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# West Shore Voice News

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Friday, February 19, 2016 Sooke, BC

## New initiatives take flight in BC's aerospace industry

WEST SHORE VOICE NEWS

● An RJ85 "heavy" air-tanker in mid-production and another parked on the tarmac were the backdrop to a series of significant announcements in BC's aerospace industry on February 19 in Abbotsford, reflecting a sector that continues to grow and establish itself in markets around the world.

Finance Minister Michael de Jong, Steve Thomson, Minister of Forests, Lands and Natural Resource Operations, and Shirley Bond, Minister of Jobs, Tourism and Skills Training, were joined by representatives of Abbotsford-based Conair Group Inc and the larger aerospace industry at the Abbotsford Airport to celebrate new announcements that demonstrate the strength of BC's aerospace industry.

Conair Group Inc is currently producing its fifth and sixth next-generation RJ85 air-tanker, supplementing the five it currently has in operation in the USA and Australia. The RJ85 is a four-engine jet aircraft converted to a high-speed air-tanker that includes a BC-developed retardant delivery system- considered to be one of the most advanced systems in the world.

The next-generation RJ85 will supplement BC's current fleet of air-tankers on a pilot basis this summer. The addition of the aircraft ahead of the 2016 wildfire season will allow the BC Wildfire Service to evaluate its cost and effectiveness and help inform future procurement decisions.

Budget 2016 (released February 16) provides another \$1 million to support BC's vibrant aerospace industry, the third instalment of a five-year, \$5-million commitment. The funding looks to help expand the industry by introducing new markets and attracting more international investment to the province.

"This pilot program, along with millions of dollars we're investing in natural disaster prevention through Budget 2016, will help protect our most vulnerable communities from the unpredictability of Mother Nature," said de Jong.

"The threat of wildfires is a reality many communities in BC face each summer, and we need to ensure we have the right tools and assets in place to protect families and infrastructure," said Thomson. "Wildfire management will always rely on a fleet of dependable aircraft to assist the men and women on the ground who extinguish the fires."



"The threat of wildfires is a reality many communities in BC face each summer."

WEB COURTESY EDITION

Conair Group Inc

WEB COURTESY EDITION

## Modernizing fire safety in BC

● New legislation was tabled in the BC Legislature February 15 to modernize the regulatory framework for fire safety in BC. The Fire Safety Act will replace the Fire Services Act, legislation that has not had substantial updates since 1979. The new act will: improve fire code compliance monitoring by making it risk-based; enable local authorities to appoint fire safety personnel to carry out fire inspections, investigations and evacuations; establish an administrative enforcement model to address non-compliance issues in a more timely and effective manner; and shift to a risk-based approach for compliance monitoring in municipalities. More info: <http://bit.ly/1UvS1Wb>

## BC Budget 2016: what was said [www.bcbudget.gov.bc.ca/2016](http://www.bcbudget.gov.bc.ca/2016)

● "Here is a sad, sour fact about politics: If you're poor, vulnerable, disadvantaged, scraping by to feed and house your family, governments don't really care about you. They all say they do but they don't." ~ Gary Mason, *The Globe & Mail* <http://www.theglobeandmail.com/news/british-columbia/bc-budget-splashes-money-around-for-all-except-those-who-need-it-most/article28792496/>

● "The British Columbia government's budget for the fiscal year 2016-17 is out of step with the needs of the province." ~ <http://www.investorideas.com/news/2016/environment/02171.asp>

● "10 things to know about the 2016/17 BC budget" (including changes to MSP, new home tax exemption, increase in disability income assistance, and more): <http://www.vancouver.sun.com/news/things+know+about+2016+budget/11723314/story.html>

● "Budget disappoints with lack of direction on climate action." <http://www.pembina.org/media-release/pembina-reacts-to-bc-budget-2016>

"Balanced budget: Fiscal discipline and new investments support BC families, jobs and communities." ~ BC Government

**Sooke SEEDY SATURDAY**  
Gear up for Gardening

Saturday, February 27, 2016  
10 am - 3 pm  
Sooke Community Hall  
2037 Shields Rd (opposite the Legion)

Email: [seedysaturday@gmail.com](mailto:seedysaturday@gmail.com)  
Visit: [www.sookefoodchi.ca](http://www.sookefoodchi.ca)

Sooke Region Food CHI SOCIETY

## Cosmetics Gala to support mobile breast cancer services.

Sat March 5  
9 am to 4 pm

Lots of fun throughout the day!  
Pony rides, custom T-shirts, hand massages and much more!



At Shoppers in Evergreen mall, 6660 Sooke Rd 250-642-5229

Drop in soon to book your March 5th makeover!

100% of proceeds raised through the gala and accompanying events will be donated to the BC Breast Cancer Foundation for investment in their mobile mammovans.



● On March 5, book your appointment for a screening in the mammovan!



We will be hosting the mobile mammography screening van in Sooke March 21 to 24. Come see us to make an appointment.

## Mobile health: mammovan coming to Sooke

DIGITAL HEALTH WEST SHORE VOICE NEWS

● Mammovans are hard to miss! The exterior of the relatively large vehicle (cab and coach) is adorned with a pretty pink and purple floral and swirl design and the slogan 'screening saves lives'.

So when a mammovan comes to Sooke March 21 to 24, it will be readily seen in the parking lot outside Shoppers Drug Mart in the Evergreen Shopping Centre.

"It's not about me, it's about getting screened for breast cancer," says Jodie Lacombe, who seems to have become a local 'poster gal' for breast cancer fundraising support in the Sooke area. She has told her story on social media and has the support of the town.

Lacombe, who will celebrate her 50th birthday next month, works at Shoppers in the cosmetics department. Last September she took a quick opportunity to get screened in the mobile breast cancer screening vehicle when it was in Sooke (originally scheduled for Bella Coola that day, the mobile health unit ended up in Sooke on September 30).

Then pretty soon she was in for consultation and surgery. A 2-cm lump was removed and also three lymph nodes. Chemo and radiation are next. Jodie is bright and upbeat, and hopeful for a full elimination of the first-stage cancer that was first detected by the mammogram and followed up by ultrasound and biopsy.

"There were no previous indicators of cancer," says Jodie. "Without the mamogram this would have kept growing."

The first mammovan was launched in BC in spring 2015. Two more of the medically-equipped

vehicles joined the fleet this month.

Mammovans are equipped with a wheelchair lift, waiting area, and examination room. "The vehicles are designed to fit on all BC Ferries, providing women with a comfortable and consistent mammography experience at all locations," says the BC Ministry of Health. Exam results are transmitted digitally to specialists.

The Shoppers team is fully behind the fundraising efforts for the BC Cancer Foundation, and is fully supportive of Jodie Lacombe – a Shoppers employee for now eight years in Sooke – as she gets through all the stages of this health journey.

There have been various fundraiser 'cosmetic gala' events at Shoppers over the years. But the one next month on Saturday March 5 will be big! For families to enjoy outdoors there will be pony rides, local T-shirts, hand massages, and more.

Meanwhile, inside the store the \$10 Cosmetic Gala makeovers and skin care analysis will be available to adults and teens as a fun way to enjoy some new cosmetic experiences. All makeover participants will also receive a \$5 coupon toward a cosmetic purchase that day.

For the March 21 to 24 mammovan exam opportunity, women age 40+ can sign up anytime before that date, at the Shoppers cosmetics counter.

"All proceeds from the makeovers and the outdoor activities on March 5 will go to the BC Cancer Foundation," says Shoppers Drug Mart Sooke store manager Marcus Farmer. "The best indicator of a successful treatment is early detection so stop putting it off. The life you may save is your own," says Farmer.



Jodie Lacombe  
Cosmetics Consultant,  
Shoppers Drug Mart

As posted on Facebook

## Publisher's Note

### Journalism vs the noise

● **Same old topic, worth repeating.** Our highly digitized, mobile-data society is greatly in danger of information overload to the point where it becomes noise. People start tuning out, and that's a failure of social discourse to the citizenry.

That's where journalism comes in. It is sometimes a plodding process to cover deeper stories and it's rarely instantaneous. And that may seem less flashy than an online blog or news bulletins received on a mobile phone.

Pages like these are where thoughtful info-seekers come for a bit of a refill, if not respite. For the business model, paid ads and subscriptions keep us going. For the societal model, we continue to work on the important stories of our time.

The west shore of Vancouver Island is a long stretch of geography. What unifies the variety of municipalities and communities from View Royal to Port Renfrew is a love of west-coast living nearby the rugged seaside coast. On the coast here we experience the basics of everyday living mixed with a mystique that's hard to put your finger on, but which calls us to remain.

It is the goal of *West Shore Voice News* (as it was for *Sooke Voice News* 2011-2015) to cut through the noise and let the uniqueness of Vancouver Island living rise from within that.

We're not just about local Sooke news anymore. Where Sooke issues are important to the larger readership, we will cover them. In that respect, Sooke is a nugget at the core, essential to the larger whole. Wow, Sooke! That's pretty incredible. The special energy that generates out of Sooke might surprise people who don't live here. Sooke is unique.

But in an age of digital communications and improved transportation, Sooke is no longer hidden away from larger influences of the economy, politics and social trends. Where Sooke fits in the grand scheme of things is still the muse for this publication, but we write to a larger audience now. Content will be relevant to our broad range of readers (over 64,000 online page visits per week at last count). Especially through Twitter exposure, thinkers everywhere can hopefully catch a flash or two of worthwhile information and insights from our pages each week. Though we wish the blood-sucking digital marketers who feed off the quality journalism in our pages just would go away, or pay up.

Life is complicated nowadays. In response, each us as individuals, businesses or other entities tries to simplify things as a balancing mechanism against the complexities around us. *West Shore Voice News* is keeping it simple. We publish stuff that really matters to the broad range of folks who are just trying their best to live a wholesome life in a complicated world that is full of new and often difficult challenges.



Veronique Gagnon

**Mary P Brooke**,  
B.Sc., Cert PR  
Editor & Publisher  
*Sooke Voice News*  
& *West Shore Voice News*

#### 2016 EDITORIAL FOCUS of *West Shore Voice News*

- Business & Economy
- Health & Care Systems
- Sci & Tech
- Politics
- Education
- Resources
- Sustainability & Food
- Women
- Social Trends
- Innovation

## Letters & Comments

### Covering the blood story

● **I just want to say a big thank you** for your generous feature on blood donor clinics (Feb 12, 2016 edition of *West Shore Voice News*). ~ *Robin Fleming, Canadian Blood Services (Sooke area)*

### The free press story

● **EDITOR'S NOTE:** It's quite unusual and unexpected, but *West Shore Voice News* in our editorial last week ended up coming to the defense of another local publication, whilst attempting to respectfully defend free speech.

We explored how one person's comments made in person during the public portion of the February 9, 2016 District of Sooke council meeting, were a challenge to freedom of the press. That person has asked to have his named identified (it was Lorne Christensen), instead of a reference to his belonging to a local organization (we referenced the Sooke Lions), even though he signed his letter to us as 'Lion Lorne Christensen'.

No insult or injury was intended toward either the person or the organization through the editorial last week.

Many comments were received from various members of the Sooke Lions in the past week, including from Mr Christensen himself. They agree about standing up for freedom of speech.

When someone makes a public comment in a public forum such as a Council meeting (which is on the public record), that's open game for meaningful comment by professional media. There's nothing new about that. ~ *MPB*

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## West Shore Voice News

### The Sooke Voice News

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Tel & Text: 250-217-5821

Email: [news@sookevoicenews.com](mailto:news@sookevoicenews.com)

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Web: [www.sookevoicenews.com](http://www.sookevoicenews.com)

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Sampler edition (PDF), archives, breaking news: [www.westshorevoicenews.com](http://www.westshorevoicenews.com)  
West Shore Voice News

## A new conversation about building pipelines in Canada

RESOURCE INDUSTRY  
OPINION-EDITORIAL

● **It's time for a new conversation** about building pipelines in this country – a conversation about how Canada can get full value for its oil production while at the same time addressing environmental concerns, including climate change. This dialogue needs to take place with the type of constructive, interest-based, problem-solving approach that Canadians expect.

Getting Canadian oil production to market safely and in a manner consistent with the environmental values we all share is foundational to the pipeline discussion. We know that addressing climate change is part of that focus. The federal government recently announced additional principles it will consider, along with the recommendation of the National Energy Board, before approving a pipeline project. One of the principles involves an assessment of the greenhouse gas emissions from pipeline projects, including emissions associated with the production of the oil the pipelines will carry.

We believe Alberta's new climate plan will be strong evidence in the federal government's assessment. The development of the Alberta climate plan benefitted from consultation with a broad range of stakeholders. The plan reflects a fundamental shift, acknowledging that polarization and conflict is not constructive.

Currently, we are all focused on the proposed expansion of the Trans Mountain Pipeline system now in the final stages of regulatory review. If approved, this project would provide a vital link between Canada's vast oil resources in northern Alberta and world-class marine facilities in British Columbia. As producers and refiners of Canada's oil resource, we believe approval of this pipeline project would launch a new era in export opportunities for the country and its energy industry.

Overdependence on the United States as our only major customer has forced Canada to sell its oil at discounted prices for years. With access to Asia and other global markets, where prices are typically higher, we will have the opportunity to receive full value for Canadian energy exports. Approval of the Trans Mountain expansion project will benefit more than just the producers who plan to ship oil on the pipeline. It will provide significant economic potential for the entire country. The construction and long-term operation of this key infrastructure project will provide lasting benefits for all Canadians.

Assessments from a number of independent financial institutions have concluded that Canada is missing out on billions of dollars a year in revenue because of our lack of access to overseas markets for our oil. Investment dollars go to wherever they can get the best

by **Murray Edwards**, Executive Chairman, Canadian Natural Resources Limited and **Brian Ferguson**, President & CEO, Cenovus Energy on behalf of: BP Canada, Canadian Natural, Cenovus, Devon, Statoil, Suncor, Total

returns. That's why opening up West Coast marine access for Canadian oil is crucial to the long-term success of the country's energy industry and to the strength of the Canadian economy overall. The latest research from the Conference Board of Canada projects the Trans Mountain expansion project would generate more than 800,000 person years of employment over the next 20 plus years and nearly \$47 billion in government revenues, which would help pay for services such as health care, schools, and infrastructure to transition to a lower carbon economy. Those are benefits that would be realized across the country.

The Trans Mountain expansion proposal is undergoing a rigorous review by the National Energy Board, which has already placed 150 draft conditions on the project that must be met by Kinder Morgan Canada before construction or operations can begin. The company has spent thousands of hours consulting with and listening to local residents, stakeholders, landowners and Aboriginal groups. The project will adhere to the highest operational and environmental performance standards.

Furthermore, Kinder Morgan has committed to continue to work with communities, stakeholders and the province to ensure a world-class response to potential marine spills. And, of equally great importance, Kinder Morgan Canada has an outstanding record of operating excellence.

As a nation, we need to make progress on pipeline project approvals. Together, we need to find solutions to local concerns and work to ensure the benefits of new pipelines can be realized. Preventing pipelines from being built in Canada will not reduce global oil demand but it will prevent Canadians from receiving the benefits of supplying oil to fill that growing demand. And it will mean customers around the world won't have access to Canadian oil that is produced with stringent safety and environmental laws – including those that address climate change – and a rigorous regulatory system.

And that is why we, a group of seven companies that directly employ more than 27,000 people in Canada, believe we can work together with everyone who has a voice in the pipeline discussion to foster that new conversation focused on finding solutions together to overcome the deadlock that's holding up pipeline projects. We are ready to engage in this dialogue and to see projects such as the Trans Mountain Pipeline expansion built and we hope other Canadians are as well.

WEB COURTESY EDITION

~ Op-Ed WSV



**Trans Mountain's Anchor Loop project** was completed in 2008 through Jasper National Park and Mount Robson Provincial Park. The project involved installing a second pipeline adjacent to the existing Trans Mountain pipeline between Hinton, Alberta and Hargreaves, BC.

Weekly since 2011



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## Horgan upbeat about communities on the west shore

WEST SHORE VOICE NEWS

BC LEGISLATURE

Leader of the Official Opposition gets local

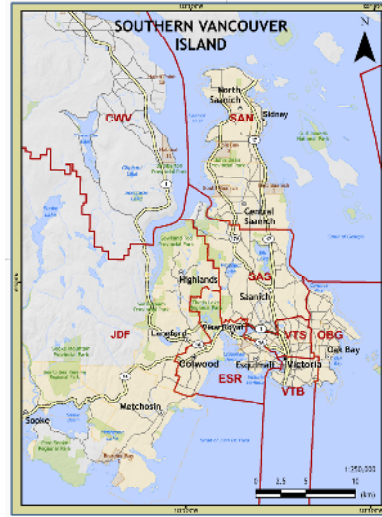
WEST SHORE on the POLITICAL RADAR

Here's what John Horgan, MLA for Juan de Fuca had to say about the west shore of Vancouver Island in the BC Legislature last week. Feb 11, 2016 Hansard

● "I live in Langford, one of the fastest-growing municipalities, certainly in the south Island, if not in all of British Columbia. We're led by a dynamic council that invites and encourages investment, is as nimble as any municipal government I've ever come across, and is able to get solutions to problems effectively by bringing people in and finding solutions and getting to decisions that are in the interest of everybody – not dividing people, but bringing people together. I think that's a model we can all follow. **WEB COURTESY EDITION**

I also represent rural Metchosin and rural Highlands. They are fiercely proud of their rural nature and, although enthusiastic about the growth potential in Langford, are also very cautious about the impact on the sheep and on the trees and on the people in those rural communities. I'm also proud to have that diversity. It's a juggling act sometimes to be in Langford talking about development and then being in Metchosin talking about preserving the rural quality of life and in Highlands talking about the spectacular nature of that homestead community and what it means to be fiercely independent and separate and distinct from the other communities on the south Island.

Now, the amalgamation people will probably be sending me emails right now. My colleague from Victoria–Swan Lake has got a wry smile on his face as we talk about the diversity. In my constituency alone, there are four municipalities and an electoral area, and that, of course, is just one-quarter of the municipalities in the Capital Regional District. **WEB COURTESY EDITION**



Elections BC

Sooke is the heart, the commercial hub, of the west coast of Vancouver Island, and it is growing in leaps and bounds as well. This year Sooke Elementary had 60 more elementary students than they had anticipated, which is significant, right across (School) District 62. Dealing with that growth in school populations – it's not just happening in my community, but certainly in Surrey, Coquitlam and other parts of British Columbia." ■

**John Horgan, MLA**  
Juan de Fuca

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Your Voice in the Legislature

**Jurisdictions in the BC electoral district of Juan de Fuca**

District of Highlands  
City of Langford  
District of Metchosin  
District of Sooke  
Juan de Fuca Electoral Area

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**WELCOME WAGON** SINCE 1930

New to Sooke?  
New mom?  
Bride to be?

250-642-2268

## Collaboration explored at Sooke Chamber think-tank



by Mary P Brooke WEST SHORE VOICE NEWS

● A 'collaboration meeting' held by the Sooke Region Chamber of Commerce on Thursday afternoon, February 18, hosted businesses, community leaders and non-profit group reps in a casual think-tank format. About 30 people attended the two-hour meeting at Sooke Community Hall. Main themes included joint collaboration for tourism, farming and food, and how joint efforts might be stronger than 'going it alone' in marketing silos.

The opening pitch was to see who would be interested in helping out with a Salmon Festival for Canada's 150th Celebration in 2017. The Salmon Festival is the brainchild of Sooke historian Elida Peers. The idea has everyone hooked.

Those in the large airy upstairs hall represented a who's who of influential community leaders and contributors.

Most people around the table contributed their thoughts, with some key backstory and future-forward input from Lee Boyko of the Sooke Region Museum and Community Center Committee. **WEB COURTESY EDITION**

Also with contributions of background and ideas for ways to promote Sooke were Dave Bennett (former president of Sooke Fine Arts Society, and a former District of Sooke councillor), Ryan Chamberlain of the Sooke Region Tourism Association, Jeff Bateman of Transition Sooke, David Evans of The Stick, and Diane Bernard of Sea Flora.

Other thoughtful contributions were made by Adrienne Wass (Sooke Library), Steve Knoke (SEAPARC), Frederique Philip (Sooke Harbour House), Mary Brooke (West Shore Voice News), Anita Wasiuta (Sooke Food CHI), Mark Ziegler (Sooke Rotary), Rick Robinson (Sooke Region Communities Health Network), Stephanie Croft (Sooke Literacy Outreach), Ron O'Brien (Sooke Garden Club), Barb McLean (WorkLink), and many others. There were no Council or staff representatives from the District of Sooke.

The meeting was guided by Sooke Region Chamber of Commerce president Kerry Cavers. Meetings like this were suggested to happen twice a year, as a way for people to hear and provide updates. **WSV**



^ Above, from left:

Ryan Chamberlain (Vancouver Island Lodge), Ron O'Brien (Sooke Garden Club), Jeff Bateman (Transition Sooke), Anita Wasiuta (Sooke Food CHI).

● About 30 people participated in an exploratory discussion about how businesses and groups in Sooke can collaborate for enhanced success. Tourism seemed to be the natural default sector, with sub-text for agriculture, the arts and outdoor sport activity. Not much was said about the Salmon Festival, which was the hook for the meeting.

From left: Barb McLean (WorkLink), Kerry Cavers (Sooke Region Chamber president), Aline Doiron (Sooke Region Chamber office manager), Dave Bennett (former Sooke Fine Arts president and former Sooke Councillor). >>**WEB COURTESY EDITION**



WEB COURTESY EDITION

## Retirement planning: many factors

● It's that time of year – RRSP season, when people give thought to money management, particularly savings toward retirement and investment income, and are assembling receipts and other documents for tax reporting.

Registered Retirement Savings Plans (RRSPs) and Tax Free Savings Accounts (TFSA) are just two considerations for where to put existing funds. It's also a good time to review what's available in the way of Canadian Pension Plan (CPP) and Old Age Security (OAS) income.

"When it comes to transitioning into retirement, I like to review the full financial picture with each client," says Debra Johnston, PFP, Financial Planner, Investment & Retirement Planning with RBC in Sooke. "That includes using investments and other sources of income to create tax-efficient retirement cash flow, purchasing a retirement property, leaving a legacy or planning for business succession."

"Of course it's essential to take into consideration a person's desired lifestyle for retirement, and whether there will be other obligations such as

WEB COURTESY EDITION



**Debra Johnston, PFP**  
Financial Planner  
Investment & Retirement Planning  
6639 Sooke Rd, Sooke, BC  
Tel: 250-661-6881  
debra.johnston@rbc.com

supporting a dependent," says Johnston, who has been a financial planner for over 22 years.

In 2016, the maximum CPP benefit at age 65 is \$1,092.50 per month. If taken early at age 60, the maximum benefit is \$699.20 per month. At age 70 the CPP maximum is \$1,551.35 per month.

The maximum OAS benefit in 2016 is \$570.52 per month.

Up to \$25,370 can be contributed to an RRSP in 2016. For 2015 the maximum contribution is \$24,930; deadline February 29, 2016 to be applied to your 2015 taxes.

From inception in 2009 to 2016, the maximum allowed contribution to TFSA is \$46,500. **WSV**

**THE SOOKE REGION TOURISM ASSOCIATION**

PROUDLY PRESENTS

**20 ANNUAL GENERAL MEETING**

**16**

**MONDAY**  
FEBRUARY 29, 2016  
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**SOOKE HARBOUR HOUSE**  
1528 WHIFFIN SPIT ROAD • SOOKE, BC

Everyone interested in tourism in the region is welcome to attend. Members of the Association are eligible to vote. Light refreshments will be served.

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FOR MORE INFORMATION [www.sooke-portrenfrew.com](http://www.sooke-portrenfrew.com)

## Air wall wins Academy Award



● Four business partners with backgrounds in the movie industry headed to Hollywood to pick up an Academy Award last week. The four were recognized with a Scientific and Technical award from the Academy of Motion Picture Arts and Sciences for a unique invention used on movie sets – a giant air wall.

Air Cover Inflatables was started by David McIntosh, Steve Smith, Mike Branham and Mike Kirilenko. "Their story highlights the success of BC's growing creative and manufacturing sector," says the BC Ministry of Jobs, Tourism and Skills Training. **WEB COURTESY EDITION**

Entrepreneurs can share their success stories which highlight the strength of the BC economy at BC Job Makers: <http://engage.gov.bc.ca/bcjobsplan/job-makers/> **WSV**



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Pet Food Drive. Sat Feb 20 outside Village Food Markets, 10am to 4pm. www.safars.org

RAMSAR Bottle Drive. Sat Feb 20 alongside Sooke Rd at Phillips Rd (near Sooke Welcome sign). 10am-2pm.

Sooke Folk Music coffee house concert. Sat Feb 20, 7:30pm Holy Trinity, 1962 Murray Rd. Local performers. Silent art auction. Fundraiser for Sooke Folk Music Society. \$10 at door.

District of Sooke Committee of the Whole. Mon Feb 22, 6pm. District of Sooke Regular Council Meeting. Mon Feb 22, 7pm. Council Chambers. www.sooke.ca

District of Sooke Special Council Meeting. Tues Feb 23. Public input on 5-Yr Financial Plan. 7pm. Council Chambers. www.sooke.ca

District of Sooke Program for the Arts (SPA) Committee. Wed Feb 24, 9:30am. www.sooke.ca

Pink Shirt Day. Wed Feb 24. Wear pink to support anti-bullying. 3-5pm Sooke town center www.pinkshirtday.ca

McKenzie Interchange open house. Wed Feb 24, 3:30-7:30pm at 753 Burnside Rd W, in Saanich. Or send email, see: http://engage.gov.bc.ca/mckenzieinterchange

West Shore Voice News - ad deadline Wed Feb 24 for the Feb 26th edition. Fee-based service organizations get 13% off. Non-profits get a whopping 21% discount. 250-217-5821 www.sookevoiceneews.com/advertising.htm

Sooke Garden Club. Growing the Best Veggies & Berries. Wed Feb 24, 7pm. www.sookegardenclub.ca

Seedy Saturday & Sooke Fall Fair. Sat Feb 27, 10am to 3pm at Sooke Community Hall. Workshops, speakers. Buy seeds and products. Food downstairs. www.sookefoodchi.ca & www.sookefallfair.ca

Sooke Therapeutic Yoga Society. Exploring near-death-experience. Sat Feb 27, 2-4pm. 6750 West Coast Rd. \$15. Register: 250-642-9642 www.sookeyoga.com

Sooke Region Tourism Assoc (SRTA) AGM. Mon Feb 29, 7pm at Sooke Harbour House. All welcome.

Cosmetics Gala at Shoppers Drug Mart. Sat Mar 5. A fundraiser for the BC Cancer Foundation's mobile mammogram service vans. 9am to 4pm, Evergreen Mall, Sooke. Including pony rides, custom T-shirt, hand massages, and more. Book your \$10 cosmetics makeover ahead of time, at the store. All proceeds of the day to BCCF. 250-642-5229

Composting Basics. Free workshop Sat Mar 5 at the Compost Education Centre, 1216 N Park St, Victoria. 10am. www.compost.bc.ca

Appetite for Art. Sat Mar 5, 7pm, Prestige Oceanfront Resort. Food/Art Fundraiser. \$20 at door.

International Women's Day. Tues Mar 8.

Awareness Film Night. Film showing: Guantanamo's Child: Omar Khadr Wed Mar 9, 7pm, at EMCS. By donation.

'Chilliwack' rock concert. Sat Mar 12, 7pm at EMCS in Sooke. Tx \$40 at Shoppers, The Stick, EMCS.

Sooke School District SD62 - Spring Break (2 weeks plus Easter Weekend). Students out of school Sat Mar 12 through Tues Mar 29 inclusive. Back to School March 30.

Daylight Savings Time - clocks forward one hour at 2:00 am on Sun Mar 13.

Blood Donor Clinic. Mon Mar 21 at Church of the Advent, 510 Mt View Ave, Colwood. 12-7pm. Appointments 1-888-236-6283. www.blood.ca

Fundraiser for Mobile Health

MapleLine Business Centre

Tel: 250-217-5821

Posters, Flyers, Tickets & More

Serving Sooke & the West Shore

www.maplelinebusinesscentre.com

Handy location in the 'Maple cluster' (same block as Buffy's, Silver Streak & Burnside B&B).

1904 Maple Ave S in Sooke Open 10am to 5pm

info@maplelinebusinesscentre.com

Mobile Mammogram Service. Mon-Thurs March 21 to 24. BC Cancer Society mammogram service vehicle in Sooke, Shoppers Drug Mart parking lot, 6660 Sooke Rd. Book your appointment ahead of time at Shoppers cosmetic dept (for age 40+). 250-642-5229

Easter Weekend. Good Friday Mar 25, Sat-Sun Mar 26-27, Easter Monday Mar 28.

SD62 - Back to School Wed Mar 30.

Blood Donor Clinic. Mon Apr 11 at Sooke Legion. 11:30am-6:30pm. Appointments 1-888-236-6283 www.blood.ca

SEAPARC referendum ~ permission to borrow funds to buy 23 acres for recreation. Vote at SEAPARC Sat. Apr. 30. Details in Jan 15 WSV (pg1) & Feb 5 WSV (pg2): www.sookevoiceneews.com/archives.htm

COLOUR digital subscriptions to WSV ~ \$28+GST for 18 weeks: Call 250-217-5821

Sometimes blood cannot be donated

Despite the heavy rain, there was a good turnout for the blood donor clinic in Sooke on February 15. There were 104 eager donors, and 87 of them were able to give blood.

Certain medications, hemoglobin level, colds and even an individual who may be dehydrated are reasons why some donors cannot give blood on a given day. On top of that there are the recent travelers, and donors whose blood just doesn't take (withdrawal flow is minimal).

"Sooke is commended this past year for consistent, loyal and good number of donors," says Robin Fleming who coordinates for Canadian Blood Services in the Sooke area.

As of February 5, anyone who has travelled outside of Canada, the continental USA and Europe is temporarily ineligible to give blood in Canada for three weeks afterward, due to concerns about the Zika virus entering the Canadian blood supply, says Canadian Blood Services. Canadians are urged to donate before they travel abroad, to help make up for the shortfall.

Upcoming blood donor clinics are on Monday March 21 (Church of the Advent, 510 Mount View Ave, Colwood, 12 noon to 7pm), and Monday April 11 (Sooke Legion, 6726 Eustace Rd, 11:30am to 6:30pm). wsv



Get with the pulse

WEST SHORE VOICE NEWS

Yep, those things we commonly known as lentils, dried beans and peas, and chick peas are also called pulses!

During this International Year of Pulses, the local Sooke Fall Fair group will be playing up their 'full of beans' theme, ramping up to their annual big weekend-long fair in September.

And this year, West Shore Voice News will carry regular features on nutrition, with an eye to the pulse!

Shifting to more pulses in your household food profile can help with climate change. Eating less

Sooke Fall Fair 10am to 3pm Seedy Saturday Market Sooke Community Hall 'Full of Beans' • Sat Feb 27 Vegetarian chili, pea soup, turkey pies & kale salad. Vendors with seeds, plants, essential oils, crafts, needlework, curios & more. Call to book tables \$10 ~ 250-474-5771

meat and dairy pulls some impact out of the demand for the commodity production that contributes nitrous oxide and methane to the atmosphere.

Even the Canadian Diabetes Association is jumping on board with promoting the benefits of pulses for diabetics.

Pulses are also a worldwide trade commodity. More pulse info: www.fao.org/pulses-2016/en/

Meanwhile, next Saturday Feb 27, check out Seedy Saturday at Sooke Community Hall where the Sooke Fall Fair gals will have hot vegetarian chili and pea soup for sale downstairs. wsv

RCMP REPORTS: Sooke & West Shore

SOOKE RCMP: Stealing contents from a vehicle last month has resulted in a 165-day jail sentence for a Sooke resident. Michael Andrew Godolphin was also in possession of break-in instruments and had breached his probation.

Sooke RCMP reminds Sooke residents of a continuing rash of thefts from motor vehicles and other thefts. "Most of these crimes are occurring at night in residential areas of Sooke," says Sooke RCMP Detachment Commander Jeff McArthur. "Remember to lock and alarm your vehicles and remove all valuables. Do not leave valuable items on your property. Please call the police if there you see suspicious activity." wsv

WEST SHORE RCMP: The West Shore RCMP Community Policing Advisory Committee is offering two separate scholarship opportunities for students graduating from high school and living in the West Shore area. Helping Profession scholarship: \$500 to a student aiming to study in a field of, but not limited to: policing; nursing, social work; justice studies, firefighting, or counselling. Other Helping Profession groups are encouraged to match the \$500 contribution. Full Potential scholarship: \$1000 to a student in recognition of their ability to overcome adversity. To request an application (due April 1), email to: westshore@rcmp-grc.gc.ca wsv

Prestige pasta bar

The West Coast Grill at the Prestige Oceanfront Resort has a \$17.95pp Sunday Pasta Bar. Except for Easter weekend, it will be available every Sunday (starting at 5pm) until Mother's Day when Sunday brunches become the Sunday feature.

Pasta bar chef Gavin Boechler whips up your choices. Sauces vary week to week (including alfredo, pesto, marinara, and bengal). Salad and garlic toast, and a wide selection of noodles (including gluten-free), meats, seafood, and vegetables are part of the fun, affordable dining experience. wsv

New down payment rules may not prevent the inevitable

As of February 15, 2016 the required down payment to purchase a home in Canada is now 5% on the first \$500,000 and 10% on any amount over that up to \$1 million. A closing prior to July 1, 2016 can still be completed with 5% down. A house purchase over \$1 million now requires a 20% down payment.

Some economists are saying this is "too little, too late" to cool down a housing market that saw a 31% increase in the past 12 months in the Vancouver lower mainland. In Greater Victoria, the benchmark for a single family home went up \$38,500 between January 2015 and January 2016.

It's tough for 1st-time buyers. Canada is increasingly a 'have' and 'have not' society. wsv

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