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Friday October 11, 2019 News to October 13, 2019

'NDD

Advance voting is underway on Thanksgiving weekend by Mary P Brooke West Shore Voice News

RE-ELECT

ALISTAIR MACGREGOR



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Advance Voting Station at Eagle Ridge Community Centre in Langford on Friday evening, October 11. Advance Voting is available across Canada through the Thanksgiving long weekend October 11 to 14.

On Friday morning October 11 it was busy for the first three hours of advance voting at the polling station that was set up in the Eagle Ridge Community Centre for voters of Cowichan-Malahat-Langford. Easy daytime parking there at 1089 Langford Parkway near Westhills Stadium was part of the draw, as well as being an opportunity to vote before Thanksgiving weekend activities or travel.

There are four pollng station locations in the Langford-area of the large Cowichan-Malahat-Langford riding: Eagle Ridge Community Centre (on Langford Parkway), Luxton Hall (on Marwood Avenue), Our Lady of the Rosary (on Goldstream Avenue), and Millstream Elementary School (on Hoy Lake Road). In the Cowichan and Duncan areas there are 15 voting locations.

Bailots collected over the four days of advance voting October 11 to 14 (9am to 9 pm) are then transported still in the boxes into which they deposited, over to the riding's Elections Canada Service Centre(s) after the 9 pm close of advance polls on Monday night. That's where they will sit until they are transported again on Monday October 21 to the voting locations for that general Election Day.

Candidate names on the ballots are presented in alphabetical order by surname, with party affiliation typed below each name. The ballots are printed in black ink only on a basic lightweight paper. An 'X' or a checkmark can be entered next to the name of the voter's candidate choice. A large-size pencil is provided in each private voting station for marking the ballot. After marking the ballot, the voter is to refold the ballot, hand it to the elections official (who tears off a numbered tracking slip), and then deposit the ballot themselves into the ballot box.

There is a waiting period between each voter signing in (with their Voter Information Card and ID), as only one ballot at a time can be out of the watch of the elections officials at each sign-in table.

At the Eagle Ridge location there were some impatient voters in the morning lineup. Lines were divided up alphabetically by voter surname, but there were far more people with surnames in the first part of the alphabet, so the lists were redistributed among the sign-in tables to help things move a little faster. At the polling station at Colwood Pentecostal Church for voters in Esquimalt-Saanich-Sooke there was similarly a huge rush on Friday morning by people wanting to get their voting done ahead of the Thanksgiving weekend and maybe freeing themselves up to work on campaigns just one week ahead of the October 21 general election. Voting places are usually quite busy on general election day, but well-trained staff have various ways to keep things organized and moving along. Special attention has been paid to making sure seniors and anyone with disabilities are able to make their way into and around the polling station. **Wsv**

Thanksgiving Weekend Edition



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Pacific FC kicks it out of the park west shore with donations to local food bank

↓NDP



Pacific FC reps helped deliver donated non-perishable food items to Goldstream Food Bank. For every two donated items, soccer fans got a free ticket to the October 2 Pacific FC home game at Westhills Stadium.

• Thanksgiving started early for the Pacific FC soccer organization that undertook to collect non-perishable food items for the Mustard Seed Food Bank in Victoria and Goldstream Food Bank in Langford as part of promoting their October 2 home game. For every two items donated, one October 2 game ticket was given to the donor of those items.

Food items were collected at Dodd's Furniture and Mattress in Victoria and also on game day at Westhills Stadium. Over two weeks, 1,683 lb of food were collected. Many boxes containing the donated items were then transported by truck to the food banks. "Thanks to all of our fans for the incredible support!," says Mira Laurence, Director, Communications & Community Partnerships, Pacific FC. Last Game of the Pacific FC Season at Westhills Stadium:

Saturday Oct 19 3:30 pm vs Valour FC [gates open 1:30 pm]

The community is invited to the official opening of the new Pacific FC training facility on Kettle Lake Drive in Westhills on Sunday December 1 (more info to come). **WSV**

Advance voting on Saturday evening October 12 in Colwood was steady, including young families.

West Shore Voice News

Election Results October 21 at www.westshorevoicenews.com





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Page 2 of 6 ::: Breaking news at: www.westshorevoicenews.com

E **EDITORIAL**

Camnaign trail observations by Mary P Brooke, Editor, West Shore Voice News

For media to cover a major election campaign in detail is no small feat. Here at West Shore Voice News we've been covering two federal west shore ridings in a way that provides insights for all voters, through the lens of Cowichan-Malahat-Langford and Esquimalt-Saanich-Sooke.

Mary P Brooke, B.Sc., Cert PR

We've been looking at the process of campaigning, the style and structure of debates, and the scope of campaign performance in addition to meeting with and writing about the

candidates themselves. That includes following the campaigns of federal leaders and watching them shape their national party presence. Media is there when/if you're not, we tell the story. 'Did the tree fall in the forest if no one was there to witness it?' -- that phrase comes to mind when we're there in person to observe the civic process at voting stations or capture the vibe of the room at all candidates meetings.

It's a 40-day campaign and we're almost there: election day is Monday October 21 (with advance voting already underway October 11 to 14). The October 18 WSV weekender will offer final analysis before E-Day (and on www.westshorevoicenews.com up to October 21). And for media there is also plenty of work after election night -- our October 25 'results' weekend edition will include interviews with new MPs.

Like salmon swimming upstream to reach their destination, NDP Leader Jagmeet Singh in his campaign rhetoric is asking people to vote with their heart, and for the party they would actually like to see win.

Strategic voting is to settle for second best, he says -- that it's only a way to work around the long-standing system where essentially the Liberals and Conservatives switch back and forth as government. There's much talk about NDP and Greens 'splitting the progressive vote', and which of those might back a minority government.

Proportional representation would pretty much eliminate the need for 'strategic voting then hoping for the best'. So for Singh in the meantime, it's 'vote with your heart' and in so doing make a statement of where you think governance should be heading. The NDP could well gain a few seats that way (roll the dice and see how they tumble), but with the specter of the NDP losing most of their Quebec seats to the re-emerged Bloc Quebecois they need to find fresh ground elsewhere in Canada.

If you lean left, will an NDP or Green 'progressive' vote be a 'wasted vote' in this 2019 election cycle? Well possibly, if it sees a Conservative candidate slide up the middle (voting Liberal is many people's 'second choice' according to studies), but the popular vote will speak volumes for next time. There's something about the valiance of a struggling salmon -- doing what it must to preserve its species -- that We resonates as a valid metaphor for Singh's pitch for authentic voting choices. Voice

FEDERAL ELECTION NEWS

West Shore Voice News

VOICE

Federal advance voting available all SHORE

Thanksgiving weekend: October 11 to 14

Advance Voting for the federal election is available for four days straight over the Thanksgiving long weekend (9 am to 9 pm local time): Friday October 11, Saturday October 12, Sunday October 13, and Monday October 14.

Your Voter Information Card (that you have likely already now received by postal mail) shows the location of advance voting in your area.

You can confirm times as well as available locations for your riding on the Elections tered voters. Canada website at www.elections.ca where you can seach by postal code.

You can vote by mail if you apply online no later than 3 pm Pacific Time on Tuesday October 15, or in person at a local Elections Canada office no later than 6 pm local time on Tuesday October 15. Find the form at www.elections.ca

You can also vote by 'special ballot' anytime now up to 6 pm on Tuesday October 15 at any Elections Canada office in Canada. Know in advance how to spell your candidate choice correctly, as you may have to write it in manually. In Langford there's an Elections Canada office at 2401 Millstream Road, Unit C105. For Esquimalt-Saanich-Sooke the office is at Gateway Village, 100-771 Vernon Ave, Saanich.

- Elections Canada offices are open *daily*:
 - Monday to Friday: 9 am to 9 pm
 - Saturday: 9 am to 6 pm | Sunday: noon to 4 pm
 - Check for Elections Canada office locations at www.elections.ca

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Friday October 11, 2019 ::: WEST SHORE VOICE NEWS West Shore *Voice* News

The Sooke **Voice** News

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V9B 0M6 Tel & Text: 250-217-5821

Email: news@westshorevoicenews.com

advertising@westshorevoicenews.com

www.westshorevoicenews.com

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writing by Mary P. Brooke, B.Sc., Cert PR

unless otherwise stated. Reporter:

Chelsea Kirkpatrick. Contributors:

various, thank you. Z-Gen Consult-

ant: Jennifer Brooke. IT: Les Oberg. Dis-

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In some ways it seems odd that this entire 2019 federal election has become soaked with the weight of the affordability issue. The Liberals, Greens and NDP address various levels of that issue, and the Conservatives have their "It's time for you to get ahead" approach to it. Everyone who hasn't fared well in the raging technologically-enabled global capitalism of the past 20+ years is struggling at whatever level they're at (compared to where they used to be). How sad that a country as 'rich' as ours, and with such access to information and commerce through the Internet, has almost everyone feeling the pinch or worse. You can tell who didn't get bitten hard by the Great Recession (2008 to 2017)... they're the ones who say 'recession, what recession?'... and that bites hard too. It's become the mainstay that many people require debt just to remain stable, and that many people can't afford to buy a home or even rent a suitable one. If you're still searching for your final arbiter for deciding how to vote, follow your sensibilities as to which party and leader will do the best job on affordability for all, not just a few.

Z-Gen, you're it! Young voters will likely tip more than a few ridings.

News posts daily at: www.westshorevoicenews.com

David Merner sees Green for

Esquimalt-Saanich-Sooke

by Mary P Brooke, West Shore Voice News

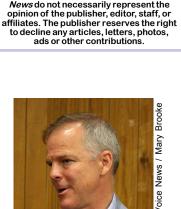
While driving to the All Candidates Meeting in Sooke on Friday evening October 11, Esquimalt-Saanich-Sooke Green Candidate David Merner paused and pulleo over, to tuck in a phone interview about the progress of his campaign.

After almost a year of door-knocking -- and now four weeks of intense election campaigning in the large riding that includes a part of Saanich plus Esquimalt, Colwood, Metchosin, Sooke and west of Sooke to Jordan River -- it comes down to assessing the real chances for the Green Party.

Where will their votes come from, especially in a west shore federal riding that has been NDP for eight years under the attentive watch of Randall Garrison (incumbent) and before that represented by Keith Martin whose shifting alliance bridged a Liberal/Conservative 'blend'?

"Greens have a great shot at recruiting people who are committed to climate action," said Merner in his chat with West Shore Voice News. "And people who are looking for integrity and ethics in government will choose Green," he said.

"I think we have a really good shot for re





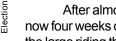
Nanaimo-Ladysmith (January 2019 by-election) where we won thanks to a flood of federal Liberals voting Green, and a significant number of NDP supporters voting Green as well. Conservaore tives came second in that riding. The same thing is going to hap Sooke," he affirmed. **WSV**

Regional perspectives

West Shore Voice News



Voter Information Cards have been postal mailed to regis-



The federal General Election date is Monday October 21. Polling stations will be open 7 am to 7 pm Pacific Time on that day. WSV

cruiting a lot of NDP and Liberals folks - that's pen in Esquimalt-Saanichbeen our whole strategy. A precedent for this is in

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*denotes optometric corporation



SD62's International Student Program less reliant on participation from China

by Mary P Brooke West Shore Voice News SD62 coverage since 2014

International students studying in the west shore come from many countries around the world. Their tuition fees paid to Sooke School District 62 (SD62) heip fund the delivery of public education in this region.

Public Education

SD62 reps travel to Europe and Asia

to recruit international students. However, at the SD62 board meeting on September 24, SD62 Superintendent Scott Stinson said that there was no active recruitment for students in China last year (2018-2019). Trustee Margot Swinburnson said that Chinese students have "made up a significant portion" of the International program in years past. Trustee Bob Phillips said that SD62 "holds their own in this program" because students come from a lot of other countries, adding "we're not as dependent. on China".

Stinson says there is "not a final decision on a trip going ahead to China this year, but that SD62 is actively looking at restoring relations with partners in China".



Distributed Learning Storefront Classroom Langford Campus 101-814 Goldstream Ave Email: westshore@sd62.bc.ca

The full academic program fee for International Students in 2017-2018 was \$22,275 (\$12,500 for tuition; medical insurance \$1,000; homestay placement and support \$500; homestay monthly fee of \$800 totalling \$8,000; transportation to/from the airport \$50; and a \$225 application administration fee). WSV

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West Shore

Community News

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WEST SHORE

Liberal Candidate **Blair Herbert**

(for Cowichan-

Malahat-Langford)

at Brentwood

College September

14 to participate in

an All Candidates

Debate.

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Candidate Closeup in

Esquimalt-Saanich-Sooke:

Liberal: Blair Herbert

Liberal candidate Blair Herbert (Cowichan-Malahat-Langford) and his team have been hot on the campaign trail for a couple of months now. The riding is geographically large and demographically diverse. The team has been splitting their time between Langford and the Cowichan Valley. Conversations with constituents reveal that the issues are as diverse as the riding.

Key issues across the board include keeping the economy strong while protecting and preserving the environment. Blair believes that the Liberal party is the only party with both of these priorities front of mind and that they have proven themselves on both of these files already.

In the last four years, he says the Liberal government has invested more in the environment than any party in Canada's history, rolling out initiatives such as the carbon tax and rebate program and the Oceans Protection Plan. The Liberals have accomplished this while creating one million jobs

and achieving the lowest unemployment rate in over 40 years," says Herbert.

According to the The Organisation for Economic Co-operation and Development (OECD), Canadian families now have one of the lowest effective tax rates in the OECD, and the lowest in the G7. "This has been no small feat," says Herbert. "Difficult choices have been made to keep this delicate balance between the economy and the environment."

Blair Herbert's team says that as the Member of Parliament he would maintain this balance by viewing all policies and initiatives through the lens of both the economic and environmental impact.

He finds that transportation is top of mind in Langford. The federal government has contributed to improvements at the McKenzie Interchange but Blair says that the growth in Langford is almost outpacing the relief that the Interchange will provide. His plan is to examine other opportunities to remove transportation as a barrier to employment. Exploring rail is on his agenda, to both improve transportation and lessen the load on the environment.

Food security on the Island is also on people's minds at the doorstep. As a small farmer himself, Blair is concerned that we are not sustainable here on the Island. "We grow less than 10% of the food we consume as compared to the 1950s when we produced 85% of our own food. We need to seriously look at changing this picture," he says. Some ideas on Blair's agenda to explore include abattoirs, keeping agricultural quotas here on the Island, and developing value-added processing for produce from local farmers large and small.

Opinion polls throughout this election to date would suggest the Liberals and Conservatives are in a virtual tie to win and form government (majority or minority).

"I feel there is more at stake in this election than in the past," says this Liberal candidate. "The economy is strong and the environment needs our help. We cannot afford to go backwards on either of these files. I have so many ideas for my riding and, as part of government, could explore them and see them

Voi



https://westshorevoicenews.com/blair-herberts-

Liberal candidate Blair Herbert (Cowichan-Malahat-Langford) discussing transportation with voters at a BC Transit bus stop. through with national support. I am excited for the chance to do this work."

Blair Herbert's next two door-knocking events are on Tuesday October 15 (6 to 8 pm) starting at the Tim Hortons at 845 Goldstream Avenue in Langford, and on Thursday October 17 (6 to 8 pm) starting at #2-470 Trans Canada Hwy (the Royal LePage office) in Duncan.

Herbert took part in an All Candidates Debate held at Brentwood College on Saturday September 14 where he defended the Liberal government's decision to



Land being readied for development at the roundabout at Lakepoint Way and Langford Lake Road in Westhills (near the library and the Y). WSV

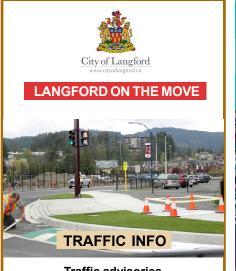


Westshore Parkway roundabout with a view toward the SD62 school site (elementary and middle) at Constellation Avenue that is mostly cleared and awaiting development. WSV



Paving and curb preparation has been actively underway for weeks at

purchase the Trans Mountain pipeline (see page 2 in the September 13-17, 2019 digest of West Shore Voice News). wsv



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www.pacificfc.ca



Three buses -- one of them the #50 -- idling in afternoon commuter traffic in the bus lane on Douglas Street, enroute to the west shore (Oct 10). WSV



Shore Voice Nest

Federal campaign signs at the corner of Veterans Memorial Parkway and Goldstream Avenue (October 9). WSV

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Election News

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Liberal; Andrew Scheer, Conservative; Maxime Bernier, People's Party of Canada; Yves-Francois Blanchet, Bloc Quebecois; and Jagmeet Singh, NDP.



Tuning into the federal leaders debate on Monday evening October 7 was for some voters their first focused bit of attention to the campaigns of this 43rd federal election.

on to the campaigns of this 43rd federal election. West Shore Widely broadcast on national TV as well as live-streamed online from the Canadian Museum of History in Gatineau, Quebec, the two-hour debate in English (4 to 6 pm Pacific Time) featured an equal airtime opportunity for the leaders of six federal parties to try and look their best, do their best, and pull off any sort of advances for their party with now just 13 days ahead of the October 21 general election date.

On the stage (from left) were Elizabeth May, Green; Justin Trudeau for the Liberals; Andrew Scheer for the Conservatives; Maxime Bernier, People's Party of Canada; Yves-Francois Blanchet for the Bloc Quebecois; and Jagmeet Singh, NDP.

Showing just a touch of nervousness upon walking onto the podium platform, Trudeau slid quickly into the statesman-like grace that comes naturally to him now given his four years as prime minister including worldwide travels and leadership decisions of great magnitude.

While the first question from the public was about dealing with climate change, Scheer used his first on-camera moment to do a bulldog attack on Trudeau. Moments later, May picked up the climate beat and things moved on.

For voters there was a lot to take in. The way questions were answered, the amount of bickering debate style response, and choice of topics when each leader had their individual moment to choose was one thing. There was also the overall impression of leadership to assess, and whether key points that concern most Canadians (e.g. affordability, climate change) were adequately addressed.

Supporters of the Liberal leader will hope that Trudeau's use of 'when' not 'if' - regarding Scheer and the Conservatives forming the next government -(something he did twice) was a slip of the tongue due to pressure and over-rehearsal, and not an indication of how the campaign-beleaguered leader might secretly feel about doing another four years as prime minister. Along those lines, May went on the attack right next to Trudeau telling him directly: "Please God, you won't get a majority this time." That was pretty much the only out-of-character moment for the Green Party leader that evening, and it was a shocking one, even for long-time political players.

While the immediate response by political pundits and newscasters that evening was that NDP Leader Jagmeet Singh 'won' the debate by getting his points across and not bowing to the fray of making attacks, Singh more often than not slid into a repeated mantra of NDP talking points. By comparison, Trudeau and Scheer mostly stayed away from party rhetoric and responded in the moment with selective points from a deep base of experience with both debating and having spent time in the House of Commons in that mode.

Bloc Quebecois leader Yves-Francois Blanchet himself said it's unlikely he would be elected as prime minister on October 21, but despite his avowed allegiance first to Quebec and Canada second, anyone watching was probably impressed with his fluidity and clarity of thought despite his imperfect mastery of the English language. There was more political mastery in Blanchet's addressing of the issues than by Bernier or even Singh. Many Quebecers are likely quite proud of representation for their province by this leader, but it's a federal election so a lot of wind was ultimately lost from Blanchet's sails.

Scheer did bring up some important overall distinguishing features of the Liberal government's last four years, accusing Trudeau of treating entrepreneurs as 'cheaters'. That single statement will likely galvanize a good chunk of the Conservative voting base.

May took issue with the broadcaster consortium's introduction of 'who will be invited back to Ottawa' on October 21, saying that Members of Parliament work for the people, that being an MP is an act of service to constituents and community.

Being equally picky on the words, with regard to reaching greenhouse gas emission reduction goals, Trudeau directed to May and probably also the NDP that "targets are not a plan". The Liberals pride themselves in taking a wide range of actions in numerous areas toward addressing complex issues, not just on climate change but most other aspects of governance including the economy (on that point hearing Trudeau repeat a few times about supporting the middle class and lifting children and families out of poverty).

When it comes to debating style, Trudeau simply floats above the fray and dances with the moment (not unlike one would handle the sports-world boxing ring as he does). Scheer is a fighter, but didn't demonstrate scope beyond wanting people to 'get ahead' financially (which really doesn't help all of the middle class or 'those working hard to join it' as Trudeau is wont to say).

May is an experienced campaigner, long-time activist, and a studious, productive legislator. Her Green supporters probably felt assured by her competent performance which indicates her depth of commitment and years in activism. May herself noted being the only woman leader on the stage; that in itself has been a long time coming (she was not invited to take part in the federal televised debates in the 2015 election cycle).



Justin Trudeau takes a moment

to muse about Elizabeth May during the October 7 leaders debate.

May took an effective swipe at Scheer, saying the Conservatives have "short term, misguided, greedy and selfish policies". He had no response.

By luck of random draw in the debate process, Bernier got a lot of airtime advantage. It was a good opportunity to put forward some elements of the People's Party of



Screenshot

NDP Leader Jagmeet Singh's view to the live audience during leaders debate.

Canada (PPC) platform (effectively new to the political scene in 2019). But as Singh pointed out, Bernier did not 'belong' on the stage, saying that the PPC leader did not in fact demonstrate leadership as evidenced by some scathing mean-spirited Tweets that the moderator read aloud that evening.

One of the key platform points of the PPC is immigration, pointing out the dangers of welcoming too many newcomers at one time (referencing to European countries that now have problems with integration). While May didn't get deeper into it, the Green Party sees 'climate change refugees' as something that is unavoidable. The Liberals made a high profile of immigration in 2015 and 2016, .../

Continued on pg 5.../

IT'S TIME FOR

TO GET AHEAD CONSERVATIVE



AUTHORIZED BY THE OFFICIAL AGENT FOR Dr. Randall Pewarchu

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Election News

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.../ Continued from pg 4 / especially to do with accepting many Syrian refugee families into the country to help alleviate that crisis in the name of service to others and humanity.

Immigration is clearly needed by Canada for maintaining and building a robust workforce to help balance the declining population growth of resident Canadians. Since the 1970's there has been relative success with integrating new Canadians (especially in the larger cities), especially where there is the support of attentive programs in the community to deal with the various phases of transitions for newcomers.

Like most debate formats there are pros and cons to how the time and questions are divided up. There were five segments to the entire episode, each led by a different moderator from prominent news organizations. It could not have been easy to shepherd six federal leaders on live national television in front of a live audience, especially with so much at stake for all concerned — leaders, media format, and voters. But the experience of doing journalism live on TV did shine through in the handling of things by news anchors Lisa LaFlamme (CTV) and Rosemary Barton (CBC), compared to the competent but less polished execution by Toronto Star columnist Susan Delacourt and on-air political commentator Althia Raj (of Huffington Post Canada). While news anchor Dawna Friesen (Global TV) has ample on air experience, her level of ease was not the same as LaFlamme and Barton when it came to sorting out some of the more scrappy aspects of debate (she started by coming on too strong, which backfired in the face of national leaders).

Some of the more detailed aspects of Canadian policy such as equalization payments from the federal government to the provinces was important but possibly lost on the broadest range of viewers.

On the matter of Quebec's secularism law (Bill 21), Trudeau challenged Singh with a valid point on political strategy: "So why not act on your convictions and leave the door open for challenging it?"

Trudeau and Scheer both commended Singh for handling racist scenarios and remarks not only during the campaign but in his career and life generally. Singh thanked the others for their comments

but at one point also injected a bit of humour by saying he wore an orange turban on purpose (the NDP party theme colour) so he would stand out as the NDP leader.

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'Putting a price on carbon' is another issue that not every Canadian is clear about. The October 7 debate didn't clear up much or lend much confidence for any argument on that topic. The Conservatives would scrap the Liberal method (also used by several provinces including BC but of no interest to several Conservative-led provinces) that collects a carbon tax then redistributes most of it back to low- and middle-income consumers.

The effectiveness of the carbon tax rebate to consumers has yet to be clearly shown as a having any direct motivational effect on people to make different or better choices about their impact on the environment. However, nowadays it has become clear that individuals can only do so much, and that it's time for federal, provincial and local governments to develop policies by which to take action on greenhouse gas emissions and other aspects of climate change action (and especially taking enforcement action on those policies).

On climate change action, Trudeau said "we have to move faster and do more", taking action with what is "reasonable and doable". He reiterated the Liberal government's action this year to put a ban on single-use plastics by 2021 and over the last four years putting "a price on pollution". He said that "Canadians know how important this is" (to address climate change, including the balancing of the Trans Mountain Pipeline expansion vis-a-vis jobs and economy in Alberta). Scheer said a Conservative government would "invest in clean energy". He challenged Trudeau with a zinger, that the Liberals have failed at three pipelines (two that were cancelled, and one that was bought-out from the private sector). Environmental enthusiasts might be glad that Trudeau scuttled two pipelines.

The Green leader wrapped up by saving this election is about "trust and ethics". "We need grownups in the room to take responsibility," said May.

Singh elocuted a bit of genuine vision in saying that Canada needs to "fight the climate crisis like we mean to win it". If anyone hadn't yet gotten past realizing the importance of addressing climate issues, that comment from the NDP leader was a helpful push to the next level.

Overall, whether these debates help any undecided voters has yet to ever be confirmed. For the leaders and their party faithful it's more about holding ground and taking any opportunities to score on a few important points. The debates are more treacherous (in terms of possible missteps) than many party-faithful are likely willing to admit. But even one bad moment that diminishes enthusiasm for one leader for a day or two is usually not a deal-breaker for any voter.

These intense live debates take up valuable campaign time for rehearsal and lack of presence on the face-to-face campaign trail. This was the first 2019 national debate that Trudeau participated in (by his choice), and that May participated in (having not been invited to the French TVA debate the previous week). All six participated in yet another debate in French on October 10 where an improved format allowed for more policy to be revealed with clarity.

Bernier in this debate may have shown just how rough around the edges his party's approach is to national issues, but he got a lot of airtime to help people decide; his party has candidates in all 338 ridings across the country.

LGBT2Q and a woman's right to choose were briefly mentioned by some candidates in Monday evening's event but not debated. Likewise there wasn't much discussion about jobs and employment, other than in the context of the oil industry's struggles in Alberta. The SNC-Lavalin controversy which was so dramatic for many months earlier this year

https://westshorevoicenews.com/federal-leaders-debate-spins-out-a-galaxy-of-impressions/

Greens hosting David Suzuki at Bear Mountain in last week of campaign

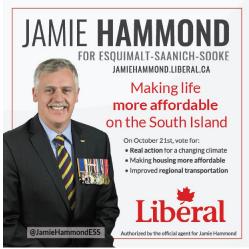
• A rally for Green Party candidate Lydia Hwitsum (Cowichan-Malahat-Langford) will be headlined by Dr David Suzuki and BC MLA Sonia Furstenau on Tuesday October 15 at Bear Mountain Resort in Langford.

The high-profile event is open to supporters and the public from 7 to 9 pm.



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WV	ww.westShorevoiceivews.com	
	Names on ballot: west shoreFEDERAL GENERAL ELECTIONMONDAY OCTOBER 21, 2019Advance Voting: October 11, 12, 13 & 14	e /s
	Candidates in Cowichan-Malahat- Langford (as of October 4, 2019):Rhonda Chen, People's PartyAlana DeLong, Conservative Lydia Hwitsum, GreenAlistair MacGregor, NDP (incumbent) Robin Morton Stanbridge, Christian Heritage	
DN	Candidates in Esquimalt-Saanich- Sooke (as of October 4, 2019):Randall Garrison, NDP (incumbent)Fidelia Godron, IndependentJeremy Gustafson, People's Party Jamie Hammond, LiberalLouis Lesosky, independentWest Shore David Merner, GreenVoice NewePhilip Ney, independentRandall Pewarchuk, Conservative Josh Steffler, LibertarianTyson Strandlund, Communist	
	Tyson Strandlund, Communist	



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was barely mentioned, or at least no new perspectives were raised on that. The cost of education (tuition and student loans) was barely part of the evening.

The overall manner of a scrappy debate is something that casual watchers of the political process generally find unappealing. Last night's debate won no points for elevating the political process to one of respectful decisionmaking. It was more a cockfight to see who could strut their stuff the best, and one cannot be sure in 2019 how important that is to the common sense voter. WSV

Free admission.

Ahead of that is a private reception for supporters to meet with David Suzuki from 6 to 7 pm. Tickets for that are \$250 per person. RSVP & pay online: https:// /vote.greenparty.ca/rsvp/eve 523b4f9eb

This high profile event is capitlizing on the momentum of the Greens on Vancouver Island where federal Green Party Leader Elizabeth May is running for re-election in Saanich-Gulf Islands. wsv

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Voice News

RESULTS WILL BE POSTED at www.westshorevoicenews.com Page 6 of 6 ::: www.westshorevoicenews.com



Advance Voting for the Federal Election: Oct 11. 12, 13, 14. 9 am to 9 pm. Take along your Voting Info Card. Dates, times and locations for your riding: www.elections.ca

Thanksgiving Long Weekend. Sat Oct 12, Sun Oct 13, & Mon Oct 14. Pilgrim Coffee House open Sat Oct 12 & Sun Oct

13, closed on Thanksgiving Mon Oct 14. 1910 Sooke Rd in Colwood. 778-265-5577

GoodLife Fitness Victoria Marathon – 40th Annual. Sun Oct 13. Marathons start at Menzies & Quebec St beside BC Legislative Buildings. www.runvictoriamarathon.com

Hunter (Full) Moon rises at 6:56 pm Sun Oct 13, crosses meridian at 12:44 am Oct 14, sets 7:04 am Mon. Thanksgiving Skate. Mon Oct 14 at SEAPARC in

Sooke. 1 to 2:30 pm. \$2 admission with donation for Sooke Food Bank (cash or non-perishable food). www.seaparc.ca

City of Colwood Regular Council Meeting. Tues Oct 15. 7 pm. www.colwood.ca | District of Sooke Regular Council Meeting. Tues Oct 15. 7 pm. www.sooke.ca

Rally for Lydia Hwitsum (Green Party candidate, Cowichan-Malahat-Langford) with Dr David Suzuki and BC MLA Sonia Furstenau. Tues Oct 15. 7 to 9 pm at Bear Mountain Resort, 1999 Country Club Way. Also: privates reception with David Suzuki \$250 (6 to 7 pm) RSVP & papico online: https://vote.greenparty.ca/rsvp/eve_523b4f9eb

All Candidates Debate Esquimalt-Saanich-Sooke Wed Oct 16. At Brookes Westshore, 1939 Sooke Rd, Colwood. 10:30 to 11:45 am. Open to guestions from students and community. https://westshore.brookes.org

Great BC Shakeout. Practice your earthquake preparedness skills at 10:17 am. Thurs Oct 17. Take part at your workplace or at home. Register: www.shakeoutbc.ca

Health News

Enzymes help with digestion

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

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Digestive enzymes are proteins tailored to break down foods into amino acids and peptides that enable the body to more readily digest food, providing the nutrients that you need for body function. The human body produces 22 different digestive enzymes, while others are found in fruits, vegetables, meats, and grains.

Pancreatic production of enzymes that are critical to digestion will diminish some diseases, with age, and with any blockages of the pancreatic duct. The liver (where enzymes are produced) can become overworked in detoxifying the body under various conditions including use of drugs or exposure to chemicals or intense poliution.

Natural-source enzymes are available at most health supplement retail outlets. For some conditions



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https://westshorevoicenews.com/events/



Pacific FC vs Valour FC. Sat Oct 19 at Westhills Stadium. Last home game of the 2019 season. Gates open 1:30 pm, game 3:30 pm. www.pacificfc.ca

Pet Halloween Costume Parade. Sun Oct 20. 1 to 4 pm. WAVES pet hospital, 947 Langford Parkway. Prizes, BBQ, tours. www.wavesvet.com

Federal Election General Voting Day. Mon Oct 21. 7 am to 7 pm. Confirm local voting locations and times on your Voter Information Card or at: www.elections.ca

Blood Donor Clinic. Sooke Elementary School, 6560 Sooke Rd. Mon Oct 21. 12 to 6 pm. www.blood.ca Small Business Lunch & Learn. Tues Oct 22. 11

am to 1 pm. WorkBC (Westshore), #201-3179 Jacklin Rd. Register: info-langford@workbc.ca or 250-478-9525. www.worklink.bc.ca/small-business-lunch-and-learn/ 7792/



Friday October 11, 2019 ::: WEST SHORE VOICE NEWS

SD62 Public Board Meeting. Tues Oct 22.

7 pm. www.sd62.bc.ca www.sd62.bc.ca West Shore Non-Instructional Day in SD62, <u>Fri Oct 25</u>. www.sd62.bc.ca

Flu Clinic at Sooke Health Unit. Tues Oct 29. By appointment only, for families with children. 1 to 3:30 pm. Call: 250-519-3487.

Six Mile Corridor Open House. Tues Oct 29. 5 to 7 pm. View Royal municipal hall. Review the proposed solutions. www.viewroyal.ca Halloween. Thurs Oct 31

Langford Halloween Open House. Thurs Oct 31. By Langford Fire Rescue. Hot dogs, candy, hot chocolate, entertainment. 5:30 to 8:30 pm, At all 3 stations: 2625 Peatt Rd, 3205 Happy Valley Rd, 2872 Sooke Lake Rd. www.langford.ca

Flu Clinic - WestShore. Sat Nov 2. By appointment only, for families with children. 9 am to 4 pm. Call: 250-519-3490

Remembrance Day. Mon Nov 11.

Pacific FC Training Facility. Official opening. Sun Dec 1. www.pacificfc.ca

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



It's coming up Flu Season 2019-2020 by Mary P Brooke, B.Sc. West Shore Voice News

BC: https://www.healthlinkbc.ca/health-feature/flu-season Sources:

CDC: https://www.cdc.gov/flu/season/faq-flu-season-2019-2020.htm Flu season is normally tracked between October and May. Here we are,

mid-way into October, and flu season seems not to have kicked in yet in BC. In Canada this year, the 2019-2020 seasonal trivalent vaccines contain: A/

Brisbane/02/2018 (H1N1)pdm09-like virus | A/Kansas/14//2017 (H3N2)-like virus | B/ Colorado/06/2017-like virus (B/Victoria/2/87 lineage). Only the quadrivalent vaccines contain B/Phuket/3073/2013-like virus (B/Yamagata/16/88 lineage).

In the United States, for 2019-2020 the Centers for Disease Control and Prevention (CDC) says flu vaccines are "updated to better match viruses expected to be circulating in the US". The component against the H1N1 2009 virus that was so virulent has been updated, as well as the component against the H3N2 virus. Both the B virus components from the 2018-2019 flu vaccine remain the same for the 2019-2020 vaccine.

Compared to in Canada where the trivalent and quadrivalent vaccines are available, in the US all regular-dose and recombinant flu shots will be quadrivalent. CDC says all four of the vaccine viruses used to produce cell-grown flu vaccine will have been grown in cells, not eggs. This helps anyone has an allergy to eggs.

The CDC recommends against vaccinating too early (such as in summer), which "may lead to reduced protection against influenza later in the season, particularly among older adults." October seems to be the time to start planning for vour vaccine.

Children age six months through 8 years of age who need two doses should receive their first dose as soon as possible after the vaccine becomes available to allow for the second dose to be administered at least 4 weeks later but still in good time for protection in the active flu season.

HealthLink BC says that BC's Influenza Prevention Policy is to protect people at high risk from influenza. That includes: Health care workers and regular visitors to hospital/care facilities | Emergency response workers | People who have contact with residents of continuing care or long-term care facilities or residences | People who provide nome care for persons in high-risk groups | Students of related health care services. Health care workers, visitors, contractors and volunteers are required to be immunized against influenza or wear a mask when they are in patient care areas during the influenza season. In Canada, the Live Attenuated Influenza Vaccine i.e. nasal spray vaccine (also known as LAIV or Flumist®) will not be available this 2019-2020 flu season.

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www.MitziDean.ca

Publicly-funded influenza vaccines available in BC for 2019/20:

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PilgrimCoffeeHouse

(including cystic fibrosis and celiac dis-

ease), health practitioners will prescribe

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pharmaceutical enzymes. WSV

- Trivalent Inactivated Influenza Vaccines (TIIV)
- Agriflu ® (Seqirus Canada)
- Fluviral® (GlaxoSmithKline)
- Quadrivalent Inactivated

Influenza Vaccines (QIIV)

- Fluzone® Quadrivalent (Sanofi Pasteur Limited)
- Flulaval® Tetra (GlaxoSmithKline) Source: www.healthlinkbc.ca

wsv

In BC, pharmacists can administer vaccines. Island Health offers vaccines at their free flu clinics; clinics that start October 28. See list: https://www.islandfluclinics.ca/

Fluzone High-Dose is a high dose trivalent inactivated influenza vaccine approved for use in Canada for adults age 65+ -- it's expected to West Shore effective than the standard Voice News cine is free, Fluzone High-Dose is not publicly funded in BC at this time but is available at pharmacies throughout BC for an extra cost. WSV

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



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