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6 pages this issue

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Colour print edition on newsstand at Shoppers Drug Mart Sooke \$2.25

Week #324 of the Voice

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Featuring news of the west side of Vancouver Island

Friday, April 7, 2017

INSIGHTS FOR WEEKEND READING

## Sheringham Lighthouse lights up with a significant donation

West Shore Voice News FEATURE

● A Vancouver Island lighthouse preservation group has received the largest private donation to a lighthouse restoration project in Canada.

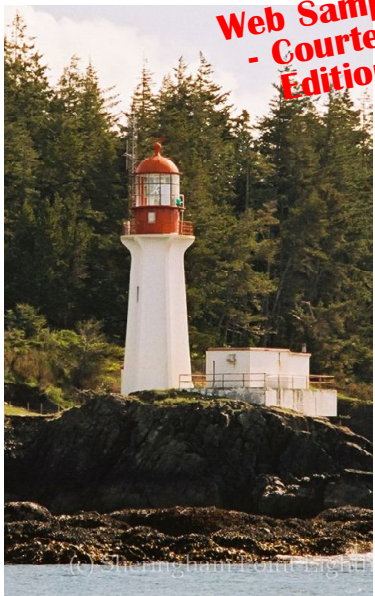
The Sheringham Point Lighthouse Preservation Society (SPLPS) has received a multi-year financial commitment totaling \$550,000 from the Ontario-based Westaway Charitable Foundation.

Sheringham Point Lighthouse is owned by SPLPS. It is one of 21 heritage lighthouses in BC, located near the little town of Shirley 57 km west of Victoria. There are also 27 staffed lighthouse stations on the BC coast.

"Lighthouses are popular heritage sites in coastal Canada as well as being symbols of guidance and protection," says SPLPS board member John Walls.

"The Westaways' supremely generous donation offers us a beacon to help us navigate through our ambitious restoration project, a gesture that is outstanding in Canada. As the recipients, we are honoured that the Westaways have such confidence in our plans. Their donation allows us to proceed with a major restoration to both the lighthouse and the lighthouse reserve property."

West Shore Voice News ... continued on page 3 /



Sheringham Point Lighthouse Preservation Society

Sheringham Lighthouse stands tall on the wild west coast.

The relationship between the Westaway Charitable Foundation and the SPLPS started with a small donation of \$1,000. "We heard about the group and thought

Web Sampler - Courtesy Edition

## Physiotherapist turned politician ...

### Barb Desjardins suspends CRD hat to run provincially in Esquimalt-Metchosin

by Mary P Brooke  
West Shore Voice News

● 'Experience in politics' is a proud moniker that Barb Desjardins wears as she heads deeper into her provincial election campaign in Esquimalt-Metchosin.

Mayor of Esquimalt since 2008 (on council since 2005 before that) and chair of the Capital Regional District (CRD) board now for two years, Desjardins looks to bring big-scope decision-making experience to the BC ballot box on May 9.

Her professional career as a physiotherapist brought her face-to-face with the impact of provincial health legislation in the 1990s. She feels the NDP government of that day made it tough for health practitioners to make a living, with fees capped per-visit regardless of time spent.

In Esquimalt she worked through the details of "some significant policing concerns" that eventually resulted in a policing amalgamation with Victoria. She is a big fan of shared services for this region: "Amalgamation would not serve the public well," she insists.

And as Chair of the CRD she led representatives of 13 municipalities to a final solution for wastewater treatment in a somewhat unexpected way. Respecting the role of each municipality to defend their own interests at the CRD board table, Desjardins eventually found herself being directed by the BC government to accept a provincial Project Board proposal, along with the suggestion that the CRD pretty much had to accept it. It might have looked like weak politics, but it resulted in a long-awaited solution for a tertiary-treatment level wastewater system for most of Greater Victoria (Sooke and the Saanich peninsula communities have their own treatment facilities).

"The project ended up in a better place than when it started," she told West Shore Voice News this week. Not only is the treatment level higher, but the Township of Esquimalt got \$20 million in amenity funding (with five years to sort out the best use of it -- public safety, waterfront parks and/or recreational facilities).

At the threshold of what could be a big turning point in her political life, in January Barb's daughter Genevieve died of leukemia at age 33. It was a dramatic setback. A creative painter, Genevieve was an inspiration to Barb, and the love continues. About nine of Genevieve's paintings were being hung in Barb's campaign office this week. The first acrylic on canvas to go up on the wall has an ocean theme with playful imagery on a rich dark background.

Environmental issues are important to Desjardins. She is proud of the eventual outcome of the long drawn-out process of achieving wastewater treatment for Victoria's core areas and west side. Which was in part why a lot of folks were surprised when she came out running as a BC Liberal candidate. Many thought she would



West Shore Voice News

Barb Desjardins was gearing up her campaign office this week in Colwood.

have gone Green. On that: "I considered where I was the best fit," Barb Desjardins said in an interview at her campaign office this week.

Desjardins argues that a \$15 minimum wage -- as proposed by the BC NDP -- would be too difficult for small businesses, where a lot of job opportunities usually happen. She predicts a suddenly-higher minimum wage would create a sudden loss of jobs in BC. She supports the incremental approach to minimum wage increases that the BC Liberals have rolled out over the past few years.

She feels that the BC government's approach to helping single parents with a combination of support for education, social assistance and child care is a winning package for helping one-parent families become more stable. "Social services should be about how we give a hand up, not a handout," said Desjardins.

"Balanced, progressive improvement is the way to go," says Desjardins about how politics should evolve a society and its economy.

Desjardins has also served on the BC Transit Commission. Getting good public transit out to the west shore she says is key to economic sustainability.

It seems not so much about ambition as natural evolution for this complex politician who mixes business acumen with political smarts and an eye to sustainability. To move forward with her goals of contributing to community, running provincially with a party that she admires for their financial acumen was a door that seemed naturally to open for her.

Desjardins' spacious office at 1740 Island Highway in Colwood is open daily now through to the May 9 election date. Lots of parking, and on a direct bus route. **WSV**

## Greater Victoria real estate: almost over the top

Analysis by West Shore Voice News

### REAL ESTATE INSIGHTS

● No surprises here... the price of housing in Greater Victoria just kept going up again last month. It's a speculator's market now, as it certainly doesn't represent what average working people can afford toward putting a roof over their heads.

As many economic pundits have been saying on TV news shows the past few weeks... the economy has lost sight of the fact that houses (and townhomes, condos, apartments, etc) are places that people live. If it's also an investment asset for some, then fine, but people need places to live. And once they're settled in a community they pay taxes and contribute to their community.

In most cases, a big part of the solution lies in municipalities rezoning land in a way that attracts the development of rental units. A case in point is Langford where insightful zoning and attractive amenity bonusing are helping to fast-track more affordable multi-family and rental housing in that booming west shore municipality.

The average actual raw sales average of single family home sales in March in Greater Victoria was \$846,130; \$638,824 in Langford; \$508,724 in Sooke.

Whether the market sees a major correction as in 1989 (when many people walked away from homes that were worth less than the ticket price of their mortgages), remains to be seen. **WSV**

## Mitzi Dean ramps up her springtime campaign

West Shore Voice News

● Mitzi Dean is running as the BC NDP candidate in Esquimalt-Metchosin. Celebrating spring, she opened her campaign office at 250 Island Highway in View Royal on a sunny Saturday April 1.

This is Dean's first political campaign. For about 10 years she has headed up the Pacific Centre Family Services Association (PCFSA) organization in the west shore, overseeing not only a wide range of social services to various sectors of the community, but also orchestrating the development of a new PCFSA building (presently under construction at 324 Goldstream Avenue in Colwood). Dean realized during her years at PCFSA that provincial decisions affecting health, housing affordability and social programs could use an insightful, practical approach from someone who has worked in that area of social services delivery.

Dean has already achieved a bit of 'star power' among the south Vancouver Island NDP, including a playful introductory moment alongside seasoned MLA Rob Fleming (Victoria-Swan Lake) at John Horgan's campaign launch last month in Langford.

WSV

**BC NDP**

**Mitzi Dean**  
Esquimalt-Metchosin

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**EDITORIAL**

WEST SHORE VOICE

VIEWES & INSIGHTS FROM THE WEST COAST

**News delivery: gentle or good, or both?**

● Many of our readers are political enthusiasts, and for you our election coverage is always value-added ... stuff you won't find in other news reports. Yet sometimes the political stuff is overly intense for readers who would rather not dwell on the rough-and-tumble and sometimes kinda crazy stuff that goes on during election campaigns.

As always, we'll keep these pages worth reading during these busy election weeks ahead ... gentle for those who don't like a super dose of political stuff, but also good for the political enthusiasts ... worth your while. After all, like it or not, this election process is what our society uses for sending people to the halls of power. Elected representatives make decisions that affect all of our lives, sometimes for a very long time to come. Pay no attention to it at all, at your socio-economic peril. ■



Veronique Gagnon

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

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**Business of the Year sponsored by TELUS**

West Shore Voice News

● Regional TELUS rep Lisa Ballinger was on hand at the Sooke Region Chamber of Commerce awards event last Saturday night, handing out the 2016



West Shore Voice News

Business of the Year excellence award to The Stick. She also made sure every table had plenty of fibre-optic wands to wave as each winner received an award. See list of this year's award winners, page 5.

**Where in Langford?**

**Freedom Mobile looking for a spot to hang its hat**

West Shore Voice News

● At Langford Council on April 3, Freedom Mobile pitched to locate a 30-metre monopole wireless antenna at 865 Station Avenue. The base of it would be tucked away in what is mostly an industrial area, enclosed with a chainlink fence. But the pole would poke up to the sky as a new feature in the Langford viewscape.

Why not hang their equipment on a utility pole in the area? Apparently BC Hydro was approached about it, and had no available pole space. Only so much weight or types of equipment can be on any given pole, Council heard.

Langford Mayor Stew Young -- noting that BC Hydro is publicly owned -- said the utility should be able to come up with something. He tipped it back to staff to contact BC Hydro to see if an existing utility pole location might be found.

Freedom Mobile, owned by Shaw, is trying to break into the Canadian wireless market that is dominated by Bell, Rogers, and TELUS.

Freedom Mobile agent Tawny Verigin explained that bringing a fourth wireless provider to the Langford area would further expand consumer options for pricing and service, as well as boost wireless communication network service within a few kilometers of the proposed location. "Without adding a new antenna, the current service will deteriorate," Council heard from Verigin. Freedom Mobile has about 1 million customers, and say they offer lower rates to families, students and small business. About 73% of Canadians own a smartphone. As well as being an everyday modern convenience, wireless service facilitates better access to emergency responders through 9-1-1 if needed.

Telecommunication providers are required by Innovation, Science and Economic Development Canada to consult with the local municipality and the public regarding new installations with the aim of minimizing community impacts. WSV

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**Ralfs on the go**

West Shore Voice News

● BC Green Party candidate Brendan Ralfs (Langford-Juan de Fuca) held a volunteer meeting on Thursday evening April 6 in Langford at Goldstream Bicycles.

Last weekend he attended the Sooke Region Chamber of Commerce awards dinner in Sooke after earlier that day visiting with folks at Coastal Kitchen Cafe in Port Renfrew and Shirley Delicious Cafe at Sheringham Point Road and West Coast Road.

As a forest firefighter for many years, through smoke and flames, Brendan has witnessed firsthand the devastating effects of hotter and hotter summers. Now a provincial emergency manager, Ralfs has also been a paramedic. He is also a supporter of the arts.

This past week in Vancouver, BC Green Party leader Andrew Weaver released the party's Strategy for Lifelong learning. The strategy includes specifics for investing in early childhood education (e.g. 25 hr free ECE/week for 3 & 4 year olds), child care (free for working parents with children under age 3), public education to prepare for an emerging economy (starting with an additional \$220 million for 2017-2018), post-secondary education and adult learning (including \$10 million per year for free adult basic education) and to invest in innovation and technology. The Greens also say they would invest \$35



BC Green Candidate  
Brendan Ralfs  
(Langford-Juan de Fuca)

**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

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Publisher: Brookline Publishing House Inc. Editor, Writer, Layout, Ad Sales, Online Content:  
Mary P. Brooke, B.Sc., Cert PR  
Contributors: Jennifer Brooke.  
Distribution: in-house. IT Management: Les Oberg, Triston Line.  
Printing: Brookline Publishing House Inc. Courtesy print edition: Bulk drop to coffee shops, hotels, banks, community areas; to some residential addresses on some weekends. Online readers PDF & breaking news: Approx 64,000 page visits/wk. Print subscribers, community drop-offs

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million in nutrition and physical activity programs to promote learning readiness, and improve student health. WSV

**CRD wastewater treatment plant must be completed by 2020**

West Shore Voice News

● About 250 people came out to a public information session on the new wastewater treatment facility this week in Victoria. Construction of the McLoughlin Point plant is to be completed by 2020 in order to see all available provincial and federal funding come through (\$248 million & \$211 respectively). The Capital Regional District (CRD) will pay in \$306 million and will be on the hook for any overrun costs.

Held in a large ballroom at the Grand Pacific Hotel in downtown Victoria on April 5, most of the local crowd were James Bay area residents. CRD staff frequently referred to the crowd as engaged and well-informed.

Among those mingling in the crowd to engage with residents were NDP MLA Carole James (Victoria-Beacon Hill) and City of Victoria Councillor Ben Isitt.

Project Board Chair for the huge wastewater treatment facility construction is Jane Bird. She says the plant will provide tertiary treatment to the core area's wastewater (serving Victoria, Esquimalt, Saanich, Oak Bay, View Royal, Langford and Colwood, and the Esquimalt and Songhees Nations). Residual solids that end up at Hartland Landfill will be turned into "Class A" biosolids that are safe for further use.

Public concerns included odour control, noise mitigation, pipe and pump safety (especially in the event of an earthquake), and access by fire vehicles and ambulances to any homes in the construction area as required. WSV



West Shore Voice News

CRD Wastewater Facility Project Board Chair Jane Bird (left) chatted with NDP MLA Carole James (Victoria-Beacon Hill) during the CRD wastewater treatment plant public open house, April 5.

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## Alistair MacGregor, MP on cannabis: Why keep generating criminal records for simple possession?

West Shore Voice News



Live broadcast screenshot

**QUESTION PERIOD** panel on April 2 (from left): CTV Question Period host Evan Solomon; Alistair MacGregor, MP (Cowichan-Malahat-Langford); Bill Blair, MP (Parliamentary Secretary to the Minister of Justice and Attorney General); and Conservative Party health critic Colin Carrie, MP (Oshawa).

It was early in the day for Alistair MacGregor, MP on the west coast to appear live on CTV's *Question Period*, which airs at 8 am on Sunday mornings out here in BC, hosted by long-time political journalist Evan Solomon.

MacGregor was part of a panel with two other guests: Bill Blair, Parliamentary Secretary to the Minister of Justice and Attorney General (Liberal MP, Scarborough Southwest) and Colin Carrie (Conservative health critic and MP for Oshawa). The segment was about the federal government's promise of legalization of marijuana by July 1, 2018.

Blair said there should be a properly regulated system of supply and distribution, and that there will have to be regulations with respect to consumption. Yet Blair did call the July 2018 rollout date 'ambitious'. Carrie slammed the Liberals for setting Canada Day as the legal changeover date.

But it was MacGregor who saw the stark dissonance of people still being arrested and charged for small amounts of possession of marijuana. He called it an "immoral practice of handing out criminal records... for something that will be legal in the (near) future". All of that within just a year or so of full legalization coming to Canadian law, MacGregor challenged the Liberal government for not being "the progressive government that people voted for." MacGregor called for prompt interim decriminalization of cannabis possession, quoting Liberal health minister Dr Jane Philpott from a year ago: "We can't arrest ourselves out of this problem."

In followup, Solomon asked Blair why police resources are being wasted on something that will soon be legal. Blair's answer sidestepped MacGregor's premise that interim decriminalization (for likely just up to a year) would be the right thing to do. Blair simply reiterated the current scenario as if it weren't now just about to change, saying that decriminalization leaves prohibition in place and does nothing to ensure a safe system of supply. Trudeau has said in recent weeks that 'the law is the law' until it is changed.

Carrie emphasized a point of science about the human brain not being fully mature until age 25, thereby allowing the legal use of recreational marijuana after age 18 or 19 to become a voluntary health hazard.

West Shore Voice News

## Cathy Noel, around & about

West Shore Voice News



**BC Liberal Candidate Cathy Noel (Langford-Juan de Fuca) attended the Sooke Region Chamber of Commerce awards dinner April 1.**

It's been another busy week on the campaign trail for BC Liberal candidate Cathy Noel (Langford-Juan de Fuca). She's been around various parts of the riding, getting to know the people and the issues.

Last weekend she campaigned all day Saturday and Sunday in Langford, but also headed to Sooke on April 1 to attend the Sooke Region Chamber of Commerce Business Excellence Awards evening at the Prestige hotel.

On Thursday morning April 6 she greeted Sooke residents out front of Village Foods, 1 to 2pm. She took a few minutes to see up-close the problems of two no-left-turns at Townsend Road and Sooke Rd. Then she headed to a meeting with SD62 Superintendent Jim Cambridge, and then to an Association of BC Marine Industries mixer in Victoria.

On Saturday April 15 Cathy Noel will be at Kelz Bakery at 6726 West Coast Road at 11 am to chat with local Sooke folks there.

Cathy is hearing from residents in both Langford and Sooke that transportation and good jobs are big concerns heading into this provincial election.

WSV

/ ... continued from page 1  
West Shore Voice News

## Lighthouse restoring power and improving public safety

it deserved some financial support, so we sent a cheque," said Foundation President Peter Westaway. "Later when I met the board members and volunteers, I was impressed with the planning expertise and their vision of this site as a coastal asset open to all. I am proud to be able to partner with SPLPS and magnify the substantive community-based financial support they have been given to further this important maritime heritage project."

Westaway himself lives in the Old Cut Lighthouse on Lake Erie which he and his wife restored in 2000. Their restoration project won the Ontario Home Builders Award as well as the Canadian Home Builders Association Award in the Most Outstanding Home Renovation category.

Walls added that the total gift requires approximately half the required funds to be raised through the community, a large portion of which has been already completed.

Currently the SPLPS is working to restore power to the lighthouse and improve public safety. Then restoration of the tower and engine room will begin, including metal re-fabrication, re-glazing, painting and rustproofing, as well as concrete repairs. The plan is to have interpretive displays and educational programs at the heritage site.

The Westaway Charitable Foundation was formed in 1986 by Peter Westaway and his sister, Lynn, to support primarily the arts, medical research, and heritage projects. Major ongoing gifts have been made to further both ovarian and prostate cancer research, and to support theatre. Ellis Chapel, built in 1861 in Puslinch Township (in south-central Ontario) was completely restored with Foundation help. The Sheringham Point project is the first major gift by the Foundation to a lighthouse restoration project.

The Sheringham Point Lighthouse Preservation Society was formed in 2003 to protect, preserve and restore the heritage lighthouse and act as stewards of the surrounding property, located in Shirley. Ownership of the lighthouse was transferred to the society in 2015.

The Lighthouse View Trail and Jennie's Trail were created on private property and managed by the society for the first five years under an agreement with the Capital Regional District. The 3.4-km loop trail provides access to the lighthouse and the surrounding area.

Interests and activities at the lighthouse site include: scenery and ambiance, seeing the lighthouse, viewing and learning about wildlife, plants and vegetation, learning about the history of the lighthouse and how it works, learning about the local community and its history, finding out about other similar places to visit, getting exercise, taking photos, and having a picnic.

In recent years a book about the lighthouse was published. *A History of the Sheringham Point Lighthouse* was researched and authored by Rebecca Quinn and the volunteers of the Sheringham Point Lighthouse Preservation Society. It's a 20-page book in colour covering the illustrious history of the lighthouse at Sheringham Point. Available for purchase on the organization's website at [www.sheringhamlighthouse.org](http://www.sheringhamlighthouse.org)

The group undertakes membership drives on a regular basis and in recent months has been conducting a community/visitors survey online: <http://sheringhamlighthouse.org/how-to-help/take-action-now/communityvisitors-survey/>

## Horgan's constituency office welcomes all volunteers

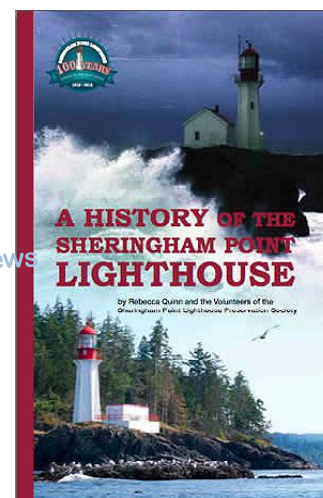
West Shore Voice News

John Horgan's local campaign office in Langford-Juan de Fuca is a bustling place! Now open 7 days a week at 114-2801 Jacklin Road (near the corner of Goldstream Ave in the heart of Langford).

To support the BC NDP campaign in Langford-Juan de Fuca volunteers can get a lawn sign or do door-knocking, or help out in other ways. Organizers invite anyone who's interested to drop by to the office Mon-Sat 10am to 8pm or on Sundays noon to 7pm. Or email to [Langford.JdF@bcndp.ca](mailto:Langford.JdF@bcndp.ca) or phone 250-915-7376

Lots of friendly staff are on hand to help you out. Snacks and comfy seating are on hand in the bright spacious office. All volunteering is convenient to individual schedules. Door knocking is generally done in the evenings during the week, or daytime on the weekends.

Horgan has been the MLA for what is now called Langford-Juan de Fuca since 2005. As the party leader for the BC NDP he is now travelling the province, meeting voters in all regions of BC up to May 9.



Book about the lighthouse

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**BC NDP**

**John Horgan**  
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BC's New Democrats  
Candidate,  
Langford-Juan de Fuca

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[bcndp.ca](http://bcndp.ca)

The BC NDP have been watching out for the well-being of BC residents for years. Not leading government since 2001, they have in recent years as Official Opposition continued holding the BC Liberal government to account. That's sometimes a thankless task in the face of a BC Liberal majority in the legislature, but Horgan and his team have persisted in carrying the torch for everyday British Columbians.

WSV



# Compost: the heartbeat of your soil

West Shore Voice News

## Composting is a biochemical process...

decomposition takes place as a result of biological life breaking chemical bonds. Microscopic organisms such as bacteria, actinomycetes and fungi chemically break down organic material via enzymes that they secrete. The decomposition process is finished by physical digestion through the digestive systems of larger macro-organisms.

**The goal when composting** is to create optimum conditions for these organisms to thrive and do the work of recycling our organic waste into nutrient-rich humus for our gardens.

**These organisms are also beneficial** when transferred to our garden soils, where they continue working to improve soil structure, make nutrients more available to plants, and fight pests and disease.

**Three levels of decomposers** work in a compost pile to break down raw organic matter into the nutrient-rich, soil-like texture of finished compost. Organisms at each level of the food web help keep populations of the other levels in balance.

### • Primary Decomposers

(e.g. bacteria, fungi, earthworms, sow bugs, some mite species) eat only organic matter.

### • Secondary Decomposers

(e.g. springtails, some mite species, nematodes) eat organic matter and primary decomposers.

### • Tertiary Decomposers

(e.g. centipedes, ground beetles, ants) eat primary, secondary and tertiary decomposers.



**For the Love of Soil**  
Wed April 12

## Spring Fundraiser & Silent Auction

Annual spring fundraiser for the Compost Education Centre. 6-10pm at the Fernwood Inn. Live music, friendly folks and lively bidding! Tx \$25 include pint of Hoyne beer and an appetizer buffet.

**Proceeds directly fund school workshops** and projects such as Healing City Soils, an initiative offering free soil tests to analyze the soils throughout the CRD and create a virtual "soil health" map of Greater Soke. Pre-register for the silent auction. [www.compost.bc.ca](http://www.compost.bc.ca)

The Compost Education Centre works to educate children and adults about the importance of soil conservation, composting and creating and sustaining local food systems.

WSV

# Paying for parking lots: a stop-gap response to political pressure

West Shore Voice News

**The District of Sooke responded to political pressure** from fishermen, pedestrians, businesses and community groups, with two parking lots as the solution.

To deal with parking concerns of local merchants who find people leaving their vehicles long-term in retail parking areas, the District of Sooke decided last year to pay \$24,000 per year (about \$2.65 per property taxpayer) to the Phillips-family property owners for use of an unpaved lot in Sooke town centre off Otter Point Road (where Sooke Country Market is held in summer). A small sign identifies the spot as "Sooke Town Centre Overflow Parking". But did you know about it? Do you use it? Apparently it's also to ease up traffic congestion during large town-central events that happen once a year, like Sooke Fall Fair in September or the outdoor Sooke Philharmonic concert in July. But most of the time it sits relatively empty. You could be using it to park and then take the bus.



Unpaved lot on Otter Point Road across from Eustace Road, in Sooke town center.



Unpaved lot at the foot of Maple Avenue South, leading to a trail that further leads to the roadside at the front of the Prestige hotel. Then it's a further walk through the Prestige parking area to reach the docks.

Then, to deal with that problem-waiting-to-happen due to a shortage of District-owned parking spaces near the Sooke Public Boat Launch (at the foot of the Prestige Oceanfront Resort), last year the District of Sooke decided to pay \$18,000 per year (about \$2 per property taxpayer) to the Butler-family property owners. That's for use of prime waterfront property as an unpaved lot off of Maple Avenue South (near the Government docks) as Public Boat Launch overflow parking. So far, there's no fee to use the parking area. After you park there, it's a bit of a hike on a new trail to get to the waterfront at the foot of the Prestige. The trail is in nice shape now, but will require maintenance (line item already in the Sooke Five-Year Financial Plan).

These plans were discussed last month during the 2017 District of Sooke Budget and 2017-2021 Five-Year Financial Plan deliberations. The budget has not achieved final approval yet; that comes up Monday, April 10 during the Regular Council Meeting at 7pm. **WSV**

## Sooke Budget 2017

West Shore Voice News

# Reading is a fine art: West Shore Voice News SURVEY RESULTS

**Reading is something people do for fun**, for interest, and to gain new information. *West Shore Voice News* (WSV) -- print and PDF -- is a 'weekend reader' for attentive and inquisitive informed readers who have already scoured the daily and minute-by-minute news of mainstream and blog-style news.

**Here, the reader rests** into a moment of muse, to explore deeper, unusual or just plain interesting aspects of the week's news. We hear some WSV readers dive in straight for the editorials. Others read headlines and a few bits. Still others read this weekly newspaper from cover to cover!

**Thank you to those of you who took a few minutes** to respond to our Spring 2017 readership survey (March 22 to April 5). Here are some of the key findings that you might find interesting:

- Most readers pick up or scroll through WSV through the weekend, as well as a few times through the week on our breaking news pages online.
- Most of the survey respondents said they come to WSV for local news (particularly municipal), as well as with an interest in political news, environment, event info, and the editorials.
- Most of the respondents read the weekly paper as a PDF or online at the [www.westshorevoiceneeds.com](http://www.westshorevoiceneeds.com) website as breaking news (regional sections).
- The survey was completed 50% by paying subscribers and 50% by non-subscribers (with 12% of non-subscribers saying they do plan to subscribe).
- A small percentage of readers buy the colour print edition on the newsstand, with 35% saying they might soon do that, but over 60% saying they prefer all their news as digital. (Most paying print subscribers choose the colour edition.)

**Election coverage:** Just over half of the respondents said they are following election coverage in WSV, with 40% of those respondents focussing on Langford-JdF and 22% saying they will key in on Esquimalt-Metchosin.

**News about education** was "very important" for 35% of respondents, while 25% said "somewhat important" and 12.5% saying it's additionally important if the focus is the local SD62 school district. Just under 10% of respondents said education news was "not important" and 18.75% were neutral.

**Health and wellness** news was "very important" for about one-third of WSV readers, with 25% finding it "somewhat important". In matters of health news, these are the most important topic areas for WSV readers: general well-being, followed by research and leading trends, then mental and emotional wellness.

**In matters of local news**, the hottest area of interest was to learn what's going on about your local municipality (Council, bylaws, meetings, politicians), followed by what community groups are doing (programs and events), followed by interest in local arts and entertainment as well as details about vehicle crashes and fires. After that came business and economy. Trailing the level of readership interest were the topics of emergency preparedness, youth and local sports.

**In this information-saturated age**, it's important that 'real news' be easily identified, and well written so it's easy to absorb. On those points, *West Shore Voice News* sets its sights high, and achieves the goal. **WSV**

# 30th annual Sooke Rotary Auction & Spring Fair

West Shore Voice News

**The popular annual Sooke Rotary Auction & Spring Fair** is coming up on Saturday April 29. Held in the arena at SEAPARC Leisure Complex from 10 am to 8pm, the event brings together businesses and non-profits of the broader regional community to display information, products and services.

The official opening at 10am usually includes a range of VIPs including any of MP, MLA, Mayor and other local representatives.

This year a booth by the District of Sooke will outline the 2017 municipal budget (which by then will have been approved by Council).

In previous years there has been a CRD booth with information about water management (including irrigation) and also recycling and composting.

Usually the day is full of upbeat energy and good fun, with a background of live music and entertainment on the stage.

In the silent auction starting at 10 am there will be over 500 items will be up for bid featuring local goods and services. There is also a live auction starting at 6pm. Proceeds from this, the club's major annual fundraiser, are used to support their works in the local, regional and international communities. [www.sookerotary.com](http://www.sookerotary.com)

xx

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**Saturday April 29th**

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Over 500 ITEMS up for BID!  
LOCAL GOODS, SERVICES, EVENTS & PLANTS

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[www.sookerotary.com/auction](http://www.sookerotary.com/auction)





# West Coast Lifestyle

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## Sooke Region Chamber of Commerce awards make a splash!

West Shore Voice News

● **Certainly a business community highlight in 2017** to date was the sold-out Sooke Region Chamber of Commerce (SRCOC) Business Excellence awards dinner on the evening of April 1. Held in the ballroom of the Prestige Oceanfront Resort, 160 seats were filled with high-energy and loud chatter of Chamber members, guests and members of the community. Mayor Maja Tait gave opening remarks. Actively hosted at the microphone throughout the evening by SRCOC president Kerry Cavers, the awards were rolled out:

### Professional Services Excellence

- o Winner - Chamber Member, RBC Royal Bank of Canada, Sooke Branch
- o Finalists – Beach Blonde Locks, S.D.Robb & Associates

### Retail and Services Excellence

- o Winner - West Coast Heeler Pack
- o Finalists – A Sea of Bloom + Inspire Home Decor, Seaside Yarn & Button

### Manufacturing and Industry Excellence

- o Winner - Saltwest Naturals Inc.
- o Finalists – Fudge In A Round, Sooke Oceanside Brewery

### Dining and Hospitality Excellence

- o Winner - Little Vienna Bakery Café & Marketplace
- o Finalists – Gordon's Beach Farm Stay B&B, Wild Mountain Food & Drink

### Trades and Skilled Labour Excellence

- o Winner - Chamber Member, Westcom Plumbing and Heating
- o Finalists – Good Guys Gone Demossing, South Island Home Construction

### Home-based Business Excellence

- o Winner - Fudge In A Round
- o Finalists – Beach Blonde Locks, Meanwhile in Sooke

### Not-For-Profit Organization Excellence

- o Winner - Chamber Member, Sooke Fine Arts Society
- o Finalists – Sooke Boxing Club, Sooke Transition House Society

### President's Award of Recognition

- o Winner - Chamber Vice-President, Dr. Stephen Grundy

### Sustainability and Leadership Spark Award

- o Winner: Chamber Member, 4-M Bobcat & Trucking

### Community Spirit and Advocacy Spark Award

- o Winner: Sooke Harbourside Lions

### New Business of the Year

- o Winner - 642 Wear
- o Finalists – Otterpoint Athletics, The Uncommon Carrot

### Business of the Year

- o Winner - The Stick in the Mud
- o Finalists – 4-M Bobcat & Trucking, Topo's Landscaping Company

### People's Choice (tied)

- o Stacey Scharff, Pemberton Holmes | Sooke Health & Fitness

### Sooke business award judges 2017:

- o Julie Lawlor, Westshore Chamber of Commerce Executive Director
- o Dr. Brian White, Program Head of Masters of Tourism Management Program at Royal Roads University
- o Mr. Patrick Marshall, economic development consultant with his own firm, Capital EDC

## EMCS at Skills Canada provincials

West Shore Voice News

● **BC's top trades and technology students** put their skills on display Wed April 5 in Abbotsford in a series of Olympic-style competitions to determine who will make up Team BC at the Skills Canada national finals later this spring.

About 600 students from high schools and post-secondary institutions throughout BC competed in the Skills Canada-BC competitions in categories including aerospace technology, welding, carpentry, robotics and 3D animation. Competitors qualified by winning at one of 13 regional events held throughout the province.

"We had great success at the Skills Canada Regional competitions last month (at Camosun College), winning four gold medals as well as the gold medal for the school that won the most on the south Vancouver Island," says EMCS Principal Pat Swinburnson. As a result, EMCS sent students to compete on April 5 in Drafting, Public Speaking, and Carpentry. "We also won regional gold in Welding, but didn't go to the provincials in this category," he explained.

EMCS Robotics won provincial Bronze this year (last year they came in 2nd with Silver). The robot prototype was displayed at an SD62 ECoW meeting held at EMCS in October 2016.

West Shore Voice News

## LIFE FORCE!

### Beaming with special news

West Shore Voice News

● **Before making the news of her pregnancy public** with a Sooke Region Chamber of Commerce (SRCOC) news release on April 4, SRCOC President and local business woman Kerry Cavers beamed as she hosted the Sooke chamber's annual business awards event in an upbeat mood on Saturday night, April 1 at the Prestige Oceanfront Resort.

Kerry and her husband Stewart are expecting their third child in October. Their other two children are age 1.5 and 3.5 years. They're a busy young modern family!

Kerry is part owner of Modern Mortgage and also part-owner of The Uncommon Carrot gluten-free cafe that she opened last fall.

Kerry Cavers has



West Shore Voice News

Sooke Region Chamber president Kerry Cavers

injected new life into the Sooke business community, attracting fresh blood to the SRCOC board and membership.

She took the Chamber in a necessary new direction last year by severing ties from the District of Sooke so the Chamber could focus on the needs of its membership instead of being overloaded and underpaid to try and boost the economic development for the broader Sooke region.

WSV

### composting | disposal | zero waste



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www.KitchenScrapsSooke.ca

## Cheerleaders will get to Kelowna, one bottle drive at a time

West Shore Voice News

● A team of 11 cheerleaders at Edward Milne Community School (EMCS) have been jumping into action throughout the school year, with monthly bottle drives.

The fundraising is to support their trip to a BC high school cheerleading competition, this year being held soon in Kelowna.

Working around their academics and other activities, most of the team is out for each drive to receive and sort all types of containers: wine & liquor bottles, beer & pop bottles, tetra packs, and pop cans. And the piles really add up.

About \$600 to \$700 is raised each month with these drives, says volunteer cheerleader coach Shala Revet.

Organizing all of the incoming containers is efficiently supported by the Sooke Bottle Depot service run by Alpine Group. Booked in advance, Alpine will deliver the large containers, sorting racks, bags and other items for making sure the day's activity runs smoothly. An Alpine employee will arrive at the end, to tally the results and do the heavy lifting into the Alpine truck.

The cheerleaders do a five-hour drive. Sometimes that's in front of the school, though one time they held it right at the corner of Milne Road and Sooke Road, which increased the number of container donations dramatically.

WSV



Cheerleaders sort bottles one day during spring break out front of EMCS. It's grungy work, but pays big time for their trip to the high school cheerleader competitions.

West Shore Voice News

Alpine staffer Dan Trakhtenberg organizes the collected bottles before loading them onto an Alpine truck for return to the collection depot in Langford. >>



West Shore Voice News



Bring in all of your bottles, cans and refundables to Alpine's Encorp Return-It Center located at 2032 Idlemore Rd



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Sun: 10-4 PM

www.alpinegroup.ca

## Seniors on Wednesdays

West Shore Voice News

● **Seniors 'of all ages'** are invited to drop by for a weekly Wednesday seniors get-together at Little Vienna Bakery on Wednesday mornings, 9:30 to 11 am. Refreshments are available for purchase.

The initiative was launched by the Sooke Region Community Health Network (SRCHN), to foster social networking for seniors. Their Age-Friendly Committee is mandated by the District of Sooke to improve the wellbeing of different generations in the community.

SRCHN Coordinator Christine Bossi encourages participants to bring friends who are less mobile. Carpooling might be set up.

WSV





# WHAT'S GOING ON

Ad deadline: April 12 for April 14 WSV

# West Shore Voice News

**Salute to Vimy 100.** Sat Apr 8, 6 to 9pm. Parks Canada event at Fort Rodd Hill in Colwood. Free.

**District of Sooke Council.** Mon Apr 10 council chambers, public input 6 pm, regular meeting 7pm www.sooke.ca

**Official Start date of the 2017 BC provincial election campaign.** Tues Apr 11. www.elections.bc.ca

**SD62 Education Committee of the Whole.** Tues Apr 11. Savory Elementary, 7 pm. www.sd62.bc.ca

**7th Annual Farm & Film Gala.** Seed - the untold story. Stock up on seeds & plants 6:30pm, snacks in foyer. Film 7:45pm. At EMCS, 6218 Sooke Rd. By donation. www.awarenessfilmmight.ca www.sookefoodchi.ca

**"For the Love of Soil"** Compost Education Centre Spring Fundraiser & Silent Auction Wed Apr 12. 6 to 10 pm at the Fernwood Inn. Tx \$25 (includes appetizer buffet). www.compost.bc.ca

**West Shore Voice News** ad deadline Wed Apr 12 for the April 14 issue. advertising@westshorevoicenews.com

**SD62 Thurs** Apr 13. Non-instructional Pro-D day. www.sd62.bc.ca

**Meet Cathy Noel**, BC Liberal Candidate (Langford-Juan de Fuca). Sat April 15 at Kelz Bakery in Sooke, 11 am. www.votecathynoe.com



votecathynoe.com

Authorized by Bill Stafford, Financial Agent for the BC Liberal Party | 1-800-567-2257

Meet Cathy at KELZ BAKERY April 15th | 11am

**Pure Pharmacy:** medication supply for emergencies. Tues Apr 18, 7pm, Metchosin Fire Dept, 4440 Happy Valley Rd.

**For the Birds Earth Day Children's Art Show.** April 19-30. At the Coast Collective in Colwood. www.coastcollective.ca

**West Shore Voice News** ad deadline Wed Apr 19 for the Friday, April 21 issue. advertising@westshorevoicenews.com

**Blithe Spirit** opening night Fri Apr 21. April 21-23, 28-30. At EMCS. 7:30 pm. Matinee 2:30 pm. Tx \$20, Sr/students \$15; under 13 free. www.sookeharbourplayers.com

**11th annual Family Arts Fair.** Sat Apr 22. Free family event, activities & fun. 9-12:30pm, at SEAPARC. www.sookecommunityarts.com

**Earth Day.** Sat Apr 22. Breathe fresh air, leave your gasoline-powered car at home, clean up your yard, plant veggies, plant a tree!

**3rd Annual Scrabble Tournament** and Silent Auction, Sun Apr 23 at Edward Milne Community School, 2 to 5 pm. Fundraiser for Sooke Play and Learn Summer Literacy Camp by EMCS Society. \$10 entry fee; bring your own board and dictionary. Register: 250.642.6371 or rvasey@sd62.bc.ca . Last-minute registrants also welcome at the door.

**All Candidates Meeting** Mon Apr 24 at Royal Colwood Golf Club, 629 Goldstream Ave. 5pm to 6:30 pm. Hosted by West Shore Chamber of Commerce. **Candidates in Langford-Juan de Fuca:** John Horgan, BC NDP Party Leader (BC NDP, incumbent; cannot attend that evening); Cathy Noel (BC Liberal); Brendan Ralfs (BC Green), Scott Burton (Libertarian). **Candidates in Esquimalt-Metchosin:** Mitzi Dean (BC NDP); Barb Desjardins (BC Liberal); Andy MacKinnon (BC Green).

**District of Sooke Council.** Mon Apr 24, council chambers, public input 6pm, regular meeting 7pm. www.sooke.ca

**SD62 Board Meeting.** Tues Apr 25. www.sd62.bc.ca

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Saturdays: 9am-6pm  
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**Easter long weekend.** Fri Apr 14 - Mon Apr 17.

- West Shore Recreation.** No swim lessons at JdF Rec Centre over Easter long weekend Hours on Easter Monday: 11-5.
- SEAPARC Leisure Complex.** Open 12-6pm Good Friday (Apr14), Saturday regular 8-8; Easter Sunday (Apr16), & Easter Monday (Apr 17).
- Easter Eggstravaganza** Sat Apr 15. SEAPARC. 10:30am age 1-4, 11:15am age 5-7. Indoor egg hunt, meet the Easter Bunny. Free with food bank donation. www.seaparc.ca
- Easter Egg Hunt** at Meadow Park in Royal Bay (Latoria Blvd at Sparrowhawk Ave), Sat Apr 15. 2 to 4 pm. Hunt for treats and meet the Easter Bunny! www.colwood.ca

**ARTIFACTS Call for Artists** deadline Sat Apr 15. for exhibit opening April 28 at Sooke Region Museum. www.sookecommunityarts.com

**Blood Donor Clinic.** Easter Monday April 17. Church of the Advent, 510 Mount View Ave, Colwood. 12 to 7 pm. Make appointment: 1-888-236-6283 or www.blood.ca

**BC Lieutenant Governor Judith Guichon at SD62 schools.** Wed Apr 26: Sangster Elementary, Spencer Middle School, Royal Bay Secondary.

**West Shore Voice News** ad deadline Wed Apr 26 5pm, for Apr 28. 2nd-last pre-election issue. 250-217-5821 | advertising@westshorevoicenews.com



**ARTIFACTS Exhibit** Apr 28-May28 Sooke Region Museum upstairs. www.sookecommunityarts.com

**Soil: Really Important Tiny Lives.** Sat Apr 29, 10 am to 12pm. Compost Education Centre, 1216 N Park St, Victoria, \$20. www.compost.bc.ca

**Sooke Rotary Auction & Spring Fair.** Sat Apr 29, SEAPARC, 10am-8pm. Displays, silent/live auctions, music, used bike sale: www.sookerotary.com

**Music Monday** Mon May 1 SD62 students performing at The Q Centre, Colwood.

**New Sooke Library public consultation.** Tues May 2, 6:30 to 8pm at Sooke Community Hall. Hosted by Vancouver Island Regional Library.

**West Shore Voice News** ad deadline Wed May 3 by 5pm, for May 5 final pre-election issue. Great exposure for all advertisers. Contact: advertising@westshorevoicenews.com

**Duck Race** Sat May 6 fundraiser by the Sooke Harbourside Lions, at the Sooke River, 11am-3pm (race 1pm). Tx \$5 (\$20 for 5) from any SHL members.

**Blood Donor Clinic.** Mon May 8. Sooke Legion. 11:30am-6:30 pm. 1-888-236-6283 or www.blood.ca

**BC Provincial Election.** Tues May 9. Register to vote, advance polling info: www.elections.bc.ca

**Bosley's by Pet Valu.** Thurs May 11. New store opens at Evergreen Shopping Centre, Sooke.

**BC Forest Services:** preventing wildfires. Tues May 16. 7pm, Metchosin Fire Dept, 4440 Happy Valley Rd. Free. West Shore Voice News

**'Don't Drug & Drive'** video ad contest. Deadline May 19. Open to youth age 18 to 25 who live in Greater Victoria. www.CRDriftTrafficSafety.ca

**Sooke Halibut Derby:** May 20 & 21. Part of a season-long points race. \$150/ticket. Fundraiser for Sooke Salmon Enhancement Society, Charters Creek, and food bank. www.sookesaltwaterseries.ca

**BC Election: Tuesday, May 9, 2017** Campaign Updates www.westshorevoicenews.com

- If you live in Langford, Sooke or the Juan de Fuca area you'll be voting in **Langford-Juan de Fuca**
- If you live in Esquimalt, View Royal, Colwood or Metchosin, you're voting in **Esquimalt-Metchosin**

## HEALTH NEWS

@WestShoreVOICE

### Walk-in donors welcome on Easter Monday

West Shore Voice News

● **On this west side of the island**, there are regular blood donor clinics held in both Colwood and Sooke. The next two come up on **Easter Monday April 17 in Colwood** (510 Mount View Ave) and on **Monday, May 8 in Sooke** (Sooke Legion).

Bookings for the Easter Monday clinic are currently sitting at around 86% booked, with only 14 open spots. However, because many people book eight weeks in advance, appointments can get forgotten, and some people won't have known what their Easter plans are, explains Patricia Willms of Canadian Blood Services. Walk-ins are welcome, helping to make up for any no-shows that might happen on a Statutory holiday.



www.blood.ca

In all communities in BC and across Canada, you can find a mobile clinic at www.blood.ca by simply entering your town in the search bar, says Ann Chabert of Canadian Blood Services. To book your spot at a clinic use the form at www.blood.ca or call 1-888-2DONATE.

As well as full blood, plasma is collected either by separating it from whole blood after a whole blood donation, or by apheresis (plasma portion separated during donation -- all red blood cells, white blood cells and platelets returned to the donor). Plasma is used both for transfusions and for fractionation (processing plasma into a range of specialized proteins for therapeutic use).

To check on your eligibility to donate there is a 1-minute quiz at https://blood.ca/en/blood/eligibility-quiz

#### Here are some of the criteria for donating blood:

**Age:** There is no longer an upper age limit. If you have donated before and are over 71 and would like to book, give them a call. If you have never donated before, you can start donating at any time after your 17th birthday. "It's always the time to start Giving Life." Appointments: 1 888 2 DONATE (1-888-236-6283)

**Cancer:** For most types of cancer, you can donate 5 years after your treatment is complete and you are cancer-free. These include breast, prostate, colon, thyroid and uterine cancer. And for skin cancer such as squamous cell or basal cell, you can donate after treatment.

**Flu Shot:** Getting the flu shot no longer means you can't come in on the day of your shot. Book anytime.

**Zika:** Travelers to locations outside of Canada, the continental U.S. and Europe

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have a waiting period of 21 days after their return home before donating blood.

**Travel:** There is other travel that can mean you can't donate but don't assume; you might be able to donate.

**Medications:** While taking some medications means you can't donate, most are okay (including ones for high blood pressure, high cholesterol, or depression). Visit www.blood.ca for a list of top 40 acceptable and unacceptable medications.

**Women (donation interval):** Female donors must now book their next appointment 84 days out (instead of 56) to protect their iron levels.

**Men (donation interval):** As of March 5, 2017, male donors are required to measure 130 g/L on the hemoglobin test (an increase from the previous 125 g/L). WSV

West Shore Voice News

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### PILGRIM COFFEE HOUSE

#### EASTER WEEKEND HOURS

Good Friday, April 14: 6:30am-6pm  
Saturday, April 15: 7am-6pm  
Easter Sunday, April 16: 8am-5pm  
Easter Monday, April 17: 8am-5pm