

Friday, February 26, 2016 Sooke, BC

Retaining wall height & dust control facing developers in Colwood WEST SHORE VOICE NEWS



This rock wall along Wishart Road in Colwood is just one of some new retaining wall structures that have generated public complaints to the City of Colwood.

High-stacked rock walls and dust, those were the concerns. The City of Colwood held a 3-hour public open house on Thursday evening, February 25, about issues with retaining walls in local property developments. Colwood has a proposed bylaw to regulate and maintain the walls that are popular if not necessary on sloped or hilltop properties. WEB COURTESY EDITION

There is also a proposed dust control bylaw, following several public complaints last summer in dry hot weather about dust produced from excavating and building projects in the Colwood area.

"The City needs to adopt a basic set of standards for retaining walls to keep pace with increasing development in Colwood, and to prevent negative impacts to the natural landscape and surrounding areas," it was stated among the displayed materials at the open house that drew about 50 members of the public, including developers and builders. "The City hopes to provides clear direction for developers and builders.'

The key technical aspect is that "no retaining wall or fence on a retaining wall may exceed 4 ft (1.2 meters) in height, or if higher than 4 ft must be terraced in 4-ft sections". The upward angle cannot be steeper than 45 degrees.

At least one developer at the open house said developers won't stop building, and will use up the land that they have. But he did say that the new bylaw would challenge the profitability of developments, as more land would be used for the retaining walls which would likely reduce the number of housing units that could be constructed. WEB COURTESY EDITION

Public input in recent months has been about the aesthetics of the walls some of them may lack visual appeal. Safety was the other concern - it was felt that if stacked-up rocks aren't assembled properly, there could be issues. Colwood staff said all existing retaining walls have been built to geo-technical standards, but that the bylaws would ensure greater safety and likely improved aesthetics.

If the bylaw goes smoothly through the process, it could be passed by Colwood Council by sometime in May. This week's open house was attended by planning and communications staff, a planning consultant, and at least two

Pink waves in Sooke



Pink Shirt Day event in Sooke Feb 24, 2016.

• No one wants to be bullied! Pink Shirt Day is one day of the year when pink comes out of the closet onto the streets in full force with shirts, jackets, dyed hair, signs to be waved, you name it!

Promoted

toward the last week of February each year, Pink Shirt Day is a way to promote tolerance and to speak up against all forms of bullying, including cyberbullying.

In Sooke Sooke mobile scooter this is the sec-

hair pink for the day. ond year in a row where District of Sooke Council Brenda Parkinson along with residents Bill Jones and Patti Curry have organized a group of people wearing pink to hold and wave signs in town centre. This year the slower

user Bill Jones dyed his



250-642-3952 www.aseaofbloom.com traffic through the Sooke Road

roundabout allowed for more drivers to honk and wave in the 2-hour period of after-school and afterwork commuter traffic.

Pink Shirt Day has picked up steam (including endorsement by the United Nations in 2012), after a Grade 9 male student in Nova Scotia in 2007 was bullied for wearing a pink shirt to school and some other male students bought 50 pink shirts for students to wear in protest the next day. WSV

Preliminary work on McKenzie WEST SHORE VOICE NEWS Interchange project to begin this year

CUM ON

An open house to present and discuss two refined options for the new McKenzie Interchange was hosted February 24 by the BC Ministry of Transportation & Infrastructure (MOTI) and BC Transit. Over 330 people attended the 4-hour community consultation at a community hall in Saanich. This Phase 2 presentation was based on further technical work and feedback re-



Colwood councillors – Cynthia Day and Rob Martin. WSV

Sooke annual high school hockey WEST SHORE VOICE NEWS game: students beat out the staff



Two teams lined up -- the staff (far row), and the students, waiting for the puck to drop. The annual friendly-competition game played between Edward Milne Community School (EMCS) staff and hockey students was held at SEAPARC Leisure Complex arena on Friday, February 26. The arena bustled with the energy of players, students, school & SEAPARC staff, parents and the public. The students won this year! WSV

ceived to date from the public and stakeholders. Public input could be made through conversation, on a printed survey package, or using wireless computers at the ready.

Notably, the Burnside/ McKenzie intersection was brought into focus, which was not part of the first proposed set of plans. An additional southbound lane will be part of the final plan, as well as 2-lane flow from McKenzie onto the Trans Canada Highway (Hwy 1) westbound. And based on strong public feedback about 'no tunnels', all pedestrian and cycling corridors will be

Congested traffic heading west out of Victoria/Saanich is a daily late-afternoon challenge for commuters. The Sooke Hills beckon on the horizon.



Cyclists at Hwy 1 intersection, busy at 5pm.

overhead, with a gentle slope - no greater than 4 degrees. The highway interchange itself (whether clover leaf design or diamond shape) will go over top of Hwy 1 at McKenzie & Admirals.

This \$85 million venture is in large part to ease the 'Colwood Crawl' – i.e. traffic congestion to and from the downtown core (and the high-employment areas in Saanich at UVic and Camosun), for travelers and commuters living in the west shore and beyond. This week an additional northbound bus lane on Douglas Street (approaching Hwy 1) was announced, to further support the

WEB COURTESY EDITION

/... continued on pg 2

WEB COURTESY EDITION

Page 2 of 4 ::: Breaking news at: www.westshorevoicenews.com

EDITORIAL

Public input gets a workout

 It's a very good sign for social democracy that various levels of government are engaging with the public in a growing number of ways, in fact with a mix of ways and means.

This week the federal government put a final push on requesting input about the economy and as they assemble their Budget 2016 (release date March 16), accepting input online and by email. Also this week, the BC government's transportation ministry together with BC Transit held their second public input forum about the McKenzie Interchange project. Colwood held a public open house this week about their proposed bylaw to better define and enforce retaining walls on sloped-land de-



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

velopments. And a few weeks ago the District of Sooke held an open house about proposed features for John Phillips Memorial Park, followed up with an online survey. WEB COURTESY EDITION

Public input can be a dog-and-pony show, in other words, just for show. Or public input exercises can intend to gather valid information for producing meaningful results. A lot of that process depends on the motivation, skill and resources of those who gather the information. WEB COURTESY EDITIO

It's good to see that busy folks make time to participate in various opportunities for positive change in their communities, by attending in person or using email or online forms. People still feel they can make a difference.

The social media phenomenon, meanwhile, seems to be losing its positive edge. Free speech is essential. But torrents of information in a free-for-all format can bury or distort real critical analysis. Twitter's 140 characters limit full explanation. Facebook posts allow for more verbage and photos, but have similar dangers of partial information or misinformation (sometimes the fault of presumptuous Facebook data handling). Ahhhh regular news media such as TV, print and news websites, are still a good trough to drink your news from.

McKenzie Interchange...

/... continued from pg 1

movement of road traffic from downtown to the west shore, particularly for the head-home commute.

Construction on various aspects of the project will begin later in 2016. One portion that could be done early in the project is to relocate a CRD water main that runs down the middle of Hwy 1, said MOTI District Manager Janelle Erwin. Another early aspect of the project could be making the Galloping Goose a safer right-of-way for cyclists, Erwin told media at the February 24 open house. Overall interchange project construction is expected to take about two years.

The project is expected to remain within the budget of just over \$85 million, say MOTI officials. The BC government is footing \$53 million of that cost, with the federal government contributing \$32.6 million.

Another highway project - the Westshore Parkway Extension - will be constructed during the same general time frame as the McKenzie Interchange. That stretch of road will better connect the Langford area to Hwy 14 (Sooke Road), improving access to Sooke and destinations beyond. The Westshore Parkway Extension budget is \$22.5 million, of which 3-way contributions include federal (\$7.45 million), provincial (\$7.45 million), and the City of Langford (\$7.6 million). WEB COURTESY EDITION

Public input is still available online at MOTI's McKenzie Interchange website: http://engage.gov.bc.ca/mckenzieinterchange WSV

Helping you boldly go...



The Sooke Chamber of Commerce is now asking for nominations from the general public for the annual

Copy deadline: 5 pm Mon. Ad deadline: 5 pm Wed.

Chamber Business Excellence Awards Open to all Sooke Region businesses.

Professional Services, Retail Services, Dining & Hospitality, Manufacturing & Industry, Sustainability Leadership, Home Based, Not-for-Profit, New Business and Business of the Year.

To nominate your favourite local businesses visit our Event Page at SookeRegionChamber.com

Sooke Business News

The nomination process for the annual Sooke Region Chamber of Commerce Business Excellence Awards is now open. Nominations can be made online in various categories using the form at www.sookeregionchamber.com . Submit your selections online, or email the chamber office at *info@sookeregionchamber.com* or print the form, complete it, and take it to one of the dropboxes at the two main grocery stores in Sooke (Village Food Markets and Western Foods). The nomination deadline is Monday, March 7. Awards will be announced at a gala dinner at the Prestige Oceanfront Resort on Saturday, April 16. Tickets \$55pp until March 1, or \$65 after that to April 1.

A new little all-day breakfast cafe called Papa's Cook Shack has opened up at the corner of Sooke Road and Murray Road in town centre. That's the former location of Cathy's Corner Cafe which closed in December before the old building at 6697 Sooke Road began undergoing its current renovations. The x-ray clinic in the same building is open during renovations SY EDITION

After more than 25 years as owner-operator of Peoples Drug Mart in Sooke, Ron Kumar has sold his business to a family of pharmacy owners. Kumar says it took time to find new owners who would continue with the current staff and keep things pretty much status quo, for the sake of customers and the community. WSV

Send news to: editor@westshorevoicenews.com

BC News Pro-active attention to BC wildfires

• A strategy for wildfire risk reduction was announced February 26 by the BC Ministry of Forests, Lands and Natural Resource Operations. Supported by \$85

million in provincial government funding, the new Forest Enhancement Society of BC will focus its efforts on wildfire risk reduction to complement the ministry's existing forest stewardship programs and world-class wildfire suppression capabilities.

Forests, Lands and Natural **Resource Operations Minister Steve** Thomson provided details of the society in his keynote speech at the Association of BC Forest Professionals AGM in Vancouver, followed by a media conference ESY EDITIO

Wildfire risk reduction will include fuel management activities such as thinning, pruning and removing woody debris from forests, especially those impacted by the mountain pine beetle infestation.

Published by **Brookeline Publishing House Inc.**, Sooke, BC, Canada National Library Registration: SVN ISSN 1925-2722 | WSV ISSN 2368-9374 Mailing: PO Box 851, Sooke, BC, Canada V9Z 1H8 Tel & Text: 250-217-5821 Email:letters@sookevoicenews.com subscriptions@sookevoicenews.com

West Shore Voice News

The Sooke Voice News

advertising@westshorevoicenews.com editor@westshorevoicenews.com Web: www.sookevoicenews.com Twitter: @SookeVoiceNews (BC / national); @WestShoreVOICE; @SookeVoiceLOCAL Publisher: Brookeline Publishing

House Inc. Editor, Writer, Layout, Ad Sales, Online Content:

Mary P. Brooke, B.Sc., Cert PR Publishing & Distribution Support: Various. Content contributors this week: Nancy Aldoff, Jodie Lacombe, Laura Lucina, Content: News releases & photos welcome. IT Management: Ivandafish Computing. VicTech.ca. Printing: Brookeline Publishing House Inc. Courtesy print edition: Bulk drop to various coffee shops, hotels, banks, community areas; to some residential addresses on some weekends. Online readership of PDF: Approximately 64.000 per week. Also print copies delivery direct to subscribers, community drop-off areas.

Digital subscriptions

Link version \$7.95+GST 18 wks or PDF by email: **\$28**+GST 18 wks **Print subscriptions**

Weekly by 1st class postal mail, plus PDF by email: \$35+GST for 18 issues in grayscale, or 12 issues in colour.

Newsstand

Colour print edition \$1.95 at Shoppers Drug Mart (Sooke).

Letters published in West Shore Voice News do not necessarily represent the opinion of the publisher, editor or staff.

The publisher reserves the right to decline any articles, photos, ads or other contributions.

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

District of Sooke Meeting Schedule **MARCH 2016** In Council Chambers, 2225 Otter Point Rd, Sooke

> Parks & Trails Advisory Committee Tuesday, March 1 at 1:00 pm

Committee of the Whole Proposed Five-Year Financial Plan Monday, March 14 at 6:00 pm

Regular Council Meeting Monday, March 14 at 7:00 pm

committed to providing you with the top brand names on the market. Whether you have an office interiors challenge or even a paper jam, our team of specialists is here to take the pressure off you and keep your business on track.

Think Monk... **BUSINESS | RETAIL | INTERIORS | TECHNOLOGY**



For business solutions & locations: 250.384.0565 | monk.ca

Senior's in Sooke Home Care

Homemaking & meals Personal care Transportation & errands Pet therapy Call Lorena for a home consultation visit 778.352.2256 www.**seniorsinsookehomecare**.com ing their homes from wildfire.

Monk Office

It's hard to predict how a fire season will unfold. "It's so weatherdependent," said Thomson. "We're monitoring snow packs across the province, and following weather projections. We're preparing, to make sure staff and resources are in place. We'll be ready, as we always are," he told media on Friday afternoon. Thomson said BC leads the world "in our response program and response efforts". Mitigating risks longer term, and reducing budget and costs over time are the challenges.

As announced by Minister Thomson, the newest chief forester for BC is Diane Nicholls (acting in the position since Nov 2014). Nicholls is responsible for determining harvest levels for timber supply areas and tree farms, and provides key stragegic guidance on forest stewardship to forestry practitioners in the ministry and industry. wsv

Forest rehabilitation will include clearing stands damaged by wildfire, or at high risk from wildfire, and reforesting them.

Wildlife habitat restoration will include designing fuel management and forest rehabilitation activities to promote desired wildlife habitat characteristics.

The FireSmart program colaunched with the Union of BC Municipalities in 2015 will raise aware-

ness among local governments and rural property owners about protect-WEB COURTESY EDITION

Sooke Community Centre **Advisory Committee** Thursday, March 17 at 10:00 am

- Climate Change Action Committee Thursday, March 17 at 3:00 pm
- Emergency Planning Committee Tuesday, March 22 at 10:00 am
- Sooke Program for the Arts (SPA) Committee Wednesday, March 23 at 9:30 am
 - Committee of the Whole Tuesday, March 29 at 6:00 pm
 - Regular Council Meeting Tuesday, March 29 at 7:00 pm

This schedule is subject to change. Please call 250-642-1634 to confirm meetings.

Council & CoW meetings are webcasted. All meeting agendas at: www.sooke.ca

West Coast Lifestyle

21st Century Living

Daily news updates: www.westshorevoicenews.com

WEB COURTESY EDITION

No random public input in Sooke

WEST SHORE VOICE NEWS WEB COURTESY EDITION

It might say 'Public Input' on the District of Sooke Committee of the Whole agenda - even 'Public Input' under the agenda item 'Current Issues'. But from now on there'll be nothing random going on.

On Monday night, February 22 at District of Sooke Committee of the Whole (and in more detail later in the mayor's verbal report during Regular Council), a declaration was made by Acting Mayor Kerrie Reay that the only public input allowed at Committee of the Whole must be related to the agenda of that night's meeting. This is a significant departure from current practice of the last several years, where the public could wait the long haul to the end of a Committee of the Whole meeting and have a few minutes to provide comment on issues of the day. Reay said that the District's lawyers had clarified that only items on the agenda may be addressed, based on interpretation of existing local government legislation



Acting Mayor Kerrie Reay at the February 22, 2016 District of Sooke Council Meeting. Webcast archive at www.sooke.ca

in BC. More than a few members of the audience reacted with surprise if not frustration to this retraction of public opportunity.

In an interview with West Shore Voice News between the 6 pm Committee of the Whole and the 7pm Council meeting on February 22, Acting Mayor Reay was asked how she proposed that the public indeed make their input known to Council, if they can no longer speak spontaneously (at the designated public input portion of the agenda). The answer was "maybe town hall meetings", but the longer part of the response was about following rules. Respectful public debate at Council meetings - indeed, even polite civil disobedience looks like it will be a challenge for Sooke residents with a point to make (beyond the agenda), in any proximal future. WEB COURTESY EDITION

Reay did say in her verbal report at Council on February 22 that a review of the bylaw(s) that govern public input would likely be reviewed, after announcing the legal opinion about the current method of public input. Several bylaws are being targeted for review according to the Teresa Sullivan, CAO, District of Sooke as told to West Shore Voice News earlier this month. An overall goal of greater efficiency at the District is sought, she said.



Councillor Kevin Pearson



Councillor **Bev Berger**

Councillor Kevin Pearson told West Shore Voice News this week that "public comment at council is important" but that "the key to it is that it's done in a format that serves both sides". "We want public input, a community governing body needs that," Pearson said. When asked how the public can provide input at a public meeting regarding something that is not already on the agenda, Pearson replied: "We need to figure that out." He reiterated something he mentioned at Council this week - that topic-focussed committees (such as the Land Use & Environment Committee that he used to chair 2011-2014), are more informal and allow for more discussion.

Councillor Bev Berger told West Shore Voice News this week that she hears from many members of the community through emails, phone calls, and personal discussions. But she is open to review of the bylaw about public participation at Council and Committee of the Whole meetings. WEB COURTESY EDITION

There are ways to make views known to the District. That presently includes emails, letters, phone calls,

contacting any of the Mayor and Council in person, or making an official presentation to Council as a 'delegation'. Adding traditional town hall meetings or even Twitter town halls (done online ahead of time and brought forward as a report), are ways to gather more public input in a less formal manner but still on identified topics or issues of the day. Hearing from the widest possible range of taxpayers, residents and businesses in the community is likely of great benefit



to the governance process for any municipality. How that is achieved varies among jurisdictions.

Fallout in the social media after the February 22 announcement about shutting down free-for-all public input demonstrated that the public does want input and presently feels restricted. WEB COURTESY EDITION

Councillor Brenda Parkinson said later this week: "I was just as surprised as those in the audience that they were declined the opportunity to speak Monday night. I did not know there was a problem, or that the Acting Mayor had

requested a legal opinion. To date I am still unaware of the question asked to the lawyer, nor have I seen the legal opinion. As the Acting Mayor stated 'to allow the public to speak is a violation of our procedural bylaws'. So I believe, it is now time for the Council to change our 'Procedural Bylaw' and to allow the public the opportunity to participate and speak on issues they have concerns about as they have done for the past nine years," Parkinson said.



During public comment on agenda-related topics, Jeff Bateman noted and queried as to why there was no content Brenda Parkinson in the minutes from the public comments made by Ellen Lewers and Lorne Christensen at the previous Council meeting (February 9). Only their names were listed. This is also a new departure from the previous practice of at least summarizing all public comments. There was no comment back from Council to Bateman's query. WEB COURTESY EDITION

As with the flurry of staff departures and hirings in the first part of this year, there seems to be minimal heed for how the public will react to it all. Basic public relations, done promptly and well, would put most of these issues beyond the radar of most busy Sooke residents. As one Councillor put it to West Shore Voice News a few months ago: "It's all in the presentation." This continued fracture between Council and a strong segment of the Sooke public could use some effective mending. This Council appears to be struggling with a what obviously needs to be a Sooke-style type of good governance. More than bylaws, efficient processes and tight control... likely most local taxpayers hope for a healthy balance between corporate-style management and meaningful public input. WSV

Where paper still happens

This certainly is the digital age! Almost every sort of information is available online or in digital format.

But there's nothing like holding something tangible in your hand, and hav-

Your creative marketing package

EVENTS: print & online ads

Councillor

Sooke

Ask a Doctor of Optometry on Facebook

.

Dr. Joslin*. Dr. Morin* & Associates: **Doctors of** Optometry



Providing comprehensive eye health and optical services in Sooke and the west shore for over 20 years.

www.sookeoptometrists.ca

#5-6726 West Coast Rd in Sooke Phone: 250-642-4311 **OPEN MON-Sat (open late on Thurs)**

www.langfordoptometrists.com

#105-814 Goldstream Ave in Langford Phone: 250-474-4567 OPEN MON-Sat (open late on Wed)

* denotes optemetric corporation

WEB COURTESY EDITION

Firefighter McLeod staying on as volunteer

Long-time firefighter Rick McLeod will be officially retiring from the Sooke Fire Department at the end of March 2016. "But he will be staying on with the department as a volunteer member, so

Rick McLeod he really isn't leaving," Fire Inspector District of Sooke says Sooke Fire Chief WEB COUR Steve Sorensen.

McLeod joined the department as a volunteer in April 1992, and became a career member of the department in 2009.

"There's nothing like it," Rick McLeod once said, about how gratifying it feels to be part of the process that helps save someone from a fire, dangerous situation or medical emergency. **WSV**

ing received it personally from someone. That's where business cards are still here to stay, as well as flyers and tickets.

Somewhat to the point, there's even a new 3D digital phone being developed at Queen's University in Ontario. You can bend the phone to flip the pages of an e-book, for that 'holding a book' feelgood experience and a sense of where you are in the document.

The look and feel of a business card still matters in interpersonal business relations. At meetings, conferences and events it creates a bond. The info may get digitized later for long-term retrieval, but the moment of transfer has human impact.

Print and design services in the west shore region still proliferate, a testiment to the need for the creative handling of paper for business purposes.

Posters are still popular! They catch your eye as you're walking by. Subtle but powerful marketing in the physical moment. WSV

poster, e-bulletins, Twitter & FB MEETINGS: print & online ads, direct invitations PRODUCTS & SERVICES: print & online ads, coupons, FAQ



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 - WEB COURTESY EDITION

Page 4 of 4 ::: www.westshorevoicenews.com





Sooke Region Tourism Assoc (SRTA) AGM. Mon Feb 29. 7pm at Sooke Harbour House. Everyone who is interested in tourism of the region is welcome.

District of Sooke Parks & Trails Advisory Committee. Tues Mar 1. 1pm, council chambers. www.sooke.ca

West Shore Voice News - ad deadline Wed March 2 for the March 4th edition. Fee-based service organizations get 13% off. Non-profits get a whopping 21% discount. 250-217-5821 www.sookevoicenews.com/advertising.htm

Free Legal Clinic. Wed Mar 2. 6pm at John Horgan's Constituency Office, 122-2806 Jacklin Rd. 250-391-2801.

Cosmetics Gala at Shoppers Drug Mart. SatMar 5. Fundraiser for the BC Cancer Agency's mobile mammogram service. 9am to 4pm, Evergreen Mall, Sooke. Including pony rides, 642 T-shirts, hand massages, exercise demos, and more. Book your \$10 cosmetics makeover ahead of time, at the store. All proceeds of the day to BC Cancer Foundation. Shoppers: 250-642-5229

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

Appetite for Art. Sat Mar 5. 7pm, at the Prestige Oceanfront Resort. Food/Art Fundraiser (50% for art scholarship to an EMCS grad, 50% to food bank). \$20 at door. www.sookefinearts.com | www.sookecommunityarts.com

Medical calls: half the load

In 2015 there were 964 service calls made by the Sooke Fire Department, as outlined in a quarterly report to Sooke Council, February 22, including year-end tallies. The range of calls last year included fires, motor vehicle incidents, hazmat situations, medical support, and complaints about outdoor burning. Fifteen calls were to provide mutual aid to other fire departments (Metchosin, Otter Point and East Sooke) on a reciprocal agreement.

Of the 964 service calls last year, 510 were first responder (medical) calls – that's about 53% of the call load. Almost half of the medical calls were for attending situations called Class C (moderate risk to life) and Class D (very serious threat to life). Class E covers cardiac or

respiratory arrest or other immediate life-threatening situations. There were 19 of those calls handled by the Sooke Fire Department in Sooke in 2015.

Only 19 Class B calls for minor medical conditions were attended in 2015: "We generally don't go to B calls unless the ambulance is delayed," Sooke Fire Chief Steve Sorensen. "And Class C calls are not taken overnight (10pm to 5am)," he says. WEB COURTESY EDITION

In his report to council, Sorensen said that keeping up the number of volunteer firefighters is a 'major concern'. Six new recruits just began training. They will be on active duty by mid-Aril 2016.

At Council this week, Sorensen said the newest recruits have already had a taste of the job. They just happened to be in gear from a shared training session in Metchosin when a barn fire call came in, so they helped out with that for some first-hand experience. WEB COURTESY EDITION

"It's been busy," Sorensen told Council on Monday night. "In the last twoand-half weeks (of February) there have been three structure fires, a few car accidents and a few first-responder calls." WSV

Awareness Film Night to show film about Khadr

SOOKE REGION



Subscriptions print & digital: 250-217-5821

SEAPARC Arena 40th Anniversary. Sun Mar

6. Skating & cake. 11:30am-12:50pm. www.seaparc.ca Sooke School District SD62 Education Committee of the Whole. Tues Mar 8. 7pm. This month at Hans Helgesen Elementary. www.sd62.bc.ca

Sooke Free Legal Clinic. 6pm Wed Mar 9. John Horgan's Constituency Office, 1-6631 Sooke Rd. 250-391-2801.

Awareness Film Night. Film showing: Guantanamo's Child: Omar Khadr Wed Mar 9. 7pm, at EMCS Theatre, 6218 Sooke Rd. By donation.

Luck of the Irish Swim. Fri Mar 11. 6-9pm. Regular admission. www.seaparc.ca

SK8 & BMX Jam. Sat Mar 12. 11am-4pm. Free. See pg 17 in program guide at www.seaparc.ca

'Chiiliwack' 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. WEB COURTES

Daylight Savings Time starts for 2016. Clocks forward one hour at 2:00 am on Sun Mar 13.

Fun & Fancy Tea Party. Mon Mar 14. 2-3pm. Free drop-in at Sooke Library. All children to age 12.

District of Sooke Committee of the Whole. Mon Mar 14. 6pm; Regular Council Meeting 7pm, includes a first look at 2016 budget. www.sooke.ca

Dragon Storytime Tues Mar 15. 11-11:45 am. Free drop-in at Sooke Library. Age 3 to 5.

Free Legal Clinic. Wed Mar 16. 6pm at John Horgan's Constituency, 122-2806 Jacklin Rd. 250-391-2801.

Spring Equinox. Sat Mar 19. 9:30pm PDT.

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

Spring Break Creative Collage. Mon Mar 21. 2-3pm. Free drop-in at Sooke Library. Age 6 to 12.

SOOKE FIRES

in 2015 (by type)

Structure 23

Chimney 5

Appliance 13

Vehicle Incidents

tally in 2015: 85

Dumpster

Bark Mulch

Brush 10

Beach 12

5

9

77

Carbon monoxide (CO) is colorless & odorless. When using a wood burning stove, propane or natural gas indoors, install carbon monoxide detectors.

Spring Break Puppet Show. Wed Mar 23. 2-2:30pm. Free drop-in at Sooke Library. All ages.

Mobile Mammogram Service. Mon-Thurs March 21 to 24. BC Cancer Agency mammogram service vehicle in Sooke, Shoppers Drug Mart parking lot, 6660 Sooke Rd. Book your appointment ahead of time (age 40+) by calling 1-800-663-9203.

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

Easter Eggstravaganza. Sat Mar 26 for ages 1-7. Free event. 10:30am-12pm. www.seaparc.ca

District of Sooke Committee of the Whole. Tues Mar 29. 6pm; Regular Council Meeting 7pm. www.sooke.ca

Sooke School District SD62 - Back to School Wed Mar 30 after spring break.

Blood Donor Clinic. Mon Apr 11 at Sooke Legion. 11:30am-6:30pm. Appointments 1-888-236-6283 www.blood.ca WEB COURTESY EDITION OPSRRA AGM. Sun Apr 17. 2pm, at the JdF

Services Building. www.opsrra.ca

Digital subscriptions to WSV

~ \$28+GST for 18 weeks: Call 250-217-5821 •

Breast cancer: MAMMOVAN in SOOKE: March 21-24 spotting it with mammography by Mary P Brooke, B.Sc.

to be done every two years (if no family history of the disease). "For women with a strong family history, we ask that they come in every year," says Nancy Aldoff, Professional Practice Leader for the Screening Mammography Program at the BC CancerAgencyRTESY EDITION

"Whether the mammogram screening is done at a fixed center (hospital or clinic) or on one of the mobile mammography coaches (aka 'mammovans'), everyone becomes a part of our reminder list," said Aldoff this week from her Vancouver office. Mammovans are driven to the



 Mammograms are recom- service site by the women who are also mended for women over age 40, the mammogram technicians. "Everything's under one roof. It's easier, more comfortable and pleasing to walk onto. Technicians are enjoying the new service, offering patients a state of the art service."

The Sooke stop is filling up. Monday, March 21 is completely booked. There is still availability for March 22, 23 and 24, says Aldoff. Call 1-800-663-9203.

The digital mammography format is the latest technology, producing 2D images that appear on screen in about seven seconds. For each client, a total of four images are produced (two on each side). "Appointments can be very fast. In and out in 10 minutes," says Aldoff, who emphasizes that there is patient privacy, including a private waiting room and change room area on the mammovan.

In 2014 in BC, 5.4 of 1,000 exams revealed breast cancers (up from 4.8 in 2013). The majority of exams (66%) are done on women ages 50 to 69. WSV





Friday, February 26, 2016 ::: WEST SHORE VOICE

Event postings as space permits. PRIORITY TO ADVERTISERS

The Sooke-based Awareness Film Night group will present Guantanamo's Child: Omar Khadr at their monthly film night, Wednesday March 9 (EMCS, 7-9 pm). The documentary is an exploration into the life of a young teen from a Toronto suburb who was tried for war crimes in Afghanistan. He later spent over a decade in Guantanamo prison until his release on bail in Edmonton in May 2015. In the film, Khadr tells his story. Soldiers, prison quards and his lawyer also provide their perspective. The film is based on the book by award-winning journalist Michelle Shephard, who co-directed the film, and has been rated one of the 10 best Canadian films of 2015 by Vancouver's Cinematheque. Admission by donation. www.awarenessfilmnight.ca wsv

VOLUNTEER CENTRE Hiring part-time coordinator. View position description at www.sookeregionresources.com/ part-time-coordinator Submit resume to sookeregionvolunteers@gmail.com



to support the **BC Cancer Agency** Mammovan program

Lots of fun throughout the day! Pony rides, hand massages, exercise demo, and more!

At Shoppers in Evergreen mall, 6660 Sooke Rd

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 mammovans.



March 5

9 am to

4 pm

250-642-5229

 $\overline{\mathbf{z}}$

SHOPPERS DRUG MART

To book your appointment for a screening in the mammovan call 1-800-663-9203.



Shoppers will host the mobile mammography screening van in Sooke March 21 to 24. Available to women age 40+