

YOUR HEALTH



House of Nutrition

Colwood Corners

#6 - 310 Goldstream Ave

Open daily 250-478-3244

www.houseofnutritionbc.com

Week #458

West Shore Voice News

4 pages this issue

WEST SHORE VOICE

WSV ISSN 2368-9374 Vol.4 No.51

SVN ISSN 1925-2722 Vol.9 No.40

Weekend news digest

Published by Brookline Publishing House Inc

Subscribers & advertisers welcome!

You are the 'juice' that keeps West Shore Voice News moving forward!


Call: 250-217-5821

News Highlights:

- Colwood, Sooke & Langford: 23.3% of Greater Victoria house sales (Oct) ... 1
- Minority Liberal government lends room for NDP celebration [Editorial] ... 2
- Clocks & politics: messing with time has consequences [Analysis] ... 3
- SD62: one school's worth of new students in 2019-2020 ... 4

Serving Drumroaster Coffee

PilgrimCoffeeHouse



Gift Card

105-1910 Sooke Rd in Colwood

778-265-5577

PILGRIM COFFEE HOUSE

Friday November 1, 2019

The week's news to November 2

West Shore Voice News



Time zone permanence is in the cards for BC

Sunday morning November 3, 2019 at 2 am could well be the last time clocks in British Columbia 'fall back'. Clocks will be turned back one hour (most automated devices will do that without human intervention) as part of observing the spring-forward/fall-back of Daylight Savings Time (DST).

BC most recently turned clocks forward by one hour for DST in March 2019; this weekend we fall back to standard time (Pacific Standard Time or PST), which is eight hours behind Coordinated Universal Time (UTC) aka Greenwich Mean Time.

On Halloween -- October 31 -- the BC government introduced an interpretation amendment act to allow for a future move to permanent daylight saving time (DST) which will be called Pacific Time. It will be position BC seven hours behind UTC instead of eight. This pending change is a political move in the wake of about 93% of British Columbian respondents having indicated support for the change in a record-breaking level of public engagement. It means that next spring (on March 8, 2020) could be the last time we turn clocks ahead by one hour in BC.

There are pros and cons for darker mornings in winter as part of the tradeoff for not flipping the clock back and forth which in itself was seen as a problem (through disruption to routines). As a sleep disrupter, the spring-forward (loss of one hour of sleep for most people each spring when clocks were turned forward) was anecdotally ascribed to problems such as drowsiness causing more car accidents. Overloaded lifestyles may poorly accommodate a forced time adjustment.

"British Columbians have said loud and clear that they want to do away with the practice of changing our clocks twice a year and our government is taking action," said Premier John Horgan. "This bill creates a clear path forward for the transition, while also ensuring we take into account every detail during implementation." The bill will not affect the long-standing ability of certain local areas in the North and Kootenays to remain on mountain time, as they have for decades.

Being in synch with jurisdictions to the south of the BC seems to be a key economic factor for appeasing the business trade sector. The move to year-round DST is aimed at being brought into effect at a time that maintains alignment with Washington, Oregon, California and Yukon. Those states are all in the process of creating or enacting similar legislation (dependent on approval from the US Congress). Just over half (54%) of respondents in BC's public engagement indicated it was "important" or "very important" that the province stay synchronized with neighbouring jurisdictions in its time-observance practices. However, the bill does not prevent government from forging ahead if such a move is determined to be in BC's own best interests. Adhering to one time zone is thought to be favourable for business north-to-south (BC and northern US states) including tourism.

"While the bill doesn't immediately shift the province to permanent DST, it puts us in position to do so quickly," Premier Horgan said. "This legislation is a signal to British Columbians that their collective voice has been heard and that our government is attending to every detail in preparation to do away with the biannual time change once and for all."

Public engagement on the proposed time zone adjustment was held over about four weeks at the start of summer break (June 24 to July 19, 2019) and resulted in 223,273 completed surveys, 279 email submissions from private citizens, and 15 written submissions from organizations and experts. Across all regions, support for a change to year-round DST was over 90%. Similarly, across all industry groups and all occupational groups, except for students (a difference not explained but possibly because students either don't have as many time-related life impacts or actually know better), support for year-round observance of sticking with daylight savings time and not switching back and forth was over 90%.

West shore houses in October

Last month, 318 single family homes sold in Greater Victoria. That's a 10% increase over October 2018, indicating sustained market activity. The fast-growing west shore area (Langford, Colwood and Sooke) saw 74 of those sales (23.3%). Affordability is relative. Sooke house prices might be lower than other areas but surpassed the half-million mark a few years ago and sat at \$608,708 in October. Langford/Colwood pricing is has been firmly above \$750,000 in 2019. By comparison, View Royal (centrally located between west shore and the Victoria/Saanich core) shows a price average in the high \$600,000's which is lower than Langford/Colwood where a lot housing product is new construction. The Greater Victoria overall average house sale price last month was robust at \$920,058. Here are the true sale price averages (not the blended Housing Price Index which adjusts for factors like proximity to transportation & schools):

Average Sale Price October 2019 (# of sales)

WEST SHORE | VIEW ROYAL | GREATER VICTORIA

HOUSES

CONDOS

TOWNHOMES

Langford \$768,187 (33)

Langford \$408,756 (16)

Langford \$505,675 (8)

Colwood \$768,382 (17)

Colwood \$457,250 (4)

Colwood \$537,280 (5)

Sooke \$608,708 (24)

Sooke nil/not usually many condos

Sooke \$502,050 (2)

View Royal \$681,845 (5)

View Royal \$437,600 (13)

View Royal \$641,633 (3)

GV \$920,058 (279)

GV \$456,453 (177)

GV \$627,156 (74)

Web-Posted Watermarked EDITION

To get the unwatermarked edition by email, become a Premium Subscriber! 250-217-5821

Accessible school playground opens at Savory Elementary in Langford

It was a bright crisp autumn afternoon on November 1 for students at Savory Elementary for celebrating their new accessible playground.

The \$105,000 investment -- made possible through the Playground Equipment Program (PEP) -- is part of the Province's commitment to update aging infrastructure in BC schools to provide safe, fun and accessible learning environments that set children up for success.

"Kids deserve every opportunity to succeed, and that's why our government is investing in their education to give them the best chance at a bright future," said Premier John Horgan on Friday at the playground opening. "In less than two years, we've announced 101 new playgrounds opening in schools across the province, impacting 25,000 students and taking the pressure off parents who work so hard to fundraise. We're going to keep working to open doors to opportunity through education to make life better for everyone in BC".

The Premier said that parents will no longer be challenged to do extensive fundraising (selling chocolates, holding bake sales and other events) to raise money for playgrounds among other aspects of the learning environment that were by past governments considered to be incidentals. "The days of parents funding playgrounds are over," Horgan said.

"All kids should have the opportunity to enjoy modern, safe and accessible playgrounds at their schools," said Education Minister Rob Fleming. "By investing in new playgrounds at schools throughout British Columbia, we are relieving fundraising pressures on parents and improving the learning environment for young students." Fleming pointed out that \$10 million has been invested in playgrounds since PEP was launched in 2018. Investing in playgrounds addresses the educational experience, which is about much more than academics: "Sometimes parents had to fundraise for six, seven, eight years just to build a playground," Fleming said. "This responds to a need we've heard from throughout the province."

Playing outdoors is proven to reduce anxiety in children, improve focus and enhance students' attention spans, say education officials: "Playgrounds promote physical activity and healthy lifestyles where children can share, develop conflict resolution skills and overcome challenges. This contributes to more effective learning in the classroom."

The Ministry of Education says that since 2018 every school district (of which there are 59) has now received at least one new playground. PEP relieves parents of some of the responsibility for fundraising for playground equipment and supports communities that do not have the fundraising capacity to buy the playground equipment.

School districts have the opportunity to apply for the funding by sending a list of priorities in their capital plan submissions in June of each year. Playgrounds are funded based on greatest need. Priority is given to schools where there is no playground, then to schools where the existing playground is aging. School districts that did not receive funding this year may receive funding next year, if they apply.

"The board of education is pleased with the Province's commitment to improving school playgrounds," says Sooke School District 62 (SD62) Chair Ravi Parmar. "This beautiful outdoor space provides fun and peace to hundreds of children, and the investment by the government helped ease the fundraising pressure on parents and the community. That funding, in collaboration with the hard work our district project team put in, has resulted in a play space that will serve students here at Savory Elementary for years to come."

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

Web-Posted Watermarked EDITION

To get the unwatermarked edition by email, become a Premium Subscriber! 250-217-5821

Accessible school playground opens at Savory Elementary in Langford

It was a bright crisp autumn afternoon on November 1 for students at Savory Elementary for celebrating their new accessible playground.

The \$105,000 investment -- made possible through the Playground Equipment Program (PEP) -- is part of the Province's commitment to update aging infrastructure in BC schools to provide safe, fun and accessible learning environments that set children up for success.

"Kids deserve every opportunity to succeed, and that's why our government is investing in their education to give them the best chance at a bright future," said Premier John Horgan on Friday at the playground opening. "In less than two years, we've announced 101 new playgrounds opening in schools across the province, impacting 25,000 students and taking the pressure off parents who work so hard to fundraise. We're going to keep working to open doors to opportunity through education to make life better for everyone in BC".

The Premier said that parents will no longer be challenged to do extensive fundraising (selling chocolates, holding bake sales and other events) to raise money for playgrounds among other aspects of the learning environment that were by past governments considered to be incidentals. "The days of parents funding playgrounds are over," Horgan said.

"All kids should have the opportunity to enjoy modern, safe and accessible playgrounds at their schools," said Education Minister Rob Fleming. "By investing in new playgrounds at schools throughout British Columbia, we are relieving fundraising pressures on parents and improving the learning environment for young students." Fleming pointed out that \$10 million has been invested in playgrounds since PEP was launched in 2018. Investing in playgrounds addresses the educational experience, which is about much more than academics: "Sometimes parents had to fundraise for six, seven, eight years just to build a playground," Fleming said. "This responds to a need we've heard from throughout the province."

Playing outdoors is proven to reduce anxiety in children, improve focus and enhance students' attention spans, say education officials: "Playgrounds promote physical activity and healthy lifestyles where children can share, develop conflict resolution skills and overcome challenges. This contributes to more effective learning in the classroom."

The Ministry of Education says that since 2018 every school district (of which there are 59) has now received at least one new playground. PEP relieves parents of some of the responsibility for fundraising for playground equipment and supports communities that do not have the fundraising capacity to buy the playground equipment.

School districts have the opportunity to apply for the funding by sending a list of priorities in their capital plan submissions in June of each year. Playgrounds are funded based on greatest need. Priority is given to schools where there is no playground, then to schools where the existing playground is aging. School districts that did not receive funding this year may receive funding next year, if they apply.

"The board of education is pleased with the Province's commitment to improving school playgrounds," says Sooke School District 62 (SD62) Chair Ravi Parmar. "This beautiful outdoor space provides fun and peace to hundreds of children, and the investment by the government helped ease the fundraising pressure on parents and the community. That funding, in collaboration with the hard work our district project team put in, has resulted in a play space that will serve students here at Savory Elementary for years to come."

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

West Shore Voice News

SD62 Chair Ravi Parmar at podium during Savory Elementary accessible playground opening on November 1, with (from left): T'Sou-ke Elder Shirley Alphonse, Premier John Horgan, and Education Minister Rob Fleming.

6.2 LANGFORD, CA SATURDAY, NOVEMBER 2, 2019

SUBSCRIBE LOGIN ABOUT CONTACT ADVERTISEMENTS EVENTS TRAFFIC

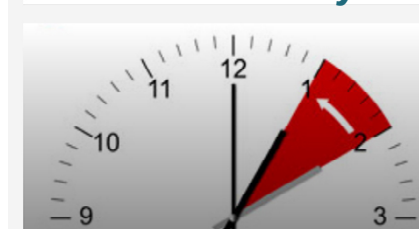
West Shore Voice News

Your advertisement in this top banner spot gets seen on every page in this website! Inquire to: Call 250-217-5821 marketing@westshorevoicenews.com


WEST SHORE VOICE NEWS Insights that make a difference

NEWS BY REGION EDUCATION


Daily Online News Portal




BC is ready-set for sticking to one time zone




Mom's Cafe still up for sale



Halloween draws a crowd in Langford



Recycling container return rate doubles in



It's in a school name?

www.westshorevoicenews.com



EDITORIAL



Mary P Brooke, B.Sc., Cert PR

## Minority federal Liberal government lends room for NDP celebration

COURTESY Watermarked Edition

● Many political pundits seem perplexed as to why Jagmeet Singh and the NDP are 'celebrating' after the federal election in which they won 24 seats (7.1% of 338 seats), down from 39 at dissolution. The victory that Singh and most of his elected or re-elected MPs are celebrating that the core of the movement seems to once again resonate 'for the people'.

Under Tom Mulcair (2012-2017) the party drifted to a sort of administrative road slightly left of center, even with some small-c conservative elements. Mulcair wanted the NDP to fit into the mainstream but in a way that sort of erased the true vibe of what has drawn thinking compassionate adults to the left in their political life even when being center or right of center might fare better for their participation in capitalism. In a way, the NDP does its best when pushing up against the Liberals, like a variant octave of the big machine. Canadians saw that under the NDP leadership of Jack Layton. The current Liberal minority government situation suits the NDP *raison d'être*. It may not bring as much glory to MPs or as many years for building a House of Commons pension, but for people who truly believe in ensuring that no one is left behind the NDP can be the political camp by which to achieve that.

Singh has injected a breath of fresh air into the party that it was under Tommy Douglas and to some extent under Jack Layton. That's what the going-forward element of the NDP are celebrating -- a return to their energetic and philosophical roots. We're looking in 2019 at NDP 2.0... yes more structured within the system (Mulcair's legacy) but with reignited attention to equity for everyone now distilled into the modern political process (e.g. being clear about shooting for specific advancements like pharmacare, and dealing with ways to address the affordability crisis including housing, dental, and post-secondary education). As for dealing with climate change -- the green tech economy will probably emerge now under Liberal leadership pushed hard by the in-house progressive left. The idea of taking climate action seems to have bled across all parties -- the legacy of Green Party Leader Elizabeth May.

The NDP victory is about being effective within the mainstream by setting loose their original vibration inside the hen house. The night Singh danced after the election results were in was not about the seat count (surely he'd have been happy with more); it was because he had reached the hearts and minds of people the way he and his current team intended. He saw and felt a spark in people rise during his campaign events. It was politicking, but people sensed an authenticity to it. It worked.

Singh will be right in there as one of four federal party leaders meeting with Prime Minister Justin Trudeau after November 11 to explore what the Liberals might do to keep the NDP happy under the current minority government. The Liberals may feel like they are living a deflated 'morning after', but as the saying goes in politics -- "the voters are always right". [Seats in this new 43rd Parliament: Liberals 157, Conservatives 121, Bloc Québécois 32, NDP 24, Green 3, Independent 1.]

What Canadian voters said on October 21 at the ballot box is that they trust and prefer the Liberals to run the government and lead Canada forward, and that they want all the other major parties to colour the way Canada moves forward in the next few years. Conservatives with the highest popular vote showed people's desire for fiscal balance, the NDP brings exposure to the conscience for the people, and the Greens have cemented in the need to deal with the climate emergency. (And while the renewed seat-strength of the Bloc may seem remote to the rest of Canada it's a reminder that Quebec holds great sway in the federation).

It's obvious that massive social, economic and climatic changes are upon Canada for the next few years. It's quite conceivable that the frustration of Canadians which produced a minority government will see MPs now through 2023 taking their assignment seriously in a way not seen since the Liberal minority government of Lester B Pearson (1963-1968) which produced universal health care, student loans,

### FEDERAL ELECTION AFTERMATH

West Shore Voice News

## Minority government begins to gel; recounts underway

● During the week of November 11, Prime Minister Justin Trudeau will be meeting individually with each of the opposition party leaders to discuss points of collaboration and difference on moving forward with issues like affordability and climate change action. Conservative Leader Andrew Scheer, NDP Leader Jagmeet Singh, Green Party Leader Elizabeth May (or interim leader), and Bloc Québécois Leader Yves-François Blanchet are expected to meet with Trudeau separately. The meetings serve as an important first step for the Liberal minority as they look for support in a minority Parliament in order to advance aspects of their agenda including billions of dollars in new spending on students, families and the environment, and committing Canada to net zero emissions by 2050.

● There are three recounts underway by Elections Canada. Two of those are in Quebec where in both cases a Liberal candidate won over a Bloc candidate (margins of 328 and 325). The other recount is here in BC (in Port Moody-Coquitlam) where the Conservatives won by just 153 votes over the NDP candidate; in this case New Democrats argued that there were 516 rejected ballots -- an unusually high number -- along with evidence of a counting error in one poll and more than 250 unaccounted ballots. If all three riding results changed it would give more seats to mainstream progressive parties (2 Liberal, 1 NDP) but would not change the balance of power in the House (i.e. the Liberals would still hold a minority government).

● The NDP held their first caucus meeting by teleconference shortly after the election, on October 23. That was followed by a face to face caucus meeting among NDP Leader Jagmeet Singh and the other 23 NDP MPs in Ottawa on October 30.

● West Shore constituency offices: In the riding of Cowichan-Malahat-Langford, re-elected Alistair MacGregor, MP, will continue to maintain two constituency offices (one in Duncan, one in Langford) due to the considerable geographical expanse of the riding wherein the Malahat is depended upon for commuting between the two locations). In the riding of Esquimalt-Saanich-Sooke, re-elected Randall Garrison, MP will maintain his office for now at 2904 Tillicum Road in Saanich, but that building must soon be vacated ahead of a new development on that property, so that office location will change in due course. **WSV**

## Working for our community

Mitzi Dean  
MLA, Esquimalt-Metchosin

250-952-5885  
#104-1497 Admirals Road  
Mitzi.Dean.MLA@leg.bc.ca  
[www.MitziDean.ca](http://www.MitziDean.ca)

the Canada Pension Plan, the Order of Canada, and the maple leaf flag. Pearson's minority government unified Canada's armed forces and kept Canada out of the Vietnam War. Pearson convened the Royal Commission on Bilingualism and Biculturalism.

Trudeau's Liberal minority government is an opportunity for all parties to do their part. If this assembly of leaders can keep their hands on the wheel of dealing with the many socioeconomic, technological and ethical changes that Canada is experiencing in this tumultuous time, Canadians could be well served. There is already talk of a process that could produce legislation to address many aspects of affordability as well as for fostering economic strength (perhaps most urgently for and by the Alberta-Saskatchewan natural resources sector). Operating a multi-faceted political landscape in the House of Commons will require dutiful attention; if deftly done, Canadians could see and benefit by an artful dance of accomplishment.

For all the faults or advantages of the current federal first-past-the-post system, we are fortunate in this country to have a democratic process that could now see our politicians listening to and working for the people at a time that truly requires it. The Liberals will face an inevitable kaleidoscope of demands for change and results; failing to manage their way through it all will likely see this recent electorate speak up fast. Canadians lost a bit of faith in the 2015-2019 Liberal majority government and are watching closely now for results -- not so much for 'more' (the Liberals have many accomplishments in their recent record including bringing many families out of poverty, legalizing cannabis, ushering in right-to-die legislation, and effectively integrating a large number of immigrant newcomers), but for achieving those results with less rancor and disarray.

The Liberals have been entrusted with a special sort of transition for Canada. It won't be as easy for them as having a majority, but it could be very productive and an opportunity in history to manoeuvre Canada through many sharp turns and unexpected twists both here at home in Canada and internationally. No small feat. ■

### West Shore Voice News The Sooke Voice News

Published by Brookline Publishing House Inc., Langford, BC, Canada [Member: Canadian Federation of Independent Business] National Library Registration: WSV ISSN 2368-9374 | SVN ISSN 1925-2722  
Mailing: 2969 Alouette Dr, Victoria, BC V9B 0M6 Tel & Text: 250-217-5821  
Email: [news@westshorevoicenews.com](mailto:news@westshorevoicenews.com)  
[advertising@westshorevoicenews.com](mailto:advertising@westshorevoicenews.com)  
[www.westshorevoicenews.com](http://www.westshorevoicenews.com)  
Facebook: [WestShoreVoiceNews](https://www.facebook.com/WestShoreVoiceNews) & [SookeVoiceNews](https://www.facebook.com/SookeVoiceNews)

Print copy deadline: 5 pm Mon  
Print ad bookings by: 5 pm Wed

Published & Printed by: Brookline Publishing House Inc. Editor, Writer, Layout, Ad Sales, Webmaster: all writing by Mary P. Brooke, B.Sc., Cert PR unless otherwise stated. Reporter: Chelsea Kirkpatrick. Contributors: Sandy Carmichael. Z-Gen Consultant: Jennifer Brooke. IT: Les Oberg. Distribution: WSV website, direct to subscribers, TW/FB; coffee shops; business lobbies, libraries, rec centres; online PDF. Daily breaking news (WSV web, Tw, FB).

● Digital subscriptions by email or text advisory

Link version \$28.95+GST 52 wks or Unwatermarked Premium PDF: \$29.95+GST 18 wks New rates at Nov 1/19  
● Print subscriptions Nov 1/19  
Weekly by 1st class postal mail (includes Premium PDF by email): \$43.95+GST for 12 issues colour or \$37.95+GST for 18 issues grayscale.



● Newsstand  
Colour print edition \$2.25 at Shoppers (Sooke)

● Community Free pickup copies in coffee shops, libraries, rec centres.

Courtesy edition (PDF), archives & breaking news: [www.westshorevoicenews.com](http://www.westshorevoicenews.com)

Letters published in West Shore Voice News do not necessarily represent the opinion of the publisher, editor, staff, or affiliates. The publisher reserves the right to decline any articles, letters, photos, ads or other contributions.

LEST WE FORGET.  
Battles were fought so that all people would have peace.



## Dog in care

● Following a BC SPCA investigation over the critical condition of a 1-year-old female German shepherd, charges have been laid by police. The accused -- Kevin Timothy of Chemanius -- faces two years in jail, a maximum \$75,000 fine and up to a lifetime ban on owning animals. The dog -- named Hope -- has a new guardian who is an administrator with the WAVES pet hospital in Langford. **WSV**



www.monk.ca

Monk Office

More than just office supplies.  
We are Office Outfitters™

Think Monk...BUSINESS | RETAIL | INTERIORS | TECHNOLOGY

[sales@monk.ca](mailto:sales@monk.ca) | [monk.ca](http://monk.ca)

Remembrance Day content coming November 8 & 15.

[www.westshorevoicenews.com](http://www.westshorevoicenews.com)  
Include your ad or message (print or online)

Inquire to [marketingedge@westshorevoicenews.com](mailto:marketingedge@westshorevoicenews.com) or 250-217-5821







## Community News

## FUN TIMES & TIME ITSELF

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

### Community Event

## COLWOOD HALLOWEEN

West Shore Voice News



ONLINE  
COURTESY  
EDITION

^^ This 'gang of five' completely obscured the camera's view of the bonfire at the Colwood Halloween event at Colwood Fire Hall on October 31! From left: Colwood Fire Chief John Cassidy; Colwood Mayor Rob Martin; Colwood CAO Robert Earl; West Shore RCMP Inspector Todd Preston, Officer in Charge; and Colwood Councillor Gordie Logan who also chairs the CREST (emergency communications) Board. Mayor Martin gave out candy to kids for great costumes.



Firefighters loaded up pallets onto the bonfire. Adjacent trees were hosed down to prevent sparks from catching.

<< There were ample healthy snacks to enjoy -- plus candy -- for the more than 300 people who came to Colwood fire hall.



## Economic growth requires opportunities for everyone

## Cannabis edibles legal in Canada

Source: Union of BC Municipalities

Following a series of consultations and the release of draft regulations earlier this year, the federal government has officially legalized cannabis edibles, extracts and topicals.

Health Canada began accepting new product applications on October 17. These products will begin to be available for distribution following the completion of the 60-day notification period required by Health Canada.

Rules regarding the maximum amount of THC in new products remain unchanged from those proposed in the draft regulations:

- 10 mg in a package of edible cannabis;
- 10 mg per cannabis extract unit, with a maximum of 1,000 mg in a package of extracts; and
- 1,000 mg per package of cannabis topicals.

Products cannot be appealing to youth. As such a number of safeguards have been put in place, including restrictions on certain ingredients that may appeal to youth and/or increase the addition potential of products; and, requirements for child-resistant plain packaging and standardized labelling information (e.g. health warnings).

Other prohibitions include elements associated with alcohol beverages or brands; producing food and edible cannabis in the same facility; and, making any dietary or health benefit claims.

Health Canada began accepting new product applications on October 17, meaning the earliest producers will be able to legally sell these products is December 16. Provincial distributors may also require additional time to purchase products and make them available to retailers. **WSV**



High profile Riverside Cannabis on Sooke Road as you enter town.



Earth to Sky is prominently situated at Sooke Road & Murray (Oyster Point) Road in town centre.

### Community Event

## LANGFORD HALLOWEEN



by Mary P Brooke  
West Shore Voice News



Parents and kids in costumes arrived early for Halloween festivities at Langford Fire Hall #2.

Between the three stations we had about 30 firefighters and Women's Auxiliary Members helping out on Halloween," says Langford Fire Chief Chris Aubrey. "We handed out almost 3,200 hotdogs in three hours! It was a great night and I am so thrilled the community came out to support the event at all of our stations." **WSV**

### Analysis

by Mary P Brooke, West Shore Voice News

## Messing with time has impacts

In this decade it's trendy in politics to be seen to make an effort to avoid the 'unintended consequences' of a big decision. But there will always be unseen outcomes to any choice, and so politics grinds on as usual.

The BC Government said this week it takes pride in responding to what it heralded as extensive public input on the issue of flipping back and forth between Standard Time and Daylight Savings Time (DST). BC's legislation setting up for DST to remain in place starting in March 2020 (and moving clocks back again in the fall) would see this province (with the exception of a few areas that want to stay on Mountain Time) shift to permanent DST. That's seven hours behind Coordinated Universal Time (UTC) instead of eight. But tinkering with the natural rhythms of the earth may not be the wisest move.

The shift to permanent DST has been promoted as definitively in response to 93% of survey respondents saying yes to not changing clocks back and forth. Not only does that indicate the importance of needing to compose the wording of survey questions with great care but that politics can sometimes be allowed to trump common sense. The survey asked 'whether respondents preferred observing DST year-round or retaining the bi-annual time change' (seemingly without mention of Standard Time as an option). What the government calls 'record-breaking engagement' levels perhaps did not consider that most people don't have time or interest for grappling with more complex political issues (respectfully implying that the public respects what it takes to answer complex questions); this time change thing seemed to be an easy issue to take part in (as time affects everyone), but it doesn't mean the input was any better informed by science or sociological study.

Astronomy and math tell us that the earth's shift means 'time' is different in various locations. Keeping people in tune with natural rhythms is what will lead to the health benefits of keeping a steady clock. Permanently aligning that steady clock with a one-hour offset from 'real' time does therefore not seem like the preferred step. Nature will still prevail -- for example, birds will still rouse in concurrence with circadian rhythms and the leaves on plants that open and close with the earth's energy fields (e.g. shamrocks) will still follow the real planetary rhythms. People will look at their clocks and follow the construct of clock-time but bodies will still need morning light for healthy levels of melatonin (a serotonin-derived hormone produced by the pineal gland which modulates sleep patterns in both circadian and seasonal cycles).

The huge public outcry for not changing clocks back and forth has an underlying problem: sleep deprivation. A major political/economic/social construct such as resetting time essentially surrenders over how overworked people are that they can't get enough sleep; it's a sad commentary on the conditions of people living in modern western society. Even the way 'affordability' rose to the surface across all party platforms in the recent federal election had its underpinning in how stressed and overworked Canadians are. Being pressed for time surfaces as needing faster transit, more child care; people are reaching limits. Cutting sleep in order to do more reveals cracks in various socioeconomics, evidenced as complaints about commuter time, not enough time with family, and cutting back on any range of activities or commitments because it's all just too much -- two jobs, gig economy, living month to month.

DST as we know it from the 20th century (used in many countries during both World Wars as a way to save fuel, then carried on), was extended in March 2007 by four weeks each year (starting three weeks earlier on the second Sunday in March and ending one week later on the first Sunday in November) by the United States under George W Bush as a way to effect energy savings in colder months, extend time for recreational activities, and give an additional hour to part-time farmers packing that load onto regular jobs (full-time farmers were generally not in favour of it). Canada followed suit. Working parents today need extra time for commuting and want more time with children in daylight hours. A big part of the appeal for extending evening daylight is an understandable reach for things (family, fun) beyond daytime commitments in the structured economy. But 'unintended consequences' of longer darker mornings will include how the natural function of the human body needing morning light in synch with the earth will be impeded (depression, diabetes, obesity and other impacts can result, say health professionals).

Footnote 1: Saskatchewan hasn't used DST since after WWII, a considered response to variant geographical proximity to other time zone boundaries. Footnote 2: Astrologers pay close attention to time; one's birth occurs at a specific point in time and space, the coordinates of which set a life's momentum into play.

Reducing people's over-stressed lives that are dependent on long hours of busy wakefulness is probably not readily solved in this over-demanding 21st century. That would require a full socio-economic adjustment producing financial stability for all (likely a long time coming). In that respect, a change to permanent DST seems 'necessary', and people will adapt. But the problems 'fixed' by not changing back and forth will probably lead to the surfacing of other problems. If there is a possibility that BC could make their permanent Pacific Time in alignment with Standard Time, it would mean they have considered the health science while still acting proudly on their political response to public input. **WSV**



Any good Trekkie knows you're not supposed to mess with the timeline (LOL).

## THINKING OF A CAREER CHANGE?

FREE COURSE  
UPGRADING FOR  
GRADUATED ADULTS



REGISTRATION INFO  
& AVAILABLE COURSES

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

Ask a Doctor  
of Optometry  
on Facebook

Dr. Joslin\*,  
Dr. Morin\* &  
Associates:  
Doctors of  
Optometry

Providing comprehensive eye health  
and optical services in the west shore  
for over 20 years.

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

#105-814 Goldstream Ave  
in Langford  
Open Monday to Saturday  
including Wednesdays to 8 pm  
Phone: 250-474-4567  
\*denotes optometric corporation



**MUNICIPAL: City of Langford Council Meeting.** Mon Nov 4. 5:30 pm. [www.langford.ca](http://www.langford.ca) || **City of Colwood Committee of the Whole.** Mon Nov 4. 6 pm. [www.colwood.ca](http://www.colwood.ca) || **District of Sooke Regular Council Meeting.** Tues Nov 12. 7 pm. [www.sooke.ca](http://www.sooke.ca) || **City of Colwood Regular Council Meeting.** Tues Nov 12. 7 pm. [www.colwood.ca](http://www.colwood.ca) || **City of Langford Council Meeting.** Mon Nov 18. 5:30 pm. [www.langford.ca](http://www.langford.ca) || **District of Sooke Regular Council Meeting.** Tues Nov 25. 7 pm. [www.sooke.ca](http://www.sooke.ca)

**Peninsula Streams** annual fundraising dinner. **Sat Nov 9.** Saanichton Fairgrounds. Tickets \$85. [www.peninsulastreams.ca](http://www.peninsulastreams.ca)

**Dog Swim in the West Shore Parks & Recreation pool.** **Sun Nov 10.** JdF Rec Centre, 1767 Island Hwy Colwood. [Pool closed for annual cleaning Nov 11 to Dec 26.] [www.westshorerecreation.ca](http://www.westshorerecreation.ca)

**Remembrance Day.** **Mon Nov 11.** Most events start at 10:30 am with two minutes silence at 11 am. **LANGFORD/COLWOOD/WestShore:** Veterans Memorial Park. **SOOKE:** Sooke Cenotaph next to the Sooke Legion, Eustace Rd. **COLWOOD:** at the small cenotaph next to Juan de Fuca Rec Center, and a full ceremony at Royal Roads. **ESQUIMALT:** Main ceremony at Memorial Park, at 10:30 am. **DUNCAN:** Duncan cenotaph, arrive by 10:50 am.

LINK SUBSCRIBER



**New to Sooke?**  
Call: 250-642-2268

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



**WEST SHORE VOICE**

**NOW HAPPENING**

**Eclectic Art Show** by Sooke Arts Council. **Nov. 2 to 14** at at South Shore Gallery, 2046 Otter Point Rd. [www.sookearts.com](http://www.sookearts.com)

**West Shore Voice News actively supports the arts in the west shore region.**

Call **250-217-5821** or write to [marketingedge@westshorevoicenews.com](mailto:marketingedge@westshorevoicenews.com) to find out how your marketing program can be supported by West Shore Voice News.

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

## Elected officials get around to the various Remembrance Day events

Many people head out to a local Remembrance Day ceremony on November 11 each year. Most events see people arrive for about 10:30 a.m. At 11 a.m. there is two minutes of silence. Wreaths are laid.

The various elected officials in the region attend the public ceremonies. This year Premier John Horgan, and the mayors of Langford, Colwood and Highlands will attend the Remembrance Day event on Monday November 11 at Veterans Memorial Park in Langford. Member of Parliament Randall Garrison, MP (Esquimalt-Saanich-Sooke) and Mitzi Dean, MLA (Esquimalt-Metchosin) will attend the Memorial Park ceremony in Esquimalt. The Royal Roads ceremony will be attended by Colwood Councillors Michael Baxter and Stewart Parkinson. The ceremony at the small cenotaph by the Juan de Fuca rec centre in Colwood will be attended by Colwood Councillors Doug Kobayashi and Cynthia Day. The Sooke event at the cenotaph alongside the Sooke Legion is usually attended each year by Sooke Mayor and Council as well as Juan de Fuca Electoral Area Director Mike Hicks. Alistair MacGregor, MP (Cowichan-Malahat-Langford) will attend Remembrance Day in Duncan at the cenotaph. **WSV**

## SD62 student population grew by over 300 this September

Last spring, the working number for the projected student population increase for the Sooke School District 62 (SD62) for 2019-2020 was around 400+. This week SD62 sent out a release being "pleased to share that, once again, we are experiencing record growth... as the fastest growing School District in the province per capita, the future in the Westshore is very bright." According to the September enrolment count, SD62's FTE student count is up by 310 (K to 12), putting the total number of students at 11,142. That's a growth rate of 3% (equivalent to the capacity of one elementary school). SD62 says it's on track to build more schools to accommodate the growth, including a new elementary school in the Westhills area of Langford set to open alongside a new middle school in September 2022. In the meantime, student overflow is accommodated with portable classrooms and having eliminated specialized computer labs that are no longer needed thanks to wireless. Despite the demand for classroom space, at the September SD62 board meeting Associate Superintendent Paul Block said that every catchment area has room for new students.

"Our long-range enrolment estimates reflect a growth rate of nearly 27% over the next nine years and we are actively planning and building to keep up with this exponential growth," says SD62 Superintendent Scott Stinson. "Our District staff do an excellent job in predicting growth, managing it in the short-term through such things as portables and interior space renovations, and planning long-term for new property acquisitions and new school builds." SD62 Chair Ravi Parmar says it usually takes five to seven years for the design and construction of new schools. "But thanks to an expedited process, with cooperation from local municipalities, the Province and District staff, our Board of Education will be able to open our two newest schools in just about two-and-a-half years," says Parmar. The land purchase was announced in December 2018; construction funding announced in June 2019.

As well, an expansion to Royal Bay Secondary is nearly complete and SD62 has purchased land for a new secondary school on McCallum Road in Langford. The SD62 long-range facilities plan includes an expansion to Edward Milne Secondary School in Sooke as well as four more new elementary schools in the coming years to keep up with need that is driven by regional housing affordability. A new elementary school for the Sunriver Estates area of Sooke has been on the books for over 10 years. **WSV**



by Mary P Brooke  
~ SD62 coverage  
at the board level  
since 2014

**EXPOSURE TO ATTENTIVE EYES**  
Promote your Autumn or Xmas Season products, services or events in the print/PDF editions of West Shore Voice News or online at [www.westshorevoicenews.com](http://www.westshorevoicenews.com)  
[marketingedge@westshorevoicenews.com](mailto:marketingedge@westshorevoicenews.com)

## Mom's Cafe still up for sale after a year



For Sale sign now prominently placed on front of Mom's Cafe.

The For Sale sign is prominently placed alongside the front door of the popular Mom's Cafe restaurant. Mom's is an 'icon' of the area -- somewhere almost every Sookie has dined for breakfast, lunch or dinner (and where the pies are 'to die for'), says the Realtor who has relisted the property (business, building and land) at \$770,000 down from \$810,000 as first listed in December 2018.

The value could be higher in the land (already zoned C2 for development of mixed-use commercial/residential) but it's likely the business as a restaurant will continue, says Realtor Eamon Coll of

## Construction update: Hwy 1 at McKenzie Interchange

Recreational cyclists, bike commuters and pedestrians who use the Galloping Goose Regional Trail are reminded that sections of the trail will be closed at the McKenzie interchange construction site through November.

The Ministry of Transportation and Infrastructure (MOTI) recommends that pedestrians and cyclists who use the Galloping Goose detour around the closures by taking Burnside Road via Belgrave Road on the west, and where Burnside Road meets the trail on the east.

Specific closures and detour maps are posted to the project website: <https://engage.gov.bc.ca/mckenzieinterchange/construction-updates/>

Students who access area schools via the pedestrian overpass over Highway 1 can continue to do so and are asked to obey signage and the direction of traffic control personnel.

Detours will be clearly marked with signs. Traffic controllers will be present when necessary to ensure the safety of travellers, as well as workers.

Closures will allow crews to finish paving the trail, while minimizing nightly

5-6726 West Coast Road  
250.642.4311  
• New patients welcome

**SOOKE EYECARE**  
DRS OF OPTOMETRY

**Dr Nicole Hewitt and Associates**  
Open Monday to Saturday  
[www.SookeOptometrists.com](http://www.SookeOptometrists.com)

Sutton Westcan Realty. Getting the sign onto the front of the property helped mobilize more interest, says Coll.

An adjacent property behind the restaurant (fronting onto Eustace Road) sold in August for \$320,000 (close to asking price). That property is also zoned C2. The buyer is an investor-developer who may hold the property for now, says Coll.

About 50 sets of prospective buyers have inquired about or visited the Mom's opportunity since last year. There was one firm offer but that collapsed due to the prospective purchaser's financing falling through. A current offer for sale is pending.

Mom's Cafe owners Tom and Elaine Dee substantially remodelled the restaurant in 2006 and have operated it since. They are now ready to retire. **WSV**

<https://westshorevoicenews.com/moms-cafe-still-up-for-sale/>

disruptions to area residents.

There won't be lane closures for construction on Sundays, statutory holidays or on Monday through Saturday during the hours of 5:30 am to 8 pm. Nighttime work may include 15-30 minute traffic stoppages and advance notice will be provided. **WSV**

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

**LANGFORD ON THE MOVE**

**TRAFFIC INFO**  
Traffic advisories  
Scheduled roadworks  
[www.langford.ca](http://www.langford.ca)