



**Easter Long Weekend**  
March 25 to 28

**MapleLine**  
Business Centre

Tel: 250-217-5821

**Posters, Flyers,  
Tickets & More**

Serving 'this side of the island'

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

Colour print edition  
**\$1.95** at Shoppers  
Drug Mart Sooke



News and views for attentive,  
inquisitive readers! ~ 4 pages this issue

# West Shore **Voice** News

WSV ISSN  
2368-9374  
Vol.1 No.21

www.westshorevoicenews.com

SVN ISSN 1925-2722  
Vol. 6 No.10

Pulling it all together on 'this side of the island': people, business, politics, health, education & community.

News for inquisitive readers on Vancouver Island since 2011  
News digest weekly on Fridays (print & online) by Brookline Publishing House Inc

**Budget 2016: worrisome dark corners [Editorial] ... 2**  
**BC's new K-12 innovation partnerships ... 2**  
**Petition challenges Canada Food Guide ... 3**  
**SRTA: Farewell to three tourism leaders ... 3**  
**April 1: Bus fares up in Greater Victoria ... 4**

**Connecting with readers, subscribers & advertisers in ways that count!**

250.217.5821

**Subscriptions, Ads, Archives**

National: @SookeVoiceNews  
Island & BC: @WestShoreVOICE  
Sooke: @SookeVoiceLOCAL  
Breaking News daily:  
www.westshorevoicenews.com

Friday, March 25, 2016 Sooke, BC

## New anti-violence initiatives in BC

WEST SHORE VOICE NEWS

● **Almost \$7.2 million has been issued by the BC government to "combat gangs, youth crime and violence against women".** According to the Ministry of Public Safety and Solicitor General, the funding is one of the largest one-time set of grants for community crime prevention.

The funds as announced Minister of Public Safety and Solicitor General Mike Morris on March 23 were sourced from the Civil Forfeiture Office and criminal forfeiture proceeds.

More than 250 projects and programs throughout the province will receive one-time grants to support public safety priorities, including projects for violence against women, youth crime prevention and restorative justice:

- 32 grants totalling over \$1.1 million to address sexual assault, including sexual assault on post-secondary campuses.
- 26 grants to support training and education for frontline victim service and violence against women service providers, with a total value of over \$800,000.
- 23 grants to support healing and rebuilding from violence against Aboriginal women for a total of \$448,000.
- 12 grants totalling \$400,000 for restorative justice programs and services.
- 57 grants valued at nearly \$1.9 million for gang & youth crime prevention projects.

**On Vancouver Island** the grants include *Island Spirit* (\$18,985 to Saanich Sports Assoc for a canoe trip for at-risk youth); *Boys Club Network* (\$6,600 positive mentorship program for male students age 12 to 18, in Courtenay); *At-Risk Youth Engagement* (\$20,000 to Threshold Housing



**Mike Morris,**  
BC Public  
Safety Minister &  
Attorney General

Society, Victoria); *Crime Reduction & Exploitation Diversion* (\$100,000 to Pacific Centre Family Services Association, Victoria and West Shore); *Victoria Child Advocacy Centre Service Enhancements* (\$30,000 to Child Abuse Prevention & Counselling Society of Gr Vict); *Enhancing Coordinated Response to Sexual Assault through Victim Services & Crisis Counseling* (\$40,000 to Victoria Sexual Assault Centre); *Caring on Empty* one-day workshop in Ladysmith (\$18,260 to explore burnout of front line social services workers).

Society, Victoria); *Crime Reduction & Exploitation Diversion* (\$100,000 to Pacific Centre Family Services Association, Victoria and West Shore); *Victoria Child Advocacy Centre Service Enhancements* (\$30,000 to Child Abuse Prevention & Counselling Society of Gr Vict); *Enhancing Coordinated Response to Sexual Assault through Victim Services & Crisis Counseling* (\$40,000 to Victoria Sexual Assault Centre); *Caring on Empty* one-day workshop in Ladysmith (\$18,260 to explore burnout of front line social services workers).

## Big deficit, tame response

WEST SHORE VOICE NEWS

● **The first federal budget** brought down by the Liberals under Prime Minister Justin Trudeau reaches deep into deficit, as much as \$29.4 billion for 2016.

While that figure is almost three times the \$10 billion deficit 'promised' in the fall 2015 election, it covers much of what much of the country seems to feel needs doing.

Political backlash to the budget as delivered by Finance Minister Bill Morneau on March 22 has been relatively tame. The Conserva-

## Hole in museum roof awaits repair



**A tree limb crashed into the roof of the Sooke Region Museum** during an overnight windstorm on Sunday, March 13. Staff is still working their way around the scaffolding until ceiling and roofing repair are done (waiting on the insurance company).

### Province-wide programs:

A program called *Cyberbullying Education Modules in BC Schools* has been issued \$50,000 through the Canadian Centre for Child Protection to support the purchase and distribution of new curriculum on cyberbullying for students in Gr 7-10 in high schools.

A \$100,000 project paid out to Stroh Health Care Consulting Corporation to develop new resources for BC high schools to promote respectful and healthy relationships among youth.

A program to support worker training regarding violence against immigrant and refugee women will receive \$50,000.

A program called *Enhancing Third Party Reporting Options for Survivors of Sexual Assault* will see \$39,900 paid out to the Ending Violence Assoc of BC.

Police agencies around the province will receive in total \$1,027,000 to support crime prevention activities including training and equipment. This would be beyond what is paid for the staffing and operations costs of police forces by municipalities and the province. **WSV**

tives under Interim Leader Rona Ambrose responded along the expected lines (broken promises, spending too much, not enough breaks for business). The NDP under Tom Mulcair saw most of their own desires reflected in the budget, thereby finding little room for complaint.

Key budget highlights were infrastructure improvements, social programs and expansion of EI in some regions. Most surprising to the business community was not reducing the small business tax to 9% (as previously legislated by the Conservatives to start in 2019). **WSV**



**Finance Minister Bill Morneau**

Local news ~ a contribution to your community.  
Digital subscriptions to this newspaper are \$28+GST (for 18 weeks)  
Call 250-217-5821 to pay by credit card.

## BC minimum wage going up Sept 2016

WEST SHORE VOICE NEWS

● **The minimum wage in BC will be increasing effective September 15, 2016.** Previous increases were at May 1, 2012 (to \$10.25 per hour) and September 15, 2015 (to \$10.45 per hour).

This week, the BC government announced that the province is "reviewing the minimum wage increase to keep it in line with overall economic growth".

Presently the minimum wage in BC at \$10.45 per hour is the second-lowest in Canada, only ahead of New Brunswick at \$10.30 per hour (where that rate will be increased to \$10.65 next week). In Ontario the minimum

wage is \$11.25 per hour, and in Alberta is \$11.20 per hour. The BC Federation of Labour says \$15 per hour is a living wage that would help workers not fall below the poverty line. That is also the wage level as promoted by the federal NDP in the 2015 federal election campaign, but only for federal workers (not across the board).

Minister of Jobs, Tourism and Skills Training and Minister Responsible for Labour Shirley Bond has issued the following statement regarding the BC minimum wage: "We expect to announce a minimum wage increase this spring, with the new rate coming into effect September 15, 2016. Given our stronger economic growth, we feel there should be room for a modest incremental adjustment beyond BC's Consumer Price Index (CPI) so that all workers can benefit from our success," said Bond. "The scheduled increase, based on this year's BC CPI, does not reflect the economic circumstances of the province. In setting the minimum wage rate, we have always

been clear: we want to strike a balance. The balance is between making sure all British Columbians can share in our province's success while not impeding businesses' ability to grow."

The BC minimum wage stagnated for about 10 years under former BC Liberal Premier Gordon Campbell. In 2011, BC Liberal Premier Christy Clark started increasing the minimum wage, and in 2015 linking future increases to inflation.

About 5% of BC workers earn minimum wage. Of those 93,700 workers, about 57% are youth age 15 to 24. Most work in food services, retail and accommodation. **WSV**



## Easter Dinner

- **Friday MARCH 25**  
(Easter dinner 4 pm to 9 pm)
- **Saturday MARCH 26**  
(Easter dinner 4 pm to 9 pm)
- **Sunday MARCH 27**  
(Easter dinner 4 pm to 8 pm)

## Surf & Turf ~ \$27.15

8 oz New York Striploin Steak with a skewer of garlic prawns, baked potato, fresh broccoli, all the fixings

~ Mom's Cafe ~  
**The Best Pies in Sooke!**  
2036 Shields Road ~ 250-642-3314

## SEAPARC PROPOSED LAND PURCHASE of 6518 Throup Road

### Public Information Sessions

Monday, April 4, 6:00-8:00pm

JDF Office/CRD Planning Office, #3-7450 Butler Road

Wednesday, April 6, 6:00-8:00pm

Jordan River/Shirley - Shirley Comm. Hall, 2795 Sheringham Point Road

Thursday, April 7, 5:30-7:30pm

Port Renfrew - Recreation Centre, 6638 Deering Road

Monday, April 11, 6:00-8:00pm

East Sooke Community Hall (old Fire Hall), 1397 Coppermine Road

Monday, April 18, 6:00-8:00pm

SEAPARC, 2168 Phillips Road, Sooke

More information available at [www.seaparc.ca](http://www.seaparc.ca)



## EDITORIAL

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

### Budget 2016: worrisome dark corners

● **The Liberals brought down their first budget on March 22.** Prime Minister Justin Trudeau has clearly devoted himself to Canada with a vengeance. Like any intricate long-term relationship, this budget represents a dance with Canadians, part of a valiant social experiment to re-inject hope and prosperity into a society quite fatigued by the grind.

The Liberal deficit budget of \$29.4 billion delivered by Finance Minister Bill Morneau is a full of commitment to special causes while at the same time interlaced with preferential quirks, political goblins and strategic dark corners.

Quite clearly the high-profile campaign promises have been met. Notably, the budget rolled out significant funding over five years for addressing the needs of indigenous peoples and communities. The main campaign plank of supporting 'the middle class' has been addressed primarily by increasing the amount that families with children will receive each year, and it won't be taxable. The other main campaign promise of 'growing the economy' is just starting out on its long journey, starting out of the gate with funding commitments for infrastructure projects, particularly in larger cities.

Some of those political goblins that snuck in there ... politics is politics, after all. There won't be easy times for some regions or some sectors. This week BC-NDP Finance Critic Carole James noted that the BC Liberal Government (conservative by nature) was overlooked to receive federal infrastructure funds for the Massey Tunnel Project, something the BC Ministry of Transportation was very likely counting on. And there wasn't much if any funding expansion for defence, including shipbuilding on the NDP-orange Vancouver Island coast.

But the most disturbing dark corner of the budget is the big snub to small business. As Canadian Federation of Independent Business president Dan Kelly said this week, he hears about a lot of small business owners who already have a hard time putting food on the table. To have the already-legislated-for-2019 small business tax rate of 9% restored to (the current) 10.5% rate is a slap in the face to small businesses who are clearly identified as the strongest job creators in the economy. Trudeau's Liberals have previously expressed disdain for those few bad apples in the small business community who run non-market businesses 'on the side'. The rest of small business is a cornerstone of the middle class that Trudeau claims he wants to support. It's worrisome that this personal bias has coloured an otherwise progressive budget. The flip side of sunny ways? ■



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

### SOOKE FOCUS @SookeVoiceLOCAL

● Sooke is quiet heading into Easter long weekend, at the tail end of a 2-week spring break in SD62 which has seen a lot of families on vacation and affecting the momentum of local business.

● Discussion took place at Sooke Council recently over whether a marijuana dispensary in the centre of Sooke (at 6691 Sooke Rd), should be allowed. While the federal Liberals are working on full legalization of marijuana, medical marijuana is prescribed and may be sold in Canada.

● SEAPARC Leisure Complex has rolled out a series of public information sessions about their proposed 23-acre land purchase at 6518 Throup Rd. They seek to borrow \$750,000. The public info meeting lineup is: Apr 4 (Otter Point), Apr 6 (Shirley), Apr 7 (Port Renfrew), Apr 11 (East Sooke), and Apr 18 (Sooke). [www.seaparc.ca](http://www.seaparc.ca)

● A career exploration night "to gain key insights into planning a variety of career paths" is being held at Edward Milne Community School on Thurs Apr 7. Open to the public.

● On March 21, Sooke council approved 5-year borrowing to cover the \$1,420,000 cost of land purchased at 2125 Anna Marie Rd for a future Sooke Library. Previously it was stated that the funding source was "surplus operating funds".

● Wrapping up maternity leave, District of Sooke Mayor Maja Tait is returning to her mayoralty duties on Friday, April 1.

● Various municipal councillors from this west side of the island will be attending the annual Association of Vancouver Island & Coastal Communities convention (Nanaimo, April 8 to 10). Leader of the Official Opposition John Horgan will address delegates on the Sunday morning.

● Anyone who feels artistic is invited to participate in Sooke's contribution to the Canada 150 Mosaic project. Initial sketches due by April 15; tiles to be painted in summer/fall 2016; creators will be recognized. Local contact in Sooke is art consultant John Russell: 250-642-7837. [www.canada150mosaic.com](http://www.canada150mosaic.com) **WSV**

leagues and explore how innovative concepts could be adopted elsewhere.

"The world is changing and parents expect us to do everything possible to prepare their kids for future success," says Mike Bernier, Minister of Education. "Innovation Partnership projects help us do that. Schools, districts, teachers associations are all valuable collaborators."

"It is clear from all the applications that educators in BC are committed to providing students with an education that gives them opportunities to succeed," says Rod Allen, chair, Innovation Partnership Working Group.

The working group received 119 project proposals for the first two intakes, from 43 school districts and 19 independent schools. The IPWG will be bringing teams from each project together twice this year to discuss their innovations. The Innovation Partnership is a key component of the K-12 Innovation Strategy announced at the 'BC's Focus on Learning' forum in January 2015.

Two of the new projects are on Vancouver Island. An amalgamated adult learning centre has been proposed for the Cowican Valley. And in Victoria, a proposal called Pacific School of Innovation and Inquiry aims to demonstrate a new inquiry-based structure for Gr12 graduation that "ties artifacts to key competencies as opposed to behavioural outcomes, and a reporting system that is tied directly to the portfolio". **WSV**

### West Shore Voice News

#### The Sooke Voice News

Published by Brookline 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](mailto:letters@sookevoicenews.com)

[subscriptions@sookevoicenews.com](mailto:subscriptions@sookevoicenews.com)

[advertising@westshorevoicenews.com](mailto:advertising@westshorevoicenews.com)

[editor@westshorevoicenews.com](mailto:editor@westshorevoicenews.com)

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

Twitter: @SookeVoiceNews

(BC / national); @WestShoreVOICE;

@SookeVoiceLOCAL

Publisher: Brookline 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: various. Content: News

releases & photos welcome. IT Management:

Ivandafish Computing.

VicTech.ca. Printing: Brookline 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 & breaking news:

Approx 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](http://www.westshorevoicenews.com)

West Shore Voice News

### BC & National

BC / National:

@SookeVoiceNews



This side of the island:

@WestShoreVOICE

### BC Education Ministry promotes innovation partnerships for K-12

● **Several new K-12 Innovation Partnership projects** are being promoted as beneficial for students and teachers throughout BC. The March 4 announcement by BC Education Minister Mike Bernier introduced 15 further opportunities for "young learners" including:

- using technology to conduct self-directed scientific research;
- partnering with a local symphony orchestra to learn about Canadian history;
- participating in enhanced STEM (Science, Technology, Engineering & Math) programs; and
- developing creative and critical thinking skills.



As available online

In Fall 2015, a first set of 17 projects were announced, based on the K-12 Innovation Strategy that was announced by the Ministry of Education in January 2015. While it is producing a fractured spectrum of initiatives around the province at this early point, the strategy is intended to "support teachers as they implement practices which integrate and promote personalized learning in the classroom, school and school community".

The total 32 Innovation Partnership projects <[www.k12innovation.ca](http://www.k12innovation.ca)> in public and independent schools "reflect BC's new K-12 curriculum by supporting teachers and students as they prepare for future success in our changing world". Bernier says the curriculum provides a flexible and innovative plan to help BC students gain knowledge and skills "for the jobs of tomorrow".

Public and independent schools in BC are invited to submit proposals, as well as school districts, but not individual classroom teachers. Projects are selected by the Innovation Partnership Working Group (IPWG), a collaboration of education partners including the BC Teachers' Federation, BC Schools Superintendents Assoc, BC Principals' and Vice-Principals' Association, the Federation of Independent School Associations of BC and the Education Ministry.

Each project receives \$8,000 for teacher release time, research, and project expenses, plus opportunities for project teams to collaborate with col-

### PST exemption for agrifood sector

● **A Provincial Sales Tax (PST) exemption is offered to qualifying farmers** in BC who obtain (on or after February 17, 2016) telescopic handlers, skid steers and polycarbonate greenhouse panels for use solely for a farm purpose (as a durable alternative to glass), Agriculture Minister Norm Letnick announced on March 24. PST is currently 7% in BC.

"The PST exemption (part of tax measures introduced in Budget 2016) will directly help BC's family farms in growing their business as they continue to provide us with food supply security for future generations," said a Ministry of Agriculture news release. "BC has one of the most diverse agrifood industries in Canada, producing more than 200 agriculture commodities and 100 seafood species."

To qualify for the exemption, the polycarbonate greenhouse panels must be purchased in a minimum of 500 square meters.

BC farms provide valuable food supply security producing about 1.2 million tonnes of crops and meats a year as well as about 700 million litres of milk and more than 800 million eggs. **WSV**

### Federal NDP to look at leadership

● The federal NDP will hold their 2016 convention in Edmonton April 8 to 10 to "build a strong, united progressive opposition". There hasn't been a great deal of open analysis by the NDP about how they got trounced by the Liberals in the October 2015 election.

However, NDP Leader Tom Mulcair posted his "reflections" online earlier this year, including: "Despite deep disappointment, there remains within the Party a rock solid confidence in our core social democratic values." He acknowledged a reduced caucus and with now fewer MPs being "shut out" of Atlantic Canada and Toronto. The NDP did secure six of seven seats on Vancouver Island (including Randall Garrison re-elected in Esquimalt-Saanich-Sooke), where the provincial NDP is also strong.

"I am determined to make the necessary changes so



**Tom Mulcair**  
NDP Leader

that the mistakes of the campaign will never be repeated," Mulcair has posted at [www.ndp.ca](http://www.ndp.ca). **WSV**



# West Coast Lifestyle

# 21st Century Living

Daily news updates:  
www.westshorevoicenews.com

## Online petition challenges Canada's Food Guide

WEST SHORE VOICE NEWS Editorial ~ Mary P Brooke, B.Sc.

• There's a new petition gaining some momentum at [www.Change.org](http://www.Change.org), the same website that produced success for a petition against the Medical Services Plan of BC system earlier this year.

This new petition is intended for submission to Health Canada, to "demand that quality research shapes the new Canadian Food Guide". It was launched this week by Mike Sheridan, a nutrition and fitness coach who is promoting some books he's written. By March 25 there were 15,000+ signatures.

Apparently Sheridan's petition was inspired by the recent efforts of an American food advocate to have "quality science determine the 2015 U.S. Dietary Guidelines," with the hope of having a more promising outcome in Canada." The pitch continues: "Unfortunately, after being signed by over 22,000 people, and getting a huge push from bogus-research whistleblowers, like Nina Teicholz, the U.S. Government found a way to deliver the same high-carb, low-fat, anti-meat nonsense, that's smeared with vegetable oil, stuffed with tofu, and dominated by insulin-skyrocketing cereal grains."

Sheridan writes: "Whether our government will act any different for the next round of guidelines (expected 2016-2017) is debatable, but there's no harm in trying. And if we can get through to some fellow Canadians along the way, to lower the embarrassing statistics released last week (Obesity in Canada - March 2016), I'd say it's well worth it," he said. The petition claims that:

- Since 1980, the number of obese adults has doubled, while the number of obese children has tripled.
- Canada has moved into 5th place for the number of obese adults and 6th place for the number of obese children when compared to other industrialized countries.
- Each year 48,000 to 66,000 Canadians die from conditions linked to excess weight.
- The cost in health care spending, and in lost productivity due to obesity, is estimated to be between 4.6 and 7.1 billion annually.
- Over 3 million Canadians have been diagnosed with Type 2 diabetes, and a new diagnosis is made every 20 minutes.
- Over 1.4 million Canadians have heart disease, which claims more than 33,600 lives per year.

The petition claims that reducing these numbers "starts with fixing the Canadian Food Guide, because unknowingly or not, that's what we listen to", and adding "more, importantly, that's where individuals struggling with their weight or dealing with a degenerative condition are instructed to look".

With a broad sweeping statement, the petition writer says: "There's no reason obesity, diabetes, heart disease, dementia, and cancer should be common, and there's no reason anyone should be paying for it. We have the science to demonstrate what's wrong with the current advice, and we have the opportunity to make sure our government reviews it."

### Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults		
	2-3	4-8	9-13	14-18		19-50		51+
Sex	Girls and Boys		Females	Males	Females	Males	Females	Males

Daily recommended portions in Canada's Food Guide are listed in very broad age/gender groupings that make wide-sweeping assumptions about how people are taking care of their health, or their current baseline.

There is a significant flaw in this petition. Aside from the benefit of raising awareness about eating well, the petition makes a very broad assumption that people have been paying attention to the Canada's Food Guide (CFG) all these years. Likely, if most people had actually followed the CFG, they would have been avoiding the high levels of sugar and fats that are found in the many convenience foods and treats that have become commonplace intake choices in our modern fast-paced culture.

Granted, the CFG has for decades been based on assumptions about regular meal patterns and is even loosely based around an assumption that families still have time to gather and sit for regular meals. As well, the CFG has entirely missed any mention of targeted nutritional supplementation that is clearly required in the modern lifestyle. Only in recent years has the simple requirement for additional Vitamin D (for low-light conditions in Canada) been simplistically mentioned. And other than promoting a basic multivitamin containing folic acid for women who are pregnant, there is no discussion or promotion of supplementation of a range of other vitamins, minerals and supplements that help combat high levels of body system stress due to fast-paced living and contaminants from chemically-laden air, water and food.

So careful to err on the side of caution – such as listing only the bare minimum Recommended Daily Amounts (RDAs) for nutrients, Health Canada has fallen short in taking care of the long-term nutritional needs of Canadians.

The good news is that many Canadians have ventured out on their own in the last 30 years or so, to explore natural supplementation and various ways of eating (e.g. light 'grazing' vs heavy meals). The downside of that is, of course, that in general, the health food industry might mean well with a myriad of products, but people have relied on retail clerks for nutritional advice and then essentially becoming their own experts for determining what works for them. Playing around with dietary modifications (e.g. weight loss diets, high protein, low carb, cholesterol level gaming, order of food intake, etc.) is to deal in an unregulated world of unknown health consequences, particularly over the long term.

Some natural source and modified supplements from the natural health world have actually been powerfully effective. So much so, they often get taken off the market. Either the quality products are too expensive to produce (and sell), or competitors buy up the good formulae.

It's commendable that people want to take better care of their health, and that awareness of 'you are what you eat' is really finally sinking in. But likely the unjazzy, overly cautious Canada's Food Guide is generally overlooked by most people because they've been looking for something better, something more. **WSV**

## Farewell to three SRTA directors

• Three long-time tourism industry leaders retired from the Sooke Region Tourism Association (SRTA) board at the group's AGM on February 29.

Jonathan Heerema had been an active marketer with SRTA since its inception in 2007. Frederique Philip has been promoting Sooke for 37 years since arriving on these shores, when she first co-launched the now world-reknowned Sooke Harbour House. Nigel Keatley (of Sooke Harbour Marina) had been on the SRTA board since 2012.

In particular, Frederique Philip was honoured for her long service to promoting the entire Sooke region, beyond the direct interests of Sooke Harbour House (from which she is also departing).

The organization that received \$23,000 in grant funding from the District of Sooke in 2015, presented their budget. Matching funds from the Tourism Association of Vancouver Island amounted to a further income of \$27,964.12.

Every year at the SRTA AGM there is a debate about how expenditures are presented in the financial statements. "Website expenses" amounted to \$22,918.85 even though a bulk of that also included print marketing and other services, all of it paid to one company. At 2015 year-end there was a net loss of \$5,491.22.

The organization primarily targets visitor traffic from Washington State, Oregon and Alberta, with pitches about the natural beauty and rugged outdoor activities of the Sooke region.

Members of the new SRTA board for 2016 include Ryan Chamberlain (Vancouver Island



There was a warm round of applause for three directors of the Sooke Region Tourism Association (SRTA) board who resigned during the February 29 SRTA AGM, after many years of service. From left: Jonathan Heerema, Frederique Philip, and Nigel Keatley.

WEST SHORE VOICE NEWS

Lodge), Jacob Cramp (Prestige Hotels), Ron Neitsch (Eagle Eye Outfitters), Paul Pudwell (Sooke Whale Watching), Doug Pudwell, Rob Martin (Island Vacation Rentals), and Patty Handy (Sooke Region Museum). The District of Sooke representative on the SRTA board is Councillor Ebony Logins, who attended the 2016 AGM.

Also attending the 2016 AGM were Sooke Region Chamber of Commerce president Kerry Cavers, West Shore Voice News editor Mary Brooke, District of Sooke Councillor Brenda Parkinson, Sooke Region Museum director Lee Boyko, and the website marketing team of Amber Chen and David Limo.

The District of Sooke shows \$23,000 as a payment to SRTA for 2016 (and each year to 2020 in the 5-Year Financial Plan), under a new heading called General Government Services. **WSV**

## Appetite for Art nets \$3,250 for causes

• This year's one-evening Appetite for Art event at the Prestige Oceanfront Resort in Sooke (March 5) raised \$1,625 for the Sooke Food Bank, and \$1,625 for the Sooke Fine Arts Scholarship.

The food bank received their cheque at the hotel on March 21.

The art scholarship will be presented to a selected Grade 12 art student at Edward Milne Community School (EMCS) high school during the grad awards process at the school this spring.

This year's funds were raised from \$20 tickets at the door, and \$2 raffle tickets sold around town for several weeks ahead of the event. **WSV**



Pleased to announced the Appetite for Art proceeds on this week (from left): Caryl Wilford, president, Sooke Community Arts Council; Catherine Keogan, executive director, Sooke Fine Arts Society; Kim Metzger with the Sooke Food Bank; and Tracy Snow of the West Coast Grill at the Prestige.

*West Shore Voice*  
**News the way you like it!**

**WSV EASY ORDER**

You are invited to support this independent publication that fuels community awareness 'on this side of the island'. HOW? By subscribing!

Name: \_\_\_\_\_ Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Mailing Address: \_\_\_\_\_  
 Subscription Type:

Digital (PDF by email): \$28+GST = \$29.40 for 18 wks  
 Print (colour, by postal mail): \$28+GST = \$29.40 for 12 wks  
 'Get the Link' (by email): \$7.95+GST = \$8.34 for 18 wks

Postal mail with cheque payable to **West Shore Voice News to:**  
 PO Box 851, Sooke, BC  
 V9Z 1H8 or phone 250-217-5821 to pay by credit card.

WHAT'S GOING ON

Subscriptions print & digital: 250-217-5821

Event postings as space permits. PRIORITY TO ADVERTISERS

What's Going On sponsored weekly by:



Monday to Thursday - 8am to 8pm
Fridays & Saturdays - 9am to 6pm
Sundays & Holidays - 10am to 5pm

Open Daily at 6716 West Coast Rd
Lots of parking
250-642-2226

Serving the Sooke community for over 25 years

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



Easter Dinner at Mom's Cafe. Fri Mar 25, Sat Mar 26, Sun Mar 27, 4 pm to closing. \$27.15 pp. 2036 Shields Rd, Sooke. 250-642-3314

Easter Eggstravaganza. Sat Mar 26 for ages 1-7. Free. Egg Hunt Times: 10:30am age 1-4; 11:15am age 5-7. At SEAPARC. More info at www.seaparc.ca

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

West Shore Voice News - April 1st Edition - ad deadline Wed March 30. Fee-based organizations get 13% off; non-profits 21%. www.sookevoicenews.com/advertising.htm

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, \$20 at door. www.sookefolkmusicociety.com

Cosmic Clock Astrology. Sat Apr 2 at Sooke Yoga. 11 am. \$15 by donation. www.sookeyoga.com

Connecting Dots. Exhibit at South Shore Gallery. Sat Apr 2 to Apr 9. 2046 Otter Pt Rd. 250-642-2058

SEAPARC Public Info session (#1 of 5) on proposed land purchase. Mon Apr 4, 6 to 8pm. JdF building, #3-7450 Butler Rd.

Volunteer Fair & Career Fair. Wed Apr 6, at EMCS. Community evening 5:30 to 7:30 pm. Info: sookeregionvolunteers@gmail.com

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

Career Exploration Night. Thur Apr 7 at Edward Milne Community School (Gr9-12). 6:30 to 8:30 pm.

ARTIFACTS art exhibit. Opening day Sun Apr 10. Sooke Region Museum. Meet the artists Sat Apr 16. 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

District of Sooke. Mon Apr 11. Committee of the Whole 6pm, Regular Council 7pm. www.sooke.ca

SD62 Budget. Tues Apr 12 Education Committee of Whole. 7pm at John Muir Elementary. www.sd62.bc.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.

Family Arts Fair by Sooke Community Arts Council. Sat Apr 16. At SEAPARC.

Pack a small Grab & Go Kit at home for each family member and pet, and tailor to the needs of each.

www.prepareyourself.ca



Juan de Fuca Emergency Program

@jdfemerg

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

'Talk Trash' Symposium. Sun Apr 17. 10am to 3:30pm, Sooke Community Hall. By Zero Waste Sooke. www.zerowastesooke.ca

OPSRRA AGM. Sun Apr 17. 2pm, at the JdF Services Building. www.opsrra.ca

District of Sooke. Mon Apr 25. Committee of the Whole 6pm, Regular Council 7pm. www.sooke.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

5th annual 'Volunteer Capital of Canada' event

There are so many volunteers in Sooke that the title of 'Volunteer Capital of Canada' has been somehow bestowed upon the community over the past several years.

On Wednesday, April 6 the 5th annual Sooke Region Volunteer Fair will celebrate the many possibilities for volunteering in the community of about 12,000 people.

'Over 200 groups contribute to making our fantastic communities what they are,' says Sooke Region Volunteer Centre coordinator Marlene Barry. 'Find out what they can do for you and where your time and energy could make the most difference.'

The event will be held at Edward Milne Community School (EMCS), from 5:30 to 7:30 pm on April 6. All ages welcome. There will be a silent auction, family activities, food concessions, entertainment and more.

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 optometric corporation

The Sooke Region Volunteer Centre operates out of the Sooke Family Resources Centre building on Wadams Way in Sooke.

www.sookeregionresources.com WSV

Shortage of GPs in Victoria area

According to a news report on CTV Vancouver Island this week, there are about 20,000 to 30,000 people in the Greater Victoria area who do not have a family doctor. And, that no currently practicing family doctors are taking new patients in this region.

In that news report, it was stated by a medical professional that the profession is having a tough time recruiting doctors to this area. That should be a big red flag about perceived or real pressures for health professionals to practice in this region, and/or the economic conditions of Vancouver Island.

West Shore Voice News recently learned from a source at one of the major hospitals in Victoria, that the only way to find a new doctor is to essentially 'keeping knocking on doors' until a space opens up.

People who have a GP may not realize that without a family doctor one cannot access the full range of services at hospitals, get letters for insurance companies, or have documented access to advice on medications. And even among the pool of GPs, not all of them have hospital admitting privileges or access to some of the fast-track diagnostic services that are available through the hospitals.

Not all persons in BC have extended health care coverage (including many who are self-employed or who work for small companies that do not offer health benefits). And without national pharmacare, the better medications for certain conditions are often not made available

Bus fares up Apr 1

BC Transit bus fares are going up in the Greater Victoria area starting Friday, April 1. www.bctransit.com

The biggest hit is to youth and seniors, which seems counter-intuitive considering the burdens on those two demographics in today's economy. And of course, if those groups can't afford the tickets, who pays? The burden falls back onto parents or families.

The regular fare remains at \$2.50 for adults (or sheet of 10 for \$22.50); the monthly adult pass remains at \$85. Ten tickets for youth/senior is now also \$22.50 (up from \$15). The \$35/month youth pass has been discontinued. WSV

to those in financial distress.

While the federal government weighs in on health care issues, the delivery of health care is a provincial responsibility. In BC, services are delivered through five regional health authorities: Fraser Health, Interior Health, Northern Health, Vancouver Coastal Health, and Island Health.

The Greater Victoria area is served by two major hospitals: Victoria General and Royal Jubilee. WSV

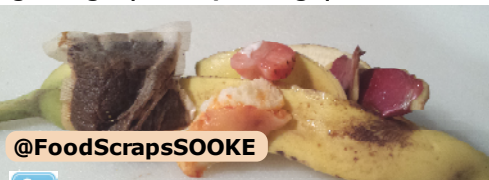
Zero waste symposium on April 17

There'll be a bit of 'trash talk' about Zero Waste at Sooke Community Hall on Sunday, April 17 (10am to 3:30pm). 'How can local residents, local businesses, and local government work together to transform the Sooke region into a model Zero Waste community' is top of the agenda.

Organized by Zero Waste Sooke, the Open Space Community Symposium will look at creating jobs from waste recovery, the need for local compost and yard-waste facilities, cracking down on illegal dumping, and banning plastic bags.

Facilitators will be Tony and Christiana St Pierre. A followup report will be presented to the District of Sooke. WSV

garbage | composting | zero waste



@FoodScrapsSOOKE

www.KitchenScrapsSooke.ca

COSMIC CLOCK ASTROLOGY

250.642.9642 with Daphne Savides \$15 by donation to Sooke Therapeutic Yoga Society

CHART YOUR PATH OF PERSONAL MASTERY

Workshop on Saturday, April 2 :: 11am Sooke Yoga, 6750 West Coast Rd ~ all welcome

Spring starts with Aries

In western astrology, each year a new cosmic cycle starts at the spring equinox, under the sign of Aries, running through the

12 of the zodiac signs to Pisces. Overlaid on that are the house positions, which vary for each person depending on birth time. Larger planetary transits affect global trends and political movements. WSV



New to Sooke? New mom? Bride to be?

250-642-2268

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

