



5 Minutes to go!

Forest fire! You've got 5 minutes to leave your home! What do you do? What do you take? (See our feature article below and page 4)

Meet & Greet & Eat: A Tasty Success!

SHCA held its annual Meet & Greet on January 17th and it proved to be a tasty success. (See page 2 for article and pictures)

Emergency First Aid Class

As part of SHCA's continuing focus on emergency preparedness, we are offering a free emergency first aid class. (See page 4 for information)

SHCA Announces 2013 Events Calendar

Your community association has put together its calendar of major events for 2013 (See page 2 for calendar)

Meet Your Neighbor

We're starting a series of profiles of the many interesting and fascinating people that live here. Meet Gertrude Pacific. (See page 3)

Hidden Grove's New Trail

Sunday, April 7th at 2:00 PM will see the opening of Hidden Grove's second accessibility trail, Monty's Way. You're invited! (See page 2)

5 Minutes to go!

Forest fire! The firefighter pounds on your door! "You've got 5 minutes to leave your home" he shouts over the noise of the rapidly-spreading fire that's headed your way.



What do you do? What do you take? Are the kids in school? What about your pets? How long might you be gone? Where are you going?

Sandy Hook At Risk

We live in an area that is at risk for forest fires, particularly in dry periods. Last summer was one of the driest on record on the coast; most of us live on the upslope and that is where fires can spread the quickest. Over the last few summers we've had some close calls - a beach fire left unattended under some trees, as has happened here, is all it takes.

Don't Wait! Get Ready Now

Don't wait for that knock on the door. Work with your family and partners to make your plans now. If an evacuation is necessary, 5 minutes may be all the time you have.

Planning is the key to your safety and survival. A plan will help ensure you know what to do, what to take, how to contact family members that may be away when you have to leave, and other vital steps. Your plan should include alternate evacuation routes (in Sandy Hook this might mean a water evacuation), essential items to take (IDs, medications, pet supplies, emergency food and water,

etc.), contact information for others, and important documents if not secured elsewhere.

A printed checklist is one of the best ways to make sure that you do and take what's needed as well as serving as the means to keep everyone organized as much as possible.

There are many resources available including the SCRDP, BC, and Canada materials discussed in our previous newsletter. Here are a few web sites that can be helpful:

<http://organizeratwork.blogspot.ca/2009/07/emergency-evacuation-checklist.html>

<http://www.redcross.ca/article.asp?id=33841&tid=001>

http://embc.gov.bc.ca/em/hazard_preparedness/emergencysupplieschecklist07.pdf

Meet and Greet and Eat: A Tasty Success!

On January 17th SHCA held its annual Meet and Greet at the home of Board member Valerie Nash. Over 30 Sandy Hook residents attended, many bringing pot luck dishes for everyone to share. Among the many tasty treats were: rumaki, meatballs, chips and dips, tuna casserole, open face sandwiches, lasagna, Caesar salad, cookies, and New Jersey-style hot subs.



Door prizes were also awarded to anyone who signed up for SHCA

membership that evening. These included a book of all of Shakespeare's works, hand-made pottery, collector's mugs, and, in keeping with SHCA's disaster preparedness program for 2013, an emergency kit.

While there was no formal program, Board President Gray Waddell welcomed everyone and Disaster Preparedness Committee Chair SuSan Soux explained the ongoing volunteer door-to-door survey of resources and skills available that could be useful for a natural disaster. She reminded residents that neighbor helping neighbor is the most effective way to meet the consequences of a disaster, especially when all other emergency resources are not available. If you have questions about the survey, Susan can be reached at susansoux@gmail.com.



SHCA Board Announces 2013 Calendar

Your Sandy Hook Community Association has announced the calendar of major events for 2013 so you can plan on participating in our key activities. Mark your calendars now!

Wednesday, April 17 to Friday, May 17

Call for Nominations for 2013 - 2014 SHCA Board. Nominations should be submitted on the Board information form, which will be provided upon request, and should be sent to the SHCA Secretary euogenescanlan@mac.com

Friday, May, 17 by 6:00 PM

SHCA Board nominations due.

Thursday, June 20, 7:00 PM - 9:00 PM

SHCA Annual general meeting at the Sechelt Arts Center.

Saturday, July 13, 9:00 AM - 1:00 PM

Sandy Hook Annual Yard Sale. More information available soon.



Thursday, August 8 4:00 PM - 7:00 PM

SHCA Annual Picnic. Food and fun for everyone. Information will be available as we get closer to the date.



Date to be Announced

SHCA Emergency First Aid class (free), Location to be announced

Hidden Grove: "Monty's Way" Upcoming Major Event April 7, 2:00 PM

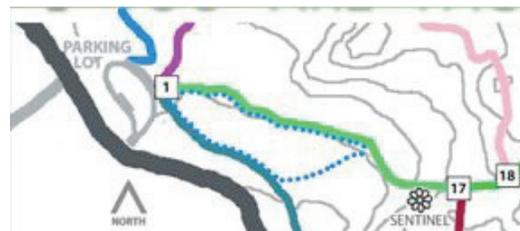
The Sechelt Groves Society has announced that it will be opening Phase 2 of its accessibility trails project. "Monty's Way", a new accessible trail, is named for the beloved and well-known Sandy Hook pooch who recently passed away.



Opening events include:

- * A special dog day. Bring your dog for the opening ceremonies and a walk through a dog's paradise (hundreds of magnificent trees).
- * The SPCA will be there to support the event.
- * A very special guest MC.
- * A well-known community member and his dog who will together cut the ribbon.

After the event you will be among those taking the first official trip on Monty's Way (dots on the map below).



For those of you not familiar with Hidden Grove, this treasure is just across the street from the entrance to Sandy Hook. A dedicated team of volunteers first led the fight to preserve the Grove and then developed a network of trails, parking, and a shelter with trail maps and other information for visitors. Hidden Grove and its development were originally carried out by a committee of the Sandy Hook Community Association, which subsequently was incorporated as the Sechelt Groves Society, a tax-exempt organization supported by donations of individuals, companies, and government agencies. For more information please visit their web site at:

www.secheltgroves.com

Meet Your Neighbor: Gertrude Pacific

Editor's note:

Sandy Hook is fortunate to have many interesting and creative people living here. Your neighbor might be an artist, a retired military officer, a working mom, a author, a leader in his or her profession, a teacher, or have one of dozens of other backgrounds and stories to tell.

This issue of the SHCA quarterly newsletter begins our series "Meet Your Neighbor". We hope that we will be able to profile one Sandy Hook resident in each future issue. The profile might feature a long-time Sandy Hook resident, or someone who has only recently moved here. He or she might be old or young, working or retired, a Canadian or someone from elsewhere, or any of the other possibilities that make up our diverse and fascinating community.

if you know someone you would like us to profile, or you would like to be considered as the subject of a profile, please notify the SHCA Board secretary at: uegenscanlan@mac.com, or drop us a note on the SHCA website listed at the bottom of the page.

Now it's time to meet Gertrude Pacific.

Profile: A Sandy Hook Classic



Gertrude Pacific

☼ A magnificent grizzly bear relaxes and looks out at you. Behind its head is a golden halo, possibly in a Romanesque or Renaissance style. But look more carefully. Is that really a halo or is it a wheel of chance – maybe the sainted bear is facing an uncertain future.

☼ A quiet trail winds through the Sechelt Heritage Forest and the Hidden Grove, Sandy Hook's pride and joy. Around you are huge old growth trees, the remains of their less fortunate cousins, giant ferns, wetlands, and other sights all too rare in the lumbered groves elsewhere.

What do all of these scenes have in common? The answer is Gertrude Pacific, long-time Sandy Hook resident, artist, environmentalist, and activist. Like many Sandy Hook residents, Gertrude's story is varied and fascinating. And here are only a few highlights. Gertrude is a professional artist, with her talent expressed through watercolors, oil painting, drawing, and egg tempera. Her artistic career can be said to date back to when she was six years old and her father taught her to paint scenes in clamshells to sell at a roadside stand. Unable to find an arts program at any Canadian university, she enrolled at the University of Washington in Seattle where she received her B.A. and M.F.A. degrees. Initially living in a rural setting, Gertrude's art works centered on scenes of fields and rural splendor. Returning to Seattle, art reflected her urban environment, including the paintings of a deserted Interstate 5 returning to nature. During this period she also worked as the Curator of Design in a natural history museum where she designed exhibits as well various publications. Gertrude also spent eight years in Los Angeles, where she learned two skills that would benefit her later: activism and the Spanish language. Already well known in the arts community, Gertrude and her husband Michael Davidson searched for an area where they could live the lifestyle they wanted: breath-taking scenery and people having similar creative interests. Like many of us, it was a friend of a friend who introduced Gertrude and

Michael to Sechelt and Sandy Hook, and they moved here in 1993. They immediately appreciated the friendly people and the natural setting – it would have been an easy time to sit back and enjoy an idyllic life. But this was not their way of doing things. Gertrude's artwork took on an even stronger environmental approach and continued to show both the natural world and the dark side that threatens it. Tempera paintings now include her "Wild Animal Saints", works that always include both a depiction of the animal and a subtle clue to the threats to its existence. Other works focus on the need to support biodiversity and the remaining natural forests that exist near us, such as Hidden Grove. Soon after their arrival, Gertrude served on the Board of the Sandy Hook Community Association which strongly supported efforts to enhance the Davis Brook estuary as well as the Sechelt Heritage Forest, an area of adjacent land that was increasingly under threat of logging and even possible development in the early 1990's. Gertrude and others from Sandy Hook led the fight to save this area as an example of a primeval forest for hikers and nature lovers. Gertrude's role was so critical that the central hiking trail was named the 'Gertrude Pacific Main Trail' by the Sandy Hook Community Association. Gertrude and Michael also emerged as leaders by proposing the "Inland Seaside Corridors" for protection, along with the salmon runs in Angus Creek through the "Spawn to be Wild" campaign [named by Michael). Hidden Grove, a jewel of the Sunshine Coast, was also the result of the work of many dedicated volunteers over the last decade; trail builders of great dedication and daring, many meetings around the table, contacts with interested parties on the Sunshine Coast and the Sechelt District Council. Gertrude and Michael continue their activism through art, volunteering, and involvement with the Sandy Hook community. Her interests have, over time, expanded to include dancing and singing but her enthusiasm for our treasured natural environment, Sandy Hook, art, and protection of the environment through activism are an example for all of us. Gertrude Pacific – a Sandy Hook classic!

Emergency Preparedness and SHCA

In mid-2012 the Sandy Hook Community Association completed a survey of residents to help determine the organization's priorities for the 2012 - 2013 period. Those people responding rated emergency preparedness highest among possible areas for the SHCA Board's focus.

Since the survey was completed, the Board has been carrying out a number of projects to better prepare us all for a major emergency.

The projects include:

- * A series of ongoing articles in the SHCA newsletter and on the web site (www.sandyhookca.com) about emergency preparedness, including references to helpful information.
- * Having a Board member attend an emergency preparedness seminar conducted by the Sunshine Coast Regional District.
- * Giving away an emergency preparedness kit at the annual Meet and Greet in January.
- * A door-to-door voluntary survey of Sandy Hook residents to determine any special skills, expertise, equipment, etc. that might be useful in an emergency. The survey also seeks to identify those residents willing to help others.
- * An upcoming emergency first aid class, which will be free to residents.

Coast emergency officials have emphasized that in the event of a major disaster, such as an earthquake, we can be cut off from any help, food, and water for 7 or more days, and some may be forced to live outside. A fast-moving fire, on the other hand, may mean we here in Sandy Hook may have to leave on very short notice, and may need to evacuate by water or other route, especially if Inlet Road is closed (a few years ago Inlet Road was closed near Porpoise Bay Park due to a fire). So plan to help yourself, and plan to help your neighbors.

The Welcome Wagon Welcomes You!

Are you new to Sandy Hook? Do you have new neighbors? You should know about the Welcome Wagon. This service provides a generous basket full of free gifts and community information for newcomers to the Sunshine Coast.



Want to know more? Please contact Rita Hunt at 604-885-3601 or email her at welcomet2sunshinecoast@gmail.com

Key Areas For A Household Emergency Plan

Emergency exits: Draw up a floor plan of your home that shows all possible exits from each room. Plan a main exit route and an alternate exit route from each room. If you live in an apartment, plan to use the stairs instead of the elevators. If you are unable to use the stairs, notify emergency personnel ahead of time. Also, identify an evacuation route from your neighbourhood in case you need to leave in a hurry (and think of more than one option).

Meeting places: Identify safe places where everyone should meet if you cannot go home or you need to evacuate. Identify: safe meeting place near home; safe meeting place outside immediate neighbourhood; evacuation routes from neighbourhood.

Documents: Make copies of important documents: birth and marriage certificates, passports, licences, wills, land deeds and insurance. Take photos of family members in case a lost persons record is created. Keep them in a safe place, both inside and outside your home.

Workplace: Learn about the emergency evacuation plans in place and what you will need to do. You may want to have some basic supplies at work, such as water and food that won't spoil, in case

you need to stay put for a while. Check with your employer about workplace emergency plans.

Children: Ask your children's school or daycare about their emergency policies. Find out how they will contact families during an emergency, and what type of authorization the school or daycare requires to release your children to a designated person if you can't pick them up. Make sure the school or daycare has updated contact information for parents, caregivers and designated persons.

Pets: In case of an evacuation, remember that pets are not allowed in some public shelters or hotels. In case of an evacuation, prepare to take your pets with you to the home of a relative or friend, or take steps to identify pet-friendly hotels or pet boarding facilities in your area and further away from home.

Special health needs: Establish a personal support network of friends, relatives, health-care providers, co-workers and neighbours who understand your special needs. Write down details about special health needs. Talk to your doctor about preparing a grab-and-go bag, if possible, with a two-week supply of medication and medical supplies.

Contacts: Keep a record of emergency numbers and non-emergency numbers, including friends, neighbors, and relatives. Arrange for each family member to call, e-mail or text the same out-of-town contact person in case of an emergency. Choose an out-of-town contact who lives far enough away that he or she is unlikely to be affected by the same event. If you are new to Canada or have recently moved to a new area, make arrangements through friends, cultural associations or community organizations.

The above information was excerpted from the Government of Canada web site Get Prepared. For more details see:

<http://www.getprepared.gc.ca/cnt/rsrscs/pblctns/yprprdnssgd/index-eng.aspx>