

E Nutrition education falling into the wrong hands

West Shore Voice News Editorial



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Editor & Publisher
INDEPENDENT JOURNALISM
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● **As we predicted last week** in our “news stories to watch in 2019”, nutrition is becoming political. It was almost amusing but dangerous to watch the viewpoints of three medical doctors glamorized with staged intros and discussing the nuances of modern food choices and dietary management on CBC this week. The underpinning of the medical power grab on nutritional authority is a belief in our society that medical physicians are the go-to for everything having to do with health.

Agreed, dieticians have had a hard time making good food choices seem sexy, but to see medical professionals veritably putting down if not dismissing the long-standing work of the food-education professions was not cool.

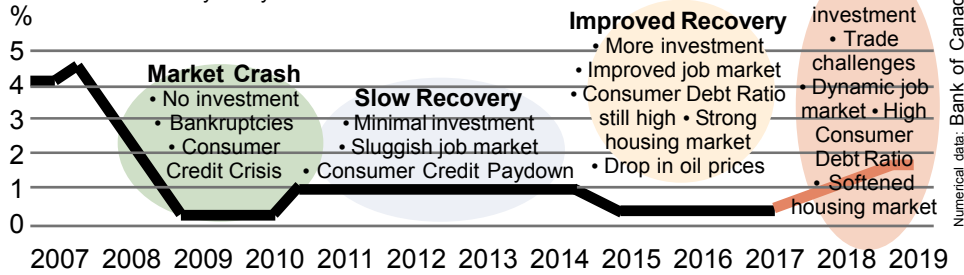
A better understanding of emotional and cultural reasons for food selection, complex adjustments like how to combine incomplete proteins to make complete ones, and why calcium is better absorbed from dairy than other foods -- these

are just a few tasks better handled by qualified nutritionists and naturopaths.

Upcoming changes to the Canada Food Guide will probably frustrate or confuse the remaining Canadians who possibly still refer to the document that is heavily lobbied by various sectors of the food industry. To avoid obliterating the use of such an important document beyond its already minimal use, the responsibility does lie with nutrition educators. Rise up! This is your moment to reclaim your full role in furthering the preventive health habits of Canadians through better, easier and more fun ways to understand how the body absorbs and processes food including attention to unnecessary chemicals and the role of physical activity. ■

Bank of Canada interest rate holds at 1.75%

Bank of Canada Benchmark Interest Rates
January 2007 to January 2019
Analysis by West Shore Voice News



by Mary P Brooke ~ West Shore Voice News

● **Oil, housing and trade are challenged** in the Canadian economy. Based on that — and a lower than anticipated growth in inflation — the Bank of Canada on January 9 announced no change in its benchmark interest rate.

Canada’s interest rate remains at 1.75% where it’s been since last fall. That’s in contrast to the steady rate increases that Bank of Governor Stephen Poloz hinted at rolling out in 2019. Poloz had increased the key rate five times in just over a year between September 2017 (when it was 1%) and October 2018 (when it reached 1.75%). There was no further hike in December. Banks responded in that 13-month period by first increasing then lowering their interest rates offered on savings, and increased rates on mortgages.

The bank’s idea of increasing the baseline interest rate is to try and maintain the rate of inflation at between one and three percent.

Raising or lowering the rates that borrowers get for lines of credit and variable-rate mortgages is impacted by all of this. For savers, no further rate increase keeps investment-earnings flat.

In the tail-end of recessionary recovery during 2015 to autumn 2017 there was a period of more investment and a stronger job market. And housing was strong. But the Bank of Canada wanted to put the brakes on inflation and started increasing their interest rate by Fall 2017. The consumer debt ratio had remained high and the housing market saw peak pricing beyond the reach of an increasing number of would-be homebuyers. There was a drop in oil prices (Brent Crude averages in US dollars per barrel: \$52.32 in 2015; \$43.74 in 2016; \$54.15 in 2017).

By 2018 there was a cautious market tone emerging. In a sense, this is ‘right on schedule’ for economists who say there is a recession approximately every 10 years. Signs of this toward late 2018 and now early 2019 include more caution with business investment, a highly dynamic job market (some jobs gone, others fast-created), a continued (and even higher) consumer debt ratio, and what we might call an ‘adaptive’ housing market that is changing rapidly based on shifting dynamics in supply and demand (supported in BC by a suitable rush to build affordable housing units for rental at below-market rates).

The over-indebtedness of Canadians continues -- in fact, it’s higher than during the Great Recession. The idea of carrying debt as an acceptable lifestyle has been underway for decades. Many Canadians do not earn enough income to sustain what might be considered a normal middle-class lifestyle or to get a post-secondary education, buy a home, raise a family, or start a business. And so they borrow. Living paycheque to paycheque is not uncommon in this stressed economic scenario. “Debt is indispensable for our modern way of life,” said Poloz in a May 2018 report.

Keeping the interest rate at the 1.75% is based largely on GDP being projected to increase by 1.7% in 2019 instead of 2.1%. Key factors: oil prices are lower than expected and have weak prospects due to uncertainty over the Trans Mountain pipeline expansion; housing activity is weak (especially for entry-level buyers) but that should be no surprise given the mortgage-qualification challenges imposed on Canadians by CMHC last year; the US-China trade clash is causing investor and export uncertainty; and there is an overall decelerating global economy due to many factors not the least of which is a slowing Chinese economy as they shift fairly rapidly from industrial growth to consumer-based economic drivers.

Under these conditions of slower-than-expected growth, businesses are less likely to invest and instead take a wait and see approach. This sort of response was seen more dramatically after the 2008 crash. Softer investment in turn affects jobs and overall economic activity.

Not raising the interest rate on January 9 seemed to trigger a gain in the value of the Canadian dollar at about 75.0 to 75.73 cents US.

The shift in the Bank of Canada approach from essentially micromanaging economic trends to instead ‘wait and see’ may well indicate that economic factors such as unemployment rates, homebuyer eligibility, and sustained levels of household indebtedness do not yet show a clear way forward.

Household debt was around 178% of disposable income in December 2018 (i.e. \$1.78 owed for every dollar earned). That’s a record high debt ratio for Canadians, up from about \$1.00 just 20 years ago.

The Bank of Canada this week insisted that it remains committed to getting interest rates back up to neutral -- i.e. the level where they are neither driving the economy forward nor slowing it down -- but only “over time.” **WSV**

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Nanaimo by-election: 6 candidates

● **There are six candidates** vying for the Nanaimo seat in the January 30 provincial by-election, representing six registered political parties: Justin Greenwood (Conservative); Tony Harris (BC Liberal); Sheila Malcolmson (BC NDP); Michele Ney (BC Green); Robin Mark Richardson (Vancouver Island Party); and Bill Walker (Libertarian).

Campaign updates on our Vancouver Island page: <https://westshorevoiceneews.com/category/news-by-region/vanisle/> **WSV**

Three by-elections Feb 25

● **Prime Minister Justin Trudeau** called three by-elections for the same day -- February 25, in three locations across our vast country.

In BC, the high-profile race is in Burnaby South where national NDP Leader Jagmeet Singh will need to win in order to have a seat in the House of Commons as one way to secure the NDP profile in this federal election year.

The other two races are important for their own reasons. The by-election in Outremont is eyed by the Liberals, as it’s former NDP Leader Tom Mulcair’s old riding; a Liberal win there could signal a shift to more Liberal support in Quebec for the October 2019 general election. The winning result of the by-election in York Simcoe could indicate the direction of voter interest in Ontario where the sheer number of ridings/seats often tips the results on election night. **WSV**

Power outage in west shore caused by felled tree

West Shore Voice News

● **On Wednesday January 9** around noon, a tree was improperly felled on a development property on Glen Lake Road in Langford, pulling down six power lines and two poles. Over 3,200 BC Hydro customers in Langford, Colwood and Metchosin lost power. Across the street at Belmont Secondary a generator was used so classes could continue. Some customers waited late into the evening for restoration. <https://westshorevoiceneews.com/bc-hydro-night-crews-repair-lines-in-langford/> **WSV**

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The Sooke Voice News

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Mary P Brooke - WSV

NDP Leader Jagmeet Singh took some selfies with students at Belmont Secondary in Langford on November 13, 2018 [WSVN file photo].

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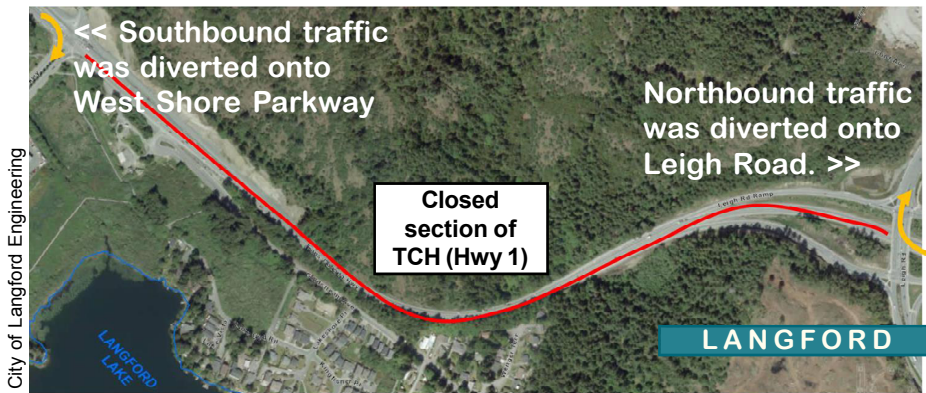
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Head-on collision results in 3-hour closure of Highway 1

West Shore Voice News



Head-on collision occurred at the curve in the highway between Leigh Road and West Shore Parkway, mid-day on January 8.

<https://westshorevoicenews.com/both-drivers-injured-in-hwy-1-crash-near-leigh-road/>

● **Both drivers** -- each the sole occupant of their vehicles -- were taken to hospital with serious injuries on Tuesday January 8 following a head-on collision that occurred at 12:43 pm on Highway 1 (Trans Canada) on an undivided curve between Leigh Road and West Shore Parkway near the Leigh Road interchange.

West Shore RCMP, RCMP Traffic Unit, BC Ambulance and Langford Fire Rescue responded to the crash. RCMP Collision Analyst and investigators remained at the scene to determine the cause of the collision of a blue Honda Pilot and a silver Honda CRV.

Highway 1 was closed from about 1:20 pm to 4 pm both northbound and southbound while the investigation was completed. Northbound traffic was diverted at Leigh Road, southbound diverted at West Shore Parkway.

Roads were wet from rain today and were wet at the time of the crash, says Langford Assistant Fire Chief Lance Caven. There were eight firefighters on scene.

Firefighters had to use the 'jaws of life' extraction equipment to remove one of the vehicle occupants. "This was done quickly by our Firefighters and both occupants were taken to hospital by BC Ambulance," says Caven.

Mainroad South Island personnel arrived on scene within minutes to provide traffic control and assistance to emergency services, says Chris Cowley, Operations Manager, Mainroad South Island Contracting LP.

"The road temperature was 3°C with good traction and there was some light rain. There is a curve in the road there and it is three lanes wide," says Cowley.

"The cause of the collision is under investigation. Any witnesses of this collision to contact investigators," said Cpl. Chris Dovell, West Shore RCMP.

The next day, the BC Ministry of Transportation and Infrastructure released their plans to develop a South Vancouver Island Transportation strategy. **WSV**

Pacific FC signs Marcus Haber

West Shore Voice News

● **Canadian striker Marcus Haber** is returning home to BC in the prime of his career to play for the Pacific Football Club (Pacific FC) in the inaugural 2019 season of the Canadian Premier League (CPL).

Haber represented Canada from U15 through to the U23 youth levels and played nine years abroad, most recently for Scottish Premiership Dundee FC.

Joining Pacific FC is an opportunity for Haber to come back to the where he grew up and a chance to be part of building a new team. He's excited to be back on the west coast: "It's an important part of who I am."

Days before his 30th birthday, Vancouver-born Haber becomes the second signed player for Pacific FC following Kadin Chung who joined the roster in November 2018.

Haber is referred to as a target striker meaning he is big, strong and a goal scorer. The 6'3" attacker ticked all the boxes for Pacific FC management who are carefully building the club's roster.

"We were looking for an experienced striker who will score goals and bring a competitive edge to our team," said Michael Silberbauer, head coach, Pacific FC. "Marcus' size, abilities and willingness to join the team at the prime of his career made him an easy choice for us."

In addition to representing Canada 27 times with the senior Canadian Men's National Team and scoring three goals, Haber has played professionally throughout England and Scotland. After leaving the Whitecaps in 2010, Haber wore jerseys for clubs West Bromwich Albion, St. Johnstone, Stevenage and Crewe Alexandra. He has participated in World Cup and Olympic qualifying matches, and the Gold Cup (2013 and 2015).

"Marcus paved his path playing in established markets in the UK and he brings confidence and leadership to the team," said Rob Friend, CEO, Pacific FC. "These qualities will be of great benefit to our younger players."

Also important to Friend was adding another BC-raised player to the team. The province has long been recognized as producing some of the best players in the country. Friend is building a team that has a culture and identity linked to a history of play in BC. The team will continue to build its roster preparing for spring



High-profile Canadian soccer player Marcus Haber has signed on with the new Pacific FC.

training in March.

Founded in 2018, Pacific FC is bringing professional football to Vancouver Island, playing out of a renovated 6,000-seat Westhills Stadium in Langford.

For young soccer players, it's a chance to realize their dreams of playing pro-soccer. The CPL season kicks off in April 2019. **WSV**

BC Government announces south island transportation strategy

West Shore Voice News



Improvements on Hwy 1 have been underway for two years at the Mackenzie/Admiral Interchange [WSVN file photo November 2018]

● **Efforts to develop a south Vancouver Island transportation strategy** were launched January 9 by the BC Ministry of Transportation and Infrastructure (MOTI). The government calls it a "complete, comprehensive and coordinated look into improving traffic flow on southern Vancouver Island". The announcement came the day after yet another serious motor vehicle incident on Highway 1.

"We know that southern Vancouver Island is one of the fastest-growing regions in the province," said Claire Trevena, Minister of Transportation and Infrastructure in a news release.

"For too long, the infrastructure needs of the communities there have been ignored. It is time we start investing in long-term, innovative, multi-modal solutions to address congestion, while respecting and honouring the wishes and rights of local First Nations," said Trevena.

The strategy will aim to move people more efficiently, so they can spend less time sitting in traffic and more time at home with their families. A request for qualifications has been posted on BC Bid to identify a short list of three qualified consultants to design a multi-modal transportation plan for the region. These three shortlisted consultants will then be sent a request for proposals in February 2019, with the successful proponent being identified by end of March 2019.

The area of focus will be existing and future multi-modal infrastructure projects on southern Vancouver Island, going as far north as the Duncan area and as far west as the Sooke area. It will look at current transportation demands and develop a roadmap for future investments across all modes of travel.

In relation to this work, the ministry is exploring potential emergency detour routes that could be activated in the event of a Malahat road closure. There have always been a lot of crashes on the Malahat section of Highway 1 in the stretch from about West Shore Parkway up to the peak elevation, but particularly on the curves.

Median barriers have been added to some sections of the Malahat in recent years. In October 2018, the ministry wrapped up the \$34-million Malahat Village Safety Improvement project, which included expanding five kilometres of the highway to four lanes and installing three kilometres of median barrier.

The ministry says it's in the process of awarding another contract for Malahat upgrades. The design phase of the Malahat Goldstream Park median barrier project is to begin soon and will explore building an additional 1.5 kilometres of median barrier north of the West Shore Parkway to just north of Finlayson Arm Road.

The ministry continues to work with stakeholders, including the Capital Regional District (CRD), to ensure all possible detour options are explored, while making sure that environmental, First Nations and local community interests are understood.

A report on the feasibility of a temporary activated emergency detour route is expected to be ready by spring 2019. If a suitable detour alignment is identified, future engineering work could begin in summer 2019.

Overall, the scope of the strategy will include working with local First Nations and decision makers to study, plan and design transportation concepts involving transit, cycling, pedestrian movement, marine/ferry travel, rail, and existing roads.

"The board appreciates the efforts to address transportation needs and assist people getting around faster on the South Island," said Colin Plant, CRD board chair. "The CRD will want to ensure the protection of the integrity of the regional water supply lands, which provide drinking water for much of our region."

Langford Mayor Stew Young has frequently pitched for government to produce the business case for 'trains versus buses' on the E&N, saying as a paved surface it could accommodate buses and vehicles. The long-time mayor has watched out for the west shore as a region when it comes to transportation. Young has repeatedly advocated for additional lanes on Highway 1 for not only buses but also allowing high-occupancy vehicles to use those lanes during commuter rush hour traffic.

A year ago, various improvements to Highway 14 were announced roadside in Sooke by Premier John Horgan to assist with commuter traffic (both flow and safety) from Sooke into the west shore and city core beyond. The current phase of roadworks on Highway 14 continues now through April 2019. **WSV**

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- Wiskers & Waggs, West Coast Rd.

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Blood Donor Clinic. Mon Jan 14. 6726 Eustace Rd. Sooke. www.blood.ca

District of Sooke Regular Council. Mon Jan 14. 7pm, live webcast. www.sooke.ca

City of Colwood Regular Council. Mon Jan 14. 7 pm. Next-day web video. www.colwood.ca

SPEAC (district PAC for parents in SD62) meeting online. Wed Jan 16. Requires Zoom app. <https://zoom.us/j/762010019>

'Beginnings' Art Show. Opening 1 to 3 pm Sat Jan 19. Exhibit runs Jan 16 to 27. www.coastcollective.ca

City of Langford Regular Council. Mon Jan 21. 5:30 pm. www.langford.ca

SD62 Public Board Meeting. Tues Jan 22. 7 pm. www.sd62.bc.ca

Transition Sooke Book Club. Wed Jan 23. Sooke Library. 6:30 to 8pm.

Story Walk - Family Learning Tour. Sat Jan 26. 10 am to 12 noon. www.westshorererecreation.ca

Nanaimo Provincial By-Election. Wed Jan 30. Polls close 8 pm. www.elections.bc.ca

Island Health Board of Directors meeting & public forum. Thurs Jan 31. 1:30 pm. Jdf Rec Centre Fieldhouse, 1767 Island Hwy, Colwood. Public submissions due Jan 10. 250-370-8693. www.islandhealth.ca

SEAPARC Licenced Preschool Open House. Thurs Jan 31. 3:15 to 4:15 pm. 2168 Phillips Rd. Registration opens Wed Feb 6 at 9:30 am. www.seaparc.ca

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Sooke Community Arts monthly meeting. Mon Feb 5. 1911 Murray Rd, 7pm. www.sookecommunityarts.com

BC Legislative Assembly Throne Speech. Tues Feb 12.

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LANGFORD ON THE MOVE

TRAFFIC INFO

Winter, and into Spring 2019. Langford Parkway adjacent to City Centre Park and Westhills Stadium (access to Langford Lanes and City Centre Park is open). Construction and underground utility work continues at the future signalized intersection with Leigh Road.

Continuing in January 2019. Various roadway adjustments around in and around the Belmont Market/Residences construction zone [Jacklin Road, Kelly Road, Jenkins Avenue].

More traffic advisories:
www.langford.ca

Colwood: draft strategic plan & infrastructure replacement

On Monday evening, January 7, Colwood council held Committee of the Whole at which they accepted public input on their draft Strategic Plan and then explored the document briefly. Councillors wanted more time to review the document; it will come back to council at their January 21 meeting. A presentation was made by the Director of Finance presented Sustainable Infrastructure Replacement Plan for 2019-2068. The 50-year scope

was considered long for assessing many variables that could come up such as changes in environment, technologies, and population. Overall, the strategy proposes a steady annual tax increase to help cover the costs of additional infrastructure as the community grows, and to not be stuck having to borrow funds for foreseeable infrastructure replacements or unexpected emergencies. **WSV**

Mom's Cafe: new commercial potential



Mom's Cafe is a well-known Sooke tourist destination and local gathering spot. Owners wish to retire, so the hot-spot is up for sale. [File photo: October 2018]

Deep within the Christmas holiday season the owners of Mom's Cafe put their treasured restaurant up for sale.

Tom and Elaine Dee moved to Sooke in 1999, looking to slow down after their high-pressure high-tech careers in the aerospace industry. In 2007 they bought the restaurant for their son Erik who had been a chef in Seattle, as Erik also headed north having discovered the charm of Sooke like his parents before him. But Tom at age 80 and Elaine at 76, well it's time to seek other adventures including travel.

The 2,279 sq.ft. 65-seat restaurant features booth seating and serves breakfast, lunch and dinner. Staff and management are friendly and really get to know each of their customers. With its funky throwback-to-the-60s decor (substantially remodelled in 2006), Mom's has a solid reputation among tourists who come to Sooke for the day, or who stop in on their way to or from parts further west after hiking, fishing or sightseeing.

The cozy entry flows to the front cash register area which includes the ice cream chest and pie cabinet. The back end includes two walk-in freezers and a storage room in addition to the kitchen and food prep area. Equipment includes three fridges, fryer, grill, cooktop and ice maker.

With the way the population of Sooke is booming, the appeal for a new Mom's Cafe owner could be either gearing up the restaurant to a new level and/or developing the full 0.56-acre property as mixed-use with a four- or five-storey residential buildout

Heritage lighthouse site open through winter

The historic Sheringham Point Lighthouse heritage site at 1 Sheringham Point Road is open daily on their winter hours schedule: 9 am to 4 pm.

Please help the Sheringham Point Lighthouse Preservation Society volunteers by respecting the posted and announced hours. If the gate is closed and locked, please do not go beyond into the site. That rule is for the safety of visitors.

"Please also respect the neighbours," say organizers. The Lighthouse Heritage Site is next door to a mature community. Parking is available in the designated parking area at the end of Sheringham Point Road. There is no other legal parking in the area.

Access to the site is available only via

over top of commercial. Two lots (zoned C-2) plus the current business comprise the offering. Mom's could get a facelift in all that, or new commercial ventures could take on some leases.

A Victoria-based Realtor has the listing. Eamon Coll with Sutton Group has sold various properties in Sooke however. It's a town you get to know after a while -- the people, the activities, the sense of community. About 10 prospective buyers have already shown an interest and have visited for lunch or dinner to get a sense of the place, talk with management and meet the staff.

At the \$810,000 asking price, a big part of the value in this offering is the land. On the front lot is the restaurant, on the back lot is an old house that would require demolition.

"Like any buyer, someone will fall in love with the property and things will move quickly," says Coll. From there the process can take a couple of months, for commercial due diligence and dealing with the municipal paperwork process. Zoning already in place is a huge timesaver there.

Oh yeah, the menu! In addition to ample portions of fish and chips, roast beef, sandwiches, burgers, fries and salads, there those amazing pies made in-house. Pies to drive all the way to Sooke for! **WSV**

Article & more photos: <https://westshorevoicenews.com/moms-cafe-up-for-sale-new-potential/>



View from the deck of the Sheringham Point Lighthouse [September 2018].

Sheringham Point Road. The parking area is just a short walk from the site. Of course, please do not leave any garbage behind. The site is part of and nestled within grand nature. Leave no trace. **WSV**

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