

The *Around the Bay* Fanny Bay Flyer

ASK SAM:- fitness forum for elders

Got back pain?

A lot of back pain is simply a result of weak abdominals; lucky for us, a fairly easy fix. In every life, stuff happens; you fell down the last three stairs into the rec-room when you were 5, you broke your leg skiing when you were 12...all things of youth come back to haunt us starting at about age 30. Anything that threw our skeleton out of whack when we were young will start to have repercussions later in life so care needs to be taken to support the structure with optimal strength and alignment of the musculoskeletal system.

The human body is a wonderful lever and pulley system using muscles to pull and bones as levers; it works as a system of coordinated muscle movements that if in good structural alignment will run with peak efficiency, power, agility, and resilience to breakdown. The abdominal muscles wrap themselves around the base of the spine functioning as the main drive center that stabilizes and moves the spine. Abdominal strength and organization of the torso as a system of muscles working together is key to spinal health and maximum performance.

Most of us think of ourselves as legs with a head but really we are a bunch of spines walking around. The graceful curve of the spinal column is a perfectly designed shock absorption system and when aligned is a miracle of architecture and dynamics, an incredible machine. Now imagine the axle of a car after it has been in a bender, all the joints are off, the doors don't shut properly, something's rubbing on the back left tire...it's all out of whack and even though you got dinged in the front right bumper the whole axle (spine/skeleton) is out of alignment and the thing starts breaking down in all corners. You could be having trouble with your right hip from the time you sprained your left ankle when you were 16 or your shoulder hurts because you never really stopped carrying your arm like it was in the sling when you broke

it a few years back. Even if you don't know what got you in the pickle you are in, properly done alignment work like Pilates will pull you out.

I love Pilates. In my 20's I had a curve in my spine with a side of daily pain and my chiropractor said to quit all my sports and I decided I would better quit that chiropractor. By the grace of magic I stumbled on the Pilates tradition and over the next few years exercised myself out of trouble. Knock wood, I'm stronger and more flexible at 50 than I ever was as a busy athlete in my youth. It took determination, regular classes and enthusiastic compliance but it worked and I've seen many people decrease their everyday pain level and increase their quality of life.

Well you wouldn't expect your car to suddenly fix itself or stay in good condition without doing regular preventative maintenance would you?

So if you have pain, don't hate your body, love it out of trouble; walking is excellent, swimming is very effective and low impact, and you should find some good Pilates classes to regularly attend. Pilates is all about gently putting you back into alignment; it strengthens, improves balance, increases flexibility and it's fun.

How to spot a good Pilates teacher:

They will ask you about your current health and injury situation, they will modify the program to adapt to and support your needs, they will be articulate in breaking down each exercise and be very precise in the details. And they will be fun.

If you put yourself in good alignment and work your body in that manner it will adapt to the new way of moving; determination, precision, perseverance, that's the ticket folks.

ASK SAM: got questions for Sam?

Email me at samshieldspilates@gmail.com I'll write something up for you and we'll talk about it next month...

Sam Shields runs Pilates classes - regular Mat and Chair for the mobility limited at the Ship's Point OAP, privately, and around the Comox Valley. **Call: 250 897-6586**



SPID REPORT

We are a month into the new year already! Hope it was a rewarding and happy celebration for you and your family.

You should have received your SPID tax bill in the mail. Please note that payment is due March 1st. If you own a dog, and have not already done so, please get your 2013 dog license at the SPID office.

Thank you for your patience and understanding when we had a water line break on New Year's Day. It certainly made the day memorable. If you have any water concerns, please call the office at 250- 335-0551, you will be directed to the correct number to call. We would also

like to remind you that if you hear the fire siren, please shut off your water to ensure sufficient water flow to fight the fire. You may be interested to know that we used approximately 29 million gallons of water in 2012!

We are pleased to tell you the engineering firm of McElhanney has been selected to do the design and drawings for the replacement of our water distribution system. They will be in regular consultation with our Technical committee.



Happy New Year! The Ships Point Volunteer Fire Department has had two call outs since the last report. It was a quiet festive season for the department, which was appreciated by all the members. Just a friendly reminder to be careful when taking down lights and decorations; don't rush the process and don't take a fall. We picked up one new recruit volunteer over the holiday season; thanks and welcome to Monica! There are still a couple more openings for interested personnel.

For FEBRUARY only SPID office hours are Tuesday, Thursday, and Friday 2:00 pm to 4:30 pm. Office appointments can be arranged by calling the office (250) 335-0551 or sending an e-mail to shipspt1@shaw.ca. Messages are checked throughout the week. The mailing address for the office is 7729 Vivian Way, Fanny Bay, V0R 1W0. Trustees meet the second Wednesday of the month at 9:00 a.m. at the SPID office. Residents are always welcome to attend.



MEMBERSHIP OF FANNY BAY COMMUNITY ASSOCIATION



Please use the form below to join the 2013 Fanny Bay Community Association. Membership only costs \$10 per adult or \$20 per family. Your membership fee goes to support the hall and the many functions held there throughout the year such as the New Year's Eve dance, the Christmas Craft Fair, various musi-

cal evenings, Fitness Fun, Zumba, Parents and Tots, and Youth Group, to name only a few. *You must be a member to vote at the Annual General Meeting on 16th March.*

Please send your completed form to Judy Starr, 7692 Tozer Road, V0R 1W0, or

phone 335 0241 to arrange for the form to be picked up at your home.

Make cheques payable to FBCA.

Thank you.

2013 FBCA MEMBERSHIP

Name.....
Name.....
Children's Names.....
Address.....
Phone.....

OAP REPORT

Here's hoping everyone had a wonderful Christmas and New Year's Eve. It's hard to believe we are half way through January 2013 – where does the time go?

Thank you to all who helped make our January cocktail party such a fun event. Everyone who attended had a wonderful time and it definitely helped chase away the January blues. To everyone heading to warmer climes for the winter, we wish you safe travels and lots of warm days. See you in the spring.

Our next meeting will be held

FBSSES

January has been a busy month at the hatchery what with finishing up the adipose clipping (30,000+), regular hatchery maintenance and, of course, the care and feeding of our smolts. Daily water temperatures are pretty cool which keeps our ATU's low. An ATU or accumulated thermal unit is a way of measuring the time it takes for our eggs to develop from fertilization through hatching and beyond. This is important because it gives us an indication when our fish will be ready to move from incubation trays to the rearing ponds. Wilfred Creek hatchery's pinks have hatched and, while the earliest to develop, are not quite ready to leave their incubators yet.

The next few months will be very busy for all our volunteers, with our May 5th festival "The River Never Sleeps", our AGM on May 9th and a very large project at the hatchery that could go on for a few months. We have noticed over the course of time that our raceways that were built in 1965,

Tuesday, February 12, 2013 at 2:00 PM. the next potluck will be held Tuesday, February 19th at 5:00 PM. the conveners are Betty Haddon (250-335-2784), Curt Johnson and Sharon & Dave Satterfield. Please call Betty if you are attending the potluck. Please join as for Valentine's Day breakfast on February 10th from 9:00 to 11:00 AM. Please call Linda Nichol (250-335-2225) for reservations. ALL WELCOME!!

Happy February birthday to: Jaye Castleden, Sandy Henry, Fred Hyatt, Linda Tournemille, Edith Walters.



are slowly falling apart. Cracks, crumbling walls and loss of water have prompted us to find a better way to keep our fish. We received by donation from CRD Water Victoria, four 10' tanks, approximate value \$12,000.00. With that in hand we have to take down one of our walls in between 2 raceways. In the works also is a project to replace 6" and 8" pipes that are part of our water distribution system. These pipes are part of the original system and date from 1965 and, like many of us, are showing their age. So we will be working hard to bring our hatchery up to current standards. This works has to be carefully planned out and performed incrementally because there are live fish on site and any work that disrupts the water supply can have dire consequences.

So if you would care to help or just get a feel of what we do please drop by our hatchery at Rosewall Creek any Wednesday or Saturday from 9 to 12.



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First Class and Registration

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Fanny Bay

Wed., Feb. 6, 10:30 am - noon
O.A.P. Hall #127
418 Ships Point Rd.

Comox

Mon., Jan. 28, 6 - 7:30 pm
Little Red Church, 2182 Comox Ave.
Fri., Jan. 25, 10:30 am - noon
Comox United Church

250-240-3387 • parksville@taoist.org





Thank You to the Fanny Bay Community Association for their continued support of the Friday Night Youth Group and our new floor hockey equipment.

Parents & Tots Play Group **Thanks you's:**
 The **Baynes Sound Lions** for their donation to help keep the group running. **Just Like Mom's** bakery for making us cookies and **Frank**, from the local band Baynes Sound, for bringing his guitar and singing for us. If you have a special skill or talent you would like to share with us please give me a call. We would love to have you. We meet every Tuesday from 10-11:30. Evelyn 250-335-9022 *"It takes a whole village to raise a child."* - African proverb.

SENIORS' HOUSING IN LIGHTHOUSE COUNTRY - THE NEED IS CONFIRMED

Our thanks to everyone who completed our Community Survey on Seniors Housing in November. We received 145 completed questionnaires - a very good response for our size of population.

Bowser Seniors Housing Society intends to build seniors' housing in Bowser village centre. A recently completed Needs Assessment on seniors' housing in our area has confirmed that there is sufficient demand for an independent-supportive seniors' housing facility to be located in Bowser. Demand outweighs the supply of affordable seniors' housing in the rural area between Qualicum Beach and Courtenay.

The Business Plan for the project identifies that a significant capital investment will need to be made (\$2.86M order-of-magnitude estimate), but that the project is viable. The Society is a registered charitable organization and can accept donations via its website at www.bshs.ca, where more information is also provided about the Society and its project. The location of the proposed housing will be behind Magnolia Court and the library.

The next steps for the project are the Site Assessment and the Preliminary Design. We have a Seed Funding Loan from CMHC to finance these steps and are moving forward with our planning to get this done. Another very important activity is fundraising, as we shall need to raise enough equity prior to applying for a mortgage. If you can provide services (paid or donated) related to any of these activities please provide your contact information and a brief description of your services to us within the next few weeks (by email to bshs@shaw.ca).

The Bowser Seniors Housing Society urgently needs new Directors and Volunteers to take forward our plan for Seniors' Housing in this area. Please contact the Secretary, Sally Barton, at 250-757-8455 if you are interested in volunteering some of your time and expertise for the benefit of seniors in our area. and would like to receive more detailed information

**3RD ANNUAL "OCEAN OF PLENTY" GALA DINNER
 APRIL 13, 2013, 7PM @ FANNY BAY COMMUNITY HALL**

Please mark your calendars for this fundraising dinner for CoalWatch Comox Valley Society. The event will feature locally harvested seafood, 50/50 draw, cash bar, silent and live auction items. Tickets are \$50 and will go on sale in mid-March. For more information on donating auction items or to volunteer, contact John @ 335-2246 or Fiona @ 335-0476.

BEACHCOMBERS COMMUNITY SCHOOL

If you shop at Thrifty Foods, 5% of your purchase can be donated to Beachcombers Community School, *at no cost to you!* It is easy. Pick up a Smile Card at Beachcombers School. When you make your purchase at Thrifty Foods use your Smile Card to pay, and Thrifty Foods will donate 5% of the cost of your purchase to our school. You retain your Thrifty Foods points...there is no cost at all to you! If you shop at Thrifty Foods, we would greatly appreciate your support.

To pick up a card, please drop by the school Tuesday to Friday between 1:00 and 2:30. The money is going towards improvements to our Peace Garden. We hope to install a watering system, benches, walkway, purchase garden tools and maybe a garden gate if funds allow.

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LegatoGelato

Two local Fanny Bay women, Karen Fouracre & Jaki Ayton, are pleased to announce they will be launching LegatoGelato – artisan gelato made with their own goat milk from their licensed dairy in Fanny Bay on January 12, 2013 at the Comox Valley Farmers Market.

“Our milk is tested monthly to ensure quality and is the best in B.C.,” stated Ms. Ayton proudly and she has the documentation to prove it. “Then we add local organic eggs, local sea salt, organic cornstarch, and organic sugar. The gelato is mixed and pasteurized at Canadian Cultured Dairy Inc. in Royston which is the home of Tree Island Yogurt.” LegatoGelato has less fat and more flavour, and is made from local &/or organic ingredients.

“Next we add our secret recipe coulis (made with fresh, in season fruit, organic sugar, organic lemon juice, and cooked to perfection). We sell it in pints, single servings and a half-gallon size. We have a website with all our information as well and you can also order online!” continues Karen Fouracre “The website is: www.LegatoGelato.ca.”

The Saturday Comox Valley Farmers Market is at the Native Son’s Hall on Cliffe Ave, from 9 to noon. Karen and Jaki are excited to have you come out and try some samples & take some LegatoGelato home.



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International Pennies For Peace Campaign

The students at Beachcombers Community School have joined hands with tens of thousands of other school children around the world who are collecting "Pennies for Peace" to empower communities through education. The program benefits girls and boys in remote areas of Pakistan and Afghanistan.

Every morning, senior elementary students at Beachcombers Community School begin the school day sitting in Community Circle. The first activity is dedicated to a reflective reading which is discussed thereafter. These readings serve to broaden the students' understanding of their place in the world delving into issues such as child poverty, cultural diversity and value development.

On one such morning, teacher Renee Baron read a book by Greg Mortenson *Listen to the Wind*. In this book the author is saved by villagers in a remote location in the Himalayas. In order to show his deep appreciation for their help, he begins an initiative called Pennies for Peace to support the development of their school. Since its inception in 1996, the initiative has supported the development of nearly 100 schools in Afghanistan and Pakistan, which serve more than 28,000 students, 14,000 of whom are girls.

Beachcombers students decided to support this non-profit organization and are learning about other cultures in the process. The oldest student has presented the program to each class at the school and has already started a collection jar which is filling up quickly.

"I hope to continue to use this initiative as a base for other service work and to encourage and further our students to be compassionate and giving children," said Baron.

How can a penny bring peace? In the villages of Pakistan and Afghanistan, it can buy a pencil, start an education, and transform a life. In a region where terrorist organizations recruit uneducated, illiterate children, that pencil can empower a child to read, write, and learn.

The pennies that Beachcombers' students collect can add up to make a real difference:

1 penny = a pencil; 2-3 pennies = an eraser; 15 pennies = one notebook; \$20 = one child's school supplies for one year; \$50 = one treadle sewing machine and supplies; \$100 = maternal healthcare supplies for one year; \$300 = one advanced student's annual scholarship; \$600 = one teacher's annual salary; \$5,000 = support for existing school for one year; \$50,000 = one school building and support for up to five years.



Beachcombers wishes to give a heart felt thank you to the Baynes Sound Lions, the Fanny Bay Inn and the Community, for your support towards our Peace Garden.

Our gift of **PEACE** to you

from all of us at

Beachcombers Community School

Peace Talk

Peace is a place and a feeling.

Peace is a person standing up for their beliefs.

Peace is a poem too beautiful for words.

Peace is a flower, each petal delicate, fragile and diverse.

Peace makes me think of the earth because
the earth is what created peace.

Peace is being quiet.

Peace is being happy.

Peace is a butterfly opening its wings.

Peace is a warm summer's breeze.

Peace is a flame that never goes out.

Peace is a tree that moves in the wind.

Peace is a season waiting to end.

Peace is waiting for the world to begin.

Peace is God's intention.

Peace is an angel's flesh and blood.

Peace is living with nature.

Peace is not having violence, living as one.

Peace is a brotherhood of man.

Peace is one happy person in the world.

Peace is when you are happy and calm.

*--By the Dolphin Class, Senior Elementary Students,
Beachcombers Community School, 2012*

Children in over 400 mountain villages in remote northern Pakistan and Afghanistan are on the waiting list, hoping to learn in a new school. Beachcombers students hope to help build a bridge of peace, one penny at a time, offering alternatives to the cycle of terrorism and war.

The Pennies for Peace campaign is a program of Central Asia Institute (CAI), founded by Greg Mortenson, author of the #1 New York Times best seller, *Three Cups of Tea*. CAI is a registered nonprofit organization that promotes and provides community-based education and literacy programs, especially for girls, in remote mountain regions of Central Asia.

For more information about Pennies for Peace please see the website at: <http://www.penniesforpeace.org/>

To support the School's Pennies For Peace project, please contact beachcombersschool@gmail.com





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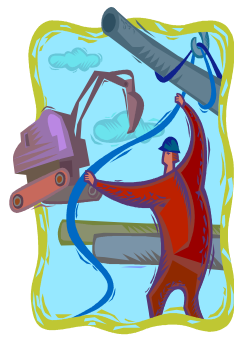
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Community Contacts

Aerobics (FB Hall)

Suzanne Murray335-2533

Baynes Sound Garden Club

Alaine French335-3379

Baynes Sound Lions Club.

Cliff Helps335-1112

Baynes Sound Lioness Club

Diane Hawkins335-1952

Beachcombers Community School

Principal - Wendy Preston.....778-427-4007

Emergency Preparedness

Karen Fouracre.335-1676

Fanny Bay Hall Gift Shop/Memorabilia

Nancy Dear778-427-7067

Fanny Bay Salmonid Enhancement

Judy Ackinclose.335-0010

Fanny Bay Volunteer Fire Department

Peter Golden (Chair).....335-9171

Fanny Bay Quilt Group

Noreen Sterling335-3010

Joan Johnsen.....335-2333

OAP #127 Hall, Ship's Point Road

Linda Tournemille.778-427-4533

OAP Hall Rentals

Dan Beasley335-0362

Parents & Tots (FB Hall)

Evelyn Bally, CVFSA335-9022

Magic Puddle Daycare

Evelyn Bally.....335-9022

Ship's Point Volunteer Fire Department

Chief - Terry Hoffart335-0680

Ship's Point Improvement District

Office - Nina LeBlanc335-0551

Taoist Tai Chi

Susan Finlayson250-757-2097

TOPS

BrendaTimbers.250-335-1405

Yoga (Monday Afternoon, Tuesday Evening, Wednesday Morning)

Fiona Mackey335-0476

Yoga (Wednesday Evening)

Brandy Kosiancic.....757-8256

Youth Group.

Evelyn Bally335-9022

Zumba

Jessica Wittman778 427 4663

The Fanny Bay Flyer is published monthly (except January) by the **Fanny Bay Community Association [FBCA]**, a non-profit society and registered charitable organization. Opinions expressed in the Flyer are not necessarily those of the FBCA or the editor. While every effort is made to ensure the accuracy of the Flyer's content, neither the Association nor the Editor assume responsibility for any misprints or errors, which may appear in the information given and printed within.

The **FBCA Board of Directors** will promote activities that enhance the quality of life for



Fanny Bay residents. The Board seeks community input, invites participation, encourages the use of the

Fanny Bay Hall as a place to gather, share, foster and deepen the sense of community, and to maintain the existing structure in good condition.

Contact Us

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Rentals@FannyBayCommunity.com

FBCA Memberships: Judy Starr 335-0241

Ad & Submission Deadlines!

Find ad rates and E-mail submissions information at

Flyer@FannyBayCommunity.com

Please submit all copy and images BEFORE the 20th of the preceding month. **NB:** Please minimise attachments. Text is best sent in the body of the e-mail. Images should be .pdf, .jpg, gif or .tif. Thank you!

UNION BAY CREDIT UNION PROUDLY SUPPORTS YOUR

CALENDAR OF COMMUNITY EVENTS



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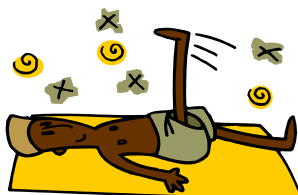
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"To lead in advancing the mutual social and economic well-being of our members and our community"

Weekly Events

Monday

9 am - 10 am: Fitness Fun @ FB Hall.
9 am - 10 am: Pilates @ OAP Hall
10 am - 11 am: Chair Pilates @ OAP Hall



Tuesday

10 am - 11:30 am: Parent and Tots @ FB Hall
10 am - 11 am: TOPS at OAP Hall
6.30 pm - 8:30 pm: Hatha Yoga @ FB Hall—Fiona (Full)

Wednesday

9 am - 12 pm: FB Salmonid Enhancement Society @ Rosewall Creek Hatchery.
8.30 am - 10:30 am: Hatha Yoga @ FB Hall—Fiona
10:30 am - 12 am: Taoist Tai Chi @OAP Hall
11 am - 12: 30 pm: Hatha Yoga @ FB Hall—Fiona
7 pm - 8:30 pm: Yoga @FB Hall -Brandy

Thursday

9 am - 10 am: Fitness Fun @ FB Hall.



Friday

9 am - 10 am: Pilates @ OAP Hall
10 am - 11 am: Chair Pilates @ OAP Hall
10 am - 12 am: Zumba @ FB Hall—Jessica
6:30 pm - 7.30 pm: Youth Group @ FB Hall. (Children meet from 6:30 - 7:30; Youth from 7:30 - 9.)

Saturday

9 am - 12 pm: FB Salmonid Enhancement Society @ Rosewall Creek Hatchery.

February Events

Fanny Bay

Feb 10—Valentines' Day Breakfast OAP Hall—9am-11am

March 16 Annual General Meeting of the Fanny Bay Community Association
You must be a member to vote

Bowser – At the Legion

General

Feb 7 — LA General Meeting
 Feb 19 – Branch 211 Executive Meeting
 Feb 26—Branch 211 General Meeting
 Feb 28 – LA Executive Meeting

Special Events

Feb 3 – Installation of Officers—1pm
 Feb 3 – Super Bowl Party—3pm
 Feb 13—LA Valentines' Luncheon-12pm

Ongoing Events

Tuesdays	5pm-Mixed Pool
Wednesdays	4.30pm-Ladies Pool 7pm-Crib
Thursdays	4.30pm-Mixed Shuffleboard 7pm-Texas Hold'em
Fridays	7pm-Mixed Darts



Meat Draws - Every Friday & Saturday - 4:30 p.m.

THANK YOU!

A very big Thank You to the community who supported the Christmas Party and the New Year's Eve Dance and to all the many volunteers who assisted in these events. And let's not forget the donations which you gave to the food bank at the Craft Fair. A hug and a pat on the back to all.