



Holiday Pet Safety Tips

Christmas is such a wonderful time for us to visit with friends and family, put up decorations, and celebrate the season! Our four legged friends also enjoy this time of year so to keep them safe and happy this holiday the following is a brief list of things to be mindful of:

Food/Drink – please don't feed your pets greasy, fatty foods, alcohol, chocolate, coffee, tea, uncooked meat, fish and poultry, bones from fish, meat, tobacco products, nuts, grapes, raisins, uncooked dough, and artificial sweeteners.

Plants - Holly, Mistletoe, Poinsettias, etc. are all detrimental to pets so please keep them out of your pets reach.

Decorations – Ribbons, yarn, string, tinsel, potpourri, candles, glass ornaments, table clothes, gifts under the trees, batteries, tree needles, electrical cords, angel hair, artificial snow, candy/food on the tree, etc are all things to be conscious of when decorating your house as they are pet magnets.

We hope everyone, four legged friends included, has a safe, happy and wonderful Christmas!!!



Greetings from the 2012 PRRA Board

Message from the President

First and foremost, I would like to take this opportunity to thank all of our hard working volunteers this season. By volunteering their time and energy, they have helped to give residents on the road a voice with local government, foster community spirit and represent road interests.

Some of the projects that the PRRA, a not-for profit organization, are working on currently include; getting high speed internet connectivity, expanding the Nymph Falls Park, expanding the parking lot, and having earthquake and disaster kits along the road for emergencies for the residents. If you are interested in learning more about how you can help with these projects or in becoming a member please give us a call.

On behalf of the PRRA, we wish you and your family a very Merry Christmas and a Happy New Year!

Sincerely,

Bev Dickson, President of the PRRA



Update on high speed internet service for Forbidden Plateau Rd

The PRRA board recently met with representatives from Telus to discuss the possibility of providing broadband internet coverage to Forbidden Plateau Road. Telus has chosen Courtenay / Comox / Cumberland as its first test market for "fibre to the home" network to existing homes and businesses, i.e., Optik TV services and high speed internet up to 50 Megabits per second speeds. That being said, the challenge of providing this service to Plateau Road is that the cost to introduce service to ~ 70 homes in this low density area is equivalent to servicing 300 homes in town or elsewhere.

Greg Goodwin, VP of Telus Home Solutions and Ray Lawson, general manager for Vancouver Island, reviewed the technology options to expand fibre capacity from Courtenay's central office to Piercy Road, and put in a new run from the Piercy Road intersection up Plateau Road. The upfront capital investment for Telus is a significant challenge, however Goodwin and Lawson outlined a couple options to make the Forbidden Plateau Road investment more competitive with other communities, and they are interested in working with our community to make this a viable partnership.

Depending on community interest, the PRRA board will organize an information meeting early in the new year to highlight these options in more detail. If you are interested in high speed internet / broadband service to your home, please email Steve Allen your contact information and we will advise you of the meeting, and keep you updated on the situation. Email address: ehstevea@gmail.com • Ph: 250-338-7715. A written expression of interest can be mailed to PRRA - 4666 Forbidden Plateau Rd., V9J 1R3.

Meet your 2012 PRRA Board



Mike Larock • Vice-President



Catherine Egan
Treasurer



Steve Allen • Secretary

In the News

CVRD announces extension to Nymph Falls Park.

The park extension is 5.5 hectares in size and includes an existing 435 metre trail that runs along the Puntledge River and is used by pedestrians and mountain bikers.

The newly-acquired parkland connects to trails within Nymph Falls and also to trails on Crown land to the west. The CVRD is seeking a permit from the Ministry of Forest, Lands and Natural Resources Operation to operate and maintain the trails on the Crown land.

Bev Dickson • President / Nymph Falls Park Liaison



Beverly Dickson has served on the PRRA board for the last four seasons and currently is President of the Association. Her background includes being a board member of numerous associations, business and non-profits and being CEO of D-3 Telecommunications for 13 years in Calgary, AB. Presently she owns Doggydo Boarding Kennel on the road. Her interests and hobbies include....dogs ☺

Mike Larock and his wife Carol have lived in Courtenay for 24 years, raising four children in the schools and hockey rinks of the Comox Valley.

Mike is a registered professional forester and a partner in Huock Forests Ltd. Mike has practiced professional forestry for 30 years in coast forest ecosystems from Prince Rupert to Victoria as a silviculturalist.

Huock Forests Ltd owns and manages private and crown forest land in Courtenay, Gold River and Texada Island. Mike is also the director of professional practice and forest stewardship with the Association of BC Forest Professionals.

Catherine Egan moved to Forbidden Plateau in 1991, and has been a PRRA board member since 2006. Catherine has a background in publishing, communications and project management, and has served on several non-profit boards in the community. Her current projects include Mountain Spirit Garden Estates – a rural property development on Forbidden Plateau and CeaCom Consulting – a communications and project management business.

An outdoor and wellness enthusiast, Catherine heads up Nordic pole walking programs in the valley, and works with her partner Jeremy in maintaining their five acre Mountain Spirit Gardens & Retreat space.

Steve Allen has lived in the Comox Valley since 1973 and on Forbidden Plateau for the past 15 years. Steve is retired, having spent his working life as a forestry contractor which provided him with an understanding of the needs of small business. For the past five years Steve has been part of World Community Bikes. "We accept donations of unwanted adult bicycles, repairing and redistributing them to people who cannot afford other means of transportation."

"I joined the Plateau Road Resident's Association in the belief that it is preferable to know our neighbours before we need each others help. In addition, many of the common concerns of the residents of our road are more effectively represented by a collective voice, particularly when dealing with government or large companies. Come and join us at the kitchen table."

Update on Emergency & Earthquake Preparedness

Road access into our Plateau Road community is by way of the Browns River Bridge, the Inland Highway overpass, and Stotan Falls Bridge. In the event of a major emergency, i.e. forest fire, earthquake, storm/power outage, residents on and near Forbidden Plateau Road may be isolated for an extended period of time.

With this in mind, the PRRA met with Mike Fournier, Program Coordinator of the Comox Valley Emergency Program to review potential emergency action plans. These include:

1) Personal Emergency Preparedness – and a reminder that each homeowner should be prepared for an earthquake, forest fire, etc., and have on hand an emergency Grab and Go Bag. See links below for a list of websites with emergency / earthquake preparedness info.

2) Community Preparedness: PRRA is compiling a list of residents who have emergency and first aid skills, expertise and equipment. **Do you have a skill or equipment that could be helpful to our community in an emergency? If so, we would like to hear from you.**

3) Community Resources: PRRA has recently purchased four Saint John Ambulance Emergency Kits (two earthquake emergency bags and two Level II First Aid Kits). They are located at the following residences on Forbidden Plateau Road:

T/R. Ramsden - #4407 • K/L. Harder - #4341 • J/S. Hancock - #4010 • Dr. Gee - #5271 Mystic Rise.

http://embc.gov.bc.ca/em/hazard_preparedness/earthquake_preparedness.html

<http://www.comoxvalleyemergencyprogram.com/>

Pauline Williamson has lived here since 2006 with her wildlife photographer husband, after emigrating from the UK.

Pauline works in Comox in the financial industry but her main hobby is her two border collies and you'll see them up and down the road, but mainly running through Nymph Falls, whatever the weather.

Pauline has experience in disaster planning, first aid, housing & homelessness issues - but it's all UK based experience so a little different in legal jargon, but the common sense approach covers both countries!



Pauline Williamson

A resident on Forbidden Plateau Road for the past eleven years, Kim Harder lived in Delta B.C. for twenty years before moving to the valley. "We came to Vancouver Island for vacations for many years and fell in love with the island." They bought Forbidden Plateau Bed and Breakfast and ran it for nine years. "Now we are living in this beautiful place and enjoying the trails and what the valley has to offer."

Kim is married with three grown children. "Our daughter Kendra lives with us and is lucky enough to work on our road. My Mom is a recent addition to our home so most of my time is spent caring for her these days. I enjoy hiking, walking, gardening, cooking and spending time with friends and family."



Kim Harder

Julie Hancock

Julie Hancock grew up on Forbidden Plateau Road in the early '80s and moved back to this area in 2008. Three generations now live and work on the acreage next to the Browns River Bridge, known for its outdoor gallery.

Julie owns Dreamshaper Hair Studio located on site, her brother Kevin Lewis is the creative force behind the gallery's woodcarvings, and her mother Jo-Anne Lewis has Sole Comfort Reflexology. Julie and her husband Steve have one daughter.



Magdalena Sidl

Magdalena Sidl was born in Austria and at 19 moved with husband Stefan to South Africa for five years. From there they have lived in New Zealand, Chicago, Toronto, Ottawa and Australia. In 1997 the Sidls settled down on Forbidden Plateau Road.

Magdalena's post-secondary education includes business administration, and food and nutrition management.

"We moved here because we thought it is a great place to raise our two children. And I volunteer with the Plateau Road association because I like to be involved in the community."

In her spare time you will find Magdalena travelling, hiking and looking for chanterelles.

In the Neighbourhood



Plateau Roads's own Steve Williamson was recently recognized in the BC SPCA's annual Wildlife-In-Focus Wildlife Photography Contest. Winning first place in the Wild Settings category, Steve's image of a grizzly bear running in the Glendale River was a favourite across the independent panel of judges. *Congratulations Steve!*

Why join the Plateau Road Resident's Association?

- To discuss/solve issues that directly affect our local community, i.e., emergency plans, delivery of high speed internet service, community safety.....
- To have an organized voice that liaisons with local government, i.e. management of Nymph Falls Park, and related interests and issues
- To foster road spirit with our members and the community
- To promote your business to other members through the PRRA website, as well as access important online community information.

Contact and Membership Information:

Membership is \$5.00 per household per year (January to December).

Annual General Meeting held each May • PRRA meets most months - all are welcome.

Ph: 250-334-2600 (B. Dickson) • Ph: 250-338-7715 (S. Allen) • Email: bev@doggydo.org

Did you know we have a variety of businesses and services on Plateau Road including....?

- Boondock Developments Ltd. • Ph: 250-334-3848
- CeaCom Consulting • Ph: 250-334-1086
- Coastal Power Striders • www.CoastalPowerStriders.com • Ph: 250-897-0654
- Coastal Trek Resort • www.CoastalTrekResort.com • Ph: 1-800-577-0157
- Complete Access Contracting • Ph: 250-339-0668 • 250-218-8007
- Comox Valley Powerwashing & Paint • Ph: 250-898-3118
- Doggydo.org Boarding Kennel & Cat-Shack.org • Bev Dickson • Ph: 250-334-2600
- Dreamshaper Hair Studio • Julie Hancock • Ph: 250-334-0205
- Forbidden Plateau Outdoor Gallery • Kevin Lewis • Ph: 250-338-1603
- Huock Forests Ltd • Mike Larock • Ph: 250-338-8160
- Mountain Spirit Garden Estates • www.MountainSpiritGardenEstates.com • Ph: 250-897-0654
- Sidl Masonry Heating • www.masonryheating.com • Info@masonryheating.com • Ph: 250-898-3430
- Sole Comfort Reflexology • Jo-Anne Lewis • Ph: 250-338-1603
- Steve Williamson Photography • Wildlife Photographer • <http://stevevphotography.ca/> • Ph: 250-703-2930
- Stevenson Power Digging • Kelly Stevenson • Ph: 250 338 5430
(Site Prep, Land Clearing, General Excavating with a Hitachi EX-200-S Excavator)
- Views of Forbidden Plateau • www.forbiddenplateau.ca • Ph: 250-703-4574
- Water Pure & Simple • Ph: 250-334-1666

If you would like your business info to be included on the PRRA website and in the next newsletter please email us with your information to: cegan10@telus.net. You will also find a low resolution PDF of this newsletter posted to the PRRA website.

Update from the Woods

Huock Forests harvested 3100 meters from the Huock woodlot this past year. Our logs are heavy and large. Mike, Ed, Deb, Andrea, Brian, Fraser and Ray all worked to ensure that the projects were undertaken with personal and resident safety and with care to the environment. The harvest and transport of logs was done during the June July and August.

We were very pleased that Huock Forests was able to donate trees to the exhibit within the new North Island Information Centre. We have had many visitors to the forest this year including MLA Routley from the Special Legislative Committee on Timber Supply.

Should you have specific questions regarding the woodlot operations or just want to find out more about what we do, you can reach Mike Larock RPF at 250-897-8375 or Ed Hughes RPF at 250-954-8926.

Holiday Gift Ideas from the Kitchen

Holiday Cranberry Marble Cheesecake

- 1 cup chocolate graham cracker crumbs
- 3 tablespoons sugar
- 3 tablespoons melted butter or margarine
- 3 8-ounce package of cream cheese, softened
- ¾ cup sugar
- 1 teaspoon vanilla
- 3 eggs
- ¼ cup sour cream

- Cranberry Purée
- 2 cups of cranberries
- 2/3 cup of sugar
- 2/3 cup orange juice and 2 tblspn grated orange peel or reduce liquid by 2 tblsp and add equal amount of orange liqueur

Combine crumbs, sugar and melted butter, press onto bottom of 9-inch springform pan. Bake at 350° F., 10 minutes.

Combine cream cheese, sugar and vanilla, mixing at medium speed in food processor or mixer. Add eggs, one at a time, mix and add sour cream.

Cranberry Purée: Combine all ingredients except vanilla and liqueur in saucepan. Cook over medium heat until mixture thickens, stirring occasionally. Cool slightly, transfer to processor. Add vanilla and liqueur, puree until smooth. Strain into bowl. Reserve ½ cup puree and refrigerate rest.

Blend ½ cup purée into 1 cup of cream cheese batter. Spoon plain and cranberry purée alternately over crust, cut through batter with knife several times for marble effect. Bake at 450° F., for 10 minutes. Reduce temperature to 250°, continue baking 30 minutes. Loosen cake from rim of pan, cool before removing rim. Chill cake and purée for 3 hours+. Serve cheese cake with extra cranberry purée.

Mint Soap Recipe

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|---|------------|
| Lye | 4.8 oz |
| Water or cold peppermint tea | 12 oz |
| Olive oil | 1 lb. 2 oz |
| Coconut oil | 8 oz |
| Palm oil | 6 oz |
| Caster oil | 2 tbl |
| Essential oil (peppermint or any other) | 2 tbl |

Add the lye very slowly to the water. Heat oils, let cool to 95 – 100° F. Mix your lye solution with the oils slowly when both are between 95 – 100°F. Once thin trace is reached add castor oil & essential oils.

* Follow safety procedures for cold process soap. (Makes 2 lb)

