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West Shore Voice News

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West Shore Voice News

do learn, grow...

understands have enjoyed learning and growing with West Shore Park & Recreation

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HEALTH
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WEEKLY GUEST

TAKING THE PULSE OF THE POPULATION
AN UPDATE ON THE HEALTH OF BRITISH COLUMBIANS

BC shows less success with mental health & high impacts of poverty on overall health

Housing affordability challenges in Nanaimo by election

Despite two financial dry summers, climate for maintenance this weekend

Weekly Food Guide shifts to general guidelines

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Canada's Food Guide turns the corner

by Mary P Brooke, B.Sc.
West Shore Voice News

The new Canada Food Guide [released January 21] emphasizes a daily food intake based on relative volumes (instead of specific serving sizes) across three newly named broad food groups: Vegetables & Fruits, Protein Foods, and Whole Grain Foods. Water is called 'the drink of choice'.

<https://westshorevoicenews.com/canadas-food-guide-shifts-to-general-guidelines/>

Despite all of today's available science, it's almost as if Canada's Food Guide has gone retro while moving forward.

Saying the new food-intake guiding document was reportedly developed based on evidence of what people are choosing and doing around food, it pulls back almost all detail about what nutrients are in which foods. Scientific specifics are quite minimal, and the Recommended Daily Allowances (RDAs) are gone.

This might rightfully and finally respect biological individuality and the wide variation in nutrient requirements based on age, gender and level of activity. But pulling back from any description about what nutrients are found in which foods is possibly with serious long-term consequences (the least of which is a poorly educated population, or worse, that key nutrients are being missed in a person's diet on a regular basis).

With the emphasis now on food consumption behaviours, there seems to be almost an assumption that people know which foods offer which food values -- a very large assumption based on variable levels of education, income level, and food-buying intelligence.

If that information is no longer in the guide, where does that piece of education take place and to what level of consistency and reliability? At least with four food groups (scientifically proven to cover all the nutritional bases) there was a more reliable shot at hitting the right notes, though it's good that the imposition of serving sizes (as if one size fits all) is gone from the guide.

Truly there should be a concern about calcium intake over time. Without a designated dairy recommendation, it's quite possible that calcium deficiencies (to various degrees) will emerge over time. That would include an increase in dental caries, bone growth impacts, and osteoporosis.

Looking at the new visual plate approach, it reflects that people eat what they like and the foods they are accustomed to either through circumstance or tradition. A 'pick and choose' approach is put forth in this new guide, which does respect seasonal availability of foods, income levels, and personal taste.

It's realistic and supportive that

"enjoy your food" and "be mindful of your eating habits" are included in the main four recommendations. But recommendations to "cook more often" and "eat meals with others" come with a more dramatic range of assumptions about time, finances, and social environment.

To simply say "make water your drink of choice" is to ignore the nutrient value in pure juices (yes, they contain 'natural sugars' but that is not the same as sucrose or artificial sweeteners). And the 'water is king' approach eclipses those several glasses of milk daily which have been recommended for decades as part of reliable calcium intake. Also, a lot of water with a meal can dilute the digestive actions of gastric acid and intestinal enzymes that are required in adequate concentration for the breakdown of food and suitable absorption of nutrients.

In the new guide, dairy as a food group is gone. The main visual shows a plate filled half with fruits and vegetables, one-quarter with 'protein foods', and one-quarter with 'whole grain foods'. Within each of those sections of the plate is a tremendously wide variety of nutrient options, but again the success of that depends on people knowing the best food options for their particular body type, health, and energy requirements.

Some foods are more difficult to digest, and some foods combined with others will impact the availability of nutrients from those foods (e.g. spinach contains oxalic acid which binds with calcium, making it less available to the body).

There is no detailing of oils vs fats. A lot of science in that area of human nutrition has been left out of this influential document.

Despite now half a century of people choosing to take vitamins, minerals and other supplements, there is no mention of nutrient supplementation (ideally toward optimum body performance) or enzymes (for optimum digestion).

While getting away from calorie counts, serving sizes and rigid daily quantities of food shows flexibility in this official Government of Canada document, the overall vagueness of this guide is in many ways leaving Canadians to sink or swim.

Despite that many Canadians will say they don't refer to Canada's Food Guide on any regular basis (which is probably why so much of it got changed after 12 years), the document is a baseline that will influence health education in schools and community for years -- if not generations, if you factor in from infancy, through childhood, and the rollover impact upon the nutritional well-being of women for future pregnancies (knowing that gestational nutrition is the largest indicator of a healthy birthweight and lifelong health).

The guide will be used in official capacities such as schools, senior care homes, hospitals and penal institutions as well as by physicians, nurses, and other health care providers in a range of both preventive and therapeutic care programs.

>> Mary P Brooke holds a B.Sc. in nutrition with an emphasis on community health education and optimal prenatal nutrition.

Friday, January 25, 2019

Release date January 26, 2019

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Construction of new bleachers gets underway at Westhills Stadium

LANGFORD

Construction of the foundation for new bleacher seats at Westhills Stadium on a dry day this week.

by Mary P Brooke
West Shore Voice News

Stadium expansion will be finished on time and on budget. That's the usual style of business getting done around Langford.

The feat of getting Westhills Stadium ready for the opening game of the Pacific FC soccer inaugural season in April will be no exception.

So says Langford Mayor Stew Young who has for years envisioned stadium expansion to support sports -- rugby, football and soccer -- and also soon some summer outdoor concerts.

Part of achieving that has been a long process of deliberating with BC Hydro to relocate some hydro poles and lines. Meanwhile, seating construction on other sides of the stadium has moved ahead.

Stew Young envisions big attractions for local and regional fans like seeing the BC Lions play here as well as the Seattle Seahawks and some international soccer teams.

Bringing those sorts of larger attractions to Langford is all part of the continual rollout that the city's long-time mayor manifests as part of continual economic development.

Langford Council has approved a \$7 million

Artist's rendering of new bleacher sets at Westhills Stadium. Designs for a plaza and other features are being finalized.

budget for stadium expansion for the bleachers and hard structures and \$1.8 million for the earthworks, plaza creation, landscaping and parking lot on the west side of the stadium field.

"The expansion includes three new covered bleacher sets," says Cory Manton, Manager Parks and Recreation, City of Langford. "Two of the new bleachers will be adjoined to the existing grandstand on the south side of the field and one new bleacher set on the west side of the field," he was excited to report.

There will be about 2,400 new seats in the three bleacher-sets. New individual seats will also be mounted on the current bench seating in the existing grandstand. The bleacher sets on the south side of the field will include eight new suites, washrooms, concession and storage. On the west end there will be seating, locker rooms, washrooms, concessions and storage. There will be 1,000 temporary bleacher seats on each of the east and west ends of the playing field for soccer matches to create seater for 2,000 more venue guests.

On the north side of the field under the transmission lines the City has received permission from BC Hydro to have 400 spectators (no children) within an enclosed area with tables and chairs that are not permanent and must be removed between events.

The pond area on the west side of the field will be reduced to accommodate a larger expanded plaza area and 160+ new parking spots are being created between the stadium site west toward Goudy Field.

The new bleachers on the south side of the field will be complete in late April 2019 in time for that first Pacific FC game. The stand on the west end will be in construction from May through July followed by final plaza treatment, parking lot and landscaping through the summer.

WSV

The courage to make a shift



Mary P Brooke
Editor & Publisher

● **Fines waived!** This month the Vancouver Island Regional Library (VIRL) board announced that they have waived fines on all children's books. Many of us will remember a pre-Internet age when those fines could really add up. Libraries appreciated those revenues.

Fast forward into 2019 with the digital age well entrenched. The revenues from fines are no longer really an incentive. And how many books will really be unreturned by regular library patrons who continue using the resource? Yes, it's a bit of an honour system, which is unusual in this time of increasing corporate and organizational control.

For VIRL, it was more important to serve their clientele of people who come into the library to access and enjoy children's books (and the overall goal of enhancing literacy that is implicit in that) than to penalize the few who default on returns. This shift took societal insight and corporate courage, going against the usual bank-account-first corporate model. It demonstrates where doing the right thing for the right reasons will pay bigger dividends than nickel-and-diming. ■

Socioeconomic analysis: trends by age

by Mary P Brooke
West Shore Voice News

● **Many surveys and opinion polls** pick numerically convenient age categories for their data analysis. But socioeconomic dynamics would indicate the need for age groupings that better reflect shared realities. While there is no one official rulebook for this, it would appear that similar economic experiences bind generations into similar behaviours in the marketplace and in various social dynamics. Especially when it comes to economic resiliency and the ability to purchase a home as one measure of that. Here's our take:

Z-GEN (presently ages 19-27) have only known an Internet-driven unboundaried world heavily influenced by social media. They are collectively experiencing a housing market crisis with near-zero rental vacancies and market housing priced beyond reach. Many have been forced into a precarious job market (unpaid apprenticeship or part-time with no benefits) as well as the 'gig' option regardless of entrepreneurial savvy. Getting through post-secondary can take many years longer than the diploma or degree might state, as making a living impedes on the timeline. Overwhelm presenting as mental health challenges including addiction should not be surprising outcomes. This is a smart, self-aware bunch. They see that systems have been broken (which in turn have broken them), and realize they can't be a generation that will break it even more. Solutions lie within this group, rapidly coming of age for leadership.

MILLENNIALS (now ages 28 to 39) got caught without an early-adulthood economic foothold during the Great Recession of 2008 and its lengthy recovery period for many individuals, businesses and communities (some say as late as 2017). This set adapted by living experientially instead of seeking material security that for many was vaporous at best due to a weak job market and limited options with their Boomer parents still dominating the economy. Hence the need to escape: this generation notably glorified video/computer-gaming as a trending lifestyle. They effectively pushed the seemingly natural expectation that cannabis be legal and that eventually happened last year.

X-GEN (now ages 40 to 55) came after the Baby Boom generation, preceeding the Millennials. They grew up amidst social change that saw both parents working and less adult supervision in a pre-childcare era. Gender norms were changing. The workforce offered relatively stable opportunities. This could be seen as the last generation to easily achieve a 'middle class' lifestyle including property acquisition and an expectation of leisure travel. For those who were technically and entrepreneurially inclined, prosperity was possible in the dot-com gold-rush economic phase before that fizzled in prelude to the 2008 crash.

BOOMERS (now ages 56 to 74) are the children of the extended post-WWII economic boom. Growing up in the 1960s and 1970s, they enjoyed ample wealth in the 1980s with a robust job market, and opportunities for the making and taking; this generation largely became the 'haves' while their own children or grandchildren have become 'have nots'. There is arguably a subset of 'late boomers' (now age 56 to 64) who in some cases missed the wealth-accumulation train if they delayed becoming parents by putting careers first, or delayed homeownership.

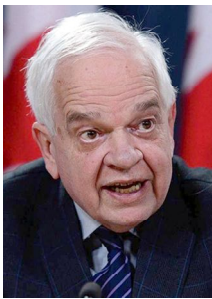
ELDERLY (now age 75+) are enjoying a new-found life expectancy into their 80s, 90s or even past 100 thanks to preventive health, advances in medical and bio-technology, and overall better living standards than in generations past. This puts a strain on pension resources, social support systems, housing specialization, and the health care system as the economy depends on a increasingly smaller pool of workers who contribute into the current pension system.

Where to go from here? Businesses, community leaders and governments that produce, influence or support jobs, housing and education are impacted by the challenges of generational realities. There are shifts in the workplace (age range of workers, demand for flexible hours and work/life balance, and rapidly changing technology). There is the challenge of housing affordability as market housing has reached beyond the capability of most who can't qualify at the bank for a mortgage large enough to pay for even a condo or townhome let alone the fast-fading Canadian dream of owning a family-sized home. In education there are the challenges of extended periods of study as students attend part-time in order to also maintain employment (or opt for debt with student loans), as well as providing appropriate curriculum for a technological and social-media driven world that changes at lightning speed. And in health care there is the massive need for providing affordable and accessible care that is available and appropriate for various individuals, communities and sub-sets of community need. With the expectation of access to artificial body parts like hips, knees, heart valves and so much more, people will need time and supportive resource for recovering from these procedures. Living longer, they will need sufficient incomes.

Economic Innovation. Driven by a no-risk motive, the banking system still often creates a stranglehold on housing opportunity and credit availability to individuals and small businesses; a means of assessing ability to pay needs more creative diversity. Developers and municipal leaders who get creative with providing lower-cost housing that doesn't require buyers to be within the social-programs system in order to qualify will be heroes in the next couple of years. In BC, supportive funding from the government toward affordable housing is helpful. An acceptance of a renter's lifestyle will be a social shift that helps as well. Unique independent-living housing types for the elderly will find demand. ■

DEEPER ANALYSIS AVAILABLE by CONSULTATION: editor@westshorevoicenews.com

Canadian Ambassador John McCallum has resigned



John McCallum,
now former Canadian
Ambassador to China

● **At the request of** Prime Minister Justin Trudeau late Friday night January 25, Canada's Ambassador to China, John McCallum, resigned. This follows in the wake of two diplomacy mis-steps by McCallum in speaking to the media on current issues of concern between Canada and China.

On January 24, McCallum outlined to Chinese-language media in Toronto how Canada might beneficially act regarding Huawei executive Meng Wanzhou having been detained in Canada, then later said he "misspoke". Then on January 25 he told media in Vancouver it would be "great for Canada" if the United States were to drop an extradition request against the detainee.

Trudeau has yet to speak directly with the president of China regarding the two detained Canadians, and a third Canadian whose prison sentence of 15 years was -- within a day -- escalated to a death sentence. These actions are considered in foreign affairs circles to be directly in retaliation for the arrest of Meng Wanzhou.

Canada's deputy abassador to China -- Jim Nickel -- is already now in place in Beijing.

Reflecting the concern of recent events, Foreign Affairs Canada advises travellers to China to "exercise a high degree of caution". **WSV**

More: <https://westshorevoicenews.com/canadian-ambassador-to-china-john-mccallum-resigns-at-pm-request/>

Nanaimo by-election: strong advance poll turnout

West Shore
Voice News

● **In the first four of six days** of advance voting in the Nanaimo by-election, voter turnout was strong. Results for advance voting on January 22 to 25 show there had been 5,903 votes cast. That represents 13% of registered voters. Advance voting continues January 26 and 27. Mail-in ballots can be received by Elections BC up to 4 pm on January 30.

General Voting Day is January 30, with polls open 8 am to 8 pm.

This by-election could tip the balance of power in the BC Legislative Assembly, as presently the NDP holds 40 seats (bolstered by agreement, with three BC Green seats to produce 43) and the BC Liberals 42.

If the BC Liberals win in Nanaimo next

Spending scandal at the BC Legislature

West Shore Voice News

● **A bombshell report backed up with copious evidence** outlined what is considered by most to be outrageous spending of taxpayer dollars. The document was released this week by the Speaker of the BC Legislature, Darryl Plecas. He warned it would sicken people, and indeed responses from the Premier on down have expressed how reviled people are over the sense of entitlement made evident by the range of items charge to expense accounts and the like. Targeted for these excessive expenditures are Sergeant-at-Arms Gary Lenz and Clerk of the Legislative Assembly Craig James. After a brief motion about it in the legislature, they were suddenly and dramatically escorted from the legislature on November 20 without anyone knowing the reasons why (until now), and are still on paid leave. Details are all over the Internet. More commentary here next week. **WSV**

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week, it would see the NDP-Green combo at 43 and also the BC Liberals at 43. The BC Green flank would hold an even greater degree of influence, to make or break legislative outcomes. **WSV**
More: <https://westshorevoicenews.com/strong-advance-vote-turnout-in-nanaimo-by-election/>

BC Provincial Health Officer: 7 recommendations to Health Minister

by Mary P Brooke, B.Sc.
West Shore Voice News

BC's provincial health officer, Dr. Bonnie Henry, on Friday January 25 released a report called ***Taking the Pulse of the Population: An Update on the Health of British Columbians***. It examines the progress made toward 36 performance measures of public health identified in the provincial strategy document, *BC's Guiding Framework for Public Health*.

The concerns she highlighted to media were poor success with mental health in BC compared to other provinces across Canada, and also how poverty is seen to have high impact on overall health outcomes.

Dr Henry also seemed concerned about the degree to which young women are binge-drinking, as this can affect pregnancy outcomes in addition to general health concerns. A large number of deaths from opioid overdoses are among young men; this will have an impact on family life and social systems going forward.

"We have made important progress in many areas of health in recent years," said Dr Henry. She says the report shows "that overall, British Columbians' health is good by many accepted measures. Diabetes incidence, mortality due to preventable causes, smoking during pregnancy, and the incidence of hepatitis C all continue to decrease".

"However, not all British Columbians are experiencing these improvements, and there remain important differences in health status based on region of the province, between sexes and by age. As well, there are some measures where we are actually losing ground."

Focus and action are needed in several areas to address worsening trends: the disparities in life expectancy between local health areas; fruit and vegetable consumption as a marker of healthy eating; early childhood development; and hazardous drinking behaviours.

Areas of challenge: inadequate fruit and vegetable consumption; percentage of students who report they are learning to stay healthy at school; early childhood development; positive mental health; and hazardous drinking behaviour.

"More targeted health prevention and promotion programs will help close those gaps and reverse worsening trends," said Henry. "Other social and economic factors, such as income, housing and early childhood education play an important role in people's health and well-being. Collaborations across all levels of government, health authorities and other health partners will be key to achieving our goal of a healthier BC."

Gender-related disparities were found in several measures. For example, males are twice as likely to die of unintentional injuries or due to preventable causes, whereas females are less likely to be physically active and have higher rates of fall-related hospitalizations among those aged 75 years and older.

The urban/rural gap in life expectancy is widening and is now greater than the gap between males and females. Health-adjusted life expectancy – a measure of both quantity and quality of life years – is highest in the Vancouver Coastal Health region (71.7 years for males and 75.1 years for females) and lowest in Northern Health region (66.7 years for males, 69.0 years for females).

Dr Henry produced **seven recommendations** to the Ministry of Health, health authorities and partners to advance public health in British Columbia. Under Section 66 of the Public Health Act, the provincial health officer has the authority and responsibility to monitor the health of the population in British



Dr Bonnie Henry, BC Provincial Health Officer [2018 File Photo]

TAKING THE PULSE OF THE POPULATION
AN UPDATE ON THE HEALTH OF BRITISH COLUMBIANS



Office of the Provincial Health Officer
PROVINCIAL HEALTH OFFICER'S ANNUAL REPORT

Many organizations contributed to the development of the PHO's report, including: BC Centre for Disease Control, Ministry of Mental Health and Addictions, Ministry of Health (divisions: Emergency Management Unit, Office of Indigenous Health, Community Care Licensing and Assisted Living, Population and Public Health, and Primary Community Care Policy), all the BC health regions, and the Provincial Health Services Authority.

Canada Food Guide is "going in the right direction"

West Shore Voice News **ALSO SEE PAGE 1**
"It's going in the right direction," says local health supply store operator Firoz Jiwani. He is a co-owner at OakTree Naturals in Langford.

"It includes the grains that we've promoting. But it didn't mention what fats, or to stay away from processed oil." He says, in fact, the CFG didn't mention much else: "It's not followed up with anything" (beyond the visual plate image and a few recipes).

A plate filled with 50% vegetables and fruits can vary widely in a range of values; aim for daily balance with five serving of vegetables, and two servings of fruit -- with as wide a variety of colours (for nutrient range) as possible. He likes the CFG recommendation to make

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water "the drink of choice". Yogurt is good for calcium. Eat fish and chicken once or twice a week but avoid red meat. **WSV**

Columbia, and to provide independent advice on public health issues and the need for legislation, policies and practices respecting those issues.

The impacts of increased alcohol consumption and the opioid overdose crisis were two significant areas of challenge identified in the development of this report. A review of the provincial alcohol policy and the impact of the opioid overdose crisis will apparently be examined in detail in future PHO reports.

The Public Health Association of BC said it welcomes the provincial health officer's report for its role in planning, calling it "an essential tool for addressing health inequalities and ensuring that health programs meet the real needs of our citizens."

2019 Recommendations from Provincial Health Officer Dr Bonnie Henry, to BC Health Minister Adrian Dix:

BROAD POLICY. 1. Establish a legislated health in all policies approach in BC, using a health impact assessment model that includes a requirement for assessing health and equity impacts for all proposed, new or revised policy, legislation or programming across the BC government.

GENDER-FOCUS. 2. Develop and implement a comprehensive health-promotion strategy that recognizes sex- and gender-specific health needs, and supports all gender identities and sexual orientations through appropriately targeted interventions.

WOMEN. 3. Increase support for government programs and policies across government that focus on health among women (including pregnant and postpartum women), children, youth and families.

RURAL & REMOTE. 4. Increase the focus on illness and injury prevention, as well as health promotion, for people living in rural and remote areas.

HEALTH REPORTING. 5. Develop a more robust and meaningful population health and public health surveillance system. This includes reviewing the performance measures in BC's Guiding Framework for Public Health, identifying new or revised measures, and establishing regular and ongoing public health reporting.

ENVIRONMENTAL. 6. Establish more relevant and applicable performance measures to monitor environmental health. This includes establishing and/or further developing mechanisms to monitor air, water, soil and food supplies, as well as the health impacts of climate change.

BUDGET INCREASE. 7. Commit to increasing the proportion of health authority budgets allocated to population and public health to 6%. **WSV**

This article online: <https://westshorevoicenews.com/bc-less-success-with-mental-health-high-impacts-of-poverty-on-overall-health/>

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Flu season peaked around year-end but continues in 2019

H1N1 affects children under 10

H3N2 affects the elderly

Incidences of H1N1 flu infections in BC (2018-2019 season) peaked around the end of December 2018. But flu activity continues, as normally expected, says the BC Centre for Disease Control (BCCDC). Flu season usually tails off around the end of March.

Children under age 10 and non-elderly adults comprise 75% of all H1N1 detections this season, with young children being hardest hit (they lack natural immunity from the 2009 H1N1 pandemic). Elderly adults are over-represented among H3N2 detections, accounting for 64% of detections so far. An unknown flu subtype outbreak has been reported in one long-term care facility, said BCCDC in their weekly report that was issued January 24.

The flu vaccine is considered substantially effective at being 72% effective against H1N1 this flu season. Last year the overall vaccine effectiveness fell below 25%. **WSV**

New Avian flu

A new Avian flu (H7N9) emerged out of China in 2013, showing an upsurge after Oct 2016 and by May 2017 had caused at least 573 deaths, mostly among older men exposed to live poultry. Human-to-human transmission is not ruled out, says BCCDC. Illness requiring medical care within 2 weeks of return to Canada is communicated abroad for investigation. **WSV**

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Sooke looks at master plan overhaul: transportation, parks & trails

Dispatch for all with island destinations under one roof

ANAIMO BY-ELECTION Wednesday, January 30, 2019

Strong advance vote turnout in Nanaimo by-election

Canadian ambassador to China John McClellan resigns in PM's report

One driver in Hwy 1 crash near Lough Road has died

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Planning your next 3 spring and winter breaks?

by Mary P Brooke ~ West Shore Voice News

Proposed academic year calendars for 2019-2020, 2020-2021, and 2021-2022 have been released by SD62 for review by parents, teachers and staff.

● The academic-year calendars for 2019-2020, 2020-2021 and 2021-2022 were presented for review at the Sooke School District 62 (SD62) board meeting on Tuesday night, January 22.

The next day the calendars were sent through the school district's internal communications system to parents, teachers, CUPE and administration.

"These are draft calendars," said SD62 Chair Ravi Parmar. Input will be received from parents and the school community before the board sets to approving the calendars at their next board meeting on February 25.

By contrast to previous years, the length of spring break was not an issue for debate as in previous years. Spring break will be two weeks long.

During the first week of spring break the schools will still be operating and open, for use by the community for event bookings and special classes. This is a source of revenue for SD62.

In the second week of spring break schools will be closed, with SD62 saving on salaries, heating costs, and transportation services.

The two weeks for spring break in the General Calendar will be:

- 2019-2020: March 16 through 27 (actual last day of school March 13, and with weekends, seeing classes back on March 30).
- 2020-2021: March 15 to 26 (actual last day of school March 12, and with weekends, seeing classes back on March 29).
- 2021-2022: March 21 to April 1 (actual last day of school March 18, and with weekends, seeing classes back on April 4).

There are different schedules for the Distributed Learning (online) stream.

The calendars include minimum Instructional Days as mandated by the Ministry of Education (853 hours for Kindergarten; 878 hours for Grades 1 to 7;

SD62 presentation to Island Health on Belmont Wellness Centre

● SD62 Chair Ravi Parmar and SD62 Superintendent Scott Stinson will make a presentation about the Belmont Wellness Centre (which operates within Belmont Secondary School in Langford) to the board of directors of Island Health on Thursday January 31 in Colwood.

SD62 Trustee Margot Swinburnson (a retired RN who actively speaks about mental health issues at SD62 board meetings) will also attend.

"Ravi and I will be providing the board with a bit of an overview of the Belmont Wellness Centre," says

Island Health board to hear about Metchosin Seniors centre & elder-programs

● 'It's better at home - we're giving seniors a hand'. That's the gist of a program offered by the Pacific Centre Family Services Association. A presentation on that will be given by Dawn Boshcoff, coordinator, Metchosin Seniors' Resource Centre, to the Island Health board of directors on January 31 at their public meeting (at West Shore Parks & Rec Juan de Fuca Fieldhouse, 1767 Island Hwy, Colwood), which starts at 1:30 pm.

Boshcoff will talk about the Metchosin Seniors' Resource Centre that is open four days a week from noon to 4pm, offering ongoing inter-generational programs. In her jam-packed presentation, the Island Health board will also hear about the BC Association of Community Response Network which addresses adult abuse and neglect. Boshcoff will also provide information on a study by Victoria Assistive Devices and Coaching (VADAC) being done through UVic, which aims to evaluate the relative effectiveness of health coaching and the use of assistive devices in the home. **WSV**



Three years worth of SD62 academic-year calendars were released for public feedback (comments due by Feb 25).

and 952 hours for Grades 8 to 12), Professional Development Days (creating six non-instructional days for students), Winter and Spring Breaks, Exam Schedules, semester beginnings/ends, reporting periods, and Statutory Holidays.

The three-year scope allows for the school district and teachers to plan their Pro-D Days and other obligations, and so that families, students and staff can plan their vacations, travel and events throughout the year. The broader community is — by default — is affected by these calendars, which includes employers, service businesses, recreation providers, and transit services.

Alignment of the calendars with SD61 and SD63 will be achieved "for the most part", it was stated by SD62 Superintendent Scott Stinson. **WSV**

LANGFORD ON THE MOVE

TRAFFIC INFO



City of Langford
www.cityoflangford.ca

■ **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

Stinson. "We will focus on who we are as a district and then focus on the information from the program review that has demonstrated the need for and success of the program."

"We will be speaking about the value of expanding the program and creating broader access for our students across the district," he said. **WSV**

Lots for homes with secondary suites

West Shore Voice News



Langford Council (from left): Matt Sahlstrom, Roger Wade, Norma Stewart, Mayor Stew Young, Denise Blackwell, Lanny Seaton, Lillian Szpak.

● About 65 people attended Langford Council on Monday evening, January 21 for a public hearing about property zoning for 734 Latoria Road where the developer proposed to create 24 lots for single family homes with secondary suites.

Well-prepared and impassioned presentations by several members of the public led to extended banter with council over issues of density and parking despite protestations that they were not anti-development. Mayor Stew Young explained about trying to develop market housing that continues to be affordable. In the end, council passed intact their motions (2nd & 3rd readings) for Bylaws 1784 & 1785 for an OCP amendment (changing Agricultural to Hillside/Shoreline) and zoning amendment (from Agricultural to RS4/Residential Small Lot 4).

The developer will pay \$1,000 per Single Family Equivalent (SFE) toward the Affordable Housing Reserve, \$6,000 per SFE toward the General Amenity Reserve, and \$6.72 per m² of gross land area for exclusion from the Agricultural Land Reserve for creation of a protected environmental area. **WSV**

Pacific FC signs goalkeeper & midfielder



Noah Verhoeven (left) and Mark Village are the newest additions to the Pacific FC roster.

● Pacific Football Club (Pacific FC) has continued building its inaugural season lineup with this week adding two more players to five already on the roster.

As announced January 21, Pacific Football Club has signed goalkeeper Mark Village and midfielder Noah Verhoeven for the upcoming Canadian Premier League season. Originally from BC, they return north from playing in the USL Championship to be a part of the Vancouver Island-based CPL club.

Both players will have important roles to fill in our growing roster," said Michael Silberbauer, Head Coach, Pacific FC.

Village, 27, played for the University of Fraser Valley Cascades, where he was named MVP and Canada West Second team All-Conference during his undergraduate career. He signed with the Vancouver Whitecaps reserve team in 2015 where he had his first start with the team in October 2017. Most recently Village played for FC Cincinnati, and he looks forward to returning to Canada.

"This is an opportunity to be in a new league and part of the beginning of something brand new for the country," said Village. "It's an honour be part of the inaugural season of the Canadian Premier League in BC."

Village worked with Pacific FC Assistant Coach James Merriman in the Whitecaps residency program. He has previously spent time on the Island playing against the University of Victoria Vikes in U SPORTS competition.

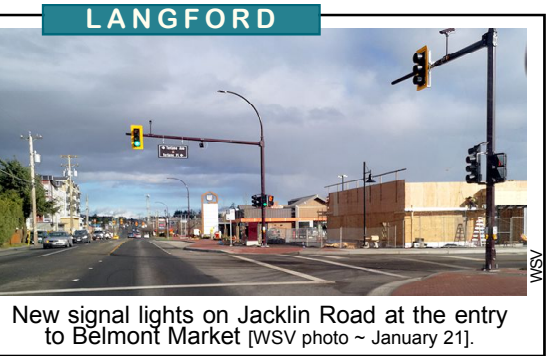
Raised in Surrey, 20-year-old Verhoeven was the captain of Canada's U20 team in 2018. That same year, he represented Canada in France's Toulon Tournament where he scored a goal against Turkey. He was recently called up to the U23 Canadian squad. Verhoeven made seven starts for Fresno FC last season in the USL Championship.

"Noah is one of Canada's top young talents," said Rob Friend, CEO, Pacific FC. "He not only brings professional experience, but as the Captain of our youth national team, he's bringing tremendous leadership qualities and we are very fortunate to have secured his services."

The roster also includes the recently signed Alessandro Hojabrpour, Matthew Baldisimo, and Terran Campbell, as well as Kadin Chung and Marcus Haber who were signed on first with the club's inaugural season kicking off in April 2019.

The inaugural Canadian Premier League season with seven teams across Canada starts in April. www.CanPL.ca

Tickets: <https://pacificfc.canpl.ca/pacific-football-club-ticketing> **WSV**
This article online: <https://westshorevoicenews.com/pacific-fc-signs-goalkeeper-and-midfielder/>



New signal lights on Jacklin Road at the entry to Belmont Market [WSV photo ~ January 21].

West Shore Voice News



Daily online news portal
~ News by Region ~

www.westshorevoicenews.com

District of Sooke gears up to review to two master plans: parks & trails, transportation

West Shore Voice News SOOKE

<https://westshorevoicenews.com/sooke-looks-at-master-plan-overhaul-transportation-parks-trails/>

● The District of Sooke will be updating two of their master plans: the Parks and Trails Master Plan as well as the Transportation Master Plan.

"These plans require significant consultation with the public, business community, service organizations, and educational institutions in order to develop a co-creative process that reflects the needs of our community," it was stated in a release from Interim Chief Administrative Officer Don Schaffer on January 25.

The first open house is coming up Wednesday, January 30 at Edward Milne Community School, 5 to 9 pm. This session will have two individual workshops, one for each master plan.

Then on Sunday February 3 a drop-in open house will be held from 2 to 6 pm at SEAPARC Leisure Complex.

Together, the two plans are intended to work together "to shape the future of outdoor recreation and transportation within the District of Sooke", says the District of Sooke.

An online survey is available at <https://sookeptmp.metroquest.ca/> WSV

Waiving overdue fines on kids' books is a plus, says VIRL

West Shore Voice News

● Last week we reported that all 39 branches of the Vancouver Island Regional Library (VIRL) system will no longer charge fines on overdue children's books.

The change came into effect as of January 1, 2019.

The elimination of fines (including outstanding fines) -- removes what VIRL calls "a significant barrier", to give more children access to important literacy resources. "We are helping to ensure that library services are available to some of our customers who need them most," says VIRL's Executive Director, Rosemary Bonanno.

Some of our readers wondered about the honour-system implicit in this, and whether some of the hard copy collection will be lost if not returned.

"This Board decision reflected a commitment to ensure all children on Vancouver Island, Haida Gwaii and Bella Coola have equal and unencumbered access to reading materials," said David Carson, Director, VIRL Corporate Communications and Strategic Initiatives, this week. "Research from other library systems has not revealed a significant increase in lost items, but we have implemented a safeguard." There will be a charge when an item is deemed 'lost'.

"It boils down to our priorities and how we want to invest in our communities," says Carson. "By eliminating fines on children's materials, we're saying that we want to help all kids in our service area access everything their library has to offer. We're removing the stigma and embarrassment that can result from library fines, and we're ensuring that our resources are available to some of our customers who need them the most," he told West Shore Voice News.

"We're saying that we value kids' futures and development more than the small sums we can collect by charging them for late fees," said Carson.

Carson explained that fines on children's materials don't equate to a significant source of revenue for VIRL, especially when considered in the context of the staff time it takes to process library fines. This change does not affect fees on other library materials.

VIRL is not the first library system to take this step. "We are part of a growing movement, provincially and nationally, to eliminate library fines," Carson said this week.

Last week: <https://westshorevoicenews.com/all-fines-on-childrens-books-waived-by-vancouver-island-regional-library/> WSV

This week: <https://westshorevoicenews.com/waiving-overdue-fines-on-kids-books-is-a-plus/>

SD62 Trustee Margot Swinburnson concerned about lesser attention to the Sooke-side of the school district

West Shore Voice News

● A distinct feeling that more attention is being paid to theatre enhancements in Langford than in Sooke was a position put forward by SD62 Trustee Margot Swinburnson at the January 22 SD62 board meeting. And she didn't hold back.

The momentum for getting the seats fully replaced at the Isabelle Reader



Margot Swinburnson
SD62 Trustee

Theatre (within Spencer Middle School in Langford) started when the City of Langford offered a donation of \$20,000 toward the \$80,000 project and the board eventually decided (on January 22) to pull \$20,000 out of reserves to top up the fund after \$30,000 was raised by the Langford-based PACE school theatre group.

"I'm very surprised by this," said a clearly disgruntled Swinburnson. She said a lot of community-level hard work to fundraise for seating replacement for the theatre within Edward Milne Community School (in Sooke) has dragged on for years and was never supplemented with SD62 capital funds. "How does one community get this and not the other?", she asked the board. Board chair Ravi Parmar said "The board doesn't want a Langford/Sooke divide." WSV

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Construction around Sooke

Photos by Chelsea Kirkpatrick ~ West Shore Voice News | January 25

WEST SHORE VOICE



The four-storey 42-unit Knox Centre for seniors and families is well underway in 2100-block Church Road at Wadams Way.



Housing construction on Maple Avenue North in Sooke.



Road construction on Sooke River Road including curbs and preparation for sidewalks at Edward Milne Road and traffic signal lights at Highway 14.



Road surface, curbs, sidewalks and signage coming along at the commercial site for the future Tim Hortons and PetroCan on Edward Milne Road (off 6600-block Sooke Road / Hwy 14). WSV

Learn CPR and how to use an Automatic External Defibrillator (AED). Free session. Mon Jan 28. 7 to 9 pm. Metchosin Fire Hall. www.metchosinfire.ca

Blood Donor Clinic. Mon Jan 28. 510 Mount View Ave, Colwood. Check times: www.blood.ca

City of Colwood Regular Council Meeting. Mon Jan 28. 7 pm. www.colwood.ca

District of Sooke Regular Council Meeting. Mon Jan 28. 7 pm. www.sooke.ca

District of Sooke Master Plans Open House. Wed Jan 30. EMCS, 6218 Sooke Rd. 5 to 9 pm. Two workshops: Parks & Trails, Transportation. www.sooke.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. Includes public presentations on Belmont Wellness Centre and Metchosin Seniors Resource Centre. 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

MORE EVENTS: <https://westshorevoicenews.com/events/>

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District of Sooke Master Plans Open House. Drop-in Sun Feb 3 at SEAPARC Leisure Complex, 2 to 6 pm. www.sooke.ca

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

BC Legislative Assembly. Throne Speech. Tues Feb 12. www.leg.bc.ca

Sheringham Point Lighthouse winter hours 9 am to 4 pm. www.sheringhamlighthouse.com

New housing in Colwood

Photos by Mary P Brooke ~ West Shore Voice News | January 10



Construction of multi-family housing in Colwood behind Royal Bay Secondary.



Single family homes and townhomes by Gablecraft in the Royal Bay development, across from Royal Bay Secondary.

One driver in TCH/Leigh Rd crash has died

● **One of the two persons** in a noon-hour head-on crash January 10 on Highway 1 near the Leigh Road interchange has died from their injuries, said West Shore RCMP on January 25. The other remains in hospital. Both drivers were lone occupants of their vehicles (a blue Honda Pilot and a silver Honda CRV). No names have been released. The road was wet that day but there wasn't heavy rainfall. That section of highway is undivided, part of a stretch of Highway 1 that runs through Langford. **WSV**

Mainroad on the weather

● **We expect it to be a 'light winter'**, says Mainroad South Island manager Rick Gill. Based on seasonal forecasts, he thinks maybe one more storm for the south island area will see crews out in full force. But overall he does not expect much if any snow that would lead to serious highway driving impacts. **WSV**

Emergency preparedness for small business: it pays off

● **Know the risks.** That's the first step in emergency preparedness for small business, according to their **Guide for Small Business** prepared in recent years by Emergency Management BC (EMBC)'s Prepared BC Division www.gov.bc.ca/PreparedBC together with the Emergency Preparedness for Industry and Commerce Council www.epicc.org. Some tips:

Mitigate potential threats. In addition to everyone getting out safely from a physical building, and damage to that building (such as by earthquake, flood, fire), other business risks include IT failures and cyberattacks.

Make a plan. What are the core needs of your business? What areas might not be accessible? What is your temporary workaround? Got backup arrangements with suppliers?

Hon. John Horgan, Premier
MLA, LANGFORD—JUAN DE FUCA

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RCMP dispatch on the move

● **All 11 central/southern RCMP detachments** will be transitioning emergency and non-emergency call-taking to the consolidated South Island 9-1-1/Police Dispatch Centre. The center on Commerce Circle in Saanich is operated by E-Comm 911 (Emergency Communications for British Columbia Inc). www.ecomm911.ca

The full detachment roster to be handled out of the new facility is this: • Integrated Roadside Safety Unit (IRSU) • Ladysmith • Lake Cowichan • North Cowichan/Duncan • Outer Gulf Island (Pender, Galiano, Mayne) • Salt Spring Island • Shawnigan Lake • Sidney/ North Saanich • Sooke • South Island Traffic Services • West Shore (Langford, Colwood, View Royal, Metchosin, Highlands, Songhees First Nation, Esquimalt First Nation).

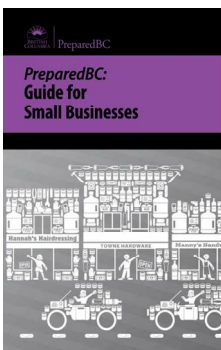
On January 22, Victoria Police transitioned their dispatch services. Central

Sustainable community gardens: grants

● **Good community gardens and green spaces** could be supported by grants of \$2,500. And one of six grant recipients will win an additional \$2,500 for doing a good social media campaign.

The program is offered by Scotts Canada Ltd through their 2019 *Gro for good* campaign. Application deadline February 28; projects must be completed in 2019. Awards are a combination of cash and in-kind.

Communities in Bloom is excited about this year's *Gro for good*. It's a program to "keep the spirit of community and connection to nature alive in Canada". Communities, schools and non-profit organizations may apply as part of developing sustainable community gardens and green spaces. www.communitiesinbloom.ca **WSV**



Download the **Guide for Small Business:** <http://ow.ly/2SPn30j7QBa>

Sooke Schools 62
Shaping Tomorrow Today

Kindergarten Registration for the 2019-2020 academic year

January 28 to February 1
starting at 8:00 am

Kindergarten, French Immersion K or Nature K!

Registrations are first-come, first-served online at www.sd62.bc.ca or at your neighbourhood school.

New documentation requirements:
www.sd62.bc.ca/schools/kindergarten



E-Comm 911 building in Saanich.

Saanich, Oak Bay and Saanich police departments along with central and southern Vancouver Island RCMP detachments will follow suit in the coming weeks.

An official opening of the new post-disaster facility, built and owned by the Capital Regional District (CRD), will be held in March. **WSV**