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Week #463

West Shore Voice

v2

News

4 pages this issue

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Friday December 6, 2019

The week's news to Sunday December 8

Cannabis education supported by Clarity Cannabis

by Mary P Brooke ~ West Shore Voice News



● The Clarity Cannabis store in Langford opened about five weeks ago, but on Thursday Dec 5 they hosted City of Langford officials and West Shore RCMP officers for a mini introduction to how they are supporting cannabis education in the community.

Much of that information is delivered in schools by the RCMP, through the work of cannabis liaison officer Don McIntosh whose role the City of Langford is funded with a levy on retail cannabis sales.

In-store, there is plenty of science-based information available to adult customers from well-trained staff. There is a strong customer demographic that owner/pharmacist Mike Forbes calls 'Senagers' (people over 50 who are trying cannabis for the first time). The store is set up to feel safe and inviting, with relaxing colours and lighting, attractive product displays, everything out in the open including poster boards with informative guidelines, and interaction with informed staff.

As a way of supporting the community with responsible use of cannabis, Forbes and his staff will be available to West Shore RCMP and the City of Langford with more technical specifics about cannabis chemistry and how the substance can variably impact people differently.

"Cannabis has benefits for patients. As a medical person I wanted to be part of the integration of informed cannabis use," said Forbes.

West Shore RCMP Commander Inspector Todd Preston welcomes the idea of school talks, as a way to educate youth about the drug that was legalized in October 2017. His detachment has already visited high schools in the past year as the whole legal cannabis situation was relatively new. But each year as students reach high school there is a new group to inform.

Royal Bay Secondary School in Colwood proactively approached the West Shore RCMP to take part in their information night for parents and teens back in May. Any school that wants a presentation may contact the detachment.

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Clarity Cannabis owner Mike Forbes (left) discussing public education of cannabis use with Langford Mayor Stew Young, at the official retail opening of Clarity Cannabis, December 5.

West Shore RCMP Media Relations Officer Cst Nancy Sagar says basic information is also provided through the DARE program to Grade 5 students: 'what is a drug', and how to challenge a situation if it comes their way.

Municipalities in BC have developed bylaws and policies for authorizing retail outlets that sell recreational and medical cannabis.

The small Clarity gathering at the store which is prominently located in a small mall at 693 Hoffman Ave was attended by Langford Mayor Stew Young, Langford Councillor Lillian Szpak who chairs the city's Protective Services Committee, Preston and Sagar and three other RCMP officers, a few west shore business leaders, and Clarity staff. Forbes gave a quick introduction to the chemical composition of cannabis products.

Mayor Young talked about how the use of cannabis would fit into the community. "At first there was uncertainty and anxiety with the new laws and new rules. Langford took an approach of partnership. We worked with our RCMP officers to make sure we could professionally manage any issues."

There have been no complaints since the store opened. "It's the smoothest rollout of a product that was illegal before," said Young. "The community has now accepted it." Commending Forbes, the mayor said: "For a first store you've taken away some of our anxiety. It's a model that works for us and helps fund our bylaw enforcement and police officers. We were cautious in the beginning, some of us are a little older and weren't knowledgeable about the industry but we're learning now." Forbes said working with Langford has been a positive business experience.

"We're wanting to take cannabis to the next level," said Forbes. They are teaching the public how and where cannabis is grown, what its properties are, and how to distinguish it. When comparing alcohols it's about different sugars and flavours, but cannabis is 'different drugs': there are 113 different cannabinoids and thousands of different possible drug effects in the body, Forbes explained. Broad cannabis categories are TCH dominant, balanced (hybrid), and CBD dominant. How a plant is grown and what it's crossed with genetically impacts the terpene compounds which differentiate the feelings that are produced (e.g. stimulated, sedated, hungry, tired, chilled out, relaxed, or happy). "We want to bring the correct knowledge and teach people the right way to consume cannabis safely and dispense it correctly to the public," said Forbes.

Inspector Preston says the RCMP "wants to grow with this community and business, to

Mitzi Dean, MLA Esquimalt – Metchosin cordially invites you to our

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37th annual provincial-federal women's meeting co-chaired by Mitzi Dean

by Mary P Brooke ~ West Shore Voice News

● BC's Parliamentary Secretary for Gender Equity Mitzi Dean together with federal Minister for Women and Gender Equality and Rural Economic Development Maryam Monsef were co-chairs for the 37th annual meeting of Federal-Provincial-Territorial (FPT) Ministers Responsible for the Status of Women.

Held December 2 to 4 at the Delta Ocean Pointe in Victoria, gender equity ministers from across Canada met to discuss the many aspects of achieving gender equality, including: women's economic empowerment and leadership, gender-based violence (cyber-violence, human trafficking, and domestic violence), the safety of indigenous women and girls, and issues facing LGBTQ2S communities.

Under the leadership of federal Minister for Women and Gender Equality and Rural Economic Development Maryam Monsef, the three-day gathering produced 11 task teams for the purpose of addressing ways to eliminate barriers for women and disadvantaged groups based on gender or youth.

The main structural barrier to women fully participating in the workforce is having access to quality child care, said Dean, adding that increased participation of women in the economy adds \$150 billion to Canada's GDP.

"When we lift up every Canadian -- regardless of gender, geography or sexual orientation -- our communities become stronger," said Monsef. "With the development of a three-year strategic plan this group of great thinkers and heavy lifters is going to be able to get a lot done in a shorter period of time," she said. Monsef said the group of colleagues "has a lot of wisdom to come up with solutions and they're going to have my back just as I have theirs".

Regarding recognition of the 30th anniversary of the Montreal Massacre: "What's different 30 years later is that we recognize the Montreal Massacre was an act of misogyny," said Monsef. **WSV**

Full article: <https://westshorevoiceneews.com/gender-equity-ministers-chart-the-way-forward-for-women-in-canada/>

■ ■ ■ www.claritycannabis.ca ■ ■ ■ <https://cannabis.gov.bc.ca> ■ ■ ■ educate ourselves". He identified driving and youth as their main concerns. "To my knowledge I've had no complaints at all," said Preston.

"The relationship between the city and RCMP is really important because we want to be able to manage this as we grow as a community," said Young. "Our job as a city is to make sure it is controlled and age-restricted just like alcohol, and we will continue to make that a priority. Education is a big part of it, the control (including driving), and access to the legal substance," he told the group.

Business-savvy Langford has come up with the model for retail to help fund the additional policing for service to protect youth and educate the public in using this new legal product: "To do the best job we can in Langford, we'll find ways to make it better as we grow," said Young. **WSV**

Colwood Lightup entertained by four school choirs



Sangster Elementary kids sang for proud parents and community at the Colwood Christmas Lightup December 5.

● Colwood Mayor Rob Martin and all of his council were out on the wintry night of December 5 to officially light up the town with the annual Colwood Lightup. On the grounds of Colwood City Hall and indoors for the pleasure of crafts for kids, the light-hearted event drew about 800 people. The supply of hot dogs and hot chocolate was pressed to full limit. Four school choirs entertained. It took maintenance crews three days to set up the electrical lighting display earlier in the week. **WSV**



Co-chairs Mitzi Dean, BC Parliamentary Secretary for Gender Equity (left) and Maryam Monsef, federal Minister for Women and Gender Equality and Rural Economic Development, at their Dec 4 media conference in Victoria.

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Mary P Brooke, B.Sc., Cert PR

Slow process to acknowledging misogyny in Canada

ANALYSIS by Mary P Brooke

● **Consciousness** about the true nature of the 1989 Montreal Massacre being a violent act driven by misogyny seems to have hit the airwaves big time in 2019. That took 30 years to percolate in the Canadian sociopsychic ethos. The changes brought

on by the process of gender-equalization are base-level and massive, and obviously not experienced as positive for some. Challenged every step of the way by patriarchy that uses capitalism as its outward tool, women have been changing the landscape.

Misogyny -- defined as the dislike of, contempt for, or ingrained prejudice against women -- is pervasive. And it's not just about how some men might think. It's oftentimes internalized by women as well, acting against their societal sisters as a way to retain favour with the men that are their meal ticket whereas economic independence (usually fostered by a good education) is the real meal ticket. Huge structural changes in the socioeconomic framework in Canada are needed -- such as providing quality child care on a reliable and affordable basis so that women can take part successfully in the active economy. That particular plank is coming now. BC has its "\$10 a day" child care program that will take years to roll out while infrastructure and the availability of early childhood education (ECE) workers all come on stream.

Smart people, businesses and governments rightly see women for all their skills, talents, resources and insights as a valuable source of contribution to healthy relationships, prosperous businesses, and fair government. Frankly, women have been too polite about charting their way through the system. Sure, we see successful women in boardrooms (ever since the 1980s when women shifted into suit jackets), but many women saw the problems of trying to honour the well-being of their families if they also carried along a briefcase. In that context, 30 years is not such a long time for a sociocultural shift where it's not just about the boardroom but also trades, education, health care, science, math, engineering, computing, AI, computer/video gaming, sport and the arts where women can and do excel. Now that the playing field of the job market has expanded (and the education system behind that to make it possible), women are finding ways to balance their financial security with nurturing a family and positive relationships.

Every person (regardless of their gender) who rightly sees that women are full people can be called a feminist. That's a label, use it if you like. But we can also just say it's common sense -- indeed, even mentally healthy -- to recognize that all people are human beings, all the same for our desires, goals, needs and challenges that happen to play out for the mind and spirit in bodies that differ one from another.

In a socioeconomic sense, being 'gender blind' is the necessary 'bandaid approach' to hobbling through this next phase of social shift to the point where all people are persons first. Somewhere along the way the personhood of women became usurped as men tasted the power of dominating women (who bear the children) who needed to rely on men for survival in pre-civilized and

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agrarian times (we're talking a few thousand years of all that). As women have stood up to take back the dignity of full personhood, misogyny has reared its ugly head in outrage.

In a way, you could say misogyny is the putrid sore that finally reaches its bursting point. Now we can see it, name it, call it for what it is, and find ways to heal it. It's up to all persons (male, female, or gender diverse), to just be who they are and for others to have that simple yet profound expectation of everyone else. Breaking the culturally enforced mindset that gender implies certain societal roles is the necessary next step.

People are not their jobs or their roles, they are people first, who then choose a role or job (something that can and will change often over a long lifetime). The job or role is the outside, the way we see people for what they bring to the table of family and community. Seeing people for who they truly are -- their soul -- is the liberation that society is seeking. Then it won't matter what we do '9 to 5', or who we love, or what we look like for body shape or colour -- in fact, those variations will enrich us all.

The 'big blend' is coming, and each of us is a distinct flavour within that healthier future society. In the wake of the Millennials who began to stir the pot as they experienced sociopsychic disarray, today's youth -- the Z-Generation -- has this all figured out and they are living it. That's why many of them have had a hard time fitting into the old-school

Mary Brooke has been active for the rights of women, children and public education throughout her career. She has built businesses mostly around journalism, public relations and publishing but has also worked in real estate and Internet services. After divorce, she raised a family of four (now grown). The road has been long and the journey often complex, but the view has been amazing and the insights immense.

West Shore Voice News
The Sooke Voice News

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way of things, with challenges to mental wellness being the outward symptom. This societal shift will happen, it already is. The big burst is coming, step by step, in each of the choices we make. ■

Education: SD62 News

<https://westshorevoiceneews.com/category/education/westshore-sd62/>

Always about the kids first

By Mary P Brooke ~ West Shore Voice News

● **Belmont Secondary School Principal Jim Lamond** is coming up to two years leading the school of 1,410 students, 110 staff and integrated role within the Langford and west shore community.

"A new leader in a school isn't about leaving your mark or what I want to do," says Lamond. "It's about getting to know the community and coming to an understanding about what's valued. It's about building relationships and trust."

"It's always about the kids first," says Lamond, who of course also juggles the



Belmont Secondary School Principal Jim Lamond

interests and needs of teaching staff, support staff, parents and community. "Different approaches and strategies are the way to deal with it all," he says.

"Students in high school are young adults," says Lamond. "In education we often make decisions and come to an understanding in a way that is void of the student perspective. Kids are the experts, because this is for them," he said with clarity and conviction. **WSV**

Royal Bay Career Day

● **Royal Bay Secondary School** hosted a showcase of student work on Friday December 6 that explored topics around climate justice and environmental solutions. Invited guests to see the dozens of Social Studies/Career Education projects by Grade 10 students included Colwood Mayor Rob Martin, SD62 Superintendent Scott Stinson, SD62 Trustee Bob Phillips, SD62 Lead Educator for Capital Planning & Projects Windy Beadall, and about 25 members of the community with connections to the project topics.

"This was an excellent opportunity for students to exercise their



SD62 Superintendent Scott Stinson toured around to learn about the various student projects at Royal Bay's career day showcase event, December 6.

voice and knowledge related to climate change and action with an authentic audience," said Stinson. "So often our students do these projects and then share them with their teacher as part of the course. Today provided an opportunity for students to share their real-world concerns to a much broader audience. I would like to acknowledge the tremendous work of the Royal Bay staff and students in putting this event together."

The event was hosted by RBSS Principal Mike Huck and careers teacher Danielle Huculak. **WSV**

SD62 agenda for Dec 10

● **The Sooke School District 62** board will hold its next public board meeting on December 10. The agenda includes trustee elections for Chair, Vice-Chair, and reps for Provincial Council and BCPSEA. Student trips for approval include to Japan and California. A presentation on the English Language Learners program will be given by Laura Schwerfeger. The board will hear from Superintendent Scott Stinson about public input for potential names for the two new schools in West Langford. A report on 2018/19 graduation rates will be given by Associate Superintendent Paul Block. The last day of classes before Winter break is Dec 20; back to school Jan 6. **WSV**



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4-lanes on Hwy 14 mid-way to Sooke

Mary P Brooke ~ West Shore Voice News

● **The Ministry of Transportation and Infrastructure (MOTI)** hosted a well-attended open house in Sooke on December 3 about the next phase of improvements to Hwy 14 (Sooke Road). About 150 local residents viewed the proposed improvements, asked questions of MOTI staff, and provided feedback.

The proposed Hwy 14 corridor improvements are located between Connie Road and Glinz Lake Road in Sooke, and between Otter Point and Woodhaven Road near French Beach.

MOTI is half-way to tender. There were 150 pages of design drawings to get this point, with finite details still to be developed for the overpass structure and grade segregation including separate in/out routes (U-turns) for users of Manzer Road (30 metre elevation), Polymede Place, and Cooper's Cove (at sea level). Lighting will be improved at intersections.

There will be an underpass constituting a realigned corridor of four lanes of traffic on Highway 14 that will allow for better traffic flow in the event of motor vehicle accidents that have high-impact economic and social consequences (the road is presently one-way-in, one-way-out to and from Sooke). There will be no left-turns against oncoming traffic, supported by a new intersection and BC Transit park-and-ride facility with about 50 stalls at Gillespie Road. Construction of wider shoulders and paving along about 11 km of the highway between Otter Point Road and Woodhaven Road will be done further along (west of Sooke). Altogether, it's a \$85.715 million project with \$55.5 million in BC funds, and \$30.2 million federal.

There will be blasting (with no traffic flow for about 20 minutes each time) and regular traffic interruptions (with single lane traffic) but no closures or stoppages during peak travel times during construction which is expected to run for two years to summer 2022. Hwy 14 usage is about 1,400 motor vehicles daily.

Living in Sooke but working outside the area or running a Sooke or west shore business that relies on road-based transportation between Sooke and areas closer to the core, or needing to reach other connecting modes of transport (e.g. airport or ferry) in a timely manner comes at a cost over the risk of relying on assured flow-through on the present winding 2-lane highway beyond the 4-lane section in Langford. Over the years there has been local political pressure to 'four-lane' Hwy14 'all the way to Sooke', driven largely by a small group of local businessmen who see economic benefits, in addition of course to the safety of the road being improved for all.

The 3-hour open house was hosted by MOTI's Regional Deputy Director Janelle Staite, District Manager Transportation Michael Pearson, and Senior Project Manager Darren Englund. Display boards showed information that is posted online at www.gov.bc.ca/highway14 where you can provide feedback or send your comments by email to highway14@gov.bc.ca by January 15, 2020. **WSV**

Sooke Community Choir artistic director receives award

by Mary P Brooke, West Shore Voice News

● **Sooke Community Choir artistic director Bruce Ruddell** was awarded the Herbert Drost Award from the BC Choral Federation ahead of intermission at the Sunday December 8 'This Shining Night' winter afternoon concert at Sooke Community Hall.

The award recognizes distinguished choral service within BC. Presenters were the federation's Vancouver Island Regional Director Frances Pollet, and board member in charge of communications Christine Chepyha who described Ruddell's career as "remarkable" and that he is recognized for his contributions to developing community through the arts and inspiring leadership.

Case in point, throughout the concert Ruddell would not only educate the audience about the piece and give a moment of inspiration as to why he selected it, but would also thank community and volunteers for their support. The nomination was submitted by choir volunteers Sally Titchkosky, Margaret Longdale, and Diane Edwards. **WSV**



West Shore Voice News / M Boroke



District of Sooke Councillor Jeff Bateman (center) and businessman David Evans (right) at the MOTI open house at EMCS Dec 3.

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West Shore Voice News / M Boroke

Pet Loss explored in book for children

West Shore Voice News

● **When anyone loses a family pet** there is sadness. When George the cat passed, for local author Joanne Kimm it was a springboard to self-publishing as she found herself exploring the grieving process with photos and the story of her beloved pet.

Now living in the Halifax area, Joanne Kimm raised her family in Esquimalt, moved to Langford, and worked at the SD62 school administration office for many years. Her husband is retired military, and they moved to the east coast this year. But they'll be back to the west shore here for the Christmas season and Joanne is hoping the book "The Story of George: A Memoir" will be something people want to talk about and include in their Christmas gift-giving.

"People remember their pets. But for me, I just had to write about George," says Kimm.

Recently ranked the #12 best seller in the pet loss genre on Amazon, it sells there for \$17.99 Canadian or just \$5.29 for the Kindle version.

Using the marketing banner of Exclusively JK, the self-publishing author is going to roll out a second book about another cat, it's a sequel called "Along Came Felix".

From every book sale, one dollar is being donated to animal rescue organizations. Recently Kimm donated \$150 to the Broken Promises organization, and as sales pick up, more will be donated.

The book about George is presently being translated into French, and Kimm is working on getting the book into a format for blind and deaf children — in braille and audio format.

The Story of George: A Memoir by Joanne Kimm

www.exclusivelyjk.com

Ranked #12 in pet loss books (Amazon)

\$1 from each book sale will be donated to animal rescue organizations.

Exclusively JK

Buy it on Amazon

Sometimes she goes out to speak to small groups about her book and the process of grieving for a pet that has died. She has also spoken to groups about writing and getting published. One such group was CUPE workers during one of their professional development days at EMCS in Sooke.

This month ahead of winter break, Kimm will be donating a copy of "The Story of George: A Memoir" to each of the 10 elementary schools in SD62 (in Langford, Colwood and Sooke). Copies can also be purchased online through the Exclusively JK website (where there's a link to the book on Amazon). She also hopes to see the book sold by Scholastic Books, once the French version is also available.

While Joanne will miss George this and every Christmas, the feline lives on through the good work of helping people interface with the loss of a pet. **WSV**
<https://westshorevoicenews.com/a-book-about-george-pet-loss-explored/>

Grants for firefighting, search & rescue, environment

West Shore Voice News

● **In 2019-20**, the Province is providing about \$5.6 million to nearly 125 organizations in the public safety sector and approximately \$4.6 million to more than 135 organizations in the environment sector.

Three organizations in the Sooke region that received grants recently are: Otter Point Volunteer Firefighters Association (\$15,000); Juan de Fuca Marine Rescue Society (\$69,000); and The Royal Canadian Marine Search and Rescue Inc (\$250,000).

Victoria-based organizations that received grants include: Victoria Humane Society (\$45,000); Dee's Orphan Kitten Fund (\$15,000); Victoria Compost & Conservation Education Society (\$25,000); Habitat Acquisition Trust (\$55,000); Search and Rescue

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Society of BC (\$74,350); and the Gorge Waterway Action Society (\$6,000).

The next round of the Public Safety and Environment grants will be open from July 1 to August 31, 2020. **WSV**

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AVI Centre patients mostly men in trades, age 30 to 49

● **The City of Langford Protective Services Committee** at their November 26 meeting (chaired by Councillor Lillian Szpak) heard a presentation by Westshore AVI Health Clinic. The service has been operating for just over two years on Jacklin Road in central Langford (an option for people who couldn't get to services in downtown Victoria). "We are the only centre of our kind," said Dr Randall Mason, medical director, AVI. The centre addresses bio-psycho-social aspects of addiction, with a team-based approach of care. There is no charge for services, which one committee member suggested could be changed, with people who can afford the service being asked to make some kind of financial contribution. The center provides appropriate support for people with AIDS and substance abuse. The south island area has one of the highest rates of illicit drug overdose deaths, the rates for which went up exponentially starting in 2013. "Now we have less deaths but just as many people suffering with lifelong medical issues," said Dr Mason. Seventy percent of patients are men, many of them in the trades, ages 30 to 49; many of them don't have a family doctor. Szpak says that Langford gives a tax exemption to AVI, to help with costs. **WSV**



Langford Councillor Lillian Szpak

WSV

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The Week of December 9

Langford Planning, Zoning & Affordable Housing Committee. Mon Dec 9. 5:30 pm. Special Council 6:30 pm. www.langford.ca
Colwood Regular Meeting of Council. Mon Dec 9. 7 pm. www.colwood.ca

10,000 Tonight food drive by three high schools of SD62: Belmont, EMCS & Royal Bay. Wed Dec 11. Take non-perishable food items to the schools up to 9 pm. Students may also collect around the neighbourhoods.

Hon John Horgan MLA (Langford-Juan de Fuca) **MLA Annual Christmas Open House.** Wed Dec 11. 5 to 7 pm #122-2806 Jacklin Rd, Langford. **RSVP *must* be received by 12 noon on Mon Dec 9** to 250-391-2801 or email John.Horgan.MLA@leg.bc.ca

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 "10,000 Tonight" Foodbank Drive. www.awarenessfilmmight.ca

Forest Nights at Herm Williams Park. Thurs Dec 12. 6 to 8 pm, 646 Kelly Road, Colwood. Hot chocolate and caroling. www.colwood.ca

EMCS Winter Concert. Thurs Dec 12. Edward Milne Community School, Sooke. 7 pm.

Roller Skating. Fri Dec 13. 7 to 10 pm. West Shore Parks & Rec. All ages. www.westshorererecreation.ca

Santa Bus. BC Transit free rides on various routes/times. Fri Dec 13 & Sat Dec 14. Watch for the red-nosed Santa Bus in Greater Victoria. Santa and his helpers will be handing out candy canes to transit riders.

BC Transit 'Stuff the Buses'. Sat Dec 14. At Save-on-Foods, Tillicum mall. 9 am to 3 pm. Bring cash, new toys, non-perishable food items for Mustard Seed Food Bank & Salvation Army Stan Hagen Centre for Families.

12th Annual Gifts and Wishes reception & Holiday Party. Sat Dec 14. 1 to 4 pm. Show runs Nov 20 to Dec 22. Wed to Sun, 11 am to 5 pm. 103-318 Wale Road, Colwood. 250-391-5522 www.coastcollective.ca



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 5-6726 West Coast Road, Sooke
www.SookeOptometrists.com

This Shining Night concert by Sooke Community Choir. Sat Dec 14 7:30 pm, Oak Bay United Church. Tx \$20 at the door or www.eventbrite.com | Info: www.sookecommunitychoir.com

Sooke Santa Run by Sooke firefighters. Sat Dec 14. Evening collection of non-perishable food items and cash for the Sooke Food Bank. www.sooke.ca

Otter Point Candy Cane Run. Sat Dec 14.

By Otter Point Firefighters collecting items for the Sooke Food Bank. <https://otterpointfire.bc.ca/candy-cane-run/>



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

The Week of December 16

Blood Donor Clinic. At Journey Middle School in Sooke. Mon Dec 16. 12 to 6 pm. www.blood.ca

Mitzi Dean, MLA - Christmas Open House. Mon Dec 16. 4 to 6 pm. Drop-in. 104-1497 Admirals Rd. 250-952-5885 | Mitzi.Dean.MLA@leg.bc.ca

Forest Nights at Herm Williams Park. Thurs Dec 19. 6 to 8 pm, 646 Kelly Road, Colwood. Hot chocolate and caroling. www.colwood.ca

SD62 - last day of classes before winter break: Fri Dec 20. Back to school Jan 6. www.sd62.bc.ca

Roller Skating. Fri Dec 20. 7 to 10 pm. West Shore Parks & Rec. All ages. www.westshorererecreation.ca

Rolling into Christmas & New Year

Christmas Eve \$2 Skate. Tues Dec 24 at SEAPARC Leisure Complex. 11:30am to 1 pm. www.seaparc.ca

Christmas Eve. Tues Dec 24. | **Christmas Day.** Wed Dec 25. | **Boxing Day** Thurs Dec 26.

Sooke Saltwater Series. Boxing Day Derby. Thurs Dec 26. www.sookesaltwaterseries.ca

Blood Donor Clinic. Church of the Advent, 510 Mount View Ave, Colwood. Mon Dec 30. 12 to 6 pm. www.blood.ca

New Year's Eve \$2 Skate. Tues Dec 31 at SEAPARC, Sooke. 11:30am to 1 pm. www.seaparc.ca

New Year's Eve at West Coast Grill in the Prestige Hotel, Sooke. Tues Dec 31. www.westcoastgrill.ca

Modernization of health care profession regulation. Public input (survey & written submissions) to Jan 10, 2020: <https://engage.gov.bc.ca/healthprofessionregulation/>

Registration for children starting Kindergarten in September 2020 at schools in the Sooke School District 62 (SD62) -- Langford, Colwood, Sooke -- will be available in January 2020. Registration periods:

● **January 13 – 17, 2020:** French Immersion Kindergarten & Nature Kindergarten.

● **January 27 – 31, 2020:** General Kindergarten Registration.



Big crowd for Langford Lightup & truck parade



Web-Posted Watermarked EDITION

Mrs Claus arrived in a Langford Fire Rescue vehicle with Santa Claus, greeted by City of Langford Councillors Lanny Seaton (left) and Matt Sahlstrom, at the 13th Annual Langford Lightup on Saturday evening, December 7. Ho ho ho. There was an ebb and flow of participants at the Veterans Memorial Park location from 6 to 8 pm, followed by at least 1,000 people lining Goldstream Avenue and Veterans Memorial Parkway to watch the IEOA Parade of decorated trucks make its way honking the beat of jingle bells. Traffic management by West Shore RCMP. **WSV**

WSV / Mary Brooke

New BC health-care organization on workplace safety

● **A new organization** to address workplace safety for health care workers is the works, it was announced in a Ministry of Health news release on Sunday December 8.

Best-practices in the health care sector is the goal. Health Minister Adrian Dix says employee and employer groups will be brought together to create a "dedicated and independent organization" to address challenges unique to the health-care sector.

Workplace injuries are on the rise in the health-care and social services sectors. According to WorkSafeBC, 2018 injury-claim costs were more than \$107 million, up about \$11 million from the previous year.

Over three years, the BC government's financial commitment to launching the new organization is \$8.5 million. **WSV**

RCMP gets more crisis calls during holiday season

● **There is a 24/7** crisis line in BC, which West Shore RCMP are reminding people about during this holiday season.



"We generally experience an increase in calls relating to mental health around the holiday season. It's important to acknowledge that this can be a hard time of year for many individuals," says Cst. Nancy Saggar, West Shore RCMP Media Relations Officer.

The crisis line numbers provided by West Shore RCMP are 1-866-661-3311 or 1-800-SUICIDE (784-2433). **WSV** <https://westshorevoiceneews.com/crisis-line-reminder-from-west-shore-rcmp-in-the-holiday-season/>

BC Transit bus times in the holiday season

● **Bus service levels** in the Victoria Regional Transit System are adjusted this month to match seasonal ridership levels. As of Monday Dec 9, routes serving UVic and Camosun College will see reduced service as students are not in regular classes (including 39 Westhill Exchange/Interurban/RoyalOak Exchange/UVic & 51 Langford/UVic). Routes 16 Uptown/UVic & 76 Swartz Bay/UVic not active until Jan 6. On Dec 24 there will be regular service on all active routes; Christmas Day will see Sunday service; and Boxing Day will follow Saturday schedules (but no late night service). www.bctransit.com/victoria **WSV**

Onni Group sponsors new Colwood holiday event

● **Colwood Corners developer** Onni Group is co-sponsoring a new Forest Nights event with the City of Colwood at Herm Williams Park, 646 Kelly Rd. Lit-up trees, hot chocolate and carolling 6 to 8 pm on Thurs Dec 12 & Thurs Dec 19. www.colwood.ca **WSV**

Sooke Festival of Trees

Bring your family and friends to SEAPARC to stroll through the Festival of Trees and make a donation to support the BC Children's Hospital.

Trees on display at SEAPARC Leisure Complex December 2 to January 2 as sponsored and decorated by:

- Ayre Manor
- Ecole Poirier Elementary
- Metis Nation of Greater Victoria
- Sooke Autism Support Society
- Rotary Club of Sooke
- Royal Bank of Canada
- SEAPARC Leisure Complex
- SEAPARC Preschool
- Sooke Firefighters L 4841
- Sooke Harbourside Lions
- West Coast Family Medical Clinic

...and at these locations in Sooke:
 • A Sea of Bloom, Otter Point Rd
 • Royal Canadian Legion, Eustace St



Coordinated by **Sooke Harbourside Lions**

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HAPPY HOLIDAYS!

Happy Holidays!



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House of Nutrition
www.houseofnutritionbc.com