Daylight savings time! Be sure to check the batteries in your smoke alarms. Juan de Fuca

🖹 @jdfemerg

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Thurs March

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VISA

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Friday, March 11, 2016 Sooke, BC SPECIAL MONDAY EDITION RELEASE [March 14]



West Shore

Small town pulls for one of their own: 'cosmetics gala' draws huge crowd

Leading up to a 4-day visit of the BC Cancer Agency's mobile mammography unit (coming to Sooke March 21 to 24), Shoppers Drug Mart in Sooke pulled out all the stops for a day of fun activities. The event was to promote the importance of women signing up for free mammograms. It was also very much



Cosmeticians at Shoppers Drug Mart Sooke paused on a day that saw hundreds of people come in for cosmetics makeovers, face-painting for kids, prize drawn, and tasty cupcakes! From left: Chelsea, Kelly, Leona, Jodie, Lynn.

a bash in support of one of their staff Jodie Lacombe who is starting into breast cancer treatment after evidence of breast cancer resulted from one of those free mammography appointments in the 'mammovan' in Sooke last year.

The event that brought a lot of business to the mall and to the store that sunny Saturday was primarily coordinated by Lacombe herself, and Shoppers store man-

ager Marcus Farmer. The Sooke store franchise that was recently acquired by Coenraad Simpson was also visited that day by Shoppers district manager Gerald Scott. Out in the parking lot were pro-Sooke (642) T-shirts for sale, fitness demos, pony rides and other activities.

Appointments for the mammography mobile service March 21 to 24 can be made by phoning the BC Cancer Agency: 1-800-663-9203







Trudeau wows the southern neighbours

News for inquisitive readers on Vancouver Island since 2011

News digest weekly on Fridays (print & online) by Brookeline Publishing House Inc

Appetite for Art fundrasiser: big turnout ... 3

Optometrists now deliver Glaucoma treatment ... 3

Seedy Saturday drew crowd of 1,000+ 4

Just about every moment of Prime Minister Justin Trudeau's three days in Washington, DC March 9 to 11 was covered by Canada's national media, with almost round-the-clock TV coverage.

The visit that included an official State Dinner at the White House with US President Barack Obama, of course also gleaned worldwide attention.

Trudeau, who was accompanied on the trip by his wife Sophie Gregoire-Trudeau and their three young children, seemed to bask in the energy of the 'bromance' label that was quickly attached to the evident upbeat brotherly relations between Trudeau and Obama. All smiles for the camera - all good publicity in the world of politics.

In one of his speeches during the visit that primarily sought to re-bond relations with the USA, Trudeau said that Canada and the US have a lot in common, if not sharing common values. That was, of course, not entirely true but it was good fodder for a feelgood visit with plenty of photo-

Canadians differ quite a bit from Americans with regard to attitudes about guns. Our culture is less quick to litigate over every little thing. Even as Trudeau himself said, Canada embraces diversity. But clearly the US has struggled (strangely somehow moreso in the last 10 years) with racism and challenges with immigration and the religion of incoming refugees. And their Syrian refugee intake is much smaller than Canada's, by a long shot.

Canada has also been less than eager to relinquish the private information of its citizens, compared to the

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Meet at 12:30pm at Shirley Community Hall. Refreshments & slide show 2 to 4 pm at the hall.

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All smiles heading into the State Dinner on March **10** (from left): wife of the prime minister, Sophie Gregoire-Trudeau; US First Lady Michelle Obama; Prime Minister Justin Trudeau; and US president Barack WEB COURTESY EDITION

strong advances of 'homeland security' in the USA that caught on quickly after 9/11. Until now. Beneath much of the glitz of Trudeau's visit, it was announced that a 'thinner border' (faster travel document processing when travelling between the two countries) now involves giving more personal data to the USA when Canadians want to travel to and from the USA. Details about this were revealed in a rather perfunctory manner by Canada's Public Safety Minister Ralph Goodale, in a few TV interviews.

Do Canadians really want the USA to know more and love more about this country? That assumption might be the first pulled thread of Trudeau's honeymoon with the electorate.

DITI Giving away the store is always a dangerous possibility when the buyer is big and its needs could someday become too strong to refuse (e.g. for water and other natural resources). Canada's population that only recently surpassed 36 million is dwarfed even by the one state of California. Will smiles all around be of help?

As former Prime Minister Pierre Trudeau said during his visit to Washington in 1969: "Living next to (the USA) is in some ways like sleeping with an elephant. No matter how friendly and even-tempered is the beast, if I can call it that, one is affected by every twitch and grunt." WSV

Hot housing MLS

 In the overall Greater Victoria area the data-adjusted HPI house price was \$537,200 in Feb 2016. Compare Langford at \$438,400 for last month, and Sooke at \$356,100. "We'll likely see more first time home buyers look to make purchases in outlying areas," says Victoria Real Estate Board president Mike Nugent about the West Shore area. Inventory for Greater Victoria was 2,562 properties for sale in Feb, which is 26.4% fewer than at the end of Feb 2015 and more than 30% below MLS supply levels two years ago. wsv



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THIS COUPON EXPIRES: April 11, 2016

EDITORIAL

Denial in politics: Trump-style, Sooke-style

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

 Head in the sand, taking too long to pull it out. That's the quick summary of how some people and political interests get away with 'the long con'. Yep, someone or some group starts out with specific malice or selfish intent, and in determining the vulnerabilities of their prey, take their game as far as they can.

One of the roles of media (more specifically, investigative journalism) is to hold those in power to account. Media around the world is struggling hard to hold onto this role. Democracy depends upon it. WEB COURTESY EDITION

So to keep this in a timely vein, we're seeing an American pundit elite that has denied all the way (so far) that Republican presidential candidate Donald Trump could ever really be taken seriously or would never really get very far. Something



like the British parliament and British nobility ahead of World War II who didn't think Hitler could make any traction (despite emphatic warnings from Winston Churchill) before it was too late. What human pride or zone of comfort is it that we wish to hold onto that blinds us to the reality right in front of us?

Zooming in to local shenanigans, the District of Sooke has clumsily sent up numerous flares that they've got one or more wolves in the hen house. Many sudden staff departures in January caught the interest of even the most casual of community observers (see our insight-editorial news coverage in the January 29, 2016 edition of West Shore Voice News, which was very popular by the way). Then there was a 'backed by legal counsel' declaration by then Acting-Mayor Kerrie Reay in February that public input made at Committee of the Whole meetings was done outside the letter of the existing procedural bylaw for the last several years. It was thereby declared that random public input was being immediately shut down (yes, stating that bylaw review might follow). But the timing of all that was almost certainly to block a particular delegation from complaining about having been declined an opportunity to speak to council. Oh sorry to all those not deeply embroiled in the machinations of small town politics, the many little details are mind-bending. Yes, it's exhausting.

On the last day (in fact in the last hours) of Reay's Acting-Mayor stint in January-February, there was a hastily called news conference (24 minutes notice) to announce a large land purchase in the town core, ostensibly to accommodate a future library. Never mind that the Vancouver Island Library Board said that very day that the new land opportunity still does not meet all of their conditions, or that Reay herself said that 80% of the land area will be left over for other 'partnerships'. That's a lot of 'extra' of 'one item for the pantry' to buy in tough economic times, when spreading around expenditure to many hungry areas of the community would be been a more thoughtful, compassionate and intelligent choice for Sooke. WEB COURTESY EDITION

Sudden influx of money in tough times? Oh, right, operating surplus it has been called by District of Sooke Chief Administrative Officer Teresa Sullivan. In the municipal accounting world, operating funds are generally not allowed to be shifted into capital funds. Apparently at the March 14 Regular Council Meeting, this money-magic was to have been be explained. And the current Acting Mayor Rick Kasper says 'yes, Council knew what they were voting on' at the February 23 Special Council meeting for budget adjustments -- he said in response to a public question from Sooke resident Ellen Lewers at the March 7 Regular Council Meeting. Giving us all a week to think about it. B COURTEST

If anyone in Sooke remains in denial about the increasingly high-stakes

Regional News



'This side of the island' @WestShoreVOICE

'Four-laning' up to Goldstream Park

 The BC Ministry of Transportation and Infrastructure (MOTI) has begun planning work for lane-widening and installing a median barrier on Hwy 1, from the Leigh Road interchange in Langford, to the Goldstream

Minister of Infrastructure

Park boundary (about 500 metres north of the West Shore Parkway intersection). There will be 2km of lane widening, as announced by Transportation and Infrastructure Minister Todd Stone this week. That's in addition to lane widening and barrier installations on the nearby Malahat stretch in 2013.

"With the completion of the Hwy 1 access improvements at Leigh Road and Goldstream Avenue, we are now moving along to have the final piece of the Trans-Canada Highway in this area Transportation & four-laned and divided between Goldstream Park and Victoria," Stone said. WEB COURTESY EDITION

"These projects are improving safety for everyone who travels along this corridor and are part of more than \$100 million that the Province has invested in Vancouver Island transportation in the last two years, with more to come," he said.

Design work for this future project is anticipated to be complete in 2017. "These improvements to the Hwy1 corridor on southern Vancouver Island are key to keeping people and goods Don McRae, MLA moving between island communities and making travel safer for



commuters, residents, commercial drivers and tourists," said Comox Valley MLA Don McRae. The new southbound off-ramp at Leigh Road on Hwv1 with a southbound acceleration lane from the West Shore Parkway onto Hwy 1 is safer, provides better traffic flow, and reduces traffic in residential and recreational areas.



Stew Young, Mayor, City of Langford

The interchange ramp opened November 28, 2015; the acceleration lane opened December 11, 2015. Remaining work on the new cul-de-sac at Goldstream Ave, rock stabilization, and fencing wrapped up at the end of February 2016. This \$5 million access improvement project was cost-shared (MOTI and Langford); COL

"The opening of the Leigh Road southbound off-ramp enablesresidents and visitors better access to our community," said Langford Mayor Stew Young. "This government recognizes the importance of infrastructure and the positive economic opportunities created by this announcement," Young said. WSV

Editorials aim to explore broader issues of concern to communities, economy and society as a whole.

> game-playing at the District of Sooke they are either too busy trying to survive in this patchwork economy or they're pretty sick and tired of it all. Actions (or at the very least the worst possible public relations exercise) of the District of Sooke in the past few months have -- overall -- are flirting with generating some permanent dismay among Sooke taxpayers (voters). Whose advice might they be following?

> How far does one turn a blind eye? After a sucker-punch on a black protester by a Trump supporter at a recent Trump rally in Chicago, the bombastic candidate boasted that he would pay any legal fees the white attacker might incur. Condoning the violence. Even one of his own supporters (who happens to be black) was quoted on the news saying Trump would tone down his intense rhetoric once he firmly has the Republican nomination. Remember the old Hans Christian Andersen fairy tale 'The Emperor has no clothes'? People given a hope for power or other type of benefit sometimes easily choose to blind themselves to what is otherwise evident.

> Tougher to pull that off in a small town. Case in point, the Twitter trolls who swarmed all over @SookeVoiceLOCAL in a semi-unrelated way after we reported on various Council actions a few weeks ago, further shows the ugly side of politics is alive and well in local politics. Some of those folks are local or regional business 'professionals', who (on that night at least) chose to jump on for an evening's rough-ride entertainment. Good on one Twitter follower who finally said "you guys sound like jerks".

LETTER ~ by **Ellen Lewers**, Sooke

'Duped in Sooke'

At present there are two council committees that look at overall community improvements. One is the Community Center Advisory Committee (CCAC), exploring opportunities for community center spaces. The other is the Parks and Trails Advisory Committee exploring opportunities for parks and recreational uses. These two groups are overlapping in some of the

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

the opportunities but nevertheless are working with the community at large and seeking input for how we manage our spaces and what our needs are and how can they be better fulfilled. WEB COURTESY EDITION These meetings, which started in September 2015, are all open to the public

and the times and places may be viewed on the District website along with minutes and agendas. CCAC is nearing a recommendation to council. Parks & Trails have recently submitted their findings.

Personally, I feel blindsided by the purchase of this 5.6 acre property for a price tag of \$1.42 million (which we don't have). Council purchased this property without a business plan, no idea what the land will be used for, other than perhaps a library can be built there in 2 to 3 years. Then-Acting Mayor Reay said that the Library may lease a portion to the library but not sure what will happen with the rest. I wonder what would happen if we took a plan like that to the bank to purchase a property, which we needed to borrow money for. I am afraid we have purchased an albatross and now no other opportunities, which may come from these two committees, will be allowed to come to fruition, as any monies which may have been used for the outcomes, are now spent for??????

The 'fudge-it' budget, presented on Feb 22nd, was amended that night with a yellow handout where approximately \$1.4 million was shaved off for (what)?? Council voted unanimously to pass the amended budget. When asked if they knew what they were voting on, Acting Mayor Rick Kasper, said yes they knew what they were voting on.

The transparency that council so advocates was not there, and we were told we would find out on March 14 what that was about. There was no rise and report from in-camera meetings and no info forthcoming. Kasper reported in the paper that they would borrow at 1.35% from the municipal finance authority, yet money is missing from our budget for 2016 and there are no bylaws to support taking this money. Neither was that amount allotted in the budget to purchase property. Was there an engineering report on this property? It is a wetland and would require a lot of rock fill and draining and depending where the access came from a lot of fill for roadway.

What was the point of appointing committees for consultation? The committees were discussing library opportunities and the acting mayor (then Reay) and also the now acting mayor Kasper were aware as well as Councillor Ebony Logins (who sits on the CCAC) and Councillor Brenda Parkinson (on Parks & Trails).

I was on the Official Community Plan (OCP) Committee a few years back, where we had extensive input from the community and put forward a plan reflecting the extensive consultation, only to have the entire plan changed the night it was submitted, by council presenting and approving Mariner's Village and extending the height for building from a limit of 4 storeys to 8 storeys.

Personally I feel our input is undervalued as is our time. Committee members do not receive financial benefits from our commitments; we volunteer, as we love our community and respect the public's input and concerns. I personally feel slighted and sorry for all the input so many gave and worked toward bringing information to council to make INFORMED decisions.

Looming in the background is another expenditure, this time awaiting our approval for \$1 million purchase for a SEAPARC land purchase, when this organization is costing us already and going backwards. How long can the taxpayer endure? Do politicians not see that there is a downturn in the economy and that they need to do their due diligence in respect for the overburdened taxpayer?

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Custom report by Mary P Brooke West Shore Voice News

 About 200 people showed up for the 3rd Annual Appetite for Art evening exhibit event at the Prestige Oceanfront Resort on Saturday, March 5. In a more upbeat and relaxed energy this year, the art and food were notably separated off. In the first year food and art were paired side-by-side if not co-mingled. WEB COURTESY EDIT

As a fundraiser, the event likely did quite well. Final numbers have not yet been released. With tickets at the door at \$20 each, and raffle tickets sold at \$2 a pop (2,500 tickets available), net revenues **Pro-arts District of** after expenses will likely bode well **Sooke Councillor** for supporting the two main causes **Brenda Parkinson**

of the popular soiree event. About 200 people showed up for the 3rd Annual Appetite for Art evening exhibit event at the Prestige Oceanfront Resort on Saturday, March 5. In a more upbeat and relaxed energy this year, the art and food were notably separated off. In the first year food and art were paired side-by-side if not co-mingled.

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As in previous years, the Sooke Food Bank gets 50% of the proceeds, and the other half goes to a scholarship for an art student. On March 21, the Prestige will present the Sooke Food Bank with a cheque for their portion. The art scholarship recipient will be chosen by Edward Milne Community School (EMCS) as part of their Grade 12 graduation awards process.

Out of 160 submissions to the show, 64 were selected for display. All submissions were by local artists. There were paintings, photographs, glasswork, pottery, carvings, and more.

The early March weather was unusually warm that night ... still 15°C at early evening, with a balmy breeze for those walking to the hotel after parking in overflow parking spots along West Coast Road. WEB

The event was organized in the first year by the Sooke Fine Arts Society and the Prestige Oceanfront Resort. In the last two years the Sooke Community Arts Council has become more involved. Local media is always asked to provide courtesy promotions, in support of the arts. WEB COURTESY EDITION
This year the trio of organizing bodies includes

their key players Catherine Keogan of Sooke Fine Arts Society, Dan Houle of West Coast Grill and Caryl

Wilford of Sooke Community Arts Council. They pulled off a somewhat well-oiled machine for the display and the many volunteers who helped make it happen.

Organizers worked long past the 9pm wrap-up. ensuring all was done and taken care of. wsv

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WEST SHORE Glaucoma treatment now available from optometrists

Optometrists are getting more involved in the treatment of glaucoma, under the supervision of Ophthalmologists, say Dr Louise Morin and Dr Brian Joslin at the Sooke and Langford Optometry clinics. Regular eye examinations with your optometrist are highly recommended to screen for and prevent glaudoma. COURTESY EDIT

Glaucoma is one of the leading causes of blindness in Canada. Glaucoma leads to progressive degeneration of the optic nerve. A resulting loss of nerve tissue results in gradual irreversible vision loss and potential blindness if not detected and treated early.

According to the Canadian Association of Optometrists, the most common form of glaucoma (primary open-angle glaucoma) is associated with elevated pressure caused by a backup of fluid in the eye. However, damage can also occur when eye pres-

Society president

Geraldine

McGuire

OPEN MON-Sat (open late on Wed) Normal Eye Eye with Glaucoma

sure is normal (due to inadequate blood supply to the eye). Eye fluid buildup might occur is when the eye's drainage system becomes inefficient over time.

The optic nerve transmits information from the eye to the brain. When the optic nerve is damaged, the amount and quality of information sent to the brain decreases, and a loss of vision occurs. Usually peripheral vision is affected first, followed by central vision during the later stages of the disease.

Closed-angle glaucoma is seen less frequently. It's a medical emergency that can cause vision loss within a day. The drainage angle in the eye (formed by the cornea and the iris) closes or becomes blocked. With age, the lens in the eye becomes larger, pushing the iris forward and narrowing the space between the iris and the cornea. As this angle narrows, the aqueous fluid is blocked from exiting through the drainage system, resulting in a buildup of fluid and an increase in eye pressure. Angle-closure glaucoma can be chronic (progressing gradually) or acute (appearing suddenly). WEB COURTESY EDITION

'Secondary' glaucoma can result from an injury, infection or tumor in or around the eye that causes the pressure to rise. It may also be the result of a variety of medical conditions, medications and eye abnormalities.

If glaucoma is diagnosed at an early stage, treatment such as medication, eye drops and/or laser surgery can usually control or prevent further vision loss. If left untreated, some form of permanent vision loss may occur.

Glaucoma may appear suddenly (acute) and present warning signs and symptoms such as nausea, eye pain, red eyes, blurred vision and haloes around WEB COURTESY EDITION

"A comprehensive eye examination is often the only way to detect glaucoma," say Dr Morin and Dr Joslin. That includes a simple procedure which measures internal eye pressure. The optic nerve and retina are also observed, as well as drainage angle.

A key risk factor for glaucoma is age (risk increasing slightly each year after age 60), and family history. Variations in blood pressure as well as heart disease can increase risk. Corneal thickness and optic nerve appearance indicate risk for development of glaucoma. Conditions such as retinal detachment, eye tumors, and eye inflammations may also induce glaucoma. Nearsightedness may also be a risk factor.

Physical injuries to the eye can result in immediate increased pressure and future increases in pressure due to internal damage.

Using corticosteroids for prolonged periods of time appears to put some people at risk of getting secondary glaucoma.

-----WEB-COURTESY-EDITION -

Treatment includes medications and surgery. wsv

Nuts and bolts of art-food pairing

At this year's Appetite for Art event on March 5, creative food art pairings were clearly a point of pride for this year's external food providers: Cape Links & Coils Sausage Co, Kelz Sweet & Savory Bake Shop, Nature's Chef - From Earth to Plate, The Stick in the Mud Coffee House, Sheringham Distillery, and Sooke 2-For-1 Pizza. The in-house Prestige food providers were West Coast Grill and Yesaki's Wine and Raw Bar.

Several artists sold their works. Artists whose 64 works (in total) were represented in the 2-hour show included: Linda Anderson, Jill Barre-Norris, Kate Barton, Anne Boquist, Brett Borrie, Bonnie Coulter, Jennifer Davison, Phoebe Dunbar, Kory Elliott, Vincent Fe, Michael Gabelmann, Anna Gelbert, Jamie Gentry, Haela Gielvert, Linda Gordon, Cindy Griff, Tessa Helweg-Larsen, Chad Johnston, Phillip Kristiansen, Roxanne Martin, Samuel Martin, Angela Menzies, Elaine Miller, Rob Owen, Brenda Parkinson, Bev Pather, Nastazja Pedersen, Pat Phillips, Len Platt, Kathleen Schmalz, Kim Sibbitt, Dana Sitar, Caprina Valentine, Gregory Varano, Sherie Welsford, Jocelyn West, Rae Williamson, Katherine Woods, and Kimberley Zutz. wsv



Kelz Sweet & Savory Bake Shop custom treats.



WEB COURTESY EDITIO

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AT'S GOING ON

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

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

St Patrick's Day Thurs March 17

West Shore Voice News - EXTENDED ad deadline Thurs March 17 for the March 18th edition. Fee-based service organizations get 13% off. Non-profits get 21% off. 250-217-5821 www.sookevoicenews.com/advertising.htm Spring Equinox. Sat Mar 19. 9:30pm PDT.

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Sheringham Point Lighthouse Dedication as a Canadian Heritage Lighthouse. Sun Mar 20. All welcome. Meet at Shirley Community Hall 12:30pm, event 1pm at the lighthouse. 2-4pm at community hall for slide show and refreshments. RSVP required: info@sheringhamlighthouse.org.

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, Sooke Library. Age 6-12.

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 ahead (age 40+) 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. 10:30am to 12 noon. SEAPARC. Details at

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

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

Sweet Alibi live in concert. Sat Apr 2. 8pm at Holy Trinity, 1962 Murray Rd. Tx \$15 at Shoppers, or \$20 at door. www.sookefolkmusicsociety.com

Free Legal Clinic. Wed Apr 6. 6pm, John Horgan's Constituency Office, 122-2806 Jacklin Rd.

ARTiFACTS art exhibit. Opening day Sun Apr 10. Sooke Region Museum. Exhibit runs to May 29. www.sookecommunityarts.com

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

Farm & Film Gala Evening. Wed Apr 13 by Sooke Food CHI and Awareness Film Night. Screening of Nourish. Local vendors. 6:45-9pm, EMCS.

Sooke Free Legal Clinic. 6pm Wed Apr 13. John Horgan's Constituency Office, 1-6631 Sooke Rd. 250-391-2801. 16th annual Sooke Business Excellence

Awards by Sooke Region Chamber at Prestige. Sat Apr 16. \$65pp. www.sookeregionchamber.com

OPSRRA AGM. Sun Apr 17. 2pm, at the JdF Services Building. www.opsrra.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.sookevoicenews.com/archives.htm

Sooke Rotary Spring Fair & Auction Sat. Apr 30 at SEAPARC. www.sookerotary.com

Photo Feature: WEST SHORE VOICE NEWS WEB COURTESY EDITION Long spring break

2016: Seedy Saturday Sooke

It's always a good time to celebrate the importance of growing healthy plants and food. Seedy Saturday did just that in Sooke on February 27.

Downstairs that day, the Sooke Fall Fair folks provided a hot chili lunch and promoted International Year of the Pulse. WSV









Over 1,000 people attended Sooke Seedy Saturday this year.



Out of school:

Spring break for students, teach-

ers and families in the Sooke School District SD62 begins Sat March 12 and runs through to and including Tues March 29. Easter long weekend falls in there, with Good Friday on March 25, Easter Sunday on March 27, and Easter Monday on March 28. Classes to resume on Wed March 30.

At the SD62 board meeting on March 8, calendars were presented showing 2week spring breaks for the next three years (2016-2017, 2017-2018, 2018-2019), all falling in approximately the last two weeks of March.

SD62 includes schools that serve families in Langford, Colwood, Sooke and up to Port Renfrew. WSV

Daylight Savings reminder: Check smoke alarm batteries

 A pairing of reminders comes up twice a year. As clocks change for starting Daylights Savings Time (spring) and resuming Standard Time (fall), so too the batteries must change!

With Sunday's spring-forward of clocks by one hour (the big switch takes place at 2:00 am on Sunday, March 13), emergency preparedness teams and first responders remind people to check the batteries in their smoke alarms. Also in



carbon monoxide alarms, while you're at it.

www.aseaofbloom.com

Fire Prevention Canada says that on average, fire kills eight people in Canada every week. "Residential property fires account for 40% of all fires and a staggering 73% of all fire deaths," the organization says in a news release.



New to Sooke? New mom? Bride to be?

250-642-2268

Appetite for Art - Raffle Winner

Winner's Name: Sheila Gallant Ticket #: 1032 Prizes won: 1 night accommodation in a King Size Oceanfront Room at Prestige Oceanfront Resort plus a \$100 voucher Draw Date: March 5, 2016 Organization's Name:

Sooke Community Arts Council BC Gaming Event Licence #: 81688

John Horgan, MLA Juan de Fuca

www.fiprecan.ca wsv



Need Help with **Provincial Programs?**

Contact my office: 250-391-2801 john.horgan.mla@leg.bc.ca www.johnhorganmla.ca

Your Voice in the Legislature

Parents Speak Up

A new column coming up in West Shore Voice News

Making it better for parents and children in society, health care and the education system.



Thoughtful contributions of a progressive nature are welcome from parents, school PACs, educators, health professionals and caregivers.

Write to: editor@westshorevoicenews.com