

The *Around the Bay* Fanny Bay Flyer

NEW WC/HANDICAPPED ACCESSIBLE WASHROOM PROJECT

The Fanny Bay Community Hall opened in 1930. Since then most of the hall has been completely renovated; however, the last bathroom improvements were many years ago. We're all aware of the WC limitations: partial walls provide minimal privacy and protrude onto the main hall floor, access is narrow, the toilets are low and water- inefficient and the platform baby change table is not near a sink. Most significantly there is no handicapped accessible washroom.

For several years, the Building and Grounds and Capital Project Committee has been working with community contractors to add a handicapped accessible washroom and improve the existing male and female bathrooms. The plan is finalized!

An addition will be built onto the southeast corner of the hall with access through a new hall adjacent to a renovated furnace room. The addition will house two gender specific washrooms and one fully handicapped accessible washroom with dedicated space for a fold down baby change table. The new access provides more privacy for those using the facility during a performance or activity and increases the floor space in the main hall. Final drawings will be posted in the hall.

We have raised most of the funds including a \$25,000 grant to complete the construction of this addition.

HOWEVER, we have just learned that we must replace the existing septic drain field which is under the parking lot.

WE NEED TO RAISE \$10,000 IN DONATIONS TO PAY FOR THE SEPTIC DRAIN FIELD, A GREASE TRAP FOR THE KITCHEN SINK AND THE REMAINING BALANCE FOR THE WC ADDITION.

ALL DONATIONS ARE TAX DEDUCTIBLE. A RECEIPT WILL BE PROVIDED.

Please help! It is amazing how quickly many modest donations can add up. Your donation can be: mailed to the hall (7793 Island Highway, Fanny Bay, BC V0R 1W0), given to any Board member or put in the donation box attached to the dining room wall.



GETTER UP

I see a lot of folks with knee and hip pain lose their leg strength and begin to have trouble getting up out of their favorite lazy-boy chair (hmmm, wonder why they called it a lazy boy), especially those with knee pain; hoisting themselves out of their comfy chairs and deep couches using their arms; but what happens if you have shoulder or wrist trouble...you're stuck in your chair. Here is a little something we call:

getter uppers

sitting at the front edge of your kitchen chair, tuck your feet a little bit underneath you. We want to reprogram your muscle/brain communication to tell you to use abdominal support and the big strong hamstring/glute muscles at the back of the top of the legs to propel you from sitting to standing so; cue up your abdominal support, lean forward slightly and think of lengthening your spine on a diagonal in front of you and press through your thighs, you'll feel pressure from your feet on the floor and almost lift your butt off the chair **not quite**, but almost and hold there. You should not feel very much pressure on your knees and you might feel slightly annoyed as you hold, hold, hold, and slowly settle back down on the chair to sitting up neutral. Do 4 reps of these slow holds and a set of 4 moving slowly but with no hold. You should see your leg strength improve without hurting your knees. Good luck.

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

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**The Baynes Sound Garden Club 14th annual
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May 11, 2013 9:00 AM to 12:00 PM
at the F.B. Community Hall, 7793 Island Hwy. F.B.
-Great Selection of Plants
-Local Vendors
-Refreshments Available
-Free Admission
**-A master gardener will be available to answer
plant related questions**



PUBLIC NOTICE of ALTERNATIVE APPROVAL PROCESS
Notice to electors within the

Comox Strathcona waste management service area

The Comox Strathcona waste management (CSWM) board intends to enter into a 20 year agreement with the Village of Cumberland (VoC) to:

- a) Pay the VoC a host community rate fee of \$300,000 per year to compensate the village for impacts related to the presence of the Comox Valley waste management centre within its boundaries; and
- b) Provide \$3,000,000 to the VoC to fund a one-time upgrade to the Cumberland/Bevan Road corridor for vehicle access to the Comox Valley waste management centre.

FURTHER INFO AND ELECTOR RESPONSE FORMS ARE AVAILABLE AT:

<p>Your MUNICIPAL OFFICE or on our website: www.cswm.ca/hostcommunity or call: 250-334-8000 or toll-free: 1-800-331-8007</p>	<p>Local governments in the COMOX STRATHCONA WASTE MANAGEMENT SERVICE AREA: Comox Courtenay Cumberland Campbell River Sayward Zeballos Tahsis Gold River Comox Valley Regional District Strathcona Regional District</p>
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If you are opposed to the agreement, you must submit an elector response form to the Comox Valley Regional District offices in Courtenay, B.C. before 4:30 p.m. on Friday, May 31, 2013.

Use of the Fanny Bay Hall — Your Ideas and Comments are Welcome

At the Fanny Bay Community Association AGM (17 March), a motion was brought forward to explore ways to increase the use of the Fanny Bay Hall for performance activities for all ages.

A small group worked on the preparation for a brainstorming session which took place at the end of April. This is a great opportunity to have feedback/comments from the community. If you wish to provide thoughts and comments on ways to increase the usage of the hall, it is not too late! Please email us at lise_lague@telus.net or phone at 250-335-1831. We would be pleased to receive your input. Thank you.

Ocean of Plenty III a huge success

On behalf of the officers and directors of CoalWatch Comox Valley Society, I'd like to extend a sincere thank you to everyone involved in making our sold out fundraising dinner a huge success. The support from the community as a whole was really heart warming.

CoalWatch is grateful to the many sponsor's who donated their services and products, many of which are mentioned on our website: www.coalwatch.ca I'd like to give a special thank you to the Fanny Bay Community Association, who was a generous sponsor.

It takes a lot of volunteers to make a fundraising event like this a success. Indeed, this was a collaborative community effort. I would like to recognize the core organizers who worked many hours in preparation for the dinner: Fiona and Nick Mackey; Lenore Morrey; Jeanette Reinhardt; and Greg and Holly Wood. Dawn McRae of Custom Gourmet, along with her staff and the volunteer's who helped serve the delicious food deserve a huge thank you. The many donations of items for the silent and live auctions, along with the generous bidding for those auction items surpassed our wildest expectations. THANK YOU.

2013 will be a very busy year for CoalWatch. With the generous support of the community, CoalWatch will continue to stay fully engaged in the Raven Coal Mine issue, and be a strong advocate for public participation and education on this important issue.

With all my heart felt thanks,
 John Snyder President CoalWatch Comox Valley Society

Special visitors at Beachcombers School...no “kidding”!

Cinnamon, Chocolate and Lemon had a great day at school last week as special visitors to Beachcombers Community School. “My kids had a fabulous time,” said farmer Karen Fouracre. The three goats walked along the decks of the school and on the play equipment in the playground much to the amusement and delight of students and staff. All the kids—both human and goat—had a wonderful time!

The goats normally reside at Snap Dragon Dairy Farm in Fanny Bay where they have an excellent standard of care. “They are actually pretty spoiled and well-loved,” said Fouracre. Snap Dragon Dairy has recently



launched a new product of great interest to kids, Legato Gelato, an Italian-style ice cream made from goat milk and local ingredients. It is processed by Tree Island Gourmet Yogurt another tasty local product that is a healthy alternative for kids. You can find these fresh and yummy products at Weinberg’s Good Foods in Buckley Bay, Edible Island in Courtenay, and the Comox Valley Farmers Market.

Beachcombers Community School is another wonderful local initiative. The school offers preschool to grade 8 and specializes in quality academics, enriched programming, and small class sizes. For more information about this lovely and vibrant school please see their website at www.BeachcombersSchool.ca or call 778-427-4007.

Beachcombers Community School invites the Fanny Bay Community to our Spring Celebration and Book Fair. Outstanding children’s book publisher Usborne will be present. Usborne received the 2012 Children’s Book Publisher of the Year Award from The Bookseller Industry Awards in the UK. “Usborne is a powerhouse that retains a good, independent spirit,” said the Judges. Usborne books make great children’s gifts. Usborne will donate a portion of sales towards books for Beachcombers School. Also, a selection of second-hand books will be for sale by the “Dolphin Class”, Beachcombers Senior students. Proceeds will go towards a school project. Students will be dancing the May Pole and you are welcome to bring your own lunch for a picnic.

We welcome you to join us: **Thursday May 2nd 11:30 to 1:30 at Beachcombers Community School**

Beachcombers Community School has announced a new Monday Program.

The Monday Program will include self-directed academics with academic support, yoga, lots of outdoor time and other fun activities. The program will be staffed by a BC certified teacher. Homeschool and distant education students who register for Beachcombers Monday Program will also have the option to join in on Beachcombers spring watersport program for an additional cost. The program includes sailing and kayaking in the bay in front of the school.

The program is open to students from kindergarten to grade 8 and will operate as a multi-age environment. The hours of operation will be 8:30 to 3:30 each Monday throughout the Beachcombers school year, except for statutory holidays. Seascapes Bus Service, which provides school bus service to Beachcombers families, will operate on Mondays if there are sufficient students. Public bus service through the Comox Valley Transit System may also be an option. For registration information or to request a tour of the school, please contact Principal Wendy Preston Tuesday through Friday, 12:30 to 2:30 at 778-427-4007 or email: principal.beachcombers@shaw.ca.



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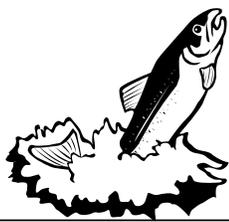
By Judy Ackinclose

Seems like yesterday that we were just releasing our 2010 smolts but another year has gone by and now it's the smolts from 2011. The coho (*Oncorhynchus kisutch*) and chum (*Oncorhynchus keta*) will be well on their way (hopefully) in the next few weeks and the 2012 coho fry are being ponded as we write this. It has been a great winter, no major storms, no problems with the water supply and the hatchery fish are looking extremely healthy. The Wilfred Team has chased the last of the pinks (*Oncorhynchus gorbuscha*) from the tanks at the Wilfred Creek side channel. Now is the time for clean-up and repair for next year's eggs. So all round it's been a good year.

The smolt trap has been installed in Mud Bay Creek and we monitor daily, counting the smolts and other fish moving down the creek. The smolt trap enables us to count the number of coho smolts leaving for the ocean. This gives us an estimate of the previous years' adult run. This information is then passed on to the Department of Fisheries and Oceans.

Our festival "The River Never Sleeps" is coming up on Sunday May 5th from 10 am to 3 pm. We can't plan on the weather but we certainly have enough displays and activities for all ages. Even if you have attended the event previously, there is always something new. It is entertaining, educational and a great opportunity to spend a fun few hours with nature!

Another big day in May is our Annual General Meeting on Thursday May 9th at 7pm at the Rosewall Hatchery. All welcome! If you would like to help or just come for a coffee and meet the fish!, our hatchery hours of operation are Wednesdays and Saturdays from 9 am to 12 pm at the Rosewall Creek Hatchery on Berray Road. Check out our website www.fbses.ca.

**OAP REPORT**

We would like to thank everyone who helped with hall and grounds cleanup. A special thank you to our lunch ladies, it was delicious and much appreciated. All in all, a job well done.

There are several events coming up in May:

May 12 - Mother's Day breakfast served continuously from 9:00 AM to 11:00 AM. ALL WELCOME.

May 14 - Monthly meeting @ 2:00 PM

May 21 - Potluck supper @ 5:00 PM. Dolores and George convening. Please call Dolores (250-335-2912) if you are planning to attend.

May 25 - Annual garage/bake sale and raffle from 8:00 AM to 2:30 PM.

If you have items you would like to donate for the garage sale and require help picking them up or someone to meet you for delivery to the hall, please contact Dick at 250-335-9039. Please check your mailbox bulletin boards for further information. Thank you.

Happy May Birthday to: Aileen Beasley, Ernie Cunningham, Joan Johnsen, Gayle Livingstone, Ann Mansbridge, Wilf Smith, Lee Thompson, Dick Walters, Harry Watson.

FANNY BAY SENIORS – NEW MEMBERS REQUIRED

One year ago we had a waiting list. Now, we have memberships available.

Want a fulfilling, enjoyable time with people of like age and interests? We have monthly potluck suppers, some bus excursions, theme picnics and a well known annual Garage Sale that so many members get involved in and which becomes a labour of love.

If you are 55 years young or older, we presently have openings and would welcome your inquiries.

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Call me for more information. Dick Walters 250-335-9039

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THE LIONS ROAR

TEXAS HOLDEM TOURNAMENT

JUNE 1ST At the Fanny Bay Hall.

Doors open at 5:30 starts at 7 pm

Tickets \$40 each..

Top Price \$1000, 2nd prize \$500, 3rd. \$250 4th \$150 and 5th \$100. Tickets available at Fanny Bay Services, Weinberg's Good Food in Buckley Bay, The Highwayman Pub or call Jacquie @ 250-335-1112 or Irene @ 250-335-0238

Food and Alcoholic beverages will be served. Camping in the Hall grounds will be \$10 per night. This is a big event and limited to 100 tickets so please get yours early to assure yourself a place.

Cougar Smith Road has a new bus shelter. Soon that one and the rest of the Lions shelters will be painted. Thanks to General paint for their generous contribution.

Congratulations to the 10 lions who completed the Food Safe Course.



Community Hall Water Report

The well water at the Fanny Bay Community Hall is tested on a regular basis per VIHA requirements. All of the 2012 tests results were negative, indicating no bacterial contamination. All water test results are available for perusal. Should you wish to review the results, please leave a message on the hall phone: 250-335-2832.

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Bruce Jolliffe

Director

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BAYNES SOUND GARDEN CLUB

On Thursday, May 2 at 7:00 Christopher Murray, our local accomplished food gardener will speak about raised beds and other essentials for great vegetables. Come enjoy the presentation followed by an opportunity to share your own growing tips. **7:00 at the O.A.P. Hall.** New members always welcome.



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Organic Meat

Community Contacts

Aerobics (FB Hall)	
Suzanne Murray	335-2533
Baynes Sound Garden Club	
Laurie Johns.....	335-0566
Baynes Sound Lions Club.	
Cliff Helps	335-1112
Baynes Sound Lioness Club	
Diane Hawkins	335-1952
Beachcombers Community School	
Principal - Wendy Preston.....	778-427-4007
Emergency Preparedness	
Karen Fouracre.	335-1676
Fanny Bay Hall Gift Shop/Memorabilia	
Nancy Dear	778-427-7067
Fanny Bay Salmonid Enhancement	
Judy Ackinclose.	335-0010
Fanny Bay Volunteer Fire Department	
Peter Golden (Chair).....	335-9171
Fanny Bay Quilt Group	
Noreen Sterling	335-3010
Joan Johnsen.....	335-2333
OAP #127 Hall, Ship's Point Road	
Linda Tournemille.	778-427-4533
OAP Hall Rentals	
Dan Beasley	335-0362
Parents & Tots (FB Hall)	
Evelyn Bally, CVFSA	335-9022
Magic Puddle Daycare	
Evelyn Bally.....	335-9022
Ship's Point Volunteer Fire Department	
Chief - Terry Hoffart	335-0680
Ship's Point Improvement District	
Office - Nina LeBlanc	335-0551
Taoist Tai Chi	
Susan Finlayson	250-757-2097
TOPS	
BrendaTimbers.	250-335-1405
Yoga (Monday Afternoon, Tuesday Evening, Wednesday Morning)	
Fiona Mackey	335-0476
Youth Group.	
Evelyn Bally	335-9022
Zumba	
Jessica Wittman	778 427 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.

In last month's Flyer the spelling of one of our new Fanny Bay Executive members should have been **BRIAN LATTA**. Sorry, Brian.

Contact Us

FBCA President Neville Hope 335-2046
Fanny Bay Hall - 7793 Island Highway,
 Fanny Bay, BC V0R 1W0
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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!

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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



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

May 5— "The River Never Sleeps Festival". FBSES.
 May 11— 9.am—12am. Baynes Sound Garden Club.
 14th Annual Plant Sale
 May 12 - Mother's Day breakfast served continuously from 9:00 am to 11:00 am at the OAP Hall. ALL WELCOME.
 May 25 - Annual garage/bake sale and raffle from 8:00 am to 2:30 pm at the OAP Hall
 July 29— Baroque Dessert Concert. Intimate Chamber Music with 2 violins, cello and lute

Union Bay

MOTHER'S DAY SPECIAL BREAKFAST
 Sunday, May 12, 2013 ; 8:00 AM - 11:00 AM
 "20 MEN PREPARE YOUR TREATS" "LET US SERVE YOU"
 For more information call: Dave at 250-335-2317

Bowser – At the Legion

General

May 2 – LA General Meeting
 May 21 – Branch 211 Executive Meeting
 May 28 – Branch 211 General Meeting 7 p.m.
 May 30 – LA Executive Meeting

Special Events

May 5 – LA 'SPRING FLING' – Advance tickets \$8.00 call Dayle 778-424-7723
 May 19 – Annual Plant Sale 10 a.m. – Call for details of donation drop off times for Starter Plants - Flowers - Shrubs
 May 25 – Giant Meat Draw (Steaks) LA serving Fish & Chips \$10
 June 1 – 'SENSATIONAL SECONDS' 10 a.m. – 3 p.m. Clothing Sale. Buy/Sell/Trade Gently Used Clothing & Accessories. Table Rentals \$15 each, Info: Lisa @ 250-240-1422 or Leigh Ann @ 778-424-3337



Meat Draws - Every Friday @ 5:00 pm & Saturday @ 4:30 p.m.
Sunday opening begins May 12th. Closed Mondays