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Week #461

West Shore Voice

v4

News 4

pages this issue

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Exciting times for the NDP and those who cast an orange vote

NDP 'critic roles' to be announced soon

>> See list of NDP MPs at <https://www.ndp.ca/team>

It can be confidently argued that the NDP with 24 seats in the House of Commons will have more significant influence on the passage of Liberal government legislation than will the Bloc Quebecois with 32 or the Conservatives with 121. (The Liberals with 157 seats are short of a 170-seat majority.)

That's because the Liberals need the left-leaning 'guarantee' which comes with the NDP brand, to prop up a lot of things that the Conservatives may vote against or not readily support. And although Prime Minister Justin Trudeau

NDP strength directed at Ottawa from BC

(11 of 24 NDP MPs are in BC):

Jagmeet Singh, Leader (Burnaby South)

Randall Garrison, MP (Esquimalt-Saanich-Sooke)

Alistair MacGregor, MP (Cowichan-Malahat-Langford)

Laurel Collins, MP (Victoria)

South Vancouver Island >>

Central/North Vancouver Island >>

Rachel Blaney (North Island - Powell River)

Gord Johns, MP (Courtenay-Alberni)

BC Mainland >>

Taylor Bachrach, MP (Skeena - Bulkley Valley)

Richard Cannings, MP (South Okanagan - West Kootenay)

Don Davies, MP (Vancouver Kingsway)

Peter Julian, MP (New Westminster - Burnaby)

Jenny Kwan, MP (Vancouver East)

Web-Posted Watermarked EDITION

Friday November 22, 2019
The week's news to November 23

New Liberal Cabinet without Alberta or Saskatchewan MPs: more ministers, diverse range of portfolios

ANALYSIS by Mary P Brooke

Attention to economic factors and environment spread amongst several ministries

Prime Minister Justin Trudeau has 'sorted hats' and come up with a few themes

for his minority government. The Cabinet announcement November 20 set two strategies in motion -- running government and staying in power for next time. His framework appears set to address the complexities of the changing Canadian socioeconomic landscape (middle class sustainability, overall economy including jobs, and dealing with climate change). For keeping an eye on winning a majority in the next election many top cabinet portfolios went to Quebec MPs.

The newly-minted ministers have two weeks to set their ministries in motion; the 43rd Parliament convenes in the House of Commons on December 5. Some key Ministers have returned to the top of the heap, in part to indicate government stability: former Foreign Affairs Minister Chrystia Freeland now as Deputy Prime Minister and Minister of Intergovernmental Affairs; Bill Morneau continuing as Minister of Finance; and Bill Blair now as Minister of Public Safety & Emergency Preparedness (after the non-return of Ralph Goodale who was a stalwart force in cabinet as Public Safety minister 2015-2019). Other relied-upon ministers have been placed in key roles to produce success for particular initiatives that have specific or subtle footprints that are nevertheless broad: Mélanie Joly as Minister of Economic Development & Official Languages; Seamus O'Regan as Minister of Natural Resources to shepherd things with the oil sector in Alberta; and Carla Qualtrough in BC as Minister of Employment Workforce Development & Disability Inclusion. Some new ministers or those with less star-power were given studious assignments that are nevertheless key (such as Deb Schulte for Seniors). Someone to watch for impact and scope is likely Mona Fortier, Minister of Middle Class Prosperity and Associate Minister of Finance. For management of a tough file for detail and expected legislative results is re-elected Patty Hajdu now as Minister of Health. Full list of Ministers at: <https://westshorevoicenews.com/larger-liberal-cabinet-to-address-priorities-challenges-of-entire-country/>

For Trudeau this second term as prime minister seems in no way the party that it was the first time. The domestic challenge is to move Canada forward in complex times. Financial stability is uncertain for almost everyone (including businesses who may be nervous to invest) and everyone has a heightened sense of urgency to deal with climate change. The fast-action dance of maintaining overall employment sectors (and jobs within them) as AI sweeps through the traditional job market is a significant challenge in and of itself. There is now a Minister of Digital Government (Joyce Murray) whose location in BC is amidst the burgeoning tech industry in Vancouver/Victoria in the same neck of the west-coast woods as Silicon Valley south of the border. The Ministry of Environment and Climate Change also went to a BC MP -- Jonathan Wilkinson (North Vancouver) -- who also boasts roots in Saskatchewan to help address the lack of prairie MPs in the 43rd Parliament.

International challenges still require careful attention to Trump and all things USA, as well as the China file where two Canadian businessmen are still detained for evidently political reasons. Intertwined within those international files under new Foreign Affairs Minister François-Phillipe Champagne are economic issues (USMCA/NAFTA 2.0 agreement has yet to be finalized), and the technology/security concerns over whether to allow Huawei to have 5G infiltration in the highspeed backbone (Canada already allows the use of some Huawei smartphones, while the USA is firmly against communist state-owned Huawei being part of the 5G network over privacy concerns).

The complexity of this chapter in the Liberal governance story is nearly breathtaking. But the fascination is surpassed by the importance of these times in which social standards and expectations (including gender equity, sexual orientation, and racial diversity) are hot-buttons that get set off at a moment's notice due to triggers in social media.

Most Canadians will probably feel like they are 'on alert' for the next few years under this minority government scenario in rapidly changing times. But



Web-Posted Watermarked EDITION

Prime Minister Justin Trudeau & Deputy Prime Minister Chrystia Freeland at Nov 20 swearing-in.

Screenshot / Livestream



NDP Caucus swearing-in ceremony on November 19, 2019 in Ottawa. seems to be already positioning his party for greater gains in Quebec in the next federal election (as a more assured way to win a majority) he is not likely to automatically favour the Bloc for support -- too much of that would look like support for Quebec nationalism which won't play well across the rest of the country.

It's tricky stuff, but Trudeau appears to have a good sense of what needs to be done for his agenda to boost the middle class (and economy) and deal with environmental and climate emergency issues. For the NDP it's win-win... they will have almost assured goodwill from the Liberals on most things in this first term under NDP Leader Jagmeet Singh, and the people who gave the NDP a chance under difficult vote-choice circumstances will probably not be disappointed.

The Green Party did increase their seat count from one to three, but neither their number of seats nor their 'aggressive agenda' (as Trudeau put it recently) are going to help them advance with much clout in this 43rd Parliament. But certainly their influence for making climate change an integral plank of the 2019 election campaign is a historic contribution for a small party. **WSV**

Canadians can probably count on Trudeau, Freeland and other senior ministers to keep a cool head in the face of unexpected international and social challenges.

Most people know of the saying "it is a 'curse' to be born in interesting or exciting times". Well, that's only if you consider a lack of mundane complacency to be the more desirable norm. The changes that Canada will undergo in the next couple of years will be full of energy, vision and opportunity as we transition to an age of attentive climate management, interfacing with AI, and phasing out old technologies toward new employment styles, and a cleaner environment. **WSV**

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EDITORIALS



Mary P Brooke, B.Sc., Cert PR

The nasty jinxing of minority government lore

● The 43rd Parliament of Canada has not even been convened yet (that comes up December 5) and already political pundits are predicting a term shorter than four years.

Yes, in the past, minority governments in Canada have tended to have a shelf life of about 18 months to 24 months.

But if nothing else was learned from this election, it's that Canadians are tired of political antics and bickering and would like their elected politicians to get down to some serious governing of the country. Lots of problems beg for attention such as continued economic struggle for many, the need to stabilize various industries (e.g. oil sector), the urgency for generating more jobs (the green tech economy awaits), and addressing the need for better access to dental and pharmaceuticals in an increasingly health-challenged society. And oh yeah, there's climate change -- the one that trumps them all.

The very different strategy and composition of Prime Minister Justin Trudeau's cabinet as unveiled this week is at least some evidence of an effort to do things differently in Ottawa. Whether it was that huge nudge from the prairie provinces (i.e.

no Liberal MLAs elected in Saskatchewan and Alberta) or the fact that Trudeau realizes he will need buy-in from the NDP, Bloc Quebecois and even the Conservatives on various pieces of legislation, it looks like Trudeau is setting up the pieces for his government's best shot at a full four-year term. Canadians deserve that degree of stability.

It's time to settle down and govern with good intention and the goal of producing serious results to make life better for as many citizens as possible.

Conducting government business as a minority may not be as glamorous or as slap-dash for the leaders who generally have access to a different lifestyle than most of us as they operate in high-ranking circles. And the general public may soon tire of all the details of who is supporting what legislation. But that's okay. We hopefully didn't elect politicians to give them perks or to entertain us, but to govern and manage things for us.

For pundits and political opponents of the Liberals to spin "we'll see how long this government lasts" is one of the most toxic things that could happen for Canada right now. The country is in rough shape in many respects (not by mismanagement but by the circumstance of this being a time of great change in society and for the planet). In such times, Canadians deserve responsible, stable governance. Opposition parties will hopefully aim to be part of a parliament that seeks to get as much as they can through to 2023, and hopefully the public and political chatter will carry the same tune. ■

Bye bye Andrew, for now

● Prince Andrew is stepping back from his British royal duties in the aftermath of his appearance in a 50-minute BBC interview considered by most people (and especially the British tabloids) to be a public relations disaster. He was stuck between a rock and hard place trying to explain his circumstances of business association (for a Palace-supported business startup project) with a person in the finance industry (Jeffrey Epstein) who further down the road was convicted as a sex offender. The Prince said that as a courtesy he made one last visit to Epstein to say he wouldn't be able to associate with him anymore; it doesn't inherently imply that Andrew had previously known anything about Epstein's private activities or that he took part in them. Wealthy people's homes frequently operate like 'train stations' (as Andrew put it), with a lot of people coming and going on various types of business that don't necessarily interact.

In hindsight the Prince says 'he kicks himself' for doing what he thought to be a courteous thing to do -- an in-person farewell, instead of just dissing the guy. Now he's paying the price of association by having to 'step back' from his public role, which probably also comes with both social and financial consequences. Buckingham Palace stepped back from it all pretty quickly. Andrew effectively goes down alone.

There's something about the British media that feeds off the Royal family (prominently how Princess Diana's life was saturated by and death presumably caused by). But it's symbiotic -- without press coverage the royal family would not have the "being seen" exposure that they require to validate and affirm their power.

British Royalty has constitutional responsibilities, but within and for the family it is a business. There are rules, and obviously some cannot be broken without consequence. However, times do change (e.g. King Edward VIII was forced to abdicate in 1936 and was exiled for marrying a twice-divorced woman, while Prince Charles

POLITICS: BC Liberals fundraising

● The BC Liberals slogan in recent fundraising is "Opportunity for all of BC", which is a slightly different slant than the NDP's more for-the-people approach to improve things for all British Columbians (who are likely to say "for all British Columbian"). A recent BC Liberals donation pitch says their number of donors is higher than in 2018 (without revealing a dollar total), and that funding helps the BC Liberal team "keep fighting for a strong economy that creates good jobs". They remind potential donors that corporations and unions can no longer donate, so they rely on individuals. **WSV**



Construction at the Colwood Corners residential/commercial development this week.

Colwood Councillor Gordie Logan: "Lots of action happening on all 'Corners' of @onnigroup's #Colwood Corner project! And when's the last time you've seen 2 cranes up at a site in @cityofcolwood? Never! I can't wait to see what's next!" @GordieLogan

POLITICAL QUOTES OF THE WEEK, on Twitter:

BC Premier John Horgan about NDP Leader Jagmeet Singh: "This guy is a natural born leader. He is humble, genuinely kind and an all around great guy. Also a #StarTrek fan. So glad @theJagmeetSingh could join us for #BCNDP19." @jjhorgan

Ontario Premier Doug Ford: "This week, I announced I will be leading a council on Provincial-Federal relations. Our ministers and I will work with the federal government to deliver on key priorities, including infrastructure, health care and economic growth." Twitter: @fordnation

American Political Commentator Bill Maher: They keep "catching" Trump with his talking points on a paper he's holding - but the Repubs win because they have one or two talking points they all get behind. Maybe Nancy Pelosi should get "caught" with talking points so Dems get it thru their thick skulls this is how you win. @billmaher

[@WestShoreVOICE](https://twitter.com/WestShoreVOICE)

West Shore Voice News

WestShore Chamber of Commerce in the black



WestShore Chamber of Commerce AGM at WestShore Bicycles, November 20.

● As part of a very casual Annual General Meeting of the WestShore Chamber of Commerce on November 20 (doubling as a mixer, with catered refreshments) it was revealed that the organization has pulled itself out of the red, and had a surplus of \$25,764 (called Excess of Revenues over Expenses in the non-profit world) at the end of 2018 according to the auditor's statement, though the update at September 30, 2019 showed about \$37,000. At 2018 year-end, apparently \$10,000 was left in the bank as 'cash' and the other \$10,000 held as reserve.

The organization's Executive Director Julie Lawlor told about 45 people who gathered for the AGM that the chamber spent about \$3,000 of surplus funds on a new Customer Relations Management (CRM) software package that the organization keeps repeating (in emails and again at the AGM) is not fully operating yet the way they would like -- members should phone or email with any glitches they find.

For a few years the Chamber was in a deficit/loss position which they largely recovered from by way of a 5-year marketing contract with the *Goldstream Gazette* (a bi-weekly Black Press print publication that serves a west shore readership).

In 2019, revenues to September 30 have been \$194,000, and after expenses of \$154,000 leaves excess of revenue over expenses at about \$40,000 as of September 30, 2019 said Westshore Chamber Treasurer Todd Troyer. Assets are \$137,000 and liabilities are \$84,000 at the end of the third quarter, leaving a members equity of \$53,000.

The Chamber presently has about 382 members, says Lawlor. Membership can be activated at any time, so the numbers vary throughout the year.

The early-evening AGM mixer was hosted at Westshore Bicycles located in the Westshore Town Centre.

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-- today's direct heir to the throne -- married the divorced Camilla Parker Bowles in 2005 with nary the blink of an eye).

So, who knows how long it will take for Prince Andrew to be invited to the palace balcony again for royal occasions (and few will worry about it). The point is that he got nabbed in the jaws of public opinion, which in this day and age of social media is a ferocious beast with still no clear indication of how it can be tamed.

As a related aside, trolling and attacks on social media are rampant; Twitter in particular seems to attract highly immature and vitriolic users. Facebook and Twitter need to do more to weed out false or meddlesome accounts and to express some leadership (apart from tweaking algorithms) on how they expect people to use their platforms. Yes, Facebook and Twitter CEOs, such actions will affect your bottom line -- for the better. ■

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In BC Schools: Safety overrides right to privacy within education/public safety/police collaboration



West Shore Voice News

● **The Ministry of Education and Ministry of Public Safety and Solicitor General** made a joint announcement this week on increasing student safety through school-police partnerships.

"A new collaborative and comprehensive resource for use by schools and police is intended to ensure consistent practices are followed province-wide and will help to proactively identify risk, guide interventions and provide support for students when they need them most," it was stated in a November 21 BC government release. RCMP and municipal police chiefs from throughout BC gathered at the Parliament Buildings on Thursday to stand united against school violence.

A 2017 report from the Illegal Firearms Task Force had highlighted the need for K-12 education and law enforcement sectors to improve coordination and facilitate the sharing of information where safety concerns outweigh rights to privacy. In response, the ministries of Education, and Public Safety and Solicitor General collaborated on a new set of provincial school-police guidelines in consultation with education, community and police partners. These include Safer Schools Together, the North American Centre for Threat Assessment and Trauma Response, school district safe school co-ordinators in Kootenay Lake and Vancouver, and municipal police departments, including Abbotsford, Nelson, Victoria and Vancouver, as well as Surrey RCMP and "E" Division RCMP headquarters.

"Student safety is our number one priority, and by working together with our education, law enforcement and community partners we are taking important action today to support young people earlier before they are tempted to go down a pathway of crime and violence," said Rob Fleming, Minister of Education. Fleming says BC is the only province with a comprehensive provincial strategy for addressing and responding to harmful and threatening behaviour. "We want all BC students to learn in a safe environment free from discrimination, bullying, harassment, intimidation and violence."

The new guidelines build on the expanded provincial *Erase* (expect respect and a safe education) strategy, designed to foster school connectedness, address bullying, prevent violence and provide support to school districts during serious incidents. Designated safe school coordinators have been established in every BC school district and independent school to prevent and respond to student safety issues, including gang involvement, possession of firearms, and acts of violence. Many of these coordinators are part of multi-disciplinary safe school teams that include police partners.

"Police play a vital role in supporting and enhancing the efforts of schools and their communities to be safe places in which to learn and to work," said Mike Farnworth, Minister of Public Safety and Solicitor General. "In addition to responding to and investigating school-related incidents, police are primary partners for schools in addressing school-related safety concerns. BC's new guidelines will enhance these partnerships and improve information sharing between schools and police to keep students and their school communities safer."

The provincial school-police guidelines are also intended to help promote shared safety procedures, increase information sharing and support the development of local community violence threat risk assessment (VTRA) protocols -- a multilevel process of assessing the risk of a threat of violence in a school environment or elsewhere. The guidelines will be integrated into provincial *Erase* strategy training sessions focused on school district staff, police officers and community partners, and will also support the *Erase* K-12 gang and gun violence prevention initiative. A number of quick reference tools have been developed for use by police and school district representatives, see: www.erase.gov.bc.ca. More online resources will be launched in 2020. **WSV**

Jagmeet Singh: lauds BC example for 'people first' sticks with experienced MPs at House helm

West Shore Voice News



BC Premier John Horgan & NDP Leader Jagmeet Singh during the BC NDP 2019 Convention in Victoria.

● **This weekend** during the BC NDP convention in Victoria (November 22 to 24), federal NDP Leader Jagmeet Singh announced Peter Julian (New Westminster-Burnaby) and Rachel Blaney (North Island—Powell River) as appointed to the positions of NDP House Leader and Whip respectively. This marks the fifth time Julian has acted as the NDP House Leader in Parliament. Blaney served as Deputy Whip in the previous parliament.

At the provincial convention, Singh noted the strength of the NDP team in BC and the example that he says John Horgan's government is showing "of what can happen when a government genuinely puts people first".

Other members of the NDP Shadow Cabinet will be announced in the coming days.

In **Esquimalt-Saanich-Sooke**, Randall Garrison (re-elected for a third term) held the critic portfolio of National Defence during 2016-2019 (which included serving as Vice-Chair of the House of Commons National Defence Committee), which he said on the October 21 election night that he hopes to continue in.

In **Cowichan-Malahat-Langford**, Alistair MacGregor (re-elected for a second term) held the critic roles of Justice/Human Rights in 2016-2018 and Agriculture/Agri-Food in 2018-2019. Going forward: "I am eager to take on my role on behalf of our riding, and look forward to continuing to work together in the weeks, months, and years ahead." **WSV**



Randall Garrison, MP (Esquimalt-Saanich-Sooke)



Alistair MacGregor, MP (Cowichan-Malahat-Langford)

District of Sooke part of CRD Emergency Alert System Sooke residents encouraged to sign up for local public alerts

West Shore Voice News

● **The District of Sooke has partnered with the Capital Regional District (CRD)** on their Public Alert Notification System (PANS). Sooke residents are encouraged to register to receive Sooke-specific emergency-related public alert notifications by phone, text or email.



"During an emergency or significant event, it is important to seek local information," said the Sooke Fire Rescue Department in a news release November 21. "Threats and subsequent actions can differ according to geographic location – even within the Greater Victoria region," it was stated in the release.

Notifications of Sooke emergency alerts are sent out based on a resident's Sooke address. All former and new registrations, with a Sooke address, will receive Sooke emergency alerts.

For residents of Sooke who have already registered with the CRD's PANS, there is no need to register again. Here is the Sooke link to sign up for the service or to login if you're already registered:

<https://sooke.ca/register-for-the-sooke-public-alert-notification-system-pans/>

The CRD initiated PANS in 2018, and Sooke residents were provided the opportunity to sign up for CRD alerts at that time. Other areas around the Sooke region are participating including East Sooke, Otter Point, Shirley, Jordan River, Port Renfrew, Malahat, and Willis Point. www.crd.bc.ca/pans www.crd.bc.ca/pans **WSV**

● **Four regional municipalities** that are participating in the CRD's Alert program under the WestShoreAlert banner are Langford, Colwood and View Royal. Here are the links: <https://www.ernsadvantage.com/register/crd/colwood> <https://www.ernsadvantage.com/register/crd/langford> <https://www.ernsadvantage.com/register/crd/viewroyal> <https://www.ernsadvantage.com/register/crd/highlands> **WSV**



Pause in the action for new Sooke medical office Forbes re-routing new Sooke facility into Langford

by Mary P Brooke, West Shore Voice News

● **Many Sooke residents** who are 'not attached' to a family physician have been eagerly awaiting the opening of a new Forbes Pharmacy clinic in Sooke at 6691 Logan Lane (behind Village Food Markets), at the corner of Murray Road. It would be the second clinic in Sooke. The other longstanding clinic is the West Coast Family Medical Center in Evergreen Shopping Centre.



Future Forbes medical clinic sits vacant for now [File photo: Aug 2019]

"It's not fair that the current clinic in Sooke gets so much help when I could have done it for a fraction of the price," says Michael Forbes. Earlier this year the BC government announced significant ongoing salary-based funding for the clinic in Evergreen mall; the doctors who operate out of that busy clinic also own it.

The Forbes clinic model for Sooke is for three family doctors to rent office space where they will also arrange for patient access to specialists by appointment.

But due to 'difficulties' dealing with the District of Sooke (one issue being the need for more parking spaces), Forbes is taking his clinic project to Langford where "a number of doctors and specialists" will be located.

"Langford is helping me, so I'm putting a large clinic in Langford now. Langford has been amazing to work with so I am happy to provide service there," said Forbes. No timeline or location was given. Meanwhile,

the Sooke clinic building will "remain vacant and ready for when or if the District and the Vancouver Island Health Authority decide to help me, then I can build it," says Forbes. **WSV**

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Order of BC: nominations open for 2020

West Shore Voice News

● **Nominations are being accepted** for the Order of British Columbia (OBC), the Province's highest honour. The award is extended to those British Columbians who have demonstrated outstanding achievement, excellence or distinction in a field of endeavour benefiting people in the province or elsewhere.

British Columbians are encouraged to nominate inspiring individuals who have left a lasting legacy in their respective fields. The OBC is one way of rewarding and recognizing those British Columbians whose contributions and achievements have benefited BC and beyond.

"Outstanding contributions to our province and our quality of life should be recognized and honoured," said Janet Austin, BC's lieutenant governor and head of the OBC. "If you know someone who inspires you because of their leadership and extraordinary accomplishments, nominate them." Nominations will be reviewed by an independent advisory council, chaired by the chief justice of BC. Submission deadline March 6, 2020, send to: bchonoursandawards@gov.bc.ca More: www.orderofbc.gov.bc.ca **WSV**

Working for our community

Mitzi Dean
MLA, Esquimalt-Metchosin

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MUNICIPAL: City of Langford Special Council Meeting - Public Hearing about 804 Latoria Rd and 950 Worrall Dr. Mon Nov 25. 5:30 pm. Langford City Hall. www.langford.ca || **Public Hearing about 3510 Wishart Rd.** Mon Nov 25. Colwood City Hall, 6 pm. colwood Regular Council Meeting 7 pm. www.colwood.ca || **District of Sooke Regular Council Meeting.** Mon Nov 25. 7 pm. www.sooke.ca || **Langford Protective Services Committee.** Tues Nov 26. 5pm. || **Langford Parks Committee.** Thurs Nov 28. 5 pm.

Coast Collective Art Gallery. 12th Annual Gifts & Wishes. Wed Nov 20 to Dec 22. Wed-Sun 11am to 5 pm. 103-318 Wale Rd, Colwood. www.coastcollective.ca || **SD62 Public Board Meeting.** Tues Nov 26. 7 pm. www.sd62.bc.ca

Moss Cottage Christmas. Build a snowman. Sun Dec 1. Free. 12 to 2 pm. www.sookeregionmuseum.ca

Pacific FC Training Facility. Soft opening Dec 1 for use of facility by sports teams Dec 1 to 15 at 2888 Kettle Lake Dr, Langford. www.pacificfc.ca

CRD Recycling - public input being accepted up to Sun Dec 1 at www.crd.bc.ca/rethinkwaste

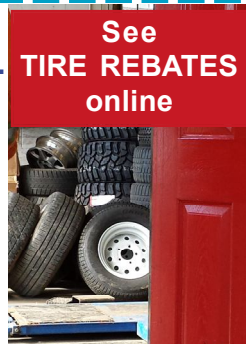
Sooke Santa Parade. Sun Dec 1. Starts 5 pm from Sooke Elementary along Sooke Rd to Townsend Rd.

Festival of Trees at SEAPARC Leisure Complex, Sooke and in businesses around town. Mon Dec 2 to Jan 2, 2020. www.seaparc.ca

Highway 14 Open house. Tues Dec 3. Improvements between Connie Rd and Glinz Lake Rd in Sooke, as well as improvements between Otter Point Rd and Woodhaven Rd near French Beach. Drop-in. Ministry of Transportation & Infrastructure staff on hand. 5 to 8 pm. EMCS upper commons area, 6218 Sooke Rd.

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"This Shining Night" holiday season concerts by Sooke Community Choir. At Sooke Community Hall, Fri Dec 6 (7:30 pm), Sat Dec 7 (7:30 pm), Sun Dec 8 (2pm). Also on Sat Dec 14 (7:30 pm) at Oak Bay United Church. Tix \$20 at South Shore Gallery in Sooke, Ivy's Books in Oak Bay, at www.eventbrite.com and at the door. www.sookecommunitychoir.com

Langford Legion Night Market. Wed Dec 4. 5:30 to 8:30 pm. 761 Station Ave.

43rd Parliament of Canada convenes Thurs Dec 5.

Promote your Holiday Season products, services or events in print/PDF editions of West Shore Voice News or online at www.westshorevoicenews.com

Call 250-217-5821 or write to: marketingedge@westshorevoicenews.com

City of Colwood Christmas Lightup. Thurs Dec 5. 6 to 8 pm. www.colwood.ca

Langford Fire Rescue Open house. Info session for Langford residents interested in being a volunteer firefighter. Sat Dec 7. 10 am to 12 noon at Station 1, 2625 Peatt Rd., Langford.

Langford Lightup. Sat Dec 7. Veterans Memorial Park. Market & refreshments 6 pm, Santa 6:30 pm, Lightup 7:30 pm. Truck convoy 8 pm. www.langford.ca

Skate with Santa. City Centre Park. Sun Dec 8. 3 to 4:30 pm. Admission by donation of non-perishable food bank item. Free hot chocolate. Indoor/outdoor ice rinks. Skate rentals \$3.30.

Royal Bay Secondary 10,000 Tonight. Food drive. Wed Dec 11. 4:30 to 10 pm.

Awareness Film Night 2018 film "This Mountain Life". Wed Dec 11. 7-9 pm. EMCS, 6218 Sooke Rd. By donation. Bring non-perishable food item for EMCS "10,000 Tonight" food bank Drive.

Festival of Trees at SEAPARC Leisure Complex, Sooke. Dec 2 to Jan 2. www.seaparc.ca

Skate with Santa and enjoy holiday inspired crafts and refreshments at SEAPARC, 2618 Phillips Rd, Sooke. Sun Dec 15. 1 to 2:30 pm. Limited supply of helmets and skates. Admission by donation of non-perishable food item or cash for the Sooke Food Bank. www.seaparc.ca



Craft fair season: gifts and fundraising



Web-Posted Watermarked EDITION

Christmas Craft Fair put on by the Ruth King Elementary School PAC in their school gym in Langford on Saturday December 16. Fundraiser for school supplies, field trips, emergency preparedness, and a book voucher for every student. **WSV** <https://westshorevoicenews.com/craft-fair-raises-funds-for-ruth-king-elementary-pac/>



<https://westshorevoicenews.com/sooke-fall-fair-holds-one-day-xmas-craft-fair/>

^^ "Biggest Little Market & Craft Fair" put on by Sooke Fall Fair on Saturday November 23 at Sooke Community Hall. Fundraiser for the Sooke Fall Fair organization and their annual September agricultural/homemaker fair. **WSV**

The group's new president is Neil Poirier (a former SD62 trustee). >>



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'Art & Word: Volume 2' looks to continued arts-promotion & fundraising success in 2020

● **The Sooke Arts Council** has put out a Call to Artists & Writers for works to be considered for inclusion in their book *Art & Word, Volume 2: A Collection of Artists and Writers of the Sooke Region*. The submissions process is now open.

The book is to fulfill the SAC mandate of promoting all types of art, artists, musicians and writers by offering an opportunity to be visible in the regional community. It's also a fundraiser.

There is an entry fee for each creator to submit up to five submissions. If an entry is accepted for publication there are further fees. Details on how to enter are posted here: <https://sookearts.com/book-2/>

The deadline for entries of photos (including photos of other works such as carvings, pottery or fabric work), paintings, drawings, poetry, prose, 'flash fiction' or short stories is January 30, 2020.

The anthology's theme is about how an image can inspire writing. The judges and production committee choose how selected images and writing will line up in the printed publication's layout. In that sense the presentation process is one of 'odd bedfellows' -- almost forced -- with an completely independent art piece presented alongside a written work. Not all writers would appreciate a non-collaborated image claiming to represent the words. The two creators came from different directions at the time of creation. But the idea seems to work for the target audience -- the 86-page Volume 1 containing the works of 33 contributors has sold well in 2018-2019.

The Sooke Arts Council hopes contributors will be motivated "by the web of life in around Vancouver Island: ocean, sky, earth and the animals that inhabit it and contribute to a sustainable salmon habitat".

A portion of the proceeds will go towards a scholarship for a graduate at EMCS (Edward Milne Community School) who has shown artistic talent or a potential future career in the arts (next one coming up June 2020) and to the Sooke Salmon Enhancement Society. **WSV**

Natural approaches to dealing with arthritis

● **Osteoarthritis** (arthritis) is a condition of the joints where protective cartilage that cushions the ends of the bones wears down which results in chronic pain, impaired mobility and a reduced quality of life. Arthritis can often be managed nutritionally. Some approaches include nutrient combinations that support cartilage and collagen formation (including Vitamins C & E along with calcium). Bromelain (found naturally in pineapple) is an enzyme that helps reduce joint inflammation. Glucosamine Sulfate and Glucosamine HCL are popular with arthritis sufferers who wish to avoid the side-effects of drugs. Clinical studies show that Glucosamine outperforms the anti-inflammatories Ibuprofen and Acetaminophen for pain relief. More info at House of Nutrition in Colwood. www.houseofnutritionbc.com **WSV**

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www.houseofnutritionbc.com

Sooke community events

● **The Christmas holiday season is in full swing in Sooke.** The craft fairs are pretty much done. Now it's about the building of snow-people at Moss Cottage Christmas (Dec 1), Santa Parade (Dec 1), Sooke Community Choir winter concerts (Dec 6, 7 and 8), and the Santa Run by Sooke firefighters (Dec 14). At SEAPARC there will be a Santa Skate with craft activities (Dec 15), and their annual Xmas Eve Skate (Dec 24).

Seasonal event details online: www.westshorevoicenews.com/events