



# The Pointer

Summer 2007

## To The Point

In conversations around the neighbourhood, quite a few people have talked about the problem of continuously barking dogs and wondered if this could be mentioned in The Pointer. Some owners may not be aware if their dogs are left outside and are barking all day. Diplomatically let your neighbours know if this is happening, or, dog owners who are away most of the day can check with their neighbours to see if the dog has been barking. It has been suggested that citronella collars or other anti-barking devices can be effective or perhaps you could hire one of the young people in the community to take the dog for a walk or two during the day. This would give the dog a chance for some exercise and socialization, put a few bucks in the kids' pockets and give the neighbours some quiet. There...I've mentioned it.

I hope you all enjoy the warm summer weather when it finally arrives.

Cheers, Pat Williams

652-0223

[pwill@telus.net](mailto:pwill@telus.net)

Your Pointer is brought to you by a dedicated group of volunteer deliverers. Thanks to Joyce Menzies, Ken Leighton, Andrea Martin and family, Pat Orr and family, Helen Resnick, and Dawn Campbell.

### Advertising Rates

Business Listing	FREE	Full Page	\$25
Buy and Sell	FREE	Half Page	\$12.50
		Quarter Page	\$6.50

### Who's Who

WPCA Chair	Bill Douglas	544-1042
Pointer Editor	Pat Williams	652-0223
Fire Chief	Mark Roozendaal	588-6860
Hall Custodian	Brenda Rusak	544-0466
Hall Sign	Joan & Bill Wright	652-3254
Saanich Inlet Protection	Patricia Sloan	652-0226
Fire&Recreation Chair	Vern McConnell	652-2996
Rural Observer Newspaper	Patricia Sloan	652-0226
PreSchool Play Group	Alicia Pine	544-0202
Aerobics Instructor	Deanna Roozendaal	544-4355
Land Use Committee	Patrick O'Rourke	652-5598
Advisory Planning Com.	Larry Resnick	652-8278
FireFighter's Assn. Chair	Aran Puritch	652-7018
Parks Commission Rep.	Patricia Sloan	652-0226
CRD Advisory Committees: Environment & Solid Waste	Larry Resnick	652-8278



## Dave Carley

1929 – 2007

Longtime Willis Point resident Dave Carley passed away suddenly on April 26. Dave is perhaps best known as the Point's first Fire Chief, a position he held for 16 years, starting with the creation of the Fire Department in 1976 and retiring in 1992. He was a serious firefighter, cajoling neighbours to join the department and then putting them through rigorous training, using equipment creatively scrounged from other departments and lovingly cared for.

Dave bought his property in 1963, and later built a house and moved here in 1971. Always active in the affairs of the community, Dave was a founding member of the Willis Point Ratepayers Association (now called the WP Community Association) and wrote the first constitution for this group. He served as Chairman of the WPRA for two years and then became its treasurer for the next 20 years.

Dave's gigantic bowls of potato salad made for the annual firefighter's picnics were always anticipated. His legendary ride down Firehall Hill in a recliner chair mounted to a soap box derby vehicle was a death-defying act I will always remember. An electrician by trade, Dave was always willing to lend a hand to neighbours. He was also a passionate bagpiper and played with several pipe and drum bands. Near neighbours could often hear him practicing "at an appropriate distance", and the beautiful rendition of 'Amazing Grace' by his bandmates at his memorial service filled the Hall with a swell of emotion and stands as a fitting farewell to this Willis Point original.

## Bill Waite

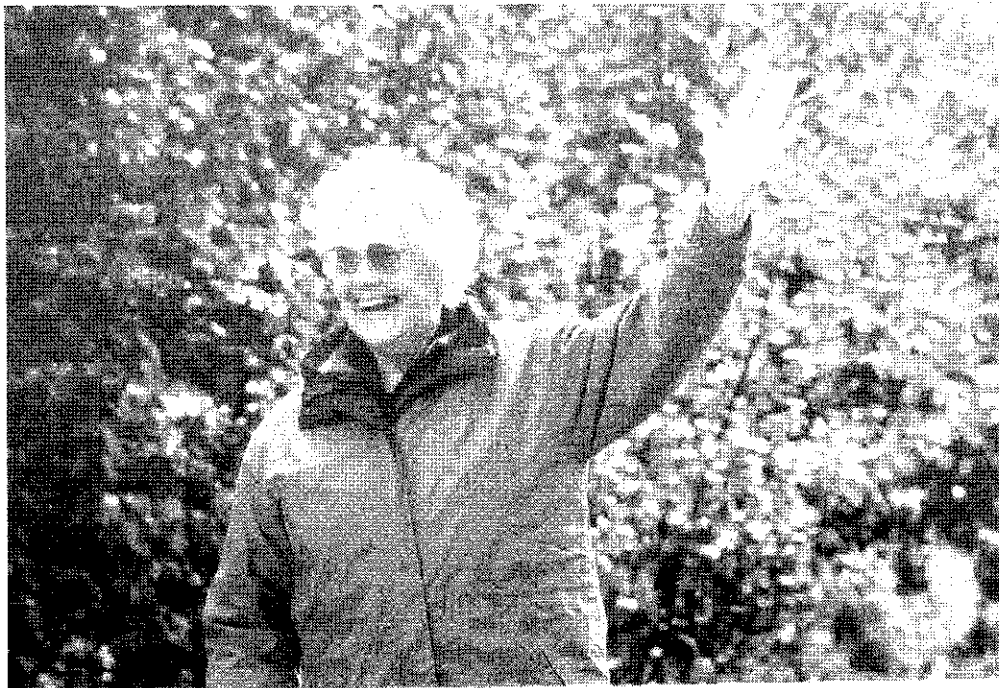
1937 – 2007



Bill and his wife Ursula came to Willis Point in 1996 and immediately began participating in the life of the community. Bill had just retired as C.E.O. of Siemens Canada where he had worked tirelessly toward attracting trade partners for Canada and encouraging foreign investment. He was passionately interested in investing in our youth and establishing effective apprenticeship programs.

Bill loved music and was an accomplished musician. He served on the board of the Victoria Symphony and sought ways to make music available to wider audiences. Fulfilling a lifelong dream, Bill purchased a large boat and was able to have several special trips up the coast as well as many neighbourly get-togethers on the water before a fall caused a head injury which left him with permanent brain damage. It was no longer feasible to remain at Willis Point and Bill and Ursula left the neighbourhood 6 years ago but maintained many ties.

While living here, Bill served on the Fire and Recreation Commission and was instrumental in securing the large generator at the Community Hall. Bill and Ursula were generous hosts and good neighbours. Bill will be fondly remembered by many in our community.



## Ivy Victoria Blunt

1921 – 2007

Ivy's mom and sister were on holiday here in Victoria from Tacoma when Ivy was born, somewhat ahead of schedule. Her middle name commemorated this event. Later, Ivy moved to Victoria with her mother and met her husband Ed at her mother's boarding house.

Ivy spent over 30 years living here at Willis Point, starting in 1968. When her twin sons Ken and Bill were young, the family camped at Sandy Beach near Bamberton in the summers, but noticed that the sun shone longer across the water at Willis Point. In a 12 foot boat, the family explored the area and soon bought a lot at Willis Point from Glen Twamley for a handshake and \$25 a month. First a little cabin was built, and later a permanent house which was one of the original few houses out here. Access was by water or over a rough logging road.

Willis Point was a family affair for Ivy and Ed with both sons living here as well as her sister and brother-in-law, Lillian and George Pears, and later, grandson Paul.

For the last few years Ivy lived in Summergate Village in Sidney, where she continued to enjoy bridge, cribbage, lawn bowling, shuffleboard, and of course, golfing. She was a longtime member of Gorge Vale Golf Course and later golfed at Ardmore near Sidney.

Ivy will be remembered for her love of family, caring and thoughtful ways, and her great sense of humour.



## Hilary Burton

On Friday June 8, 2007, Hilary Burton, a former Willis Pointer, died peacefully in her sleep. Hilary and husband Bruce left Willis Point in 2006 to return to family in England, after she was diagnosed with cancer.

They lived on the hill across from Sea Aira Heights and thought of Willis Point as one of the most beautiful places on earth. Both were avid hikers and enjoyed local waters on their sail boat. Bruce was a valued member of our fire department and president of the Willis Point Volunteer Firefighters' Association.

Hilary and Bruce wrote a beautiful "Farewell to Willis Point" letter that was published in the Spring 2006 issue of *The Pointer*.

In the note we received from Bruce, he wrote about his beloved Hilary—that she was courageous to the end and much loved by all who knew her. He also thought, that if we would like, a donation to the Woodland Trust or similar conservative based charity could be made in Hilary's memory.

Bruce may be contacted at [bruceb@bruceb.co.uk](mailto:bruceb@bruceb.co.uk)

by Kathy Crawley

# Generator Safety

The storms and power outages of last winter have caused significant interest in generators as a back-up to the BC Hydro power supply. WPCA Chair Bill Douglas asked me to give an overview of things to take into account when considering the purchase of a generator, with the emphasis on SAFETY.

We live in a heavily forested and rural area and widespread or extended power outages are not uncommon. A properly installed and operated generator can provide light, refrigeration, water pumping, cooking or heat until the power system is repaired. An improperly installed generator, however, can kill you or someone else by electrocution or by poisonous fumes or cause a fire in your home. So safety, not light or refrigeration, has to be the top priority when using a generator.

**Simple precautions** can reduce problems and potential dangers:

- Carefully read and observe all instructions in the owner's manual.
- Don't run a generator indoors, even in an open garage
- Hire a licensed electrician to install permanent generators and transfer switches.
- Make sure portable generators are properly grounded.
- Don't store fuel indoors and don't try to refuel a generator while it's running.

## **Backfeed and Transfer Switches**

Electricity flows in both directions so connecting a generator directly to your household wiring can backfeed into the power lines connected to your home. Transformers can then step-up or magnify this backfeed, enough to kill a Hydro lineman making repairs even a long way from your home. It can also cause expensive damage to utility equipment and your generator.

Powering your household circuits directly requires a **transfer switch** wired to a **permanent generator**. Hire a licensed electrician to install the switch for you. Transfer switches can be automatic or manual. They make sure that the selected circuits don't feed back into the power grid by insuring that you won't be connected to the generator and the power grid at the same time. They prevent your generator from backfeeding into the grid and also insure that your generator isn't destroyed by a surge of electricity if the power is restored while your generator is running.

**Portable generators** aren't intended to be connected directly to your household wiring; instead they connect directly to the item you wish to power. If you wish to hook a portable unit up to household circuits then a transfer switch is required and a dry solid mounting in a ventilated area, just as you would for a permanent unit. Portable generators need to be grounded. Some may have a grounding lug on the chassis or you can run a copper grounding wire to a pipe sunk into the earth. Check manuals for details.

Moving a generator around on a truck and simply plugging into an outdoor outlet at a neighbour's, for example, risks backfeed and is illegal. When a portable generator is used in this way, it is particularly dangerous because 2 male electrical ends produce a potential hazard and this is prohibited by the Electric Safety Code.

## **Poison Gas Threat**

Generator exhaust can kill through carbon dioxide suffocation, carbon monoxide poisoning, or exposure to other gases. Never operate a generator indoors, even in a

garage with the door open, or near a building's air intake. A canopy, open shed or carport can shelter the unit. Remember: carbon monoxide is a colourless, odourless toxic gas.

### **Reduce Fire Hazards**

Fuel vapours may explode near a spark or flame so:

- don't store gasoline or other fuels near the generator
- don't refuel the generator while it is running
- don't smoke, use open flames, or operate electrical switches while handling fuel
- don't store fuel in any container not specifically designed for that purpose
- ensure good ventilation and air flow around the generator
- keep a fire extinguisher nearby
- check power cords for fraying, insulation cracks or other damage

### **Get the Right Sized Generator For Your Needs**

The first thing to consider is balancing your needs with the potential high cost of buying a generator and having it installed. Consider what is really necessary. Electric motors require extra power to start up. A water pump, for example, may need 2000 watts of power to start up but only about 800 to run afterwards. Take these extra needs into consideration when you plan your purchase. Light bulbs, water heaters radios, and other motorless conveniences have the same requirements to start up as to run. Small generators provide only a few hundred watts of power which severely limits what you can operate with them. Planning to run just a few large appliances and lights may require from 4,000 to 12,000 watts total power, or more. Small generators cost less to buy but can be costly if their limits are not respected. For example, computers or other electronic equipment can be damaged when a high demand item such as a water pump kicks in.

Make sure electrical devices are turned off before connecting them to the generator-powered circuit. When the generator is running, switch the devices on one by one. Shut them off before switching back to BC Hydro power. Read the technical information carefully to make sure your generator won't be overwhelmed by start-up requirements or total running loads. If you plan to hook up larger appliances like stoves, well pumps, dryers be sure your generator is rated for 240 volt as well as 120 volt loads.

### **Maintenance**

Be sure to inspect your generator and make needed repairs regularly. Keeping fresh gas in the tank and running the generator for 10 minutes periodically will help insure that it will be ready when you need it.

Most of the above information was plagiarized from the Internet which has a wealth of articles on all aspects of generators. Type in 'backfeed generators' for over 7000 articles.

### **Generator Etiquette**

Although we live in a rural setting, we do live very close to each other and generators are noisy. Please consider your neighbours when you choose a site to locate your generator. Your unit can also be baffled to reduce noise levels. Most importantly, just run the generator when you need it. Candlelight and quiet can be extremely enjoyable. I know I speak for all my co-workers when I say that we will make every effort to restore your power as soon as possible and hopefully reduce the need for back-up power.

Paul Williams, BC Hydro lineman

Editor's Note: in the next Pointer we will have an article on what you can do to prepare for storms and power outages. Please pass on your tips and experiences for inclusion.

## All Fool's Dance March 31, 2007

The April Fools Supper Dance was a fabulous success. Pointers were ready to dance in the arrival of Spring! 95 people turned up for a delicious home-cooked chili supper (with Suzanne Fitzpatrick as the chef in charge) and danced all night to the live music of The Pointer Brothers. The last dancers crawled home at midnight (the advantage of partying in the Point, where you can stagger home down the hill!).



We thank our very generous sponsors for some amazing prizes totaling over \$1,000 in value. Thanks to Lesley Wolfe-Milner, John and Sue Morrisson, Long and McQuade, Lynn Storey, Fiona Percy of Willis Point Massage, and Cedarwood Productions for their generous prizes.

Not only did everyone have a lot of fun, but we made a profit of \$470, so \$235 has been given to both the WP Community Association and the WP Volunteer Fire Department. Thank you to the members from the Fire Department for running the bar-I'm quite sure there was a bit of profit there too!

And for those who have been asking about those April Fool questions, here are the answers...

- Name the bone with a sense of fun. (The humerus. Yes, it's the upper arm bone, also called the 'funny' bone)
- Which country celebrates All Fools by sticking dead fish on each other? (France! Though mostly nowadays, people are happy to use cut out paper versions)
- Which Canadian Province joined confederation on All Fool's Day? (Newfoundland – although they made it at one minute before midnight so as not to officially be recorded as foolish)
- What is Aphrilophobia? (A morbid fear of April 1<sup>st</sup>)



-In Scotland they celebrate All Fools by 'Hunting the Gowk'. What is a gowk? (A gowk is a cuckoo, a bird of spring, but of course if you were a cuckold in olden times (if your wife was 'playing away') then you were a fool. Also, cuckoos fool other parent birds by swapping their eggs into the nest and usurping the host bird's offspring).

Thanks everyone,  
Karen Davies

JUAN DE FUCA LAND USE COMMITTEE  
WILLIS POINT REPRESENTATIVE  
POINTER REPORT– June 2007

Summaries of the March 13, April 17, May 8 and June 12 meetings of the Juan de Fuca Land Use Committee are in the April, May and June reports to the Community Association, and posted on the bulletin boards. The minutes of these meetings are available on the Capital Regional District web site ([www.crd.bc.ca](http://www.crd.bc.ca)).

In May, the Point enjoyed two land use “firsts”. On May 1, the Advisory Planning Commission or APC (Larry Resnick, chair) met to review a Development Permit Application from the former FAMA lot behind the Community Hall. This meeting was the first application of a Land Use Committee decision earlier this year that all Development Permit applications for the FAMA lots will be referred to the APC. No one from the public attended.

Next, on May 8, the Land Use Committee met in Willis Point – the first time the Committee has done so since it was established in its current form in 2004. One Willis Point item was on the agenda, and the Committee adopted the APC recommendations regarding the former FAMA lot. Only a few Pointers attended.

Many Pointers will recall the lengthy discussion of land use matters at last Fall’s Community Association Annual General Meeting, and in particular the opinions expressed by some concerning development of the FAMA lands. In light of this, I had anticipated that both meetings would be well attended, and I was surprised at the limited interest.

I would be pleased to answer questions, and to discuss any land use matters.

Pat O’Rourke  
(652-5598)

# Neighbourhood Notices

1. **Free** – Harvest Gold stove. Works great. Pick up at the Hall on front deck.
2. There is a mail slot now installed on the door of the annex. This slot is to be used as a depository for keys, hall rental applications and hall rental fees.

### 3. **CARPENTER NEEDED**

The community hall needs a carpenter/handy person. The deck out behind the kitchen is in desperate need of replacement. If you think you can do this job please contact the Hall manager to discuss your rate.

Thank you,  
Brenda 544-0466

## **For Sale**

1980 Le Sage Piano with matching bench. Nicely tooled case in good condition.  
\$1000 or best offer  
Call Penny Clayton at 812-6271 for more information

## **Willis Point Tiler**

Tiling jobs small or large  
Call Sean Stevenson 882-7121

## **Aerobics**

Aerobics classes are held Tuesday and Thursday at 7 pm at the Hall.  
Information: Deanna Roozendaal 544-4355

## **Discreet, reliable Pointer available for vacation**

**maintenance and security**, watering plants, feeding fish, cats, etc., on-site supervision of tradespeople while you are at work or on vacation, emergency rides or pick-up for kids to sports, appointments or school, and vet appointments. If you can't do it, maybe I can!

Pat Sloan 652-0226

## Wedding Congratulations



Judy Estrin and Peter Gary  
April 1, 2007

## Willis Point Welcomes New Neighbours

By Ken Leighton

Gordon and Alix Noble, plus daughter Melissa and husband Stefano Mosi  
6665 Mark Lane (formerly Blaney's)



Gordon is a computer programmer for the Labour Department. His hobbies are motorcycling and house renovations. Alix is manager of the downtown B.C.A.A. office. She enjoys motorcycling, jogging, and competing in 10K races.

Melissa and Stefano have sold La Collina Bakery and are looking for new business opportunities. Melissa like traveling, cooking and mountain biking. Stefano enjoys these pursuits and hiking as well.

James Elphick and Delaney Tosh  
671 Steamer Drive (formerly Angus)

James is an environmental scientist. He works through Nautilus Environmental, monitoring toxins from mining, pulp mills, etc. Delaney operates her own firm, specializing in small business coaching. Previously she worked in high tech with Lucent Technology in Vancouver and as an event manager for the International Wine Festival.

James and Delaney grew up in Kitimat. They have lived at Willis Point for a year and a half and both just love it here.



Arthur Wynams and Elizabeth Errington

7009 Mark Lane (formerly Darren and Alicia Pine's, who have moved to 7109 Willis Point Road, formerly Cunningham's)

Arthur is an electrical engineer at Schreider Electric on Keating X Road. He was born in Port Alberni but has lived in Victoria for 14 years. His hobbies are kayaking, mountain biking, tennis, camping and skiing.

Elizabeth was born in Errington and came to Victoria to attend the University of Victoria. That is where she met Arthur. Elizabeth is hospital manager at Breadner Veterinary Services on Keating X Road. She is also a kayaker and a camper.

Both Elizabeth and Arthur love the tranquility and wildlife at Willis Point. They have two cats.

## Fire Department 30<sup>th</sup> Anniversary

The Willis Point Volunteer Fire Department held its 30<sup>th</sup> anniversary on April 24. If you missed it, there is always the 35<sup>th</sup>! The anniversary was organized by the retired firefighters of Willis Point. The team was headed up by Vern McConnell and included Dean Hyland, Karen Scott, Brian McCandless, Joel Cotter, Ken Ilott, Bill Wright and Bob Halsey, with Kathy Crawley representing the active members of the department.

All went off without a hitch and everyone was well fed thanks to Gaybrielle Halsey and her team of caterers. The fantastic carrot cake was made by Marianne Malvet. Kathy Ilott came up with some great decorating ideas and Brian as usual, astounded us with his slide show of photographs of what we had been up to over the past 30 years. Brian and his team of painters did up the latest truck, that being #103 and the painting will find its way onto the wall for the next anniversary. Our MC for the evening, Brian Dallin, kept us entertained with stories and jokes about past members and quite a few firefighters, past and present, made it up to the mike to retell stories that kept us in stitches. The department has a 30 year long history of service and good humour and that tradition continues. So, thanks again to all who helped out and joined us for our 30<sup>th</sup> celebration. We will see you at the next one.

Bill Wright  
Retired Fire Chief



First Chief Dave Carley and  
Present Chief Mark Roozendaal  
cut the cake



Our first two female firefighters  
Sydney Bonner and Gloria Graham



Willis Point Volunteer Fire Department Fire Chiefs  
Vern McConnell, Dave Carley, Ian Blaney, Mark Roozendaal, and Bill Wright



Founding members  
Ken Blunt, Vern McConnell, Bill Wright, Ian Blaney, Bob Halsey



Organizing Committee





## **No Fires!**

As you have seen from our fire danger signs, outdoor burning has been banned for the duration of the fire season. The ban includes all outdoor fires including beach fires, backyard fires, and incinerators. You can still use propane fired outdoor appliances.

If you do see any fire that concerns you please call 911 immediately. Big fires start as small fires. The sooner we can attack them the better success we will have.

## **Fire Department Update**

I'm pleased to report that Willis Point has been a very safe place over the last several months with no fires and no major emergency calls.

But we're still as busy as ever continuing with our regular training plans. In addition, many members attended more intensive training over and above their normal weekly commitment. Four of our members attended a three day training course in the interior covering topics as diverse as auto extrication and interface firefighting. Five members attended a seminar on responding to emergency situations in drug labs, including grow ops and meth labs. Eight members recently spent a weekend recertifying their First Responder Level 3 enabling them to handle patients with spinal damage and training them in the use of our defibrillator. Finally, four members attended an advanced live fire training course in Nanaimo. The advanced course focused on fighting more difficult structure fires such as we would encounter with our steep slopes and limited access. As you can see, we have a very committed group of individuals donating their time to our community.

If you are interested in serving your community and are willing and able to make the commitment necessary there will be an opportunity this fall for you to join our department. It's a lot of fun being part of this team, it's obviously very exciting, and there are great personal rewards. We expect our members to attend Wednesday night practices and be a reasonably fit male or female of at least nineteen years of age. You don't need any special training or experience; we provide all of that for you. So, ask yourself if you really want to make a difference in your community and look for our recruiting signs this fall. In the meantime, if you have any questions please feel free to call me at 588-6860.

Mark Roozendaal,  
Fire Chief

## **A WARM THANK YOU, WILLIS POINTERS, FOR YOUR SUPPORT**

Thank you to the residents of Willis Point for their generous and unyielding support to the Willis Point Fire Fighters Muscular Dystrophy Boot Drive. This year again showed Willis Pointers give generously; we raised \$675.00 in just a few short hours.

This worthwhile cause started at the Point in 1979, just a couple of years after the fire department was formed. Each year the fire fighters worked various venues to raise funds or help raise funds. They achieved this with the tremendous support of the Pointers, as well lending support to other departments such as the City of Victoria and Central Saanich. The Boot Drives took on different characteristics and actions to achieve their goals. No matter the venue it always came back to the Pointers and their support!!!!

Thank you for another *successful* year!!! From: Willis Point Fire Fighters



# Willis Point Community Association

## WPCA Executive

Chair	Bill Douglas	544-1042
Vice-Chair	Don Gorling	652-6149
Corresponding Secretary	Michelle Elvedahl	652-4077
Recording Secretary	Laura Veasey	544-4949
Treasurer	Pete Veasey	544-4949
Member-at-Large	Gerri Gorling	652-6149
Member-at-Large	Ken Leighton	652-2686
Member-at-Large	Bob Scott	652-8522
Fire & Recreation Rep.	Jerry Tombu	652-4097

### WPCA Minutes Summary

See the notice boards or contact the secretary for copies of the complete minutes.

### March 12, 2007

- Road Clearance Standards are being investigated so the community can be informed.
- WPCA and Storey's Dance for Hospice will alternate years for hosting fundraisers.
- request to post executive meeting times, which are 2<sup>nd</sup> Monday of each month at 7:30pm

### April 16, 2007

- residents parking on the road in the winter is a continuing problem. Main Line cannot clear the road properly when vehicles are in the way, and sometimes their big trucks cannot even pass. Main Line will be asked to identify problematic areas on Mark Lane
- residents potentially affected by clearing on Lot 1 can file a complaint
- possibility of a sewage treatment plant being built at Hartland. Sludge would be trucked in, processed into pellets and then trucked out. Hearings will be scheduled
- Hartland quarries for their own uses but now have a stockpile which may be sold to make way for the new plant. Changes could affect out wells
- Thanks were expressed to the fundraisers in the neighbourhood who have donated time and money to the WPCA
- Fire & Rec will decide on appropriate insurance coverage for events
- a Hall clean-up is being arranged, watch the notice boards for details
- archiving and office space were discussed, Don Gorling has donated a cabinet

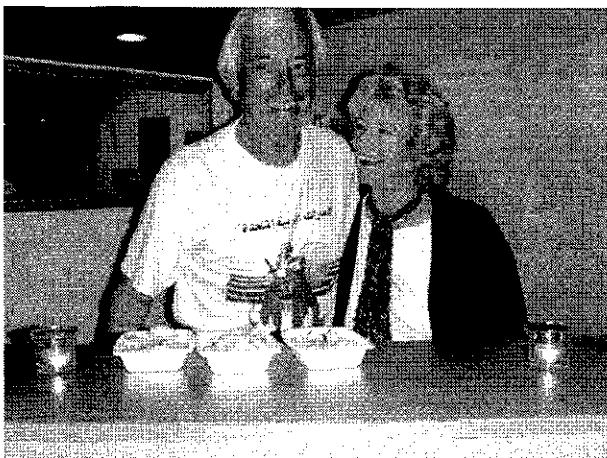
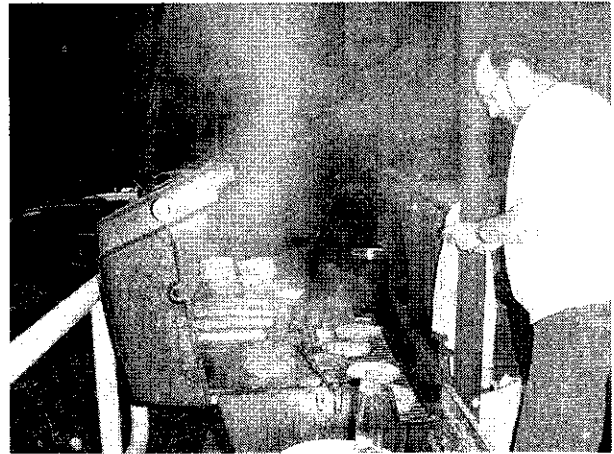
### Combined May & June meeting

- guests from Hartland and CRD explained changes to the recycling facility. Electronics are now being accepted
- waste water may be transported to Hartland for conversion to bio-solids, then trucked to other parts of the province. Public meetings will be held in the fall

## Dance For Hospice

Thanks to all those who attended the dance, and to those who donated and bid on the items for auction. Many people contributed to making this a successful event and fundraiser for Hospice. Everyone who attended from outside the Point has said to me that they can't believe how wonderful a community this is and how lucky we are to live here. And I agree!

Thanks to all,  
Lynn Storey





Our deepest fear is not that we are inadequate,  
our deepest fear is that we're powerful beyond  
measure.

It is our light , not our darkness that most frightens  
us.

We ask ourselves,

'Who am I to be brilliant, gorgeous, talented and  
fabulous?'

Actually who are you not to be?

You **a**re a child of God.

Your playing small doesn't serve the world.

There is nothing enlightening in shrinking  
so that other people won't feel insecure around you.

We are born to make manifest the glory of God that is  
within us -

It's not just in some of us, it's in everyone.

And as we let our own light shine,

we unconsciously give other people permission to do  
the same.

As we are liberated from our own fears,

our presence automatically liberates others.

from Nelson Mandela' s

1994 Inaugural Speech



## you taking care of you

The healing studio will be holding a short seminar; an overview of some key points to Enjoying the process of taking care and responsibility for our own health. (By health we mean abundance in our physical, mental, emotional, Spiritual and financial life situations.)

This fall we'll be holding The New Paradigm of Health, a series of interactive workshops going into these key points in more detail.

We'll explore:

- What do I need in the way of nutrition – me specifically, my body?
- How can I shop for and easily prepare good healthy meals & snacks?
- What exercise is right for me?
- How can I alleviate aches & pains?
- How can I experience a life of Joy & Abundance rather than a life of have to's and frustration?

What goes on in our body is always a clue as to what changes we need to make in order to find the Balance & the Freedom to live our Dreams.

This introduction seminar will also give you an opportunity to check out the healing studio. It's good to know about the services we have in our community.

Times & dates : Thursday July 12st @ 5:30-6:30pm or 7:30-8:30pm  
or Sunday July 15 @ 11am-12:30

Location : willis point healing studio, 787 Melody place

If you'd like to attend but these times don't work for you, please call as other times are possible.

**RSVP @ 544-4057 - as we'll be serving a snack  
or [fiona@victoriahealing.com](mailto:fiona@victoriahealing.com)**

P.S. Marine Phytoplankton & Frequensea will be discussed for those interested.  
It will be discussed in the seminar.

# Business Directory

Chi-Kung Massage Studio Fiona Percy 544-4057	Housework Maid Easy Gerri Gorling 652-6149
Avalon Cottage Brew on Premises Vern McConnell 386-4030 avaloncottage@hotmail.com	Knotty Pine Cedar Products Darren Pine 544-0202
Piano and Flute Instruction Monica Maxwell 544-1822	Leighton Photography Rob Leighton 652-2686
Canine Rehabilitation Gillian Jackson 652-0472	Peninsula Wholesale Plus Dean Hyland 652-3182, fax 652-5139
Chandler Construction Ken Illott 477-7431, fax 477-7528 chandlerconstruction@shaw.ca	Hyland's Fish & Chips 10153 Resthaven Drive Sidney, B.C. 656-4435
Editorial Services Patricia Sloan 652-0226	Photographs by Modigliani Jennifer Modigliani, 652-1938, fax 544-4989 photosmodi@coastnet.com
Escape in Thyme Aroma Therapy & Reflexology Paulette Blunt 818-0149	Rangel Tours, Unique & Exotic Travel Jay Rangel 652-1938, fax 544-4989
Cedarwood Video Editing and Production Karen Davies, 544-1313 www.cedarwoodvideo.com	Reflexology By Linda Parker 652-6466
Fitz Photos 544-0166 Specializing in Family, Teens & Child Portraiture www.fitzphotosvictoria.com	Dave Phillips Willis Point Specialist, Holmes Realty 656-0911
The Cleaning Queens HouseCleaning Sheryl Campbell 652-7189	Shelley's Touch   catering, baking, decorating   652-4895 klass@telus.net 