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Change The World - Nepal Is Next

Author: Vivian Corban, Citizen Journalist

Twenty-seven Grade 12 students at Stelly's Secondary School have a bold suggestion for gift-giving this year. How about building a daycare centre in Nepal in your loved one's name? Tim Storm, a Global Perspectives

teacher at Stelly's explains. Partnering with NGO, Mountain Fund, the Grade 12 Global Perspectives 2013 student group bought land and built a women's shelter, "Her Farm", in Haltham Village, Nepal. Noting that Mountain Fund's first suggestion was a small library in an existing school, Storm says, "But I said, 'We're coming with thirty kids and going to raise money, so if that's what's needed, let's go ahead, but if you're going to dream, dream big. Let's dream big and make something big.' ... [Mountain Fund's Executive Director] Scott MacLennan came back with an outline for a project and asked, 'What do you think of this - do you think you can make it happen?'"

After careful consideration, Storm decided that the project just might be possible, spread over two years. Global Perspectives Group 2014 is finishing the project, adding a water line for access to fresh water, and a daycare addition. Global Perspectives started in 1999 when Storm had the idea that, "probably the best way to give students an opportunity to figure out how to make a change in the world is to actually go to different places,

Happy New Year!

Author: Elle Colton, Citizen Journalist

It might be a little early for hollering, "Happy New Year". It is the perfect time to plan a happy new year celebration. But where do you ring in the new

to developing countries around the world." Teacher Chris McDonald works with Grade 11 students and helps when the Grade 12s take a trip. "In Grade 11 we prepare students to work on local issues. We volunteer at places like Woodwynn Farms and Our Place [soup kitchen]. In Grade 12 we prepare for global issues." Over the years the students have gone to Haiti, Cuba, Belize, Peru, and Nepal, building schools and hospitals. They're eager to get started in Nepal. "Life for women in Nepal is

quite horrific," says Storm, "if they have a spouse that's died. Quite a few young women are sold into the sex trade. If they ever make it back they might have STDs, or children with them. They're alienated from their communities and there's not much opportunity for a good life. We can help."

In order to turn the dream into reality, extreme fundraising is critical. That's where Grade 12 student Connor Williamson of Firbank Farm comes in. Connor is an old hand at fundraising; it's in his family's genes. Every fall Connor, a past recipient of Save-On Foods Amazing Kids Award, and his parents Diane and Rob paint and decorate miniature pumpkins to sell for \$5, with proceeds supporting the Saanich Peninsula Hospital. So it seemed natural for Connor to take the lead in coordinating their major fundraiser, the Global Gala. "I'm really passionate about getting involved nationally, internationally ... I really care about helping others." Connor notes the dedication and commitment of his fellow group members. "I want people to know how passionate this group is - how passionate they are about this project. How much it means to them and

are strictly for adults. Lisa Sneek, Marketing Coordinator for the Panorama Recreation Centre can vouch for that. "The whole reason for us putting the event (First Night New Year's Eve) together years ago is that there really wasn't a lot of opportunity for families to come together on New Year's. Continued online at: www.SaanichVoiceOnline.ca

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how hard they have worked for it." While fundraising is a must for the success of the venture, volunteers are also essential. Seventeen year old Haley Westra enthuses. "We'll be finishing the trip from last year - a shelter so [women] have a safe place to go to care for their babies and get food and water... Anything that they need, we'll be there and build what we can..." But why would anyone commit to spending an entire spring break working instead of hanging out with friends and family? "I decided to go," says Haley, "because the world, I believe, is

in a very fallen state and anything I can do to help and make a difference is incredible to me; even just self-satisfaction that comes out of it. I believe it will change my life in a very positive way."

Fellow student Sam, ambushed on the run, says, "It's a great opportunity to go on this trip to help out abroad 'cause it's not really offered on most curriculums. It'll be great to go."

The gala may be behind them, but Connor's job isn't over yet. It's not too late to make a contribution and all of the proceeds are going to the project. With even a small donation you can give someone in Nepal a terrific gift.

Just drop by Stelly's office and page Connor or Tim Storm. They'll be delighted to take your cheque. Change the world, one young mother at a time.



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Celebrating the mind, body and soul: Iyengar yoga on the Saanich Peninsula

Author: Natasha Caverley,
Citizen Journalist

With all the yoga classes popping up on the peninsula, you might think this was the Santa Cruz of the north. Everyone seems to be trundling off to their local class with mat in hand.

For the Peninsula Yoga Centre Society (PenYoga), however, this is old hat.

Founded in 2003, PenYoga is celebrating its 10th anniversary. The PenYoga studio located at the Mary Winspear Centre is a place where students of all skill levels and abilities on the Saanich Peninsula come together to practice the Iyengar method of yoga.

For Glenda Hingley, PenYoga Co-founder and Teacher, the PenYoga studio is "my yoga 'home' where I go to learn, teach, rejuvenate and be with friends."

Nancy Searing, PenYoga Teacher



Under the guidance of PenYoga Teacher, Marlene Miller, PenYoga students engaging in Parivrtta Trikonasana with wooden blocks. Photo credit: Peninsula Yoga Centre Society



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and Student of Iyengar yoga for 20 years, describes it as a "practical, common sense method that, with practice, reveals the connection of body to mind, mind to spirit and supports practitioners to reach their fullest potential."

Through the teachings of Yogacharya B.K.S. Iyengar, this method of yoga focuses on the alert practice, direction and alignment of carefully sequenced and timed movements that actively engage the mind, body and soul.

Led by Iyengar certified teachers, PenYoga students commence their practices by chanting the Invocation

by Pantanjali (Pantanjali is the author of the Yoga Sutras—one of the classical yoga philosophy texts). From there, PenYoga teachers work with students to blend pranayama (the regulation of one's breathing) with the practice of asana (poses) utilizing props such as wooden blocks, chairs, belts, blankets and ropes to perfect their yoga techniques.

Linda Larson, PenYoga Registrar and teacher adds that "Iyengar yoga is for 'every body', adaptations can be carried out (during classes) to suit the particular challenges presented by various bodies."

The use of props, including the

popular rope wall, provides the necessary support and enhanced awareness to students regardless of physical, mental and/or emotional ability.

For students such as Heather Neville (PenYoga beginner student—practicing yoga for one year) and Paula Smith (PenYoga intermediate student—practicing yoga for 12 years), they see the effects of Iyengar yoga practice in their daily life. Heather is recovering from cancer treatments and finds that "my (Iyengar) yoga class helped me cope with life much better physically and mentally."

Continued online at:
www.SaanichVoiceOnline.ca

Carnivores Rejoice!

Author: Ed Johnson,
Citizen Journalist

At first glance when you enter Carnivore, it seems like just another butcher shop. Located in Trafalgar Square in Brentwood Bay next to the government liquor store, glass counters are brimming full of various cuts of beef, pork, and lamb. Upon closer inspection, however, you notice there are no packaged meats in styrofoam trays. A customer explains, "I like all the meat without the packaging and styrofoam you get in the supermarket, and you can get what you want."

But lets go behind the counter and see what the real story is. The 'meatmeister' Morgan Westover, 35, is hard at work stuffing sausages for the day's sales. "We pride ourselves on selling virtually all local products, and

by that I mean, island grown and fresh. Food security for the island is important to us. For instance our beef is grass fed from the Cowichan valley."

Meat aficionados know that the best beef is grown and finished on grass, unlike factory farms where animals are on an exclusive diet of grains. "We also have three qualities of ground beef from extra lean 10 percent, lean 18 percent, to regular at 30 percent fat, so you know what you are getting," he adds.

"Our specialty is hand made sausage," Morgan boasts. All of the sausages are gluten-free and made in-house with only spices and muscle meat- no offals or byproducts. There are no pre-made binders or spices from chemical companies that are frequently found in commercial preparations.

"This is the first time in my career of ten years that I have been able to do this. We have unlimited varieties of dinner size sausage, such as beef and onion, hot and



mild Italian, "Brentwood Bay Beef", chorizo, apple cinnamon, bratwurst, sage and onion breakfast, and even chicken, apple and sage - and we will also make them up to your recipe, too," he explains.

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