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Wednesday, JUNE 3, 2020

PODCASTS

Ex-urbanite trend informs new podcast series

The Escapists explores quest for authentic living

BY ELIZABETH NOLAN
DRIFTWOOD STAFF

The reasons people seem to be fleeing the city for island life is the subject of a fascinating new podcast called The Escapists, produced on Salt Spring by Bradley Damsgaard and Adrian Mack.

The new-ish community members are media professionals who first worked together on The Nerve magazine in Vancouver, which Damsgaard founded and where Mack served as film editor before moving on to The Georgia Straight.

Damsgaard went on to work for social media management firm Hootsuite and currently runs his own consulting agency, Republic Digital. Mack transitioned his position with The Straight into a remote one when he and his family moved to Salt Spring a few years ago. After Damsgaard and his partner made their own escape from Vancouver in May 2019, the two friends started meeting regularly to talk about doing some sort of project together. They had also started bumping into more city friends in Ganges and realized there was an interesting phenomenon taking place.

"It occurred to Brad and I that something was happening and that there was a growing interest in leaving the city and trying to live a quote-unquote more authentic life," Mack said.

The Escapists explores people's reasons for leaving the city and the often surprising reality of living in a rural community, with Mack serving as chief interviewer and Damsgaard as cohost and producer. They ground their discussions with guests in their own experiences as urbanites who are "at the bottom end of a very very steep learning curve" when it comes to things like septic systems, chainsaws and decentralized government.

"I'm really at sea out here; I'm very lost at this way of life, but I'm enchanted by it," Mack said. "And I'm very convinced that urban life, especially now, is going to become much more difficult and much less gratifying for people."

"I see what we're doing as having many different audiences," Damsgaard said. "For someone who's thinking about what we're doing we want to dispel the myths or bring the truth about the hard realities."

Rather than being a warning against leaving the city, Damsgaard explained the podcast could be useful for those who want to escape but have been making excuses about why they can't, by showing how others have done it and made it work. It's also aimed at people who have recently made the move, to help them adjust.

"It's building a community of escapists but also talking to the fringe who are closet escapists, maybe," Damsgaard said.

Episodes are around an hour long and have a conversational format. Season one's five episodes feature interviews that were done in pre-pandemic times. The very first subject was Chris Arnett, who moved to the island in the 1980s



PHOTO BY BRETTE LITTLE

The Escapists creators and new islanders Bradley Damsgaard, left, and Adrian Mack.

despite a successful music career in Vancouver. (Mack now plays drums in Arnett's band Salt Spring Underground.) His story was so fascinating it warranted two episodes. Season two will have a slightly different tone as subjects will be speaking post COVID-19, which has served to underline why city living may not be the best choice.

Common to the first season's subjects is the fact most have kept their jobs in Vancouver but found a way to do the work remotely or to commute less frequently. Work has come up as a common theme in the podcast and is one of the difficulties in making a move. As Damsgaard points out, island-based jobs may not be high-paying and may be only seasonal, so people often need to have several different streams of income. Work based off-island also has drawbacks, though.

"Having your financial ties to the city is something you will have to deal with eventually," Mack said. "It's the thing that might get you out of the city, because we can work remotely

now. But especially in a post-COVID-19 world, I think it becomes pretty apparent pretty quickly that you need to re-establish your financial security here rather than there ... I expect that will come up more in future episodes and I think it was always the subtext of the first season."

So far the focus has been on people who came to Salt Spring from Vancouver because that is who and what the producers know. Going forward they would like to expand their subject base to other islands and into northern areas like the territories.

The Escapists podcast can be found at escapists.ca, where listeners can hear the full first season and choose to subscribe. It's also available to download from platforms such as Apple Podcasts, Google Play and Spotify.

The team is looking for new interview suggestions and feedback on what they've done so far — both good and bad. Emails can be sent to escapistforlife@gmail.com.

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DAY	TIME	METRES	FEET	DAY	TIME	METRES	FEET
3	0145	3.3	10.8	7	0356	3.2	10.5
	0858	0.6	2.0		1140	0.1	0.3
WE	1628	2.9	9.5	SU	2004	3.4	11.2
ME	2035	2.3	7.5	DI			
4	0213	3.3	10.8	8	0057	2.8	9.2
	0936	0.3	1.0		0436	3.0	9.8
TH	1729	3.1	10.2	MO	1224	0.2	0.7
JE	2136	2.6	8.5	LU	2051	3.4	11.2
5	0244	3.3	10.8	9	0213	2.7	8.9
	1016	0.1	0.3		0517	2.9	9.5
FR	1824	3.3	10.8	TU	1308	0.3	1.0
VE	2239	2.7	8.9	MA	2135	3.4	11.2
6	0318	3.2	10.5	10	0332	2.6	8.5
	1057	0.0	0.0		0558	2.7	8.9
SA	1915	3.4	11.2	WE	1352	0.6	2.0
SA	2346	2.8	9.2	ME	2216	3.4	11.2

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Ph: 250-537-9933 Fax: 250-537-2613 Toll Free: 1-877-537-9934
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Advertising: Shirley Command

Amber Ogilvie PUBLISHER
Damian Richards ASSOCIATE PUBLISHER
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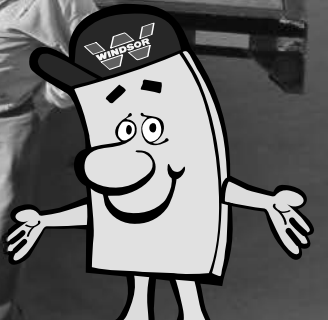
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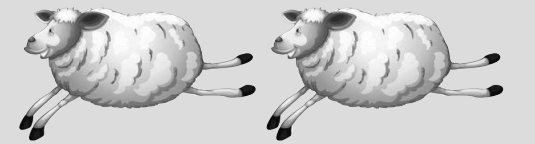
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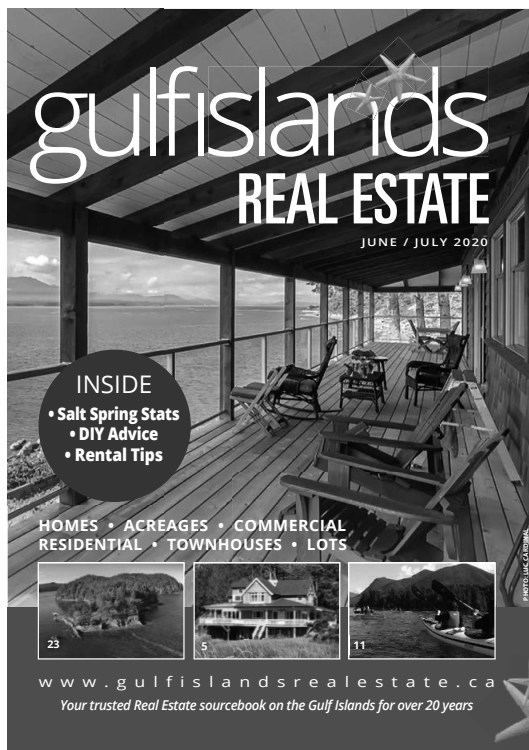


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<p>GILLIAN BIANCA FEITELBERG (SHILLINGTON) Dec. 24, 1949 - May 11, 2020</p>  <p>Gill passed away suddenly and unexpectedly at Lady Minto Hospital on May 11, 2020.</p> <p>She is survived by David, her loving husband whom she had been with for 53 years, and children Anton (Jaclyn), Bianca (Matt) and grandchildren Henry and Maggie.</p> <p>Gill was born on December 24, 1949 in Laren, Netherlands and grew up in Durban, South Africa. In 1981, she emigrated to Toronto with her young family. She requalified as a pharmacist and worked in two large hospitals. She found a vibrant community and made lasting friendships.</p> <p>She and David moved to Salt Spring in 2003 where she volunteered at the library, Art Spring and Island Women Against Violence. She helped found the Salt Spring literacy program and participated in art groups. She had a great love for the arts, books and travel.</p> <p>Our dear Gilly was warm, laid-back and fun. Always enthused, always saying yes, never worrying about the small stuff. Her personality shone in her handling of the physical challenges she experienced later in life; she faced them with determination, grace and patience. She welcomed everyone with openness and kindness, and always without judgment. Her joie de vivre was infectious. She was loved by all.</p> <p>We like to believe she is soaring in the trees above her home, free to move as she pleases.</p> <p>A private family ceremony was held to commemorate her life.</p>	<p>VIOLA MARY STOLTZMANN Aug. 3, 1934 - May 13, 2020</p>  <p>On Wednesday May 13th at 10pm, Viola Mary Stoltzmann (nee Bettcher) passed away in Hillside Village in Salmon Arm, B.C. at the age of 85.</p> <p>Viola was born on a farm on August 3, 1934 in Saskatchewan. As a child she moved to BC with her family. All her life Viola was involved in church life: youth groups, choirs, board member. Viola was an athletic outdoors person enjoying baseball, skiing, hiking fishing, camping, and sailing. She had a successful career with Shell Canada for over 25 years. Viola met and married Manfred Stoltzmann and they resided in New Westminster until their retirement when they moved to Pender Island where they built a beautiful home together. In her retirement Viola sailed, travelled and learned how to paint. She loved being with family and always enjoyed having visitors to Pender. Her life on Pender included many friends who were like family to her.</p> <p>Viola is predeceased by her loving husband, Manfred Stoltzmann, father, Walter Bettcher, mother, Pauline Bettcher, and brother inlaws, Siegfried Kammholz and Edward Wiens. She is survived by her sister Loren Wiens, brother, Lawrence Fred Bettcher (Lynda), sister-law Vera Mash (Gunter) and sister-in-law, Rita Kammholz. Viola is also survived by many nieces, nephews, great-nieces, great-nephews and many friends.</p> <p>Online condolences may be sent to Viola's family through her obituary at www.bowersfuneralservice.com</p>	<p>DAVISON ATTENTION INVENTORS! Ideas wanted!</p> <p>Call Davison today! 1.800.218.2909 or visit us at inventing.davison.com/BC</p> <p>Free inventor's guide!</p> <p>Medical Health</p> <p>GET UP TO \$50,000 from the Government of Canada. Do you or someone you know Have any of these Conditions? ADHD, Anxiety, Arthritis, Asthma, Cancer, COPD, Depression, Diabetes, Difficulty Walking, Fibromyalgia, Irritable Bowels, Overweight, Trouble Dressing...and Hundreds more. ALL ages & Medical Conditions Qualify. Have a child under 18 instantly receive more money. CALL BRITISH COLUMBIA BENEFITS 1-(800)-211-3550 OR Send a Text Message with Your Name and Mailing Address to (604) 739-5600 For Your FREE benefits package.</p>	<p>ONLINE AUCTION June 5 - 13 short notice, bailiff seized complete butcher shop, Prince George, BC - View lots and Bid Online at www.activeauctionmart.com. Lots incl. Maurer Smoke House, Band Saw, Slicers, Meat Mixer & Grinders, Brine Machine, Tenderizer, Display Cases, Vac Pac, Scales & MORE. On site viewing by appt. call 778-838-2645 to book. VIEW LOTS / BID ONLINE and for more details visit activeauctionmart.com or call our 604-371-1190.</p> <p>YOUR COMMUNITY Your Classifieds</p> <p>Building Supplies</p> <p>INTEGRITY POST FRAME BUILDINGS since 2008. Built with concrete posts. Barns, shops, riding arenas, machine sheds and more. Adam.s@integritybuilt.com. 1-250-351-5374. www.integritybuilt.com</p> <p>Free Items</p> <p>FREE: Swarming these islands for 5 decades!! Free honey bee swarm removal. Ron Pither 250 539-2034</p>	<p>CALL BOB'S COMPUTER</p> <p>Service for troubleshooting, software & networking support. Remote desktop support available.</p> <p>250-537-2827 or cel. 250-538-7017 rcmtech@shaw.ca</p> <p><i>Please back-up your important data now!</i></p>	<p>D.W. Salty is looking for material for his column, Streets of Salt Spring Island.</p> <p>If you have information on any of our streets, please contact us at: 250-537-9933 or dwsalty@driftwoodgimedia.com</p> 	

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PARC is working extremely hard to ensure that all camps are in compliance with social distancing guidelines and health policies some adaptations have been put in place at this time.

CURRENT CHANGES INCLUDE:

- All camps will be weekly registration – No Daily registration camps
- No Pre or Post Camp offerings
- Staff will be trained in specialized equipment cleaning procedures
- Activities have been modified to support social distancing wherever possible
- Activity equipment will not be shared.
- All children who are sick or required to self-isolate **MUST** stay home.
- Enhanced COVID-19 based Summer camp policies and procedures to be sent out and signed off on prior to starting camp.

We truly appreciate your patience as we navigate these uncertain times and aim to bring your child/children the best care and summer possible.



OUTDOOR ADVENTURE CAMP (5-12 yrs)

An immersive outdoor adventure! Each week is full of themed activities, outdoor exploration, colorful individual crafts, and plenty of classic and outrageous games. You'll be sure to have a blast and make some new friends! Campers will be split into teams based on their age. Every Wednesday of each week will be designated for out trips. Pick up and drop off locations for out trips will be released upon opening of registration.

Instructor: PARC Program Staff

M,Tu,Th,F 8:30am-3:30pm Jun 29 – Jul 3 (no camp Jul 1) \$128/week

M-F 8:30am-3:30pm Jul 6 – 10 \$160/week

M-F 8:30am-3:30pm Jul 13 – 17 \$160/week

M-F 8:30am-3:30pm Jul 20 – 24 \$160/week

M-F 8:30am-3:30pm Jul 27 – 31 \$160/week

T-F 8:30am-3:30pm Aug 4 – 7 \$128/week

M-F 8:30am-3:30pm Aug 10 – 14 \$160/week

M-F 8:30am-3:30pm Aug 17 – 21 \$160/week

M-F 8:30am-3:30pm Aug 24 – 28 \$160/week

M-F 8:30am-3:30pm Aug 31- Sept 4 \$160/week

Location: SS Elementary School Gym

PRESCHOOL NATURE CAMP (3-5 yrs)

Big outdoor fun for little ones – Enjoy story time, sharing, creative arts, games, introductory sports and more. We will fill your little camper's morning with activities, imagination and creative play. Please bring snacks, water, and outdoor clothes.

Instructor: PARC Program Staff

M-F 9:30am-12pm Jul 6 – 10 \$89/week

M-F 9:30am-12pm Jul 20 – 24 \$89/week

Tu-F 9:30am-12pm Aug 4 – 7 \$71/week

Location: Rainbow Road Aquatic Centre

TREAD HEADS BIKE CAMP 8-12 yrs

Join us for an exciting week on two wheels! This Camp is all about improving your riding, pushing your boundaries, and having fun! Riders will spend the week mastering the Moutat bike park, adventuring to island beaches, and learning how to care for their bicycle. Campers bring their own bike and helmet.

Instructor: PARC Program Staff

M-F 8:30am-3:30pm Aug 10 – 14

\$180/week

Location: Rainbow Road Aquatic Centre Field

ELI PASQUALE BASKETBALL CAMP

6 – 9 yrs, 8 – 14 yrs, 10 – 14 yrs

These upbeat, instructional sessions are perfect for players wanting to learn the FUNDamentals of basketball. This camp provides Eli's Classic half day program plus full day campers will learn offensive and defensive skills. Progressive skills are taught using fun games, drills, and scrimmages under the supervision of Eli Pasquale's enthusiastic coaches.

M-F 9am-12pm Jul 20 – 24 6 – 9 yrs

\$135/week

M-F 9am-12pm Jul 20 – 24 10 – 14 yrs

\$135/week

M-F 9am-4pm Jul 20 – 24 8 – 14 yrs

\$220/week

Location: SIMS Gym

SOCCERTRON

These upbeat, instructional sessions are perfect for players wanting to learn the FUNDamentals of soccer. Soccertron stresses learning the correct techniques so players can thoroughly enjoy soccer for the rest of their careers.

Progressive skills are taught using fun games, drills, and scrimmages under the supervision of Soccertron's enthusiastic coaches.

M-F 9:30am-10:30am Jul 13 – 17 3 - 4 years

\$85/week

M-F 10:45am-11:45am Jul 13 – 17 4 - 5 years

\$85/week

M-F 9am-12pm Jul 13 – 17 6 - 9 years

\$135/week

M-F 9am-12pm Jul 13 – 17 10 - 14 years

\$135/week

M-F 9am-4pm Jul 13 – 17 7 - 14 years

\$220/week

Location: Portlock Park Picnic Shelter

All camps and programs are subject to change due to COVID-19 restrictions.

FREE PUBLIC SHOWERS

are available at Rainbow Road Aquatic Centre, during the COVID public health emergency, 9am – 1pm on Mondays, Wednesdays and Fridays (excluding stat holidays).

Patrons can drop-in or reserve ahead of time via phone 250-537-1402 or email ssiparc@crd.bc.ca.

ADULT PROGRAMS

Adult Fitness at Portlock Park Enjoy group fitness in the open air. Classes are designed to allow participants to maintain physical distance while getting a great workout. Classes will be held under the picnic shelter in the event of rain. *Pre-Registration is required for all classes. To register visit our website crd.bc.ca/ssiparc or contact us at 250-537-1402 for more help.

STRONG

Torch and Tone all over with this Martial Arts based HIIT group fitness class! This class is high intensity and meant for those who want a challenge! We will be squatting, kicking, punching, planking, lunging, and doing push ups, crunches, back extensions, tricep dips and more! Please bring a yoga mat or towel and a water bottle. *no class Aug. 3

Instructor: Shal Friesen

M 6:15pm - 7:15pm

Jun 15 – Aug 17 \$90/9

Location: Portlock Park Field/Picnic Shelter

YOGA IN THE PARK 16 yrs+

Designed for all levels we will work with breath and movement in slow-flowing sequences to help stretch, strengthen & move with ease. Classes will work on different areas of the body and explore new postures each week. Paying attention to alignment, understanding of posture, & their effects on the body, mind and spirit. *Please bring a yoga mat and water bottle.

Instructor: Sarah Jane

Tu 9:15am-10:15am

Jun 16 – Jul 21 \$72/6

Location: Portlock Park field/Picnic Shelter

TRX

This intense workout will use your own body weight and gravity to build long lean muscle, balance, stability and flexibility in one efficient class. Whether you are an athlete or just want to get back into shape, the TRX is an excellent cross training tool to reach your fitness goals.

Instructor: Molly Black

Tu 8am-9am Jun 16 – Jul 28 \$70/7

Th 8am-9am Jun 18 – Aug 6 \$70/7

no class July 16

Location: Portlock Picnic Shelter

SIT N' FIT FOR SENIORS

Sit & get fit in the park! Chairs sterilized before and after each class. Gentle mobility work to keep you moving and thriving in your body! Classes can be done seated, standing with or without the chair for assistance, or a mix! Work at your level outdoors in a safe and inviting environment.

Instructor: Shal Friesen

W 8:15am-9:15am

Jun 17 – Jul 8 \$20/4

Location: Portlock Park Field/Picnic Shelter

INTRO TO OUTDOOR BARRE 16 yrs+

This private or semi-private full body workout reduces impact on joints and features cross training, toning and sculpting effects that will help elongate the spine & correct poor posture. *Bring your own equipment or you can purchase your own for \$59.00*

Instructor: Tanja Akerman

Th Jul 2 10am-11:30am \$75

W Jul 15 10am-11:30am \$75

Th Aug 6 10am-11:30am \$75

W Aug 12 10am-11:30am \$75

Location: Portlock Park Picnic Shelter

COMBINED QI GONG AND TAI CHI 19 yrs+

Join us in the park this summer for Combined Qi Gong and Tai Chi. Practices work toward restoring and improving health via internal exercise comparable to a self-controlled deep massage.

Instructor: Gordon Muir

W 5:15pm-6:45pm

July 8 – Aug 19 \$91/7

Location: Portlock Park Field/Picnic Shelter

PERSONAL TRAINING

Personal Training is back! Enhanced policies have been put into effect to ensure the safety of you and your instructor. Contact Salt Spring Island Parks and Recreation for more information. 250-537-1402 sfreer@crd.bc.ca.

VIRTUAL YOUTH SAFETY AND FIRST AID COURSES:

BABYSITTER TRAINING 11-15 yrs

Become a certified babysitter. Topics covered include behavior management, and basic first aid training. To ensure success in this new virtual program, it is recommended that family members help with assignments between sessions. Participants will need access to a device with video conferencing capabilities and internet access.

Instructor: Chelsea Harris

F 10am-1pm Jun 12 -26 \$65

Th 10am-1pm Jul 23-Aug 6 \$65

Location: Online program

STAY SAFE! 9-12 yrs

Designed for children and adolescents that would like to spend time home alone for short periods. Course focuses on home and personal safety. To ensure success in this new virtual program, it is recommended that family members help with assignments between sessions. Participants will need access to a device with video conferencing capabilities and internet access.

Instructor: Chelsea Harris

Th 10am-12pm Jul 2- 16 \$35

Th 10am-12pm Aug 13- 27 \$35

Location: Online program

