or crushed to a paste
- Salt + Pepper to taste
- Juice of ½ lemon
- 2 Tbsp Fresh dill, finely chopped OR 2 tsp dried dill
- 2 x 150 g cans of salmon, flaked
- Small handful of fresh chives, snipped, to garnish (optional)

Directions

- Stir the yoghurt, mayonnaise, lemon juice, and garlic together. Season to taste with salt and pepper.
- Add the dill and the salmon, and stir together using a fork, until the dip is well mixed.
- Taste and adjust seasoning. Garnish with chives.



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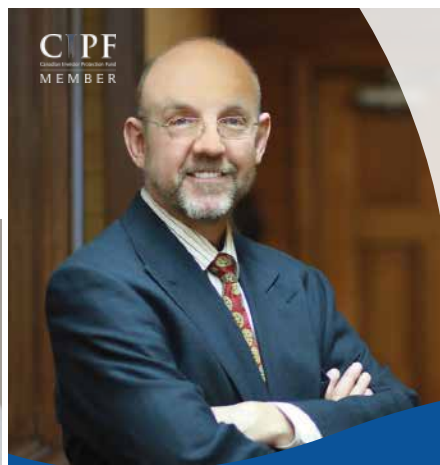
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Getting Motivated to be a **HEALTHIER YOU IN 2018**

The million dollar question: how can I stick to my active living goals in 2018? Here are some tips to get you there.

Keep it Simple and Consider your Barriers

Make being active convenient – have your bike ready to go and plan to bike or walk to work once or twice a week, keep your gym bag packed, and get active while the dog is at the vet or kids are at the pool. Also consider whether the reasons you aren't exercising are actual or perceived. Having no time, not feeling comfortable, and not being able to afford fancy equipment or clothing are all perceived barriers – there are ways around each one.

MAKE the time

Use a calendar, agenda book or online calendar to block off time for your workouts. Forget the chores and make time for you – you'll be better able to manage stress, take better care of those around you, and work more efficiently after your workout. Put your oxygen mask on first!

Write it down

Keeping a food diary or exercise log keeps you accountable and is a great way to monitor your progress. Or, have us create a Hexfit program for you for your strengthening or cardio program – download the app or log in online and let us know every time you've completed your program.

Find a partner or take the kids along

Finding a friend or family member that is working towards the same goals, or has the same schedule as you helps to get you moving. For some reason it's sometimes easier to skip a workout if no one is expecting you to show up. Your kids need activity too, so find something you can do with them. It doesn't have to be complicated – a walk in the forest has the most unexpected benefits! Consider how you are a role model for your kids – when life gets stressful what behaviours do you exhibit? Also, couples that exercise together have been shown to have healthier marriages.

Don't do it for the "exercise" or to lose weight

Don't sign up for a boot camp you know you won't enjoy; being active shouldn't be torture, especially when you're just starting out in a new regimen. Consider your past experiences and your attitude toward a specific activity – are you dreading a workout or looking at the workout as a gift to yourself? Find activities you enjoy, and stick to them! This is not to say that we don't need challenging workouts – you can't increase your fitness level by doing the same thing all the time. Sometimes to keep doing the things you love, a few strengthening or stretching exercises are needed to keep your body moving efficiently and to prevent injury. Just like a car, our bodies require a little more maintenance as we age, as tissues are less elastic, we sit more and utilize our posture and stabilizing muscles inappropriately, and/or muscle atrophy happens due to periods of inactivity, illness or other conditions. Allow a kinesiologist to help you pin point the most important exercises for you to be doing, so that you can keep biking, hiking, walking, swimming, paragliding.... whatever floats your boat!

Invest a little \$

By investing a little money into being more active, you can remove some of the barriers to exercise. For example, investing in good rainwear if you enjoy walking, put aside a monthly budget to spend at the local bike shop, or purchase a drop in pass for yoga to facilitate those days when you just want to stay warm.

Change up your routine

If you find you are getting bored or less motivated, meet with a kinesiologist to talk about an annual plan. Map out different activities you want to focus on through out the year to prevent burnout, prevent injury, and have better performance.

Remember everyone is human, no one is perfect, and we are all striving to be our best self!

Heartstrong Fitness provides one-on-one kinesiology, exercise physiology and personal training programming to clients across the North Island. The ultimate goal is to increase physical literacy across the ages, across the island, and help North Islanders be their most active and healthy selves. heartstrongfitness.com

BEING HUMAN *James L. Anderson**Everything*

PART 2

We all would do well to try to recall and remember somewhere in the dim recesses lost now in the dark shadows of deep time, that age where our life force raged daily against the stark horror and unimaginable challenge of life or death all around us...everywhere. We must revel in the truth that Human Beings somehow did survive. We must begin to focus on the truth that somewhere in that ancient prehistory our magnificent ancestors did the impossible and found the way through the horror and catastrophic age of that unimaginable prehistoric agony. They made it through and carried the fragile thread of Humankind into a new day. Today you and I must do it all again.

All of us once again are up against a monstrous, fearful time where life itself is in terrible jeopardy and peril. For our children and all who are yet to come, within us we must resurrect that same indomitable, courageous spirit and the Human Dream that will not die. One day in the future the forgotten story and saga of our triumph and survival today through this present catastrophic age will be discovered in the bones and remnants left behind by our long lost civilisation of today. And that resurrected memory in a future world yet to come will stir and inspire Humankind once again. And they will wonder as we do now in pondering our own astounding, incredible forgotten ancestors, how on earth we found the way through.

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GROWING UP COASTAL *Joseph McLean*

On a trail in the Lemony Park (which grownups call Millennium Park for some reason), there stands a tall cedar tree with a metal handle.

No one knows why the handle is there, it just is. Like the big stump or the secret waterfall, the tree is a landmark to us adventurers, a touchstone along the great green paths.

"This day, tree with handle in the Lemony Park," Kevin told me earnestly. And so we set off towards it.

Kevin is the quiet one, the one who spends most of his time listening. He is content to let his brother do the talking, a task Ryan does with enthusiasm and volume. But today the forest was still. Ryan was in class.

We walked along in silence, Kevin and I, listening to the whisper of leaves falling softly nearby. And then Kevin said, "Daddy, do you know why the tree has a handle?" I admitted that I did not.

"I think I know. First you get the right stick. Then you hold the handle very tightly, and press the hidden button with your stick, and the handle shoots up the tree higher and higher until you're at the very top, and you can see everything up there."

We began at once to search for the stick, discarding a few that were not right, and pausing briefly to admire an empty snail shell. "He's not home because he's on an adventure too," Kevin explained. Then he hoisted his chosen stick and continued down the trail.

Reaching the tree at last, Kevin wrapped his hand around the handle and poked experimentally for the button. "Is this it? How about now Daddy, why isn't it working?"

But Daddy wasn't listening. Behind us, unexpected sunlight flooded into the valley, touching everything with gold, lightning up the moss and ferns like stardust come to earth.

"Kevin, you did it!" I cried. "You turned the lights on!" And glancing around, he saw the spectacle and gasped. "It worked! I turned on the sun." And we stood there by the magic tree, as leaves fell around us, just looking and listening and laughing.



Joseph McLean lives in Powell River, where he runs a computer specialty store, a whimsical blog, and the occasional marathon.
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WELLNESS FEATURE

Kealy Donaldson

*Spirits of the West Coast***NATIVE ART GALLERY**

Already an internationally established gallery, Spirits of the West Coast Native Art Gallery re-opened their doors in a beautiful new building on their glacier-facing property in the K'omox region of Vancouver Island. Meeting owners Walter and Tatjana Stolting is a great pleasure—they treat their business with a great deal of integrity and authenticity. “It’s the cultural experience that needs to be communicated by us as Gallery Owners,” says Walter.

Celebrating 10 years in business, Walter reminisces about the beginning of this gallery venture. “We worked on an intense business plan and knew we had solid online potential for the market we were targeting. We tread carefully at the start; as a collector myself, the passion for the gallery was sparked naturally.”

The artists featured at Spirits of the West Coast are from Vancouver Island and Haida Gwaii; there is some diversification representing artists from other areas but generally the body of work is quite focused on Kwagult works.

The gallery represents a diverse range of work and pricing. “It’s not about maximizing profits; we want to maximize the exposure for the culture and the artists. We look at ourselves as providing a cultural exchange—look, learn, and purchase,” Walter says. “Plus, we’ll be offering events, lectures and artist demonstrations which will connect the public to the artists.”

The new gallery has a welcoming and warm feeling when you are there, and pays homage to the art and culture through engagement and knowledge.

Take time to wander to Comox along Back Road to find this special gem of a gallery, and enjoy your time embracing the beauty of the new Spirits of the West Coast Native Art Gallery and all it has to offer.

www.spiritsofthewestcoast.com

NATUROPATHIC INSPIRATIONS

Ingrid Pincott N.D.

Turning Over A NEW LEAF

This is the season for missing too much work due to colds and flus. The ads on TV point you to the current vaccinations and popular terrible tasting cough syrups. Is there a way to truly prevent these nasty infections and so much lost time from work or school?

In Naturopathic clinics in communities all over Vancouver Island and across this great country of ours, patients are being taught how to prevent colds and flus using old fashioned remedies including vitamin C, Echinacea and homeopathic remedies. Patients are taught how to use them for their families on a daily preventive basis as well as how to dose these remedies when a person is fighting an infection. If the family has these remedies in their first aid kit then their efficacy is greater when taken at the beginning phases of illness.

Dr. Gifford Jones, age 93, a fan of Linus Pauling, has formulated Medi-C to contain magnesium, vitamin C and lysine. Taking vitamin C daily year round has been studied by both Dr. Linus Pauling and Dr. Cheraskin to not only prevent infections but is important for the formation of collagen for healthy arteries and helping maintain muscle mass for the aging population. Dr. Cheraskin MD, who wrote the book "Vitamin C Who Needs It?" studied and published on vitamin C for forty years. Some of these studies include improved conception rates, improved growth rates in children, improved oxygen utilization and physical performance, improved adaptation to heat or cold when exposed to extremes in weather temperatures and improved gum and teeth health. It is a potent anti-oxidant that quenches free radicals in the fight to prevent and treat cancer and heart disease.

Dr. Sydney Bush, an optometrist used vitamin C and lysine and watched the regression of atherosclerosis over a year on the retinal photos he was studying! The daily dosage can be as low as 500mg per day to add longevity of six years! This combination of vitamin C may also prevent shingles better than the vaccine might.

Your naturopathic physician can provide you with natural "anti-biotics" to treat acute infections to prevent bronchitis or pneumonia. We too offer terrible tasting respiratory formulas that work great for colds and coughs, for asthmatics and those with COPD prone to bronchitis and pneumonia that improve lung function.

Heading into the New Year you may consider turning over a new leaf towards health so that your days off are on holidays—not in bed!

Stop drinking sugar or sugar substitutes and switch to your own "Soda-Stream" machine to make your own at a fraction of the cost and no calories! You will lose weight and lower your blood sugars just doing that! You can flavour them with lemon or lime essential oils.

Bi-Annual Cleansing routine added to your life. There are simple homeopathic kits that are effective and easy to follow.

Take your supplements Monday through Friday and add Medi-C as well as flu prevention remedies at this time of year. (see Foundations for Optimal Health Oct/Nov 17 Issue)



For more of Dr. Pincott's articles visit
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ENTREPRENEURIAL AND LEADERSHIP COACHING *Maria Ji*



Coaching your Idol

My mother was a born entrepreneur.

Although orphaned at the age of 12, she was loving, courageous and independent. Unfortunately, in the early 70s in China, these qualities were not prized. She was called a bad mother and a bad wife because she was not content just staying at home cooking, cleaning and obeying her husband. She was, however, my idol.

My mother was very smart, extremely hardworking, creative, and ambitious for her children. She always gave 100% to everything she set her heart on. I witnessed my mother lead over one hundred men working in her factory. I experienced her powerful desire and understood how much it could accomplish. I was inspired by her pride and perseverance, even though I felt her pain and heartbreak when she struggled raising four children while chasing after her dreams. She did her best and I loved her for that.

Unfortunately, she was a perfect lone ranger. She lost her vision each time she got to the peak of her mountain. She was a natural leader; she quickly inspired people. Still, they became resentful of her style and left her after working with her for a short time. She had not created a solid structure to sustain or build upon what she had accomplished, nor did she have someone to help her see the predictable outcomes of her choices.

Divorced twice and bankrupted three times, she fell hard after these failures. Because I was there each time she lost everything, I was as puzzled as she was. The impact of her crashes had a profound impact on our family. I was cynical, angry and very, very sad. It took my family many years to mend what was broken in our hearts and our relationships. Now though, my mother and I are best friends, and she has become my best teacher.

My mother could have had a great retirement life. She worked so hard and totally deserved it. She is retired now but she has no pension and little savings.

Here is what I have learned from my mother. Entrepreneurs and leaders start what they do with a vision, a what-for, a dream. However, just giving their best is not always the path to success. Sometimes they need to get out of their own way so they can enjoy, thrive and be rewarded meaningfully in what they do. I have learned how to support them in a powerful way in the pursuit of their dreams by determining what is true success for them, creating measurable and specific goals that will lead to long-term stability and achievement.



Maria Ji is a professional business and life coach. Maria focuses her coaching practice on supporting people to create the life of their dreams. www.mariajicoaching.com

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SHIFT HAPPENS *Andrea Wagemaker*


Negotiating the Legacy of a NARCISSISTIC MOTHER

When families are dealing with tough issues the question “Why can’t I do anything right?” seems to come up more often than you’d like. Holidays often end up more stressful than joyful. If you are reading this, there is a reason, chances are you may have suffered the abuse of a self-involved, egotistic mother.

Top Traits of a Narcissistic mother

1. Everything she does is deniable. There is always a superficial excuse or an explanation. Cruelties are couched in loving terms. Aggressive and hostile acts are paraded as thoughtfulness. Selfish manipulations are presented as gifts. Criticism and slander is slyly disguised as concern. She only wants what is best for you. To help you.

She rarely says right out that she thinks you’re inadequate. Instead, any time that you tell her you’ve done something good, she counters with something your sibling did that was better or she simply ignores you or she hears you out without saying anything, then in a short time does something cruel to you so you understand not to get above yourself. She will carefully separate cause (your joy in your accomplishment) from effect (refusing to let you borrow the car to go to the awards ceremony) by enough time that someone who didn’t live through her abuse would never believe the connection. She’ll talk about how wonderful someone else is or what a wonderful job they did on something you’ve also done or how highly she thinks of them.

2. She Compares. Many of her put downs are simply by comparison. She’ll talk about how wonderful someone else is or what a wonderful job they did on something you’ve also done or how highly she thinks of them. She has let you know that you’re no good without saying a word. She’ll spoil your pleasure in something by simply congratulating you for it in an angry, envious voice that conveys how unhappy she is, again, completely deniable. It is impossible to confront someone over their tone of voice, their demeanor or the way they look at you, but once your narcissistic mother has you trained, she can promise terrible punishment without a word. As a result, you’re always afraid, always in the wrong, and can never

exactly put your finger on why. She’s very secretive, and will punish you for telling anyone else what she’s done. The times and locations of her worst abuses are carefully chosen so that no one who might intervene will hear or see her bad behavior, and she will seem like a completely different person in public.

3. She violates your boundaries. She keeps tabs on your bodily functions and humiliates you by divulging the information she gleans, especially when it can be used to demonstrate her devotion and sacrifices. She asks nosy questions, snoops into your email/letters/diary/conversations. She will want to dig into your feelings, particularly painful ones and is always looking for negative information on you which can be used against you.

4. She favorites. She commonly choose one (sometimes more) child to be the golden child and one (sometimes more) to be the scapegoat then identifies with the golden child and provides privileges to him or her as long as the golden child does just as she wants. The golden child has to be cherished by everyone in the family and can do no wrong. You have no needs and are always at fault. This creates divisions between the children, one of whom has a large investment in the mother being wise and wonderful.

5. She demeans and criticizes. She lets you know in all sorts of little ways that she thinks less of you than she does of your siblings or of other people in general. If you complain about mistreatment by someone else, she will take that person’s side even if she doesn’t know them at all. She just wants to let you know that you’re never right.

She will deliver generalized that are almost impossible to rebut (always in a loving, caring tone): “You were always difficult” “You can be very difficult to love” “You’re always causing trouble”. She will deliver slams in a sidelong way, for example she’ll complain about how “no one” loves her, does anything for her, or cares about her, or she’ll complain that “everyone” is so selfish, when you’re the only person in the room. As always, this combines criticism with deniability.

6. She makes you look crazy. If you try to confront her about something she's done, she'll tell you that you have "a very vivid imagination" (this is a phrase commonly used by abusers of all sorts to invalidate your experience of their abuse) that you don't know what you're talking about, or that she has no idea what you're talking about. She will claim not to remember even very memorable events, flatly denying they ever happened, nor will she ever acknowledge any possibility that she might have forgotten. This is an extremely aggressive and exceptionally infuriating tactic called "gaslighting," common to abusers of all kinds. Your perceptions of reality are continually undermined so that you end up without any confidence in your intuition, your memory or your powers of reasoning.

7. She Lies. To outsiders she'll lie thoughtfully and deliberately, always in a way that can be covered up if she's confronted with her lie. She spins what you say and puts dishonest interpretations on things you actually did. She will claim to be unable to remember bad things she has done, even if she did one of them recently and even if it was something very memorable. Any time she talks about something that has emotional significance for her, it's a fair bet that she's lying. Lying is one way that she creates

conflict in the relationships and lives of those around her, she'll lie to them about what other people have said, what they've done, or how they feel. She'll lie about her relationship with them, about your behavior or about your situation in order to inflate herself and to undermine your credibility.

To Be Continued in Issue 14

Author unknown, repurposed by Andrea Wagemaker in hope that it will be of help to daughters of Narcissistic mothers.

Does any of this sound familiar? You might have laughed, or maybe cried, when you read this article. Understanding and discovering that you are not crazy is the first step to unlocking the toxic programming of a narcissist mother. Having been raised by a narcissist mother, my experience and acceptance has been a very personal journey. I understand the toxic programming that leaves you wondering why you can't seem to do anything right. It is a topic that daughters are not suppose to talk about.

I am a Licensed Clinical Hypnotherapist and Certified Life Coach specializing in working with daughters of Narcissistic Mothers. Through Hypnosis and a personalized coaching program, you will begin to start taking control of your negative thought patterns, reclaim your life and stop the toxic legacy. To set up your life changing appointment call Shift Happens Coaching and Clinical Hypnotherapy at **250-338-3401**.

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