

West Shore

News 4 pages this issue

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Friday September 20, 2019 WEEKEND | News to Sept 22, 2019

Esquimalt-Saanich-Sooke debate at Pearson College: candidates did their best with 'challenging'

debate format FEDERAL ELECTION

by Mary P Brooke West Shore Voice News



David Merner (Green)

Randall Garrison incumbent (NDP)

Jamie Hammond (Liberal)

Jeremy Gustafson

(People's Party of



The 90-minute debate was livestreamed by

Pearson College. Campaign links & ESS updates:

https:// westshorevoicenews.com/ federal-candidatesesquimalt-saanichsooke/

A sizable crowd showed up at Pearson College on Wednesday night, September 18, to hear and participate in the All Candidates debate for the federal Esquimalt-Saanich-Sooke (ESS) candidates.

So much work went into stylizing the debate format into something complicated that the candidates themselves were constrained in most attempts to fully explore various points. Everyone coped but the audience was frequently short-changed.

Incumbent Randall Garrison (NDP) stood on his record of eight years as the Member of Parliament for ESS. He pointed out the continued need for securing federal funding for affordable housing in the ESS riding (none to date) and highlighted the NDP platform to work toward providing full coverage of pharmaceuticals and dental care, as well as the NDP's promise to try and contain Internet and cell phone costs for consumers in Canada. Garrison stressed the importance of moving to a low-carbon future. He said there is "too much inequality in the job system right now" and "that we need to get all these important jobs done without leaving anyone behind". He talked about the NDP seeking an increase in the minimum wage for federal workers.

Canada) The other experienced campaigner on the podium was David Merner, this time running as the Green candidate (after coming second as a Liberal candidate behind Garrison in the 2015 campaign). Merner highlighted the climate emergency as being "a house on fire" but that as many as four million jobs could come as part of the transition to a lowcarbon economy but that it requires 'taking on' the effort with the equivalency of World War II urgency... everyone on board. A well-spoken lawyer, Merner said: "We've been laggards and we need to be leaders," about Canada on climate change initiatives to date. Merner says the Green Party has a clear policy on social justice. He led BC's legal justice reform within the provincial government over the past several years before retirement.

With an impressive resume of military career and community service, Liberal candidate Jamie Hammond is embarking on politics with this run for the MP seat in ESS. Hammond says Canada is a proud and caring society where he hopes to see everyone treated as if "we are in the same canoe". He says an innovative economy will lead to a low carbon future, and that Canada "needs a smart plan" and some real action so that "real things can happen".

New to politics is Conservative candidate Dr Randall Pewarchuk, a dentist who has lived in Metchosin for decades and runs his practice in Langford. He says that immigration should be managed more skillfully, including recognizing the skill standards of immigrants who come to work here (encouraging qualified practitioners to be included in the workforce). Pewarchuk says the Conservatives "value freedom, democracy, human rights and the rule of law". He says Canadians need higher paying jobs and lower taxes, and to be "buoyed up". Less red tape would be part of encouraging 'home grown businesses'. He said government should increase funding to communities who deal effectively with homelessness.

Also new to politics is the People's Party of Canada candidate Jeremy Gustafson, who has been 'parachuted' into the ESS riding from his film industry



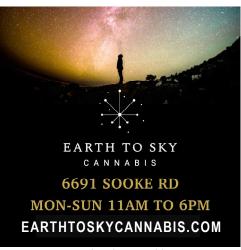
Six candidates took part in the federal Esquimalt-Saanich-Sooke All Candidates Debate at Pearson College, September 19.

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Campaign shenanigans interrupt opportunities policy discussions [Editorial] ... 2 Candidate Closeup: Jamie Hammond (Liberal), Esquimalt-Saanich-Sooke ... 3 Sooke By-Election update: Day 1 advance voting sees 1.4% of eligible voters ... 3 Highway 1 improvements (Leigh Rd to West Shore Pkwy) now to Dec 2020 ... 4

inroad moves on from south island

West Shore Voice News

After serving the South Vancouver Island Service Area with highway maintenance services for the past 15 years, Mainroad has announced they are no longer serving that area effective October 1, 2019.

Through the result of an opening bidding process, highway maintenance for Service Area 1 will now be performed by Emcon Services. The contract has a 10-year term and an optional live-year extension. Effective October 1, 2019, Emcon's 24-



Mainroad South Island has been located on West Shore Parkway near Hwy 1.

hour public information hotline for the South Island Service Area: 1-866-353-3136. The provider change was advised by the BC Ministry of Transportation and Infrastructure (MOTI) on Sept 16. https://news.gov.bc.ca/releases/2019TRAN0159-001772

Service Area 1 includes provincial roadways between Victoria and Mt. Sicker Road in North Cowichan, west to Lake Cowichan and Port Renfrew, as well as the southern Gulf Islands.

MOTI has made modifications to highway maintenance standards across BC to better serve motorists, says Mainroad. "While the loss of the Service Area 1 contract is obviously disappointing and indicative of a very competitive tender process, Mainroad crews were very proud to serve South Island communities. We enjoyed the excellent relationships held with the Ministry and our stakeholders. We wish Emcon Services every success," Peter Ashcroft, President and CEO, Mainroad Group. Mainroad South Island Manager has been Rick Gill.

The new maintenance contracts for all 28 service areas in BC require higher standards and a more proactive approach when a severe weather event occurs including increased communication with the public about rapidly changing road conditions; returning highways to suitable conditions sooner, more frequent patrols on areas such as the Malahat during a winter storm, a proactively anti-icing roads ahead of time. WSV

SD62 kicks off 2019-2020 with TV spot



Sept 23 at The Q Centre. The Resource struction to start summer 2020. wsv

Mary P Brooke ~ West Shore Voice News Committee already met (Sept 17). There are 4,300 student riders on SD62 buses this year, up from 4,000. GPS tracking of buses may come. The Goudy Field use agreement with the City of Langford is ready for approval. The 2018-2019 accumulated surplus at June 30, 2019 was \$4.716 million. Of that, \$2.654 million or 2.34% of the operating budget is avail-SD62 Chair Ravi Parmar did a quick able as a reserve (the Ministry recomspot on CHEK-TV's '10 year celebra- mends 4%). There are capital project tion road show' Langford feature on working groups for West Langford El-September 16 at Westhills Stadium. ementary, West Langford Middle School, The first board meeting of the Royal Bay Expansion, and Future Sooke School District 62 will be held Projects. The schools at West Langford Tuesday Sept 24. That follows their first- will each have their own fields and parkin-many-years All Staff Day on Monday ing lots, with a shared bus loop; con-

job in Vancouver. Some of his specifics included geothermal in the transition to low-carbon energy (saying the island in particular is on "a ring of fire"). He is concerned about the quality of drinking water for Indigenous nations in particular. On the topic of affordable housing he says there is inadequate supply. He believes in an economy that gives opportunity to everyone, where 'corporate welfare' and provincial equalization payments should be eliminated.

Communist Party candidate Tyson Strandlund is a UVic student and local activist. He spoke strongly about decolonization of Canadian society and all the obvious problems with capitalism.

The four major party candidates addressed indigenous issues. Each given by the moderator the opportunity for one brief statement on that topic, Randall Garrison said "indigenous women need empowerment", Jamie Hammond said "reconciliation starts with relationship and social equivalency", David Merner specified the need for "education for women on reserves", Randall Pewarchuk said it requires providing "the same rights as every other Canadian child". wsv

This article online, with more photos: https://westshorevoicenews.com/essdebate-at-pearson-college-constrained-but-informative/

Page 2 of 4 ::: Breaking news at: www.westshorevoicenews.com



Mary P Brooke, B.Sc., Cert PR

Campaign shenanigans interrupt opportunities for exploring policies & seeking steps forward

by Mary P Brooke, Editor, West Shore Voice News

Hopefully this helps put to bed this week's black face / brown face episode of the federal campaign.

Whether you think 'black face / brown face' is a a quirky misguided bit of theatrical antics borne of the colonial white upper class (which it is), or something now starkly visible

within the past of a former private school drama (also history and math) teacher turned prime minister (which it is), voters and pundits who have been frothing about this for almost a week now can look at two obvious points and then get past this. Not to ignore it, but so the electorate can focus on the present accomplishments and promises of our Canadian leaders and our collective goals as a society going forward.

For one, we can feel sorry for a an intelligent guy -- who seems to care -- who found himself caught up in the pettiness of a wealthy class he was born to, perhaps at one point drifting without a cause. But looking at TV interviews with regular folks across the country this week you can see that many people (of all races and backgrounds) also admire a privileged person who has boldly taken up a destiny that was handed to him (hey, he might have instead taken up a career of stock market celebrations and endless beachfront vacations). But he chose to pursue leadership and as prime minister has a strong record of promoting multi-culturalism and gender equity by actually structurally changing things in Canada toward a broader, more diverse society.

This current scenario begs of the citizenry to decide if they are tolerant of flawed human beings or if political correctness to the extreme is the style of the day even if it scares away or chases away otherwise productive candidates and leaders.

None of this is to excuse some of the errors of the past four years under Trudeau's watch that have harshly impacted small businesses in this country (as well as regular Canadians in various pockets of tax deduction including medicallyrelated). Those decisions were certainly misquided (and showed a lack of how hard people work across this country) and have caused economic harm to families and their businesses in local and regional sectors.

However, we can wake up and put this black face incident into the obvious context of an election campaign where the major opponent (in this case the Conservatives trying to unseat the Liberals) will dig up and use anything to achieve their goal. Most people will say they are aware of the dirty tricks of politics. Well, if you are, don't fall for the ruse. The black face road show was unearthed to intentionally derail the Liberals -- but also the other parties and all of us who vote -- from concentrating on the important issues. At its core, deliberately bringing out those photos (previously unknown to pretty much everyone, one supposes) is a gross act of campaign manufacture -- a Frankenstein if you will. It produces a manipulation of the public democratic process, and should not be given air (national media can take some blame for perpetuating the discourse for many days, working out their feelings of horror). It's even too bad this editorial space had to grapple with the ill-intentioned distraction, but it's part of the job.

There is still time to focus for the remaining few weeks on a more thoughtful, socially progressive discourse in this country during this 43rd election campaign period. Let's hope voters do get past the discomforting mess of this week of the campaign and that all parties find ways to continue engaging with the public for reasons and goals that will move this country forward. As a country built and run by

BC NEWS

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Public input on job opportunities and greater independence for people with disabilities

 Public consultation on building a better BC for people with disabilities opened September 16 online and runs to 4 pm on November 29, 2019.

The BC government says it aims to work with the disability and business communities to help create opportunities for meaningful employment, support greater independence, and provide full community participation for people with disabilities in BC. The goal is to make BC a "truly inclusive province" by 2024.

The 10-minute questionnaire is at https://www2.gov.bc.ca/gov/content/governments/about-the-bc-government/accessibility and there will also be a virtual town hall on Wednesday November 20 (6:30 pm to 8:30 pm). There are nine public meetings throughout BC that people can attend in person. The meeting in Victoria is on VoiSaturday, October 5 at Central Middle School (2:30 pm to 5 pm), with registration required. **WSV**



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busy people -- many of us still struggling to stay afloat or even 'get ahead' -- we really only pause for this societal review when elections come up. Let's not waste the remaining 'moment' that is now about 30 days.

As a footnote on political dynamics of the campaign, this scenario has been seized by the Conservatives under Andrew Scheer to try and grab back to their flock anyone who swayed Liberal in 2015. And for the NDP under Jagmeet Singh it has produced an opportunity for voters to look again at his party as generators of new directions in social policy. Either way, the Liberals -- who in many polls are shown to be for many voters their 'second choice' -- are likely going to be shaved of votes off either side of the center-progressive spectrum.

Whoever dug out those black face / brown face photos and surfaced them in this campaign has probably 'won' some high fives among the Conservatives. That entire episode is evident success of what is playfully called 'shenanigans'.

But this recent turmoil could produce serious consequences for this country that was seeing some progressive socioeconomic steps forward these past four years, not the least of which is scaring away otherwise qualified candidates who might choose to eschew the slimy underbelly of politics and the blinding glare of a politically-correct landscape that has become drunk on public shaming and blaming. Anyone who has made no error in their life may cast the first stone.

Trudeau's leadership brought out good candidates in 2015 who have moved things forward in many areas of social and economic policy; those sorts of candidates with a wide range of skills in areas not first of politics could -- in a climate of rabid political-correctness -- justifiably take a pass on serving their communities through the channel that is elected office. If people with their hearts and minds in a good place decide to step back from politics, it is a loss for everyone.

Pretty much all of Trudeau's candidates who served in 2015-2019 have stood by their leader this past week -- not because they are 'whipped' to do so, but because they see the good works of the

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writing by Mary P. Brooke, B.Sc., Cert PR unless otherwise stated. Reporter:

Chelsea Kirkpatrick. Contributors:

Z-Gen Consultant: Jennifer Brooke

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42nd Parliament (including legislative influence from NDP MPs) that overall have moved Canadian society forward. Trans Mountain naysayers may think otherwise, but that 'big purchase' was about economics dealing with today's infrastructure and related jobs as a way to help fund tomorrow's green tech -- dealing with the realities of today with a vision to the desired realities of tomorrow.

What sort of Canada do you want to see and be a part of? Voting is a special opportunity to seek the appropriate leadership skill in your choice of leader or party.



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Federal Election Watch 2019 West Shore Voice News

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WEST SHORE | SOOKE

Community News

News updates any time:

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This week's Candidate Closeup:

Esquimalt-Saanich-Sooke Jamie Hammond, Liberal



by Mary P Brooke, Editor West Shore Voice News



Liberal candidate Jamie Hammond enjoying the outdoors at the Royal Bay waterfront in Colwood.

now wanting to serve the community in a new capacity, Jamie Hammond has stepped up as the Liberal candidate for Esquimalt-Saanich-Sooke (ESS). His 28year military career (including overseas) followed by serving under BC Lieutenant Governors Steven Point and Judith Guichon gives him a broad idea of what Canada is all about, from levels deep inside.

For someone who has worked in some tough assignments, Hammond seems relaxed and unaffected. He retired from his post under Lt Gov Guichon in October last year, and he's got energy to apply elsewhere.

But he does admit that campaigning is hard work. As his official office opening in Esquimalt got rolling on Thursday September 19 he said he'd been up since 7am, and the day would run long into the evening. At the opening he hosted former longtime Victoria-area Liberal MP David Anderson who was strong on the environment during his years in Ottawa. View Royal Mayor David Screech also attended.



Former Liberal MP David Anderson was the keynote speaker at Jamie Hammond's official campaign office opening on September 19.

Hammond is keen to address the climate emergency that is upon the globe now. He feels that the Liberals are Canada's best shot at getting things done ef- Never before a candidate, but fectively in terms of climate change policy and shifting as rapidly as possible to an innovative green tech economy. He seeks to be part of building a caring society and a nation he can be proud of. He sees the Liberals as the ESS riding's best shot for a voice in Ottawa, on the inside of a majority or strong minority government.

> Hammond finds people respectful as he door knocks in Sooke, Colwood, and other areas of the large ESS riding. People's concerns are clearly about dealing with climate change; protection of oceans, orcas and salmon; funding for transportation (highways and maybe the west shore ferry); and affordability.

> If elected, Hammond says that within 60 days he would put together a Transportation Action Team to come up with ways on "how to influence the federal government" to get things rolling for the south island. Housing affordability is linked to transportation (as in how far people have to travel to work). He says that more can be done with the national housing strategy for this region.

When Justin Trudeau visited the Victoria area September 11 and 12. Hammond had a chance to chat with the Liberal Leader at the Canoe Club. Part of the conversation apparently went like this: "BC's got a green conscience, something we can bring to other parts of the country," said Trudeau to Hammond. The idea is to do this by diversifying the economy and shifting to green technology. There are already 100,000 people in the tech community in BC, says Hammond.

Hammond says that Canada has had multi-culturalism at its core for over 40 years now. "Immigrants help build our economy and our society," he said during an interview last week at the Colwood waterfront at Royal Bay.

Hammond grew up on the south island. He has enjoyed hiking the Sooke Hills, swimming in Thetis Lake, and paddling the coastline. Out Sooke way he has chatted with community leaders about salmon preservation. He's surprised at how many military families now live in the Sooke area. He recently was door-knocking on Grant Road West and says he finds Sooke folks to be "focussed on the realities of life".

Hammond's family is very supportive of his venture into politics. His wife Fern is a psychiatric nurse. His brother is a historian at the Royal BC Museum. Jamie Hammond's parents retired to BC. His mother still lives in View Royal in the family home. Upon his grandfather's passing, some of the ashes were scattered over the ocean near the Colwood waterfront.

Doing his first major all candidates debate in Metchosin on September 18 at Pearson College, Hammond was confident on the issues, particularly noting the urgency of addressing climate change and how Canada sets an example as a caring society. Afterward he chatted with students and the public.

Hammond's campaign office is located at 918 Esquimalt Road. This week there were still signs stacked within the office, awaiting placement around the community. After the opening, the campaign workers were promised a curry dinner! WSV https://virl.bc.ca/about/reports-and-plans/

Vancouver Island libraries: 3.94% budget increase in 2020 West Shore Voice News

www.WestShoreVoiceNews.com

The Vancouver Island Regional Library (VIRL) approved their 2020 - 2024 Financial Plan at their September 21 meeting, including a balanced budget of \$38,142,775 for 2020. Municipal and rural levies will contribute \$24,050,684 to the library budget an average increase of 3.94% and a per capita decrease of \$0.68 from 2019.

Wages and benefits are about 45% of expenditure, with facilities and library materials each 9%. Debt principal and interest: 4%. Computers: 3%.

"This budget focuses on telling the stories of what our libraries mean to our communities and to the people who walk through our doors or access our electronic products," says Joel Adams, Director of Finance, VIRL. The budget is considered a tool for supporting VIRL's "ongoing transition to a library of the 21st century and to our evolving role in today's rapidly shifting world," he says.

Many people do not use libraries, especially if they are 'wired' at home and office. But VIRL boasts 2.6 million visits to all branches in 2018. "VIRL branches are lifelines to information, vital resources for families and newcomers, and spaces that nurture new enterprises and relationships," says VIRL Chair Brenda Leigh. "Our libraries are equalizers for literacy, learning and advancement of opportunities for all members of our communities," she said.

VIRL headquarters are in Nanaimo, with 27 branches including Sooke, Tofino and Port Renfrew on the west side of the island. The Sooke Library has been a 'priority project' for about 10 years, awaiting provision of municipal land (with VIRL providing building, fixtures and collections); land in the expanded town centre (within Lot A) was acquired about two years ago, with building designs finalized this year. WSV

Community News

SOOKE BY-ELECTION

News updates any time: www.WestShoreVoiceNews.com

Sooke: Day 1 advance voting 1.4%

SOOKE MUNICIPAL BY-ELECTION

There was a modest turnout for voting on the first of two advance-voting days in the District of Sooke by-election

A vote tally of 152 (out of about 10,300 eligible voters) shows a voting rate of about 1.4%. However, returning officer Carolyn Mushata says the total voter turnout for advance voting is usually about 10%, and expects a stronger turnout on the second of two advance polling dates which is Wednesday September 25.

on Wednesday September 18.

The busiest voting times on September 18 were 10 to 11 am and 3 to 7 pm. The



Regional perspectives

West Shore Voice News

Voting Place signage out front of Sooke municipal hall.

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average foot traffic of voters was about 20 per hour in those peak voting periods. The voter range in the later evening included young adults, people dressed for business, and older folks. There were six voting stations set up with the voting place.

The District of Sooke (as would all municipalities) uses the BC Voters List, as produced by Elections BC. Eight candidates are still actively running for the one open seat on District of

West Sho Eight candidates are still actively running for the one open seat on District of Socke council: Herb Haldane, Dana Lajeunesse, Lorraine Pawlivsky-Love, Kevin Pearson, Mick Rhodes, Britt Santowski, Christina Schlattner, and Jeff Stewart. Mushata says the ballot still has 10 names (all candidates who filed nomination papers by the deadline). That includes the names of two candidates — Jeff

McArthur and Ken Robar — who say they are either 'not actively campaigning' or have withdrawn. But according to Mushata, neither have formally withdrawn.

Advance voting is being held in council chambers on the second floor of Sooke municipal hall at 2225 Otter Point Road (above the fire hall).

General by-election voting on Saturday September 28 will be set up at Edward Milne Community School, 6218 Sooke Road, from 8 am to 8 pm. WSV

https://westshorevoicenews.com/modest-sooke-turnout-for-first-advance-byelection-voting-opportunity/

By-election campaign scuttlebutt

KEVIN PEARSON: He's apparently hearing a lot of this sort of thing: "Didn't vote for you for mayor, but miss you on Council, glad your running." LORRAINE PAWLIVSKY-LOVE: She took in the Sooke Arts Council AGM on September 17 which was held at Frederique Philips' house. DANA LAJEUNESSE: He's got a

fairly slick campaign website, with lots of notes. HERB HALDANE: Was seen getting his campaign-season haircut at Island Haircutting in Sooke last week. BRITT SANTOWSKI: Continues to operate as local media while being a municipal candidate. CHRISTINA SCHLATTNER: Being supported by Diane Bernard who is also helping coordinate David Merner's Green Party federal campaign in Esquimalt-Saanich-Sooke (switching sides from having supported Randall Garrison, NDP, in 2015). **SOOKE MAYOR MAJA TAIT:** She and some councillors are in Vancouver ahead of the Sooke by-election (September 23 to 27) for the Union of BC Municipalities Convention. wsv







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Union of BC Municipalities Convention in Vancouver. 'Resiliency & Change' theme. Most west shore municipalities sending delegates. Sept 23-27. www.ubcm.ca SD62 Public Board Meeting. Tues Sept 24. 7 pm. www.sd62.bc.ca

District of Sooke ADVANCE VOTING. Wed Sept 25. Municipal by-election. 8 am to 8 pm. Sooke Council Chambers, municipal hall. www.sooke ca

Victoria All-candidates meeting. Thurs Sept 26. 7 to 9 pm. By Downtown Service Providers at Christ Church Cathedral School gym, 912 Vancouver St.

District of Sooke Local By-Election. Sat Sept 28. 8 am to 8 pm. EMCS, 6218 Sooke Rd. www.sooke.ca

Hawk Watch Drop-In. Sat Sept 28. 11am-2pm. East Sooke Regional Park. At Aylard Farm; accessible to all ages and abilities. www.crd.bc.ca/parks-events

Community Action Workshop on climate change, food security and transportation. Sun Sept 29. 10 am-5 pm. Sooke Community Hall. Free admission. Includes lunch. www.transitionsooke.org

Guided Hike. Sun Sept 29.11am-2pm. Mount Work Regional Park (Highlands). 18+ with CRD naturalist. Free. Register by Sept 25. www.crd.bc.ca/parks-events

Sheringham Point Lighthouse Preservation Society AGM. Sun Sept 29. 2 to 4 pm. Upstairs at Village Food Markets. www.sheringhamlighthouse.org

To include your event write to: marketingedge@westshorevoicenews.com

https://westshorevoicenews.com/events/

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All Candidates Meeting for Esquimalt-Saanich-Sooke. Sun Sept 29. 2 pm. Hosted by OPSSRA at JdF Services Building, 3-7450 Butler Road in Otter Point. www.opsrra.ca

District of Sooke Council Meeting. Mon Sept 30. 7 pm. www.sooke.ca

City of Colwood Special Council Meeting. Mon Sept 30. 7 pm. www.colwood.ca

Tour de Rock / Cops for Cancer. Wed Oct 2. Willway Elem 12:11 pm. Belmont Secondary 12:20 pm. John Stubbs 1:13 pm. Happy Valley Elem 1:41 pm. Saseenos Elem 2:35 pm. Drive by EMCS 2:54 pm. www.tourderock.ca

West Shore Voice News Friday September 20, 2019 ::: WEST SHORE VOICE NEWS

Pacific FC vs HFX Wanderers FC. Wed Oct 2 at Westhills Stadium. Get a free general admission ticket with donation of 2 food bank items. #FeedTheIsle | www.pacificfc.ca

BC Legislature Resumes. Mon Oct 7. www.leg.bc.ca

Federal Election English Language Debate. Mon Oct 7. TV broadcast & livestream. 4 to 6 pm PT.

Awareness Film Night, 25th season. Wed Oct 9. 'Push': Unaffordability of housing and owning a local business. 7 to 9 pm. EMCS, 6218 Sooke Rd. By donation. www.awarenessfilmnight.ca

Advance Voting for the Federal Election: Oct 11. 12, 13, 14. Confirm dates, times and locations for your riding at www.elections.ca

All Candidates Meeting for Esquimalt-Saanich-Sooke. Fri Oct 11. 7 pm. Hosted by Sooke Region Chamber of Commerce at Edward Milne Community School, 6218 Sooke Rd. www.sookeregionchamber.com

Thanksgiving Long Weekend. Sat Oct 12, Sun Oct 13, & Mon Oct 14.

Pacific FC vs Valour FC. Sat Oct 19 at Westhills Stadium. www.pacificfc.ca

Federal Election General Voting Day. Mon Oct 21. Confirm voting locations and times at: www.elections.ca



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Fall season nutrient Checkup West Shore Voice News

Wes

Voic

With so much variety and flexibility in the new Canada Food Guide, it means paying a bit more attention to balancing one's nutritional intake.

As kids get back to school, parents may wish to review a few key nutrients for all members of the family, among others:

Potassium plays an important role in the strength and functionality of bones and muscles, including the heart. Higher blood pressure can be associated with too much sodium and too little potassium. Potassium is available in a wide range of foods, with best availability from bananas, oranges, sweet potatoes, yogurt, tomatoes, and avocados.

Vitamin D is important for strong bones and maintaining the immune system. Vitamin D is mainly produced in the skin by exposure to sunlight. It is not found naturally in very many foods but the top sources are salmon and eggs as well as cow's milk that in Canada is supplemented with Vitamin D (as well as oat or soy milk products).

Fibre for good bowel health is not just in whole grains. There is good fibre in berries, oatmeal, raw carrots, avocados, almonds and chia seeds (and even popcorn!)

Iron is not as well-absorbed

THouse of Nutrition **Colwood Corners** #6 - 310 Goldstream Ave Open daily • 250-478-3244 www.houseofnutritionbc.com

from non-meat sources such as beans, lentils, chickpeas, tofu, nuts and seeds as it is from meat. To boost absorption of plant-based iron, be sure to include foods that are rich in Vitamin C such as citrus fruits.

Sodium. Nearly three-quarters of Canadian children ages 4 to 13 consume too much sodium. Avoiding salty spack foods and cooking meals from scratch at home helps to reduce sodium intake. Processed meats, cold cuts, burgers, breaded chicken products and frozen or other fast-food meals tend to contain high levels of salt (sodium).

Calcium. If calcium supplementation is a choice to ensure adequate intake (especially if cutting back on milk products in the diet), be sure to check the amount of elemental calcium in the supplement. Calcium citrate is usually the easiest to absorb.

Tips for well-balanced supplementation are available at House of Nutrition at 310 Goldstream Ave in Colwood, open daily. wsv

Tour de Rock coming to the west shore on October 2

This year's 20 Tour de Rock riders -- doing their full cycle of the island between September 21 and October 4 -- will be in the West Shore on Wednesday October 2 (riding 78 km that day). Here's the schedule:

Thrifty Foods Mill Bay 9:59 am for 15 min | Willway Elementary 12:11 pm (10 min) | Belmont Secondary for lunch - 12:20 (30 min) | John Stubbs -13:13 pm (14 min) | Happy Valley Elementary - 13:41 (12 min) | Saseenos Elementary - 14:35 (18 min) | Drive by EMCS at 14:54 pm (1 min), load bikes | Hotel Grand Pacific 15:57 pm (2.5 hrs) | West Shore Gala at Union Club in Victoria - 18:34 pm (2 hr). www.tourderock.ca wsv



www.langford.ca

Highway 1 improvements begin September 22: Leigh Road to West Shore Parkway



Widening and improving Highway 1 between the Leigh Road Interchange and West Shore Parkway starts Sunday September 22. Lane closures and construction activities will continue through 2020, says the Ministry of Transportation and Infrastructure.

Efforts are being taken to minimize the impact to motorists during peak traffic periods.

- From Monday to Friday during construction, there will be no southbound lane closures or stoppages between 5:30 am and 9 am.
- From Monday to Friday, there will be no northbound closures or stoppages between 2:30 pm and 6 pm. Northbound traffic will continue to merge into one lane at the Leigh Road interchange as usual.
- Outside of peak traffic periods, both day and night between Sunday night and Friday morning, drivers can expect a southbound lane closure and a northbound crossover. This will allow crews to safely construct the new lane on the northbound highway shoulder.
- Periodic short stoppages will be required daily between 9 am and 2:30 pm and nightly 6 pm to 5:30 am. This will allow for tree clearing and soil removal to prepare the site for rock blasting (expected to begin in November).

Travellers should expect delays of up to 20 minutes and intermittent stoppages outside of peak periods while construction is ongoing. At this time, no construction is planned from Friday afternoon through Sunday evening. As construction progresses, there may be periods of weekend work activities that will necessitate lane closures and periodic stoppages.

Drivers are advised to use caution, follow the directions of traffic control personnel and obey the construction speed zone limit of 60 kilometres per hour when in place. For updates, motorists are advised to check: DriveBC.ca

When completed, Highway 1 between the Leigh Road interchange and the West Shore Parkway signal will be widened to four lanes with median barrier separation and improved roadside protections.

The Ministry of Transportation and Infrastructure thanks motorists for their patience during construction of these safety improvements. wsv

Jam-packed agenda for Sheringham

West Shore Voice News

The next 2019 annual general meeting of the Sheringham Point Lighthouse Preservation Society will be on Sunday, September 29. The two-hour meeting will be held upstairs above the deli at Village Food Markets at 6661 Sooke Road, 2 to 4 pm.

The agenda will include reports



on the ongoing site restoration work Sheringham Lighthouse at sunset.

(Phase 3), public access road improvements, plans for stewardship of the Canadian Lighthouse Heritage site as a passive park, financial reports, and election of the board of directors and officers. Also up for discussion: their oral history project, use of social media, a new lighthouse history book, and orca monitoring with wifi.

Members and supporters are welcome, as part of continued support and participation in the work to protect and care for the substantial heritage site.

Minutes from the last meeting (June 23, 2019) are available on the web site http://sheringhamlighthouse.org/society/upcoming-activities/

Sheringham Lighthouse is a Canadian Heritage Site located at 1 Sheringham Point Road in Shirley BC, open 9 am to 6 pm daily. Parking and access to the site is only via Sheringham Point Road - no other legal access is available. Please respect the neighbours. | www.sheringhamlighthouse.org wsv