

The *Around the Bay* Fanny Bay Flyer

MARCH SPID REPORT

As you know, McElhanney has been awarded the contract to design a new water distribution system for us. Any work being done by them which may effect our water pressure or turbidity will be posted on the notice boards at the mailboxes. Scheduled maintenance of our water system will also be posted there. Tuesday morning is Fire Practice, and our firefighters often use a lot of water testing pumps and equipment. These practices may sometimes affect water pressure. We appreciate your understanding. In January our average water use was approximately 190,000 gallons per week.

The Ships Point Volunteer Fire Department has had two First Responder call-outs since the last report, and one fire fighter response to an abandoned fire burning in Ships Point Park. Everyone is reminded that the park is a posted 'No Fires Allowed' area. If you notice anyone illegally burning in the park area, or an abandoned fire in any area, you are requested to advise a member of the Fire Department or call 911.

You may have noticed that the Fire Hall area is less crowded, as we are happy to report that the old and faithful fire truck has been sold. All money obtained from the sale of surplus equipment is returned to the Ships Point Improvement District Board.

The SPID AGM will be on Sunday, April 21 at the Fanny Bay Hall. Doors will open for registration at 12:30, and the meeting will begin at 2:00. We look forward to seeing you there.

This March only, the SPID Board meeting will be the third Wednesday, March 20, at 9:00 a.m. Residents are always welcome to attend.

SPID office hours are Tuesday and Thursday 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 am at the SPID office. We welcome your attendance.



Trade Show 2013

April 14, 2013 8AM-2 PM

At the Qualicum Bay Lion's Den

Same time as monthly Pancake Breakfast

Over 130 businesses are members of our association, including everything from builders, contractors, farm fresh foods, hair dressers, massage therapy, realtors and many more. Come find out who is doing business in your local area so you can SHOP LOCAL first!

www.lighthousecountry.ca

Door prizes: Win one of 3 shopping sprees from participating businesses

Donations for the food bank accepted at the door

Pancake Breakfast (At Community Hall)

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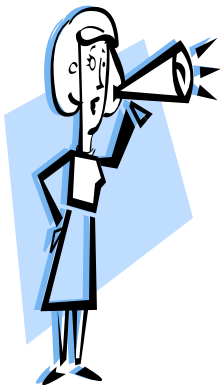


Help Wanted

Ideas, enthusiasm, meet new people and have fun putting your ideas into action!

The Fanny Bay Community Association, "The Hall" needs volunteers for events, the Board of Directors¹, and most urgently, Fanny Bay Day planning. It is amazing how many people are willing to help as soon as someone steps forward to coordinate an event and equally amazing how hard it is to find event coordinators.

If you step forward, we can find someone to partner you with. There are typically many who are willing to be second in command, to co-ordinate, or to help with the parts of big events. This is a chance to put your ideas into action and to get Fanny Bay Day and other special day events (Easter coming very soon!) happening again this year



Calling all RESIDENTS
 Mark This Date
Sunday, March 17, 2 p.m.
At the Fanny Bay Hall
ANNUAL MEETING

Of the Fanny Bay Community Association
Reports / Budget 2013 / Elections

A chance to meet people and share ideas about plans for 2013. Refreshments too!

¹Nominations to Anne Trussler—250-335-0617





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ASK SAM: fitness forum for elders

Mobility challenges

My dear mom recently had a stroke; her mobility has been severely compromised. The good news is: all the Pilates chair exercises we did are firmly anchored in her muscle memory, so when we go through our Pilates moves she is significantly less confused and stronger than even simple regular movement like rolling over in bed. She looked up at me the other day while the nurse and I were assisting her to stand up and she said:

“move it or lose it baby”.

She never liked her workout before, her knees hurt a lot so we only did stuff sitting on a chair but I am very grateful we did, it has made a world of difference to her recovery. So I want to encourage you to find ways to get moving even if you are limited in what you can do. Our Pilates chair class is everything the Mat class is but modified for a chair so if you have trouble getting up and down off the floor; knees, hips, whatever...you can still stretch and strengthen your all your muscle groups and move that spine, it's also invigorating and will definitely ease neck and back pain. Swimming is also excellent for no impact movement and I recommend doing anything fun that moves your body; bowl, tango, line dance, whatever floats yer boat, get moving!

Stretch

Here's a gentle stretch to start with: get 2 kitchen chairs and sit them facing each other about a foot or two apart. Sit at the very edge of one chair and gently place one leg straight on the chair in front of you. Sit tall and lean slightly forward (without curving over in your spine to get closer to your knee) and gently reach the heel or flex at the ankle; you should feel a stretch on the back of that leg. Breath, lean gently, don't bounce. Change legs. This is a start to getting flexible at the back of the leg and pelvis.

Strength + flexibility = agility = mobility = independence

ASK SAM:

got questions for Sam? Email me at samshieldspilates@gmail.com

Sam Shields runs Pilates classes for regular Mat and Chair for the mobility limited at the Ship's Point OAP, privately, and around the Comox Valley.

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FANNY BAY SALMONID ENHANCEMENT SOCIETY (FBSES)

By Judy Ackinclose

Spring is just around the corner — so they say, longer days, sunny weather, weeding, cutting lawns and at the Rosewall Hatchery the coho smolts certainly know it too. Just the slight increase in day length and water temperature has them on the lookout for more food keeping the volunteers busy. We have approximately 100,000 smolts ready to be released in May so there is still time to fatten them up.

In the incubation room all the chum have hatched and the coho eggs are close. At the Wilfred hatchery, the pinks have emerged and will be making their way to the ocean very soon. Many thanks to the volunteers who have done the daily walks up

Wilfred to keep an eye on the eggs, take water temperatures and check the water flows. Besides looking after the hatchery the volunteers were keeping an eye out for any intruder into the area, including the elk who thought the hatchery was his domain. Fish carcasses have been placed in the creeks to add to nutrient value for the newly emerging fry.

We will be planting native trees in various creek riparian areas this spring. We're getting ready for our festival "The River Never Sleeps" May 5th. Please, mark this date to your agenda. For great photos of last year festival, please go to www.fbSES.ca. Our hatchery at Rosewall is open on Wednesdays and Saturdays from 9 am to 12 pm so come join us for a coffee and watch the progress of the renovations and the growth of our newly hatched fish — both will be really fascinating to observe.

OAP REPORT

By Linda Tournemille

REMINDER: 2013 membership is now due. Please contact Gayle (250-335-0456) or Linda T, (778-427-4533) in her absence.

We have room for new members and would love to have you join us. We have a yearly garage sale, bake sales, participate in the Fanny Bay Christmas Craft Faire, monthly potluck suppers, a picnic in the summer, Christmas party, annual dinner in town and lots of fun activities. Our monthly meeting is the 2nd Tuesday of every month except July, August and December. Cost of membership is \$10.00 per person per year. We invite you to come and see what we're all about.

Our annual garage sale will be held Saturday, May 25th. Please remember us as you start your spring clean up. We will be happy to accept donations of items for our sale. If you require pick up of items or assistance when taking them to the hall, please contact Dick Walters (250-335-9039).

Our next meeting will be held Tuesday, March 12, 2013 at 2:00 PM.

There is no potluck in March as all members are invited to the annual dinner to be held at the Bamboo Gardens on March 19th. Happy hour at 5:00 PM with dinner at 6:00 PM. Linda N. will be calling all members.

Happy March Birthday to: Don Castleden, Norma Gerow, Inger Hyatt, Pamela Watson.

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Ray's Tip



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BAYNES SOUND GARDEN CLUB

Karen Fouracre, garden club member, part owner of Snap Dragon Dairy in Fanny Bay and of Legato-Gelato fame, will be our guest speaker, **Thursday, March 7 at 7:00 at the OAP hall**. She will be speaking about how local plants in her goat's diets affects their milk, and also about those plants used to flavour the goat milk gelato. For coffee break, she has promised samples of the gelato! Please join us. New members always welcome.

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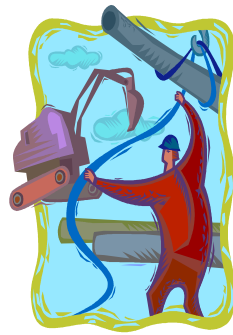
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**3RD ANNUAL "OCEAN OF PLENTY"
GALA DINNER
APRIL 13, 2013, 7PM @ FANNY BAY
COMMUNITY HALL**

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.

We're open!

Weinberg's Good Food is proud to announce that we are now open! We're located on the lower level of the Petro-Canada in Buckley Bay next to the Sea Food Shop. Our hours of operation are 8:30am until 6pm Tuesday to Friday, 10am -6pm weekends (closed Mondays)



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Produce
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Organic Meat

Community Contacts

Aerobics (FB Hall)

Suzanne Murray335-2533

Baynes Sound Garden Club

Laurie Johns.....335-0566

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

FBCA President Neville Hope 335-2046

Fanny Bay Hall - 7793 Island Highway,
Fanny Bay, BC V0R 1W0

Tel. 250 335-2832

Website - FannyBayCommunity.com

Editor Paul Welch FBayCalling@hotmail.ca

Hall Rentals:

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!

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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.



Coming Events

Fanny Bay

**MARCH 17— 2 pm ANNUAL GENERAL MEETING
Of the FANNY BAY COMMUNITY ASSOCIATION**

- April 13— Gala CoalWatch Dinner
More info— John 335-2246
- April 21— SPID AGM
- May 5— "The River Never Sleeps Festival". FBSES.
- July 29— Classics & Coffee!! Baroque Concert. More info soon!!

Union Bay

Spring Flea Market

March 16— 9 am— 1.00 pm Union Bay Community Hall
 Light Refreshments. Tables \$15.00. More info call Dave @ 335-2317.

Bowser – At the Legion

General

- March 7 — LA General Meeting
- March 19— Branch 211 Executive Meeting
- March 26— Branch 211 General Meeting
- March 28 — LA Executive Meeting

Special Events

- March 1— Silent Auction Begins (Donations of Service or Product Would be greatly appreciated).
- March 9— Silent Auction Ends
- March 16— 11 am. LA Pie Sale
- March 16— St Paddy's Bar Party
- March 23— Giant Meat Draw (Turkeys & Hams)
LA serving Fish & Chips
- March 30— Texas Hold'em Tournament. Limited seats. Advance Buy-In \$40 @ the Lounge

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.