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# West Shore Voice News

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**News & views ~ Stuff that matters: business & economy, health & wellness, youth, education, arts, politics, sustainability, Millennials & social trends.**

## U-Bicycles have arrived in the west shore

by Mary P Brooke  
West Shore Voice News

OUTDOOR LIFESTYLE



U-Bicycles parked outside the Belmont Residences sale centre in Langford.

● **Dockless bicycle sharing** has come to the west shore. Parked outside the Belmont Residences sales centre on Division Avenue in Langford, a lineup of bright green basic 3-gear bikes with helmet and basket, ready to go, are the sign of urban-suburban interface and a growing tourism visitor base in the west shore.

The U-Bicycle system of quick use of a bicycle paid for through a smart-

phone app was launched in Victoria. In Langford, U-Bicycle springs up as Belmont Residences and Belmont Market get built in the Jacklin/Jenkins residential and commercial area. Intended for high-traffic retail zones, and part of an active lifestyle: sign up with the app, locate a bike, ride it, then leave it at your destination point. Make a deposit then pay as you go. [www.u-bicycle.com](http://www.u-bicycle.com) **WSV**

## Dog rescued from house fire

West Shore  
Voice News



Langford Fire Rescue

Langford fire rescue crews attend to Kona the dog who suffered from smoke inhalation. [Langford Fire Dept photo]

● **Langford Fire Rescue responded to a house fire** on Kestrel Ridge at 5 am on Thursday June 7. The fire was into the roof when crews arrived (it may have started in the garage). "We were concerned about it spreading to the neighbouring homes," said Langford Fire Chief Chris Aubrey.

Eighteen firefighters from all three Langford stations were on scene, along with BCEHS, RCMP, BC Hydro and Langford Emergency Support Services.

The five occupants of the home in the area off Millstream Road and Treanor Avenue were alerted to the sound of the smoke alarm going off, discovered the fire and were able to leave the home without injury. "It is another example of working smoke alarms saving lives as this fire grew rapidly and the had seconds to get out, not minutes," said Aubrey.

"The family pet was reported missing, however. Once we had knocked the fire down and were able to enter the home, we found the dog named Kona inside hiding beside a wall and bed downstairs. He was suffering from smoke inhalation, was sooty and wet and we removed him and gave him some oxygen," the fire chief said. The dog was then taken to a vet by the RCMP. The dog is expected to make a full recovery.

The cause of the fire is still under investigation and the family is currently working with Langford ESS and friends for support until they can get long term aid through their insurance company. **WSV**

## Team-based approach to primary care in BC

Mary P Brooke ~ West Shore Voice News

● **Over the next three years** the number of family practice physicians will increase by 200, said Health Minister Adrian Dix this week during his announcement about including more pharmacists in primary care networks across BC. His delivery to media and those gathered June 7 at City Centre 2 in Surrey's Health and Technology District reiterated the province's approach to addressing the doctor shortage. The direction is toward multi-disciplinary primary care centers.

"It's always a challenge" to meet the need for physicians, said Dix. "If you're attached to a family physician it means you get access to non-emergency support; you know your doctor and your doctor gets to know you. People with non-emergency care needs get to have their needs addressed," he said.

BC has an aging population. People now live to age 83 but "there is an opportunity to live well," Dix said. In 20 years the population of people over age 75 will be 2.5 times greater than it is today. "BC needs to create and recruit a new generation of health care workers over this period".

In BC, about 700,000 people (15% of the population), have no family doctor. When the family doctor is not available, Dix said that most people have a pretty good sense of whether to go to a hospital emergency department or to a clinic. "We have asked people. About 35% who go to the ER, they know their condition doesn't require that. But they go because they don't have another option, especially in the evening," the health minister said.

Getting appropriate care in the moment and primary care beyond that are two dynamics of the evolving health care system. In the new team-based care centres people will "have a place they can come and get connected with services that they need". The first major clinic of that type is in Surrey which will have four doctors, two nurse practitioners, seven registered nurses, and connections with other resources. "Team-based care in the community happens in hours that doctor's offices aren't open. The principle idea is to provide excellent primary care."

In the Sooke region where there is one drop-in medical clinic, a meeting about access to health care is coming up Sat June 16: [www.sooke.ca/health](http://www.sooke.ca/health) **WSV**



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Attentive nutrition guidance needed in BC health model



by Mary P Brooke, B.Sc. Editor

● This week it truly was good news to hear the BC Government's announcement about opening up the first primary care health centre (it's in Surrey). A key feature of that first center and others to follow, is the on-site integration of pharmacists into the team. That's along with physicians, nurse practitioners, occupational therapists, physiotherapists, counsellors and various other disciplines.

But not a mention by Health Minister Adrian Dix about integrating attention to nutritional care in either of his media teleconferences this week (June 5 at UBC's Pharmaceutical Sciences Building and June 7 at City Centre 2 in Surrey's Health and Technology District). He shared the June 7 announcement with Premier John Horgan.

So, following up, as media will do, *West Shore Voice News* has asked the Health Minister's office about the nutrition factor as a proactive part of multi-disciplinary primary care centers. A response is expected next week.

The entire basis of good health is a well-maintained body, mind and spirit. Taking care of the body does require good food choices. In recent years, people are catching up with the idea that diet is not the same for everyone. Sure, if you have a particular illness like diabetes or a heart condition, there are specific diet regimens that are wise to follow. But for everyone of all ages there are individualized requirements of nutrient intake that serve the specifics of growth phase (age), body type (size, gender, DNA), and most notably the lifecycle phase (infant, child, pre-teen, child-bearing years, mid-life adult, early senior, aging senior, frail senior).

On top of that there are work/environmental impacts that perhaps deplete certain nutrients, such as exposure to various chemicals or natural contaminants in the workplace or community. A simple one is the need for additional anti-oxidants when living in cities where there is exposure to a higher level of fuel exhaust than you'd be exposed to in rural areas.

This is a degree of attention to nutrition management that is not mentioned in BC health care directions at the present time. Yes, there is the BC Dietician service, which has three distinct target groups which are important but very focussed: pediatric, allergies, and cancer. A 8-1-1 phone number can connect callers with a registered dietician for basic nutrition information, but outcomes depend upon the specific questions and circumstances for calling; generally speaking that's not proactive nutritional management toward optimal health maintenance. And there's a policy thrust... did you know that the BC government provides nutrition and food science expertise and consultation to the food and food services industries and health professionals? Key areas of that work include "supporting the implementation of provincial food regulations, policies and best practices related to a healthier food supply and to healthy eating promotion".

That brings us to the interaction of pharmaceuticals with nutrients and metabolic systems in the body. Minister Dix was very clear this week to outline that now 20% of people over age 70 take at least five medications and that one in six are taking 10 or more. Of those over age 85 (an age group that will double in 20 years) 31% are on at least five drugs, he said. Dix said there is strong evidence that multi-disciplinary intervention will decrease over-prescribing "making people's lives better". A factoid repeated by Dix: the number of people over age 75 will increase two-and-a-half times over next 20 years.

Might it be better to take steps to reduce the number of medications taken (especially by seniors), rather than assume that will be the case? With significant bombardment of the body's basic functions with so much manufactured chemistry, this cries out for an attentive level of nutritional management. Every chemical introduced to the body has to work within the overall body system. In metabolizing each drugs, certain nutrients will be used more readily, or interfered with, or even blocked. The chemical soup that our bodies are, is a system in delicate balance. Bodies are resilient, but a cocktail of medications intended for treating specific diseases and conditions will have an impact on the baseline of normal body function. Not to mention the various drugs themselves interacting with each other both in process and in their by-product phases, including in post-surgical scenarios

Women abused as teens during athletic training pitch for changes to organized sport

● Four women sexually assaulted and abused by national ski coach Bertrand Charest (who is now serving 12 years in prison for the abuse) spoke publicly on June 4 about what they endured, saying they are determined to ensure their stories ignite a movement to combat abuse in sports.

The women were teens at the



From left, former skiers Amelie-Frederique Gagnon, Gail Kelly, Anna Prchal and Genevieve Simard at their news conference in Montreal, Monday, June 4, 2018. (Photo: Graham Hughes / THE CANADIAN PRESS / as posted online)

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and situations of mental health management using drugs. And then there are the cases where there is an overlay of alcohol use. As people age, their ability to absorb nutrients often diminishes, requiring a look at the need for enzymatic support to aid digestion of food so that nutrients can be optimally released.

A heavy intake of pharmaceuticals or other drugs requires a detailed analysis of the accompanying need for vitamin, mineral and protein supplements, just to mention a few components of an optimal-nutrition goal. The general approach to prescribing drugs all these years has been disease-specific, viewing the body is a static vessel that will respond specifically to the drug that is given, without a whole lot of broader view to drug/whole-body interactions.

There is also fluid and electrolyte balance to watch for (especially in seniors and those taking multiple medications), and attention to be given to things like the management of hormone levels, blood sugar levels and bone density. That analysis needs also to be combined with suitable exercise and movement, especially as people age. All of that produces a complex equation.

It sounds like the sort of metabolic counselling that could even begin to address attention to that level of biochemical analysis combined with lifestyle insights is not (yet) on the radar of the BC primary health care model. Standard dietetics is generally not charged with that level of overview or complexity. Some of the new nutrition colleges get into some of these matters, as does the naturopathic discipline.

So while the BC NDP Government is pleased to be providing better access to pharmacists and fully expects more pharmaceuticals to be needed and taken by aging people in the years to come, it would be brilliant to see this government introduce proactive nutritional management into the primary health care model as a counterbalance to more drugs in our bodies. Let's see where this goes. ■

West Shore Voice News

The Sooke Voice News

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Local student dies of drug overdose

● Grade 10 student Dorrian Wright died in Langford Sunday night, June 3, of a recreational drug overdose. He was not at school or at home at the time. SD62 serving the west shore and Sooke has issued reminders and resources to parents about speaking openly with their children about drug use. *WSV*

time. Genevieve Simard, Gail Kelly, Amelie-Frederique Gagnon and Anna Prchal spoke openly of dreams and childhoods lost, and a system that turned its back on them instead of protecting them.

The women are seeking several changes in national sport by 2020, including: having members of sports organizations from top to bottom undergo online training about mental and physical abuse; introducing a universal code for all sports authorities to follow; ensuring that independent safety officers investigate whenever concerns are raised and conduct proper follow-up; and having a 'rule of two' (ensuring young athletes are always paired and never left alone with staff or coach).

Gagnon, now a 41-year-old married mother of two, said she fought a lack of self-confidence, anorexia and even thoughts of suicide. Kelly said she has three young children and that she would never let them compete at the provincial or national level in any sport under the current structure. Prchal said an overwhelming feeling of shame and humiliation has stayed with her for the better part of 20 years. Simard was the first to file a police complaint in 2015; she described a stolen childhood. Charest was found guilty in June 2017 of 37 of the 57 sex-related charges he was facing, and was eventually given a 12-year prison term. Quebec court Judge Sylvain Lepine said the victims were still suffering from what he called "serious health consequences" as a result of the abuse that took place 1991 to 1998.

In a statement, Alpine Canada applauded the courage of the four women and admitted in a statement it could have done more in 1998, when incidents first came to light. "We have learned from this horrible situation by rewriting our policies, requiring mandatory training and improving governance," Canada's skiing body stated. "We want to ensure no one ever suffers like these women have suffered."

Alpine Canada is an amateur athletic association and the national governing body for alpine, para-alpine and ski cross racing in Canada. They operate with the support of corporate partners along with the Government of Canada, Own the Podium, and the Canadian Olympic Committee. *WSV*





## Community Development Housing | Commuting



News updates any time:  
[www.WestShoreVoiceNews.com](http://www.WestShoreVoiceNews.com)

### Colwood OCP passed 2nd reading, still time for public input June 18

West Shore Voice News

West Shore Voice News



Mary P Brooke ~ West Shore Voice News

**Colwood Mayor & Council heard from former Colwood Mayor Dave Saunders at council, May 28, about problems with the OCP process as it relates to developers and building housing that is affordable.**

● **Colwood Council gave 2nd reading** to the revised 2nd draft, i.e. 3rd draft, of their municipality's Official Community Plan (OCP), presented under By-law 1700. That happened at a special council meeting on June 4. Now they want further public input on a process of OCP revision that has unfolded since mid-2016. That public meeting is on Monday, June 18 at Colwood Pentecostal Church, 7 pm. Consideration of final approval would follow at a future council meeting.

At the June 4 council meeting, Director of Planning Iain Bourhill went through the latest revisions line by line. Some sections were rewritten and some new graphics inserted, all of it to "avoid creating misconceptions". For the better part of a year, planner Katherine Lesyshen has also worked on the OCP documentation.

Changes included a revision to the definition of Site Adaptive Planning including that development be 'sensitive to the landscape'; a new exemption was added for land that is less than 30% in slope but still within the Steep Slope DP area. This is, in part, to get around the building-cost concerns about saving existing trees. Green Shores certification was removed as a requirement under one item and "must use a site adaptive approach" was deleted in another section. Structures other than boardwalks, roads and utility corridors must not be located in marsh or wetland areas.

Bourhill said that two detailed presentations by development consultant Mark Holland "lacked specifications" and were "repetitive on issues of process". Input was "not in a substantive way for us to address it".

Holland's presentations to council included a lengthy but itemized treasure trove of broad insights into planning and developing the growth of communities, including the importance of urban ecosystem management that includes introducing

**PUBLIC HEARING**  
Official Community Plan

**Colwood Council wants to hear from you about the draft Colwood Official Community Plan before they make a decision about adopting it.**

**Attend in person or make a written submission:**

**Date:** Monday, June 18, 2018  
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Get all the details online at:  
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new trees and landscaping. Direct use of the material would require a great deal of work.

Colwood's communications manager Sandra Russell addressed council June 4 with an overview of the entire two-year public engagement piece. "Council has needed to hear all points of view. Each person's input has been important," said Russell, saying all stakeholder groups had been heard from (in the public that included developers, businesses, seniors and school PACs), and that event speakers had addressed urban planning, design and architecture. **WSV**

### Commuter update

● **Things are moving along** with continued changes to commuter routes (highways and bus lanes).

This past week four of the six bus shelters along Hwy 14 (Sooke Rd) were seen to be in place; all to be finished soon.

For those who drive into Victoria from the west shore, note that the left turn from Hwy 1 onto Carey Road will be closed as of June 10, making way for the new northbound bus lane.

West Shore Voice News

**West Shore & Sooke traffic updates:**

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



Mary P Brooke ~ West Shore Voice News

**Ready! One of the new bus shelters on Hwy 14, on the westbound side as you head into Sooke (June 4).**

Construction crews will begin building a new two-lane bridge next week on Gillespie Road at Roche Cove, which is an important alternative route to Hwy 14 during those closures that cause considerable traffic delays when there's a crash or bad weather conditions on the Hwy 14 corridor that is so essential for Sooke commuters. The \$3.66 million contract work by North Gate Pacific Contracting Ltd. of Maple Ridge includes a two-lane concrete bridge on an improved road alignment, with 1.5-metre paved shoulders for safer crossing by pedestrians and cyclists. It will replace the existing single-lane timber bridge, and is expected to open to traffic in fall 2018. In the coming weeks and months, delays of up to 20 minutes may occur 9am to 3pm Monday to Saturday to accommodate rock blasting. There will also

### Livable, durable modern interiors mirror the outdoors at the master-planned Belmont Residences

West Shore Voice News

● **Interior design firm i3** has joined a collaborative team in the development of the new, master-planned Belmont Residences in Langford.

With many new multi-family developments hitting the marketplace, it's common for developers and designers to attempt to out-scale and out-design the competition by using wow factors in their application.

For boutique Vancouver-based firm i3 design, hired to design the interiors of the Belmont Residences new master-planned community in Langford, this was an opportunity to create a direct reflection of the property's exterior. Theirs was less about outrageous design and more about crafting spaces with livable, durable, and natural materials to reflect and support the outdoor lifestyle of future residents.

Taking their 15 years in the multi-family development market and an intuitive approach to every project, i3 design group knew that they had to bring the outdoors in.

Belmont Residences will comprise rental and privately-owned condos across seven buildings, with an adjacent commercial marketplace to create a 24-acre full-amenity community. A blend of urban and natural living will provide residents with direct access to natural attractions, including the bordering Galloping Goose Trail and Langford Lake, a provincial park, and several other lakes.

Inspiration from the exterior was drawn by director of interior design at i3 design Lisa Perry, and senior project manager Hong Cartmel. "We carried finishes from outside through to the interiors, with elements like wood paneling on the lobby walls, concrete floor panels, stone work, a neutral palette and finishings that minimize cleanup," explains Cartmel.

Each unit features concrete-style quartz countertops in bathrooms and kitchen, two-tone kitchen cabinets, matte finishes, and no-fingerprint laminate as well as matte black kitchen faucets for contemporary stay-clean appeal. High-quality flooring in a laminate wood with hand-hued saw marks creates a near-real-look without great expense, while keeping day-to-day maintenance low. The kitchen backsplash is a wood-look porcelain tile. Environmental responsibility was also a factor. The duo chose LEED-compatible finishes with LED lights and low-flow toilets and showerheads.

"We had full confidence that i3 design would bring innovation to the design in order to capture the essence of the casual, yet sophisticated west coast vibe of our community. And they delivered," says Marcela Corzo, director of development for Belmont Residences.

The amenity spaces in the multi-room Belmont Club (a shared community space) have an equally high usability factor. Nothing is fragile and it appeals directly to multi-generational users. Vinyl plank tiles, wood-look, and concrete-look finishes, colourful artwork, and activity-based design elements create a warm welcoming aura where hobbies, music, gatherings, and creativity can co-exist.

The Belmont Club's hobby room has been designed 'with mess in mind'. Painting, pottery, car part repairs... they're all easily hands-on with stainless steel countertops and high tables surrounded by counter-height stools. The Club's community room conveys a coffee lounge feel. Complemented by soft seating and informal dining tables, it's a relaxed inviting space for socializing.

"Belmont life is earthy and casual -- the kind of living where people may put down a chilled bottle without fear of leaving a mark," says the Belmont team. "It's where they may keep and wash a dog, maintain those messy hobbies, trudge through after a paddle, or gear up to repair their bike." They're calling it 'livable modern' and 'upscale casual'.

Pricing at the Belmont Residences starts at \$310,000 for a one-bedroom unit, \$400,000 for two-bedroom units and \$460,000 for two-plus-flex room units.

More information is available at the Belmont Residences Sales Centre, open 12 to 5 pm, Tuesday to Sunday. To book an appointment or register for more information [www.BelmontResidences.com](http://www.BelmontResidences.com) or call 778-432-3777. **WSV**



Dining area in the 2+flex show home suite at Belmont Residences.

Mary P Brooke ~ West Shore Voice News

### ELL

West Shore Voice News

● **English Language Development A & B** are two courses now available to the SD62 curriculum, for any students requiring English as a new language or second dialect. Details at the SD62 Education Policy meeting on June 5 included 541 ELL students in K-12 in SD62 this year, with 150 of those acquiring English as a new language. **WSV**

be a small number of full-day closures which will be posted in advance on roadside message signs, with a detour via Kangaroo Rd and East Sooke Rd.

The Ministry of Transportation & Infrastructure is reportedly holding a public input opportunity in Sooke soon. Many Sooke-area businesses and residents have for years been calling for Hwy 14 to be a more reliable commuter route in and out of the town. Improvements to highway infrastructure and public transit are being seen as the response from the provincial government under Premier John Horgan, who is MLA for the region. **WSV**

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## Fox Glove: all-woman local band to perform at Rock the Shores

ENTERTAINMENT

by Sophia Romanchuk  
West Shore Voice News

● A unique and ethereal sound will take over at Rock the Shores on the afternoon of Sunday July 15, when Fox Glove takes the stage at the outdoor music festival.

It's a busy year for the Victoria-based band, as they transition from touring to playing the festival in Colwood next month, while also gearing up to release their first full-length album.

Rock the Shores is produced by Atomique Productions, first bringing local, national, and global talent to the west shore in 2012. After a hiatus in 2017 (acts grabbed up by Canada Day festivities), this year the festival is back to transform the Westshore Parks and Recreation lower fields into a celebration of the many voices of rock n' roll for the July 13-15 weekend.

Fox Glove is an all-woman band. Renn Madeleine Bibeau, Claire Butterfield, and Chelsea Kanstrup each have their own unique voice. In their collaboration they've blended their styles together into a unified sound-print. Somewhere between whimsical folk and indie rock, their distinct style is immediately recognizable. It carries hints of The Staves, Iron and Wine, Florence + The Machine, and Bon Iver.

Individually these musicians have a wide range of individual preference, but as a group their vision is cohesive. They each have a musical background, meeting by chance six years ago at a musical jazz ensemble. Fox Glove was born out of their shared passion to create music. The name blooms from the cathartic and complex notes in their music -- like the flower, poisonous yet also medicinal.

The Fox Glove style was something that the group wasn't sure would play to their advantage, as it might not fit with the vibe of the festival. Ultimately though, "the melding, intermixing of many genres is what makes Rock the Shores so impressive," says Renn. She adds that Atomique Productions has taken specific risks with this lineup, but that the outpour of support after the lineup was released is a testament to what the festival brings to the island.

Renn says that it's really awesome that so many of the bands are female-fronted at Rock the Shores this year, and adds "hats off to Atomique for making that decision." The three agree that "it's sad that we even have to think about that, but we're glad that they are." They say that Victoria has an especially abundant scene of talented female musicians, and they're proud to be part of it.

Bringing women's voices in the music industry to the big stage: "We take the responsibility of that quite seriously", the group says, adding that they are always trying to find opportunities to be role models for other women who are interested in being musicians but might not see the opportunity.

Chelsea says the group loves seeing younger girls at their all-ages shows, and that it's always inspiring to be told that they have helped other young women see their own potential as musicians. "Hopefully that's something that becomes normal, but until that point we make an effort to do what we can and to give other people the opportunity that we have and that we have created for ourselves," she told *West Shore Voice News* this week.

The Fox Glove gals are excited to also see the other acts lined up for the festival including headliners Brian Wilson, Social Distortion, and X Ambassadors.

So, what can we expect to see from Fox Glove on stage next month? "We're bringing out the big guns," indicating a number of guests will be invited to take part on stage.

Their new single *Universe, Be Damned* will be released July 13 as part of their Rock the Shores weekend experience. [www.foxglovemusic.ca](http://www.foxglovemusic.ca)

Rock the Shores tickets/info: [www.rocktheshores.com](http://www.rocktheshores.com) **WSV**



Victoria-based Fox Glove band on tour this spring.

Supplied

## OakTree Naturals opens in Langford

by Mary P Brooke  
West Shore Voice News

HEALTH BUSINESS

● Langford is open for business, and OakTree Naturals has stepped right in. They opened June 1 in the heart of town at 705 Goldstream Ave, with their grand opening coming up fast on Friday June 15 (10:30 am to 6 pm that day).

OakTree Naturals aims to be that go-to convenient location for people to buy nutritional supplements, natural soaps and cleansers, and natural products including cosmetics, hair colour and tattoo salves. They even offer a 'wet cleaner' clothes-cleaning service (drop off, pick up), which is 'dry cleaning' without use of the chemicals that are said to be carcinogenic.

There's a men's products section, a section for women plus baby care, and a pet section. Plus household stuff like recyclable bags and sponges, and non-toxic air fresheners.

"We chose Langford because it's central. Getting our business permit was quick at city hall, where staff were really helpful," says OakTree Naturals operator-manager Aman Jiawani, who owns the family business with his father Firoz (a retired Vancouver-area pharmacist) who will provide product consulting in the store, and his mother Farah who handles the checkout.

The store that is open Monday to



Mary P Brooke - West Shore Voice News

Saturday, 10 am to 6pm, will soon offer in-store consulting by nutrition specialists with diplomas from nutrition colleges (such as the Canadian School of Natural Nutrition and Pacific Rim College) and perhaps also naturopathic doctors.

Their three main vitamin/mineral supplement lines are Natural Factors, Platinum Naturals, and SISU. They carry a wide range of protein powers and greens, as well as Omega 3 oils, probiotics, and homeopathic remedies.

"This part of town has been underserved for the natural products market," says Aman. OakTree Naturals will also do home deliveries and order in products that aren't already on the shelves. **WSV**

WEST SHORE VOICE

## MUNICIPAL ELECTION WATCH 2018

by Mary P Brooke | West Shore Voice News

● This week, Colwood Councillor Rob Martin was the only one on council who voted against 2nd reading of the 2nd draft of the City of Colwood Official Community Plan (OCP), aka Bylaw 1700. A 2018 Colwood mayoralty candidate, Martin has for a few months now voiced his concerns about the draft OCP still causing concern for the west shore development community. Developers feel that some of the sections in the OCP could lead to pushing up housing prices in Colwood. Housing prices in Colwood are already higher each month than in Langford or Sooke. "The development community has clearly stated that unless material changes occur within Colwood's OCP, we have essentially closed Colwood to business," Martin told *West Shore Voice News* this week. Martin operates his own business, Precise Surgical. He serves as Chair of the Greater Victoria Public Library board. **WSV**



Rob Martin  
Colwood Councillor

West Shore Voice News

● It's not often that you see one candidate run for two positions in the same election. But coming up this fall, former District of Sooke Councillor Herb Haldane is back in the game with a footprint in two camps: running for a council seat in the District of Sooke and also for the position of Juan de Fuca Electoral Area (JDFEA) director. To the Sooke council he would bring two terms of experience (2008-2011 & 2011-2014). He says his run at the JDFEA position is so he can have a seat at the CRD board table, as he sees problems with regional governance. In 2014 Haldane ran against Maja Tait for mayor; Tait achieved a 2-to-1 win. In JDFEA, Haldane will be up against 3-term JDFEA director Mike Hicks. Haldane is a home builder in the Sooke area.



Herb Haldane  
former District of Sooke Councillor

Facebook

● JDFEA director Mike Hicks says he is running "for the last time" in the upcoming October 2018 election. Hicks has stood up for water rights in the unincorporated JDFEA and over the years helped guide the preparation of official community plans in the area, toward the CRD's finalization of the Regional Growth Strategy which finally occurred around the end of 2017. JDFEA includes East Sooke, and areas west of Sooke out to/ including Port Renfrew. Hicks and his family operate a B&B in the Sooke area. **WSV**



Mike Hicks, Juan de Fuca EA Director

West Shore Voice News

## Plastic straws a first-level target

● From Malibu beach to the streets of Sooke, the craze is on to stop using plastic straws in fast-food outlets and restaurants. It's part of reducing how much plastic gets into the oceans. A&W Canada is the first large chain to say they'll switch to paper straws by year-end. The Stick coffee house in Sooke this week stopped offering plastic straws to customers. Langford-area MP Alistair MacGregor says that fellow NDP MP Gord Johns in Nov 2017 put forward motion M-151 in the House of Commons (A National Strategy to Combat Plastic Pollution), including reducing consumer and industrial use of 'single-use' plastics. **WSV**



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## Strong Communities

## Education | The Arts

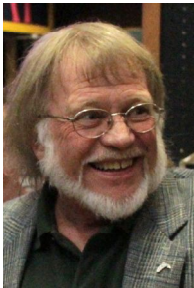


News updates any time:  
[www.WestShoreVoiceNews.com](http://www.WestShoreVoiceNews.com)

### Some EMCS Grad speech notes June 2018

West Shore Voice News

● **At the Grade 12 Graduation Ceremony** last weekend (June 2, Farquhar Auditorium, UVic) for graduates of Edward Milne Community School (EMCS) in Sooke, there were several speakers. Here are some selected excerpts:



**Bob Phillips**  
SD62 Vice-Chair

#### **Sooke School District 62 (SD62) vice-chair Bob Phillips**

● On behalf of your Board of Education and SD 62 staff, trustees here today thank all the friends, family and community supporters who have aided you in getting on to this stage (teaching, support and administrative staff). We all congratulate the Grads for their achievements! May your futures be healthy, meaningful and prosperous.

There is an old old message, generally forgotten in this material and device-driven age, that I would like to verbally dust off and share with our Grads of 2018. The pundits and prognosticators say your generation faces challenging times: declining employment, no affordable housing, global poverty, climate change and Donald Trump. What does history tell us about grad challenges? Might there be a tale of two or three or even multiple graduations?

What is graduation all about anyway? For most of us, our adolescent years are lived and remembered as those 'best and worst of times'. Our brains are developmentally hard-wired so that our peak human emotional period is between 14 and 20 years of age. Then the prefrontal cortex is supposed to mature and control the excesses of the limbic system.

Our 2018 Grads will survive, no doubt changed as is the habit of revolutions, depressions, civil wars, high school experiences and cell phones. We ask ourselves are there successful graduations and failure graduations?

Life is one big school. You just change classrooms and courses. To do well you have to attend and pay attention. There are many many teachers, many many vacations and many many graduations.

Hats off to Grads of 2018! Have a great summer vacation! The School of Life reopens in September. What Bryan Adams sang to Grads of 1983 remains true 35 years later: "Ain't it funny how time flies, When the best is yet to come." **WSV**



**Andrew Rodd**  
Valedictorian  
EMCS 2018

#### **Andrew Rodd, EMCS Class Valedictorian 2018**

● Today I simply want to present a formula for success, and build upon it -- this formula being that hard work, divided by your goals, equals success. Whatever your dreams or aspirations may be, there is always one key ingredient: hard work. Nothing is achieved without it. Hard work is fundamental.

This brings me to the other part of my formula: goals. Hard work without a goal is completely useless. It's like trying to jam the square block into the circle hole when you were playing that game as a little kid. What's the point? You just end up doing a whole bunch of hard work with no outcome, except maybe feeling sad, because the shape won't fit into that stupid hole. Realize when your hard work is not getting

### Sooke Fine Arts seeks energetic volunteers

West Shore Voice News [one of the show's annual sponsors]

● **The Sooke Fine Arts Society** is ramping up for their 2018 exhibit and sale of island art at the SEAPARC arena in Sooke, July 27 to August 6.

Artists from Vancouver Island and BC's coastal islands responded in force to this year's Sooke Fine Arts Show call to artists.



The Sooke Fine Arts Show gift shop is popular [2017 file photo]

Artwork has been received for this 32nd annual show in various categories including 2D (including paintings, drawings and photography), 3D (including woodwork and sculpture), fibre arts, ceramics and hand-formed jewellery. Following the June 4 close of submissions, this year's jurors (Lee Gass, Wendy Welch, and Nick Bantock) began narrowing down over 1,500 items to a selection of just 380 unique works that together serve to create a dynamic show.

This summer highlight of the Sooke arts community opens each year with an evening Purchaser's Preview (this year on Thursday July 26) which local MLA Premier John Horgan is known to enjoy attending along with regional VIPs. The evening includes live music, refreshments, hors d'oeuvres and a chance to walk about to preview unique island art. All items are for sale that evening; purchased pieces get a 'red dot' to indicate 'Sold' when the public views the show.

Volunteers from the community have been a big part of making the Sooke Fire Arts Showing happen since its inception in 1986. Some of the children of the original volunteers have grown up with the show and come back to help pull it all together. Many volunteers come back year after year, feeling they are part of something special and exciting. New volunteers welcome and encouraged to sign up for a shift online. Check out 'how to volunteer' at [www.sookefinearts.com](http://www.sookefinearts.com)

"A monumental amount of effort goes into putting on a show of this size," says Geraldine McGuire, Sooke Fine Arts Society president. "We simply couldn't do it without volunteers, and every little bit helps. A lot of volunteers come away feeling an ownership in the show, even after one shift. They are proud of it and what it does for Sooke," says McGuire.

More than 8,000 visitors attend the event each year, from around Vancouver Island and across Canada. The exhibit set amidst Sooke as a tourism town has become a mainstay of the Vancouver Island arts and culture scene.

Gallery setup starts on July 7, running through to the opening night. **WSV**

you to where you want to go. If it's not, refocus your efforts, shift that square shape over to the square hole, and hammer it home. Find a goal and find a focus for your hard work, otherwise that hard work could be misplaced, and you could end up never achieving anything.

If you have zero goals, you divide by zero, which screws everything up, kind of like how it would screw your life up if you had no true, attainable goal. Inversely, if you have too many goals, you begin to divide by larger and larger numbers, resulting in your efforts being spread too thin and your success becoming smaller and smaller. It's a balance. The more hard work you put in, the more success you will have, but if you have no goals to reach for, you're dividing by zero -- getting nowhere in life.

(Success will) be different for everyone, as everyone's definition of success is unique to them, and we will each take a different path. For most of us, we will add love to the equation. You can't predict what your formula will look like, but at least you can start building it.

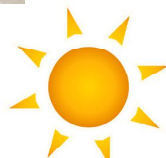
Life is largely chance, but at least you can improve your odds by finding a goal, working hard towards it, and reaching your highest potential. Good luck, Grad Class of 2018. **WSV**



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2018

**Congratulations to All SD62 Graduates...**



**SD62 Sooke School Board Trustees.** (From left, back row): Margot Swinburnson, Wendy Hobbs, Denise Riley, Dianna Seaton. (From left, front row): Ravi Parmar (chair), Bob Phillips (vice-chair), Neil Poirier.



**... from the Board of Education, Sooke School District 62**

[www.sd62.bc.ca](http://www.sd62.bc.ca)



## WHAT'S GOING ON

'Rock the Rink' youth battle of the bands at JDF Curling Rink Sat June 9. 7 to 10:30 pm. Youth bands (under 18 yr) compete for the chance to play a set at Rock the Shores. [www.westshorerecreation.ca](http://www.westshorerecreation.ca)

**Colwood Fire Hall Open House.** Sun June 10. 10am-2pm. 3215 Metchosin Rd. [www.colwood.ca](http://www.colwood.ca)

**Belmont Secondary Grade 12 Graduation Ceremony.** At Farquhar Auditorium, UVic. Sun June 10. 11am to 3pm (2 ceremonies). [www.sd62.bc.ca](http://www.sd62.bc.ca)

**SEAPARC pool closed for maintenance.** June 11 to July 2. [www.seaparc.ca](http://www.seaparc.ca)

**City of Colwood Regular Council.** Mon June 11. 7 pm. [www.colwood.ca](http://www.colwood.ca)

**District of Sooke Regular Council.** Mon June 11. 7 pm. [www.sooke.ca](http://www.sooke.ca)

**2018 Global Issues Dialogue - exploring the BC housing crisis.** Tues June 12. 11 am to 2 pm. The Roundhouse at Bayview Place, 253 Esquimalt Rd, Victoria. \$35 (\$20 university student). [www.unac.org](http://www.unac.org)

**Callisto homes in Westhills.** Info appointments begin Tues June 12. [www.westhillsbc.com](http://www.westhillsbc.com)

**SD62 Resources Committee.** Tues June 12. 7 pm at the school district office. [www.sd62.bc.ca](http://www.sd62.bc.ca)

**Awareness Film Night.** Wed June 13. Film 'Water Warriors'. Also Open Mic for community-builders & activists to tell their stories. 7 pm, at EMCS, Sooke, by donation. [www.awarenessfilmmight.ca](http://www.awarenessfilmmight.ca)

**Sooke Region Chamber Golf Tournament.** Thurs June 14. 11 to 4. \$25 member, \$35 non-member. Register: 250-642-6112. [info@sookeregionchamber.com](mailto:info@sookeregionchamber.com)

**Sooke Night Market.** Thurs June 14. Thurs nights 5 to 8 pm til Sept. Sooke Region Museum grounds. [www.sookeregionmuseum.ca](http://www.sookeregionmuseum.ca)

**EMCS French Immersion Graduation Ceremony.** At Belmont school. Thurs June 14. 5:30 pm.

**West Shore Parks & Rec.** Board meeting. Thurs June 14. 7 pm, at Juan de Fuca Library, 1767 Island Hwy.

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**Community Health Services Planning Open House.** Sat June 16. 1 to 4 pm. Sooke Baptist Church, 7110 West Coast Rd. Public meeting about access to health care in the region. [www.sooke.ca/health](http://www.sooke.ca/health)

**Compost Education Centre AGM** (11 am to 12 noon) & Garden Party (12 to 3 pm). Sat June 16. 1216 N Park St, Fernwood. All welcome. [www.compost.bc.ca](http://www.compost.bc.ca)

**Belmont Residences.** Public Sales Event / show home open. Sat June 16. 1 to 4 pm. 915 Division Ave, Langford. [www.belmontresidences.com](http://www.belmontresidences.com)

**Garden Days.** Sun June 17 at Royal Roads University, 2005 Sooke Rd. Complimentary access to Hatley Park gardens all day. [www.hatleypark.ca](http://www.hatleypark.ca)

**City of Langford Regular Council.** Mon June 18. 5:30 pm. [www.sooke.ca](http://www.sooke.ca)

**City of Colwood Public Hearing about the OCP.** Mon June 18. Colwood Pentecostal Church, 2250 Sooke Rd. 7pm. [www.colwood.ca](http://www.colwood.ca)

**Picnic in the Park & Dirt Jam.** Sat June 23. 11am-1:30pm. Summer Camp Leaders and Sooke Bike Club offer games, bike park races. Live music by Gord Phillips Band. [www.seaparc.ca](http://www.seaparc.ca)

## Two shared Maxmillion prizes on Vancouver Island

West Shore  
Voice News

● **The largest-ever** Lotto Max jackpot at \$60 million was won by a ticket holder in Quebec on Friday evening. The June 8 draw numbers were 12 25 27 29 34 44 45, with bonus number 07.

There were 52 Maxmillion opportunities (i.e. to win \$1 million by matching one of a series of seven numbers that is not the main set of winning numbers).

On Vancouver Island, there are two winners of half a Maxmillion, i.e. \$500,000 each (i.e. they had the same set of winning numbers for the \$1 million prize). One of those winners purchased their ticket in Victoria, and the other in Ladysmith.

In Vancouver there is also a winner of \$500,000 as a shared prize. In Burnaby there is a \$1 Maxmillion winner. **WSV**



West shore  
post-secondary options  
**community survey:**  
[www.sd62.bc.ca](http://www.sd62.bc.ca)

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## Golf Tournament

Thursday, June 14, 2018  
11am to 4pm

DeMamiel Creek Golf Course  
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Main Sponsor:



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\$5000.00 Cash Prize



\$25 Sooke Chamber Member  
\$35 Non-Member  
Register ~ 250-642-6112  
[info@sookeregionchamber.com](mailto:info@sookeregionchamber.com)

## Spirit of British Columbia back in service

West Shore  
Voice News

● **The Spirit of British Columbia** returned to service June 6, following a mid-life upgrade and conversion to operate on LNG which is cleaner for the environment than using marine diesel.

The vessel is the first of two large vessels serving the Tsawwassen / Swartz Bay (Vancouver/Victoria) route to be converted to operate on natural gas. The Spirit of Vancouver will undergo a mid-life upgrade from Fall 2018 to Spring 2019.

Other upgrades in the Spirit of British Columbia include the renewal of navigation equipment, propulsion equipment components including gearboxes, rudders, steering system, bow thrusters, propeller blades, LED lighting, more efficient air conditioning equipment to reduce energy consumption and four marine evacuation systems.

Passenger areas have been upgraded with new carpeting,

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about the west shore.

## Solo Suites success

West Shore Voice News

● **The Solo Suites** cyber hotel at 590 Goldstream Ave in the heart of Langford has already met with success in serving a short-rental apartment rental niche in the Langford accommodation market.

Operating like an Air BnB, the 26 housekeeping suites (with kitchen and laundry) are rented out short term -- from a few days to a few weeks. This housing type addresses the need for extended business stays, and tourists or family visitors looking for flexible arrangements. [www.solosuites.ca](http://www.solosuites.ca) **WSV**



Solophia Romanchuk - West Shore Voice

furniture upholstery, new table tops, refurbishment of all public washrooms, as well as additional washrooms on Deck 5. A new coffee bar has been added on Deck 6 and the size of the gift shop has been doubled. **WSV**

Celebrate and congratulate the Grade 12 grads in your community. **Articles & photos welcome.**  
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for grad season marketing info.



**Westshore Centre for Learning & Training**  
**Grade 12 Graduation Ceremony.** Royal Colwood Golf Club. Tues June 26. 4 pm.

**BC Small Business Task Force.** Phase 1 public input online (June 1) to June 29. <http://engage.gov.bc.ca/govtogetherbc/consultation/small-business-task-force/>

**Happy Canada Day!** Sun July 1. **SOOKE:** Sooke Flats, 11 am (12 noon official ceremony) to 10 pm fireworks. [www.canadadaysooke.com](http://www.canadadaysooke.com) | **WEST SHORE:** Fort Rodd Hill, 10 am to 4 pm. [www.colwood.ca](http://www.colwood.ca)

**Blood donor clinic.** Mon July 2. Sooke Legion, 6726 Eustace Rd. 12:30 to 6:30 pm.

**Municipal Property Tax Deadline.** Tues July 3. **4th annual Eats and Beats.** Sat July 7. 1 to 8 pm along the lagoon at Ocean Blvd. [www.colwood.ca](http://www.colwood.ca)

**Rock the Shores.** Outdoor weekend rock concert. Juan de Fuca Rec Centre lower fields, 1767 Island Hwy, Colwood. Fri Jul 13, Sat Jul 14, Sun Jul 15. Single-day tickets & weekend passes. [www.rocktheshores.com](http://www.rocktheshores.com)

**32nd Sooke Fine Arts Show.** Purchaser's Preview July 26. Full show: July 27 to Aug 6 at SEAPARC Leisure Complex, 2168 Phillips Rd, Sooke. [www.sookefinearts.com](http://www.sookefinearts.com)

**RCMP Musical**

**Ride.** Sat Aug 18 & Sun Aug 19. Hosted by Sooke Lions. Info on Facebook: [SookeMusicalRide](https://www.facebook.com/SookeMusicalRide)



New to Sooke? New  
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## Fire Hazard Rating in Sooke: HIGH

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WEST  
SHORE  
VOICE

## Summer blood donor clinics

West Shore Voice News



Mary P Brooke - West Shore Voice News

**Canadian Blood Services mobile donor clinic at the Sooke Legion** [WSV file photo May 2018]

● **Blood donations are needed every day, every season.** In summer in the west shore region, these clinics are on the Canadian Blood Services mobile clinic schedule (all dates are Mondays):

**Sooke:** July 2, July 30, Aug 27. 12:30 to 6:30 pm. Sooke Legion, 6726 Eustace Rd.

**Esquimalt:** July 9. 9 am to 3:45 pm. CFB Esquimalt, 1575 Lyall St.

**Interurban area.** July 16. 9 am to 3:45 pm. Vancouver Island Technology Park, #2201 - 4464 Markham St.

**Colwood:** Aug 13. 12 to 6:45 pm. Church of the Advent, 510 Mount View Ave. **WSV**

## Garden party at Compost Education Centre

● **After the Compost Education Center's AGM** on Sat June 16 (11am), the party's on! Celebrating 25 years. Everyone welcome to attend the AGM (members can vote); enter your name in the draw to win a \$40 gift certificate to Fish Hook restaurant. The free party at 1216 N Park St will celebrate members, volunteers, board and staff who make CEC a nexus in environmental education. Other prizes, cake and cold drinks. Free Sustainable Systems Site Tour. [www.compost.bc.ca](http://www.compost.bc.ca)

## COMPOST EDUCATION CENTRE



## TRAFFIC INFO

## LANGFORD ON THE MOVE



City of Langford  
[www.cityoflangford.ca](http://www.cityoflangford.ca)

**Tues May 22 to Wed Aug 1.**

Intermittent single-lane alternating traffic on Hannington Rd in Bear Mountain, 7 am to 5 pm. For BC Hydro installations & road construction.

**June 11 to 13.** Traffic delays on Carlow Rd; Centennial gravel parking area closed. 8am to 4:30 pm for roadworks.

**Tues June 12.** Irwin Road (Creekside to Humpback), traffic delays 9:30 am to 4 pm, for utility locates.

**June 12 to 22.** Night work for Shaw underground works, at Goldstream & Peatt Rd. Traffic delays 7pm to 7 am.

**Now to mid-July.** Jacklin Rd closed (Jenkins to Terlane) to facilitate nearby construction efficiencies. Detour through the Belmont Market construction site on Division Ave.

**Current to summer 2018.** Leigh Rd at Langford Pkwy Railway Crossing. Completion of Leigh Rd Railway Crossing over to Langford Pkwy (near the sports fields).

**Current, until mid-summer.** Traffic interruptions for sewer installation along Bray Ave, Carlow Rd, Linda Lane (west of Jacklin Rd & Goldstream Ave).

For other short-term traffic advisories visit  
[www.langford.ca](http://www.langford.ca)