



WEEK OF MAY 10, 2010

# Shawnigan Parent News



Photo: SLS Regatta Gold for Men's Jr. A JV 4X. For more photos and stories, go to <http://www.shawnigan.ca/now>

## About a Hundred – Peter Yates

Just in case you ever wondered how many volunteers stepped forward to help host this year's Shawnigan Lake School Regatta, the answer is "about a hundred." And that doesn't include the fifty-two grade 8 and 9 students who worked as boatholders at the start, nor the kitchen staff who once again did a superhuman job of ensuring everyone was well fed.

More than forty of this year's volunteers were parents or alumni, and of course there were some who weren't signed up but who filled in at a moment's notice and never even showed up on the radar. The Shawnigan Lake School Regatta is a quintessential community event.

To the volunteers that coordinated the boat traffic on and off the water, checking safety equipment and keeping tabs on what boats were on the water, THANK-YOU. A special commendation goes to those of you who were manning the shore when weather conditions forced cancellation of races on Saturday and Sunday afternoons, because you did fabulous work with the traffic control as wave upon wave of boats returned to beach, as well as the crucial job of ensuring that all boats were accounted for.

Adrian Zahradka	Bill Moulaison	Avtar Johl
Marina Naguib	Bonita Wihak	Karen Farr
Carolyn Gill	Karin Ingham	Brad Henderson
Ruth Ludes	Guadalupe Diaz Sesma	Julia Henderson
Wendy Watson	John Parker	Rebekah Gawne
Stu Watson	Julia Parker	
Lori Moulaison	Connie Johl	

To the boat drivers, all of whom put in long hours, THANK-YOU. To drive a powerboat requires not only knowledge and skill, but also a boat license. We could not run the Regatta without you, and we would have been hard-pressed to find qualified replacements!

Sarah Kingstone	Katherine Dawe	Rod Macintosh
Max Wyatt	Michael Ludes	
Brian McGavin	Al Brunet	

To the volunteers who so competently looked after the Finish Line responsibilities—THANK-YOU. (For those of you who had to bundle up in layers of clothing and huddle under blankets as the breeze blew through the finish tower, I hope it didn't take long to find a hot tub and a warm beverage to thaw your frozen bones.)

Dana Rolston	Cathi Gagne	Dinty Leach
Donna Roberts	Ali Bailey	Jonathan Buckley

To **Heatherann Macintosh** and **Steve and Laurie Schmidt**, who worked with Lynn Robertson on the Trophies and Medals, THANK-YOU for so elegantly and efficiently coordinating the award presentations.

To all the parents who helped host the Volunteer Tent, especially **Henri Letient**, **Kathy Farr**, and **Dave and Trudy Woudstra** (and I know there were others), THANK-YOU. So many of our visitors commented on what a friendly, hospitable and helpful little outpost you created.

And finally to **Trish Letient**, for all the hours of e-mails and phone calls communicating with the many parent volunteers, and for organizing the hosting of the Volunteer Tent, THANK-YOU.

## Public Speaking Competition – Paul Klassen

Every year, we have several Debate students enter the Hector McIntosh Public Speaking Competition and regale all those assembled with humorous 5-6 minute speeches. Motivated by the spirit of competing against other schools in the Cowichan Valley, the

## Upcoming Events:

<b>May 17</b>	Hector McIntosh Public Speaking Competition
<b>May 20-24</b>	Mid-Term Break
<b>May 21</b>	Graduation Banquet and Ball at Whistler
<b>June 3</b>	18th Annual Shawnigan Golf Classic
<b>June 5-6</b>	Leave Weekend

Find more Parent Information on our internal school site at: <http://academic.shawnigan.ca/Parents/index.wiki>

contestants may also earn prize money for their efforts. Hector McIntosh, a Shawnigan teacher from 1945 to 1970, launched this contest many years ago and it is now sponsored by the Duncan Rotary Club. This year's finalists, Lisa Jane D. and Malia M., will be vying for top prizes. The competition takes place at the Silver Bridge Inn in Duncan on May 17, where contestants will enjoy a buffet dinner before they speak to Duncan Rotarians, Toastmasters, assembled parents and teachers. Best wishes to our Shawnigan Speakers!

## Planning 10 – Debra John

As part of the Planning 10 course, students visited the Duncan Hospital. They were treated to a graphic description of what could happen if they made choices that put themselves or others at risk. The visit began with a talk by a doctor from the emergency ward. During this section of the presentation, students were asked to consider the risk to themselves and others if they got into a car being driven by an impaired driver. They were also asked to consider the implications of an inexperienced driver driving a car full of drunk teenagers home from a party (music cranked up, alcohol being consumed and "goofing" around in the car). Students were warned that excessive speed and inexperience often cause accidents even if the driver is totally sober.

The next section of the presentation took place outside, with the students examining a car that had been totally written off. The paramedic explained that the young driver, with three passengers in the back and someone riding "shotgun," left their school premises to go "joy riding" in a parent's car. She explained that it was lack of experience that resulted in the crash. The car slid off the road and, when the paramedics arrived, they treated the injured in order of life threatening injuries—the unconscious first, those in severe pain next and those who were aware of everything last. The only one left untreated was the driver because there was nothing the paramedics could do for him; he was already dead.

Students then moved to the trauma room (in this case, a "room" set up well outside the hospital, because a real trauma victim arrived and the room and the equipment are needed). The trauma room nurses gave a full explanation of all the procedures to deal with clearing airways, checking breathing and circulation.

At the end of the presentations, students returned to the lecture room where it was explained to them that one of the hardest parts of a doctor's job is telling parents about fatalities.

The hospital program is ultimately about young people making good decisions—do they have appropriate transport organized and do they have the confidence to refuse a lift home from someone who is impaired? The discussion continued in the Health Education class the following day, when we talked about how important it is to make informed choices.