



WEEK OF JUNE 8, 2009

Shawnigan Parent News



Photo: Fishing on Lake Omar (Fly Tying club). For more photos and stories, go to <http://www.shawnigan.ca/now>

Finishing Well – David Robertson, Headmaster

The message from the chaplain this morning was a reinforcement of something that we've been talking about to the School recently in different ways and that is the importance of finishing well. It's akin to the last lap of a track race where you step up your effort rather than easing off and it fits perfectly with our school prayer which we say frequently: "... when Thou givest to Thy servants to endeavour in any great matter, grant us to know that it is not only the beginning but the continuing of the same until it be thoroughly finished which yieldeth the true glory."

All that we could wish for as this school year comes to a close is in that prayer (our School prayer). It has been one of our more outstanding ones for sure and I will have more to say on that at Closing Day, but with the magical music of Frank Fernandez and our very own Ethan Chen's music in Chapel this morning still ringing in my ears, it's hard not to feel uplifted as we draw closer to the end. Emotions and fatigue will be running high in the next week, but we'll continue to focus on that quality that colours every thing we try to do here. My thanks on behalf of all of our staff for the wonderful parent support that we've had in the course of the year in so many ways!

Ah, the Pain of it All – Alexandra H. '09 (Kaye's)

For last week's Fine Art Day, the View Team published a collection of their literary works. In the booklet's introduction, team member Valentine S. explained: "While we still use Shawnigan Lake School as a frame of reference for our writing, the diverse set of characters that have joined the team this year has been able to produce works in a wide range of styles and topics." The 13 published pieces were selected from among the favourites written over the year by the eight-student View Team.

Ali H. chose to write about something especially close to her heart – rowing. The Grade 11 student also just returned from the Canadian Secondary Schools Rowing Association Regatta in St. Catharines, ON where she won two gold medals as part of the Senior Womens 8+ and the Lightweight Pair.

Sweat running down my face, my heart panting against my chest, and my hands burning from my open blisters, "Five-hundred meters in," called our cox, Maggie, "One thousand and a half to go."

Wow, that's a long way to do the same consistent motion for eight minutes. I guess that's what I signed up for though, isn't it? Early morning practices, followed by certain diet restrictions and going to dinner everyday in my tracksuit. However, there were two reasons that I joined rowing in the first place.

First, my sister did it, so if she could, I could obviously do it better. Second, I was never a foot-coordinated person, which ruled out football at a pretty early age. I believe rowers do not get enough credit; it is a sport for the tough ones. The ones that can endure the early morning practices, the long thirty-minute pieces on the ergs and on the water, and some legendary 'T's' – (if you don't know what one of those are, here's a glimpse: six steep hills, high sprinting pace, and a coach watching).

Our school has set in stone generalizations about rowing versus rugby that I presume will not change for a long time. But which one's better? They both endure different types of exercises, pains and rewards. In rugby practices, it's passing, shoving, pushing and dodging other people. In rowing, it's squaring, timing, pushing, and finishing. In rugby, physical pains are more visible: cuts, bruises, scars and broken bones are all possible outcomes of a game. More

Upcoming Events:

- June 11** Last Day of Classes
- June 12** Shawnigan Exams Begin
- June 13** Last Dance
- June 14** 5-Year Dinner
- June 17-19** OuterEDGE Trip
- June 17-25** Provincial Exams
- June 19** SPA Year End Social - hmacintosh@shaw.ca
- June 20** Closing Day: Grad Chapel Service (Grads and guests only), 10:45am. Lunch for Grads and their guests at the Headmaster's residence, 11:45am. Lunch for grades 8-11 and their guests in Marion Hall, 11:45am. Closing Ceremonies, 1:30pm with Tea in Marion Hall to follow.
- Sept. 8** New Students Arrive
- Sept. 9** Returning Students Arrive
- Sept. 10** First Day of Classes

To read about **travel arrangements** for the year-end, click on the following link:

www.shawnigan.ca/now/travel-information

internal pains are the consequence of a rowing race: sore backs, pulled hamstrings, torn blisters. But the joy of the work, of hard punishing work, is irreplaceable.

Gardening for Good – Caryl Worden

Civic Leadership students are finishing up a remarkable project for a couple of our school neighbours. The two are blind, but wanted to create a garden in their back yard. "They called the School asking if someone might be interested in helping," explained teacher Gail Conway adding that they had tried to get help from other groups here and, for a similar project when they lived in Vancouver, but no one responded "We knew this would be a perfect activity for our group."

The team has built a retaining wall and raised garden beds using recycled materials from school projects and with funds from the Sushi Charity operated by Gary Dukelow's economics class. "The couple is thrilled with the work and character of our students. They plan to grow organic vegetables and are thinking of giving tours to show that people with disabilities can grow their own food too," said Gail.

Shawnigan Lake School's spectacular gardens are open to the public on Sunday, June 14 as one of six valley gardens that are part of the Cowichan Family Life Association's 15th Annual Garden Tour. The tour includes the new Alumni Garden, the landscaped slopes by the Chapel, and around the pond through the Kaye Gardens where easels will be set up showcasing student artwork. Students will also be performing music in the garden throughout the day. The School's Head Gardener, Ed de Milo, will be on hand to talk about his garden canvas. This is a fundraiser for the association that supports children and families throughout the valley. Tickets are \$15. Call (250) 748-8281 for more info.