WWW INDEPENDENT

Sponsored by COAP Citizens Oversight Accountability Project

OLD FASHIONED VALUES AND COMMON SENSE VERSUS BUREAUCRACY

1945 - Craig Street and Station Street, Duncan BC

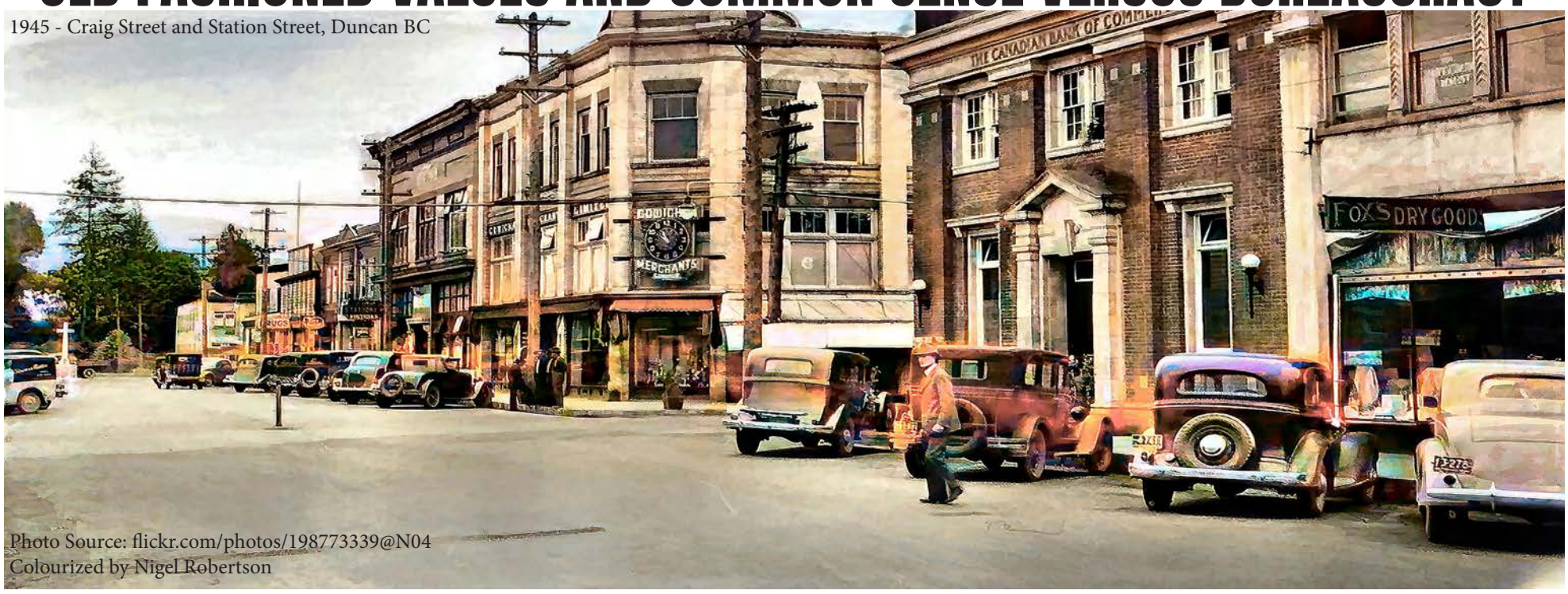


Photo Source: flickr.com/photos/198773339@N04
Colourized by Nigel Robertson

Earlier this past month I was able to sit in on a presentation to council by two gentlemen who were pleading their case, once again, asking North Cowichan council to advocate on their behalf to have the Chemainus River dredged to stop the flooding of their properties. They stated that the constant silt build up that came from up the river was caused by a multitude of reasons, from silt run off due to older logging practices, to lack of maintenance over the years that used to be done by locals, when it was allowed. They spoke about how the river used to be dredged which created a healthy flow all year long. This experience led me to start looking into the history of dredging, and finding locals that lived here in the Valley during the 60's and 70's.

We all know that old saying "Back in my day", but why are we always so quick to dismiss what comes after this statement? The fact is, there was a simpler time where communities came together to help each other and get things done with far less bureaucracy hampering outcomes. These days there is a bloated government that has to justify their existence through a thousand bylaws and ridiculous fees and permits to do such benign tasks as bringing soil onto one's own land. Was there a better time? Were the locals able to manage their lands and waterways through community involvement and less red tape? I decided to interview a bunch of "old timer" Cowichan Valley residents and find out.

I had the pleasure of interviewing a couple in their late 70's who have lived, worked, and enjoyed the Valley their whole life. I initially went to hear about how the dredging in our local rivers and streams was done back in the 60's/70's, but I was pleased to just sit and listen to life back in the day, and how common sense seemed to prevail over bureaucracy.

They told me about how the Somenos lake used to be enjoyed by locals as a popular swimming hole, and how it then became an ice covered lake in the winter where they would gather to skate and play a good old game of hockey. This was all because the streams that fed the lake were maintained by property owners. I heard over and over about how locals took it upon themselves to clean the creeks that flowed through their properties and in turn fed the local lakes and rivers.

I enjoyed their stories of local companies, owned by people they knew, winning bids to dredge the rivers, which in turn stopped the flooding after digging out the silt. I heard about how they used the rock from the river to build up the sides of the river, and how the silt/sand was then used as 'naturally cleaned' sand by a local cement company. Gravel and sand, removed by dredging, was also sold as a commodity in those days, a win-win situation.

After looking at our last edition's front cover with the Canada Avenue picture on it, one gentleman asked me "where is the creek?", which led me to asking him to tell me what the creek beside the police station had been like. He told me that the creek was kept so clean by residents that they used to play in it as kids, and that they had never witnessed flooding in that area as we do now.

Some 'did you know?' knowledge I received during these interviews is that there is a massive aquifer under what is currently the pool, the new highschool, the university, and that at one point it was local's consensus to never build north of what is currently McDonalds. I also learned that the pull-off area next to Somenos Marsh used to have hay fields, a farm, and a farmers market!

Another gentleman I spoke with said back in the day he cleared out a stream running through his property to Cowichan Bay and that same year salmon came spawning back up the waterway. Later, local officials were called on him, and although he was not 'allowed' to do that, they said he did an amazing job, and exactly what they 'would' have done. He explained to me that the reason there were pools that heat up and kill the fish, or serve as a catchment for an easy seal and sea-lion meal in the bay, was because the Cowichan River needed to be dredged right to the ocean; In fact, many First Nations in Cowichan Bay stated the same thing.

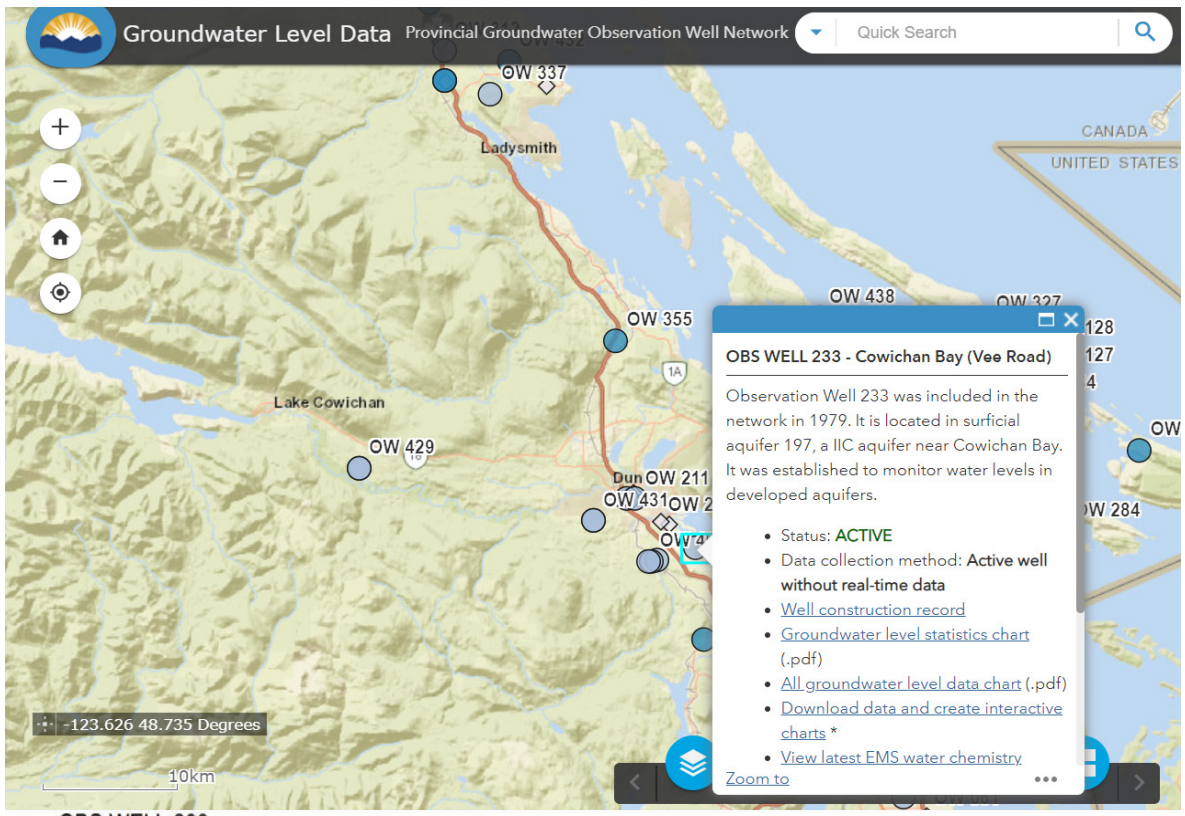
> "If the river was dredged to the ocean", he said, "there would not be flooding as the river would have somewhere to flow through and to".

He also told me that the current 'dredging' on the river is only raising the banks and not actually digging it down, and removing the silt. He explained how the river is still there, just under the silt "as anyone would know if they just dug down", and that is why the wells are consistent in their seasonal levels.

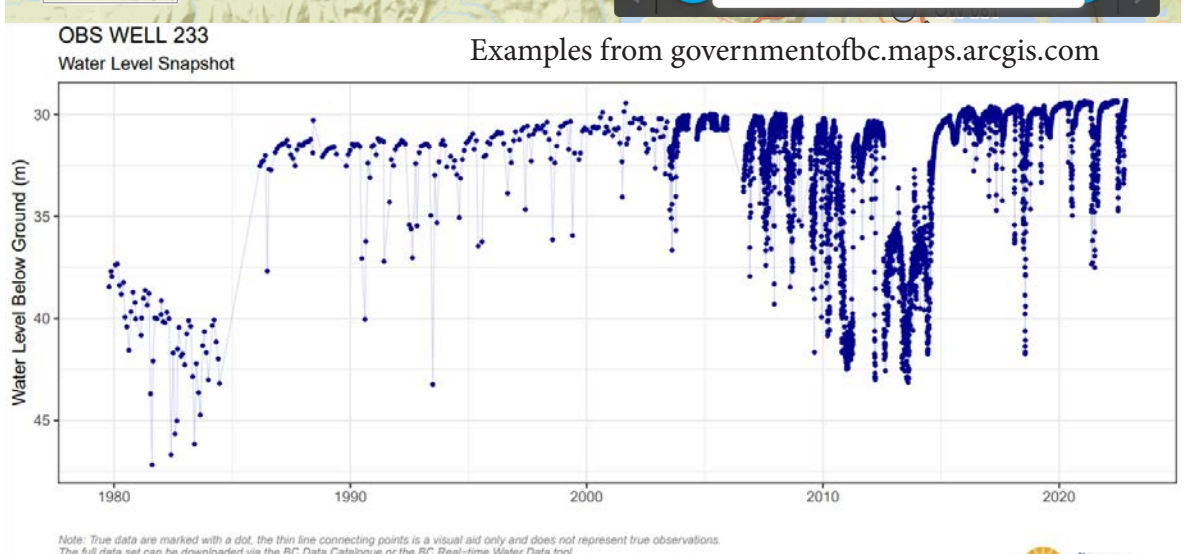
Three farmers have contacted me after either losing, or being threatened to lose, their water licenses, therefore being unable to water their hay and food crops to help keep our local food security functioning. One Farmer was told that he was not allowed to renew his water license to water his hay for his livestock as it may be making other wells "go dry". Another story out of Comox saw two nurseries being visited by armed "officials" stating that their well was somehow connected to the river, and therefore they can't be using it.

You can go to governmentofbc.maps.arcgis.com and find all the well levels monitored in your area. From all the wells I found, they have remained consistent in the levels throughout the years.

...Continued on Page 2 ...



Examples from governmentofbc.maps.arcgis.com



Open for drop-in Tues.Wed.Thurs.
12:00 pm - 3:00 pm



LIFE ON WHEELS

Life On Wheels is volunteer run and led outreach program in the Cowichan Valley .

250-706-2428 phone for more information or how to donate

Making connections with people to move them forward in hope, faith and love.

We provide necessities for living on the street, first aid, education on healthy living, etc., options for detox and rehab.

Donation Drive May - Dec 2023.
Help us continue our work and grow our detox initiative.
Donations graciously accepted

"a little help goes a long way"

... Continued from Page 1

As I pondered how a town, so much smaller back in the day, could manage to caretake the waterways, I remembered that I too have a stream behind my home that feeds Somenos Marsh that is almost filled in with brush now. I remember when my children were little and it was a free flowing stream in the summer that even had a little rope swing that the kids would use to swing over it. In those days (around 14 years ago) I noticed that some group had come in and used hand made wooden ties to hold up the banks of the stream, and I never found out who these amazing people were.

In speaking with Somenos Marsh Society to get more information on who has jurisdiction over the health of this stream behind my house, I was told "It is a mixed bag as North Cowichan is your jurisdictional authority over the land and BC government fisheries is the jurisdictional authourity for the waterway but neither are responsible for restoration. That is left to community groups ". Yet when I have spoken to locals who tried to clean their own creeks and streams they are told that they are not allowed to. The continual circle of bureaucracy.

Unfortunately there is not a lot of funding that goes into the health of the waterways, even though there is a constant narrative about how important our water is, and hundreds of thousands spent on "studies" over the years instead of old school consultation with long-time residents to see what actually worked in the past.

In North Cowichan taxpayers have paid a .5% environmental tax for 10 years that holds a reserve fund of around $400,000. Maybe instead of always depending on volunteers to maintain much of our natural ecosystems and waterways, some funding from the Climate Action and Energy Plan funds to help create a stream keepers group? Spending this tax money on so-called "climate" actions instead of immediate local actions seems like using a macro lens when we need a micro one.

In the North Cowichan Transportation plan it states that by 2050 they expect 3,700 new residents, while at the same time they are applying for a Housing Accelerator Fund (H.A.F.) in which they would build 3,501 units in the next three years! That is units, of which there will be more than one person in each unit for the most part, taking showers and flushing toilets - do we have a water issue or not?

I will keep this article under novel size, as summarizing all I heard from long-time locals would fill a short story. I will say that the more I hear from the wise 'common sense' people, the more I realize how inefficient local governments are in many areas. What I learned was that when the rivers were dredged the fish were more abundant and there was almost no flooding, that locals took care of the streams that fed these bodies of water which in turn were therefore healthier, and that we have plenty of water below the silt and ground.

I am councerned that through this lack of maintenance there will be more and more farmers restricted from watering based on a false premise of water scarcity, and urban folks will end up with a step system for billing on their water usage,

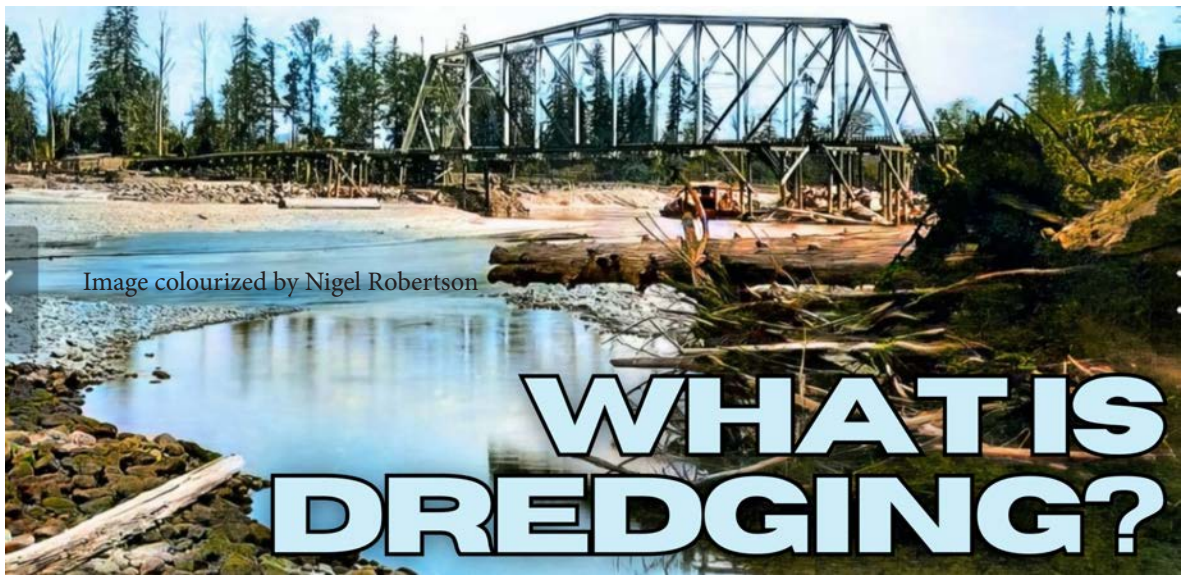
(convenient reason that the utilities are now removed from the yearly tax bill?).

Hundreds of thousands of dollars are spent yearly on expensive studies done by people and companies that do not even reside in our valley. Maybe it is time to ditch the 'surveys' that no busy farmer even knows exist, that are put on websites under the guise of "community engagement" and start looking to the wisdom of our elders, speaking with them, and holding old fashion town hall meetings.

A. Richards

** Names have been withheld by request as some farmers are feeling intimidated by local authority representatives and they don't want further interference.





WHAT IS DREDGING?

Dredging rivers, when done carefully and with proper planning, can offer several environmental benefits and help mitigate the risk of flooding. Here are a few of the key reasons why dredging can be beneficial:

Improved River Capacity: Over time, sedimentation and debris accumulation can reduce the carrying capacity of rivers, leading to increased flood risks. Dredging removes excess sediment and obstructions, restoring the river's original depth and width. This increased capacity allows rivers to handle larger volumes of water during heavy rainfall, reducing the likelihood of flooding.

Ecosystem Restoration: Dredging projects often incorporate ecosystem restoration measures. By removing accumulated pollutants, contaminants, and excess nutrients, dredging can improve water quality and revive aquatic habitats. Restoring the natural balance of the river ecosystem enhances biodiversity, promotes the growth of aquatic vegetation, and supports the recovery of fish and other wildlife populations.

Floodplain Management: Dredging can help create or restore floodplains, which act as natural buffers during flooding events. By excavating sections of the riverbanks and widening the floodplain, dredging provides additional storage capacity for floodwaters, reducing the impact on surrounding areas. This approach can protect human settlements, agricultural land, and infrastructure from flood damage.

COAP - CLIMATE EMERGENCY FOI

In May of this year, COAP sent a Freedom Of Information (FOI) request to North Cowichan asking to provide details about their declaration of a "climate emergency" back in 2019.

We asked for a definition of which there was none. We asked for the partners they worked with after this declaration, and found the usual culprits like The Union of BC Municipalities. We also requested all emails on this topic during the month they declared this "emergency", and found one local NGO that led the push behind this declaration, as well as the continued pressure on our local governments to create bylaws based on THEIR thoughts around what needs to change.

Finally, we also asked for the initiatives that came from this declaration, and all we can say is, a massive layout in cash for multi initiatives, new staff, and reallocation of taxpayer's funds, vastly shifted after the council agreed to this proposal that will significantly change all our lives - to stop climate change.

From: David Conway
To: Alyssa Meiner; Dave Preikshot; Jennifer Aldcroft
Cc: FOI
Subject: RE: FOI request for records re Council"s Climate Emergency declaration
Date: Friday, May 26, 2023 10:50:14 AM

All responses below are to the best of my knowledge.

FOI request for:

"any and all records, in any format regarding "On [July 17th 2019] North Cowichan declared a 'Climate Emergency'."

1. What is the council's definition of a 'Climate Emergency'? Council did not specifically create a definition for "Climate Emergency".

2. Please disclose a list of policies that have been introduced as a consequence of the 'Climate Emergency'. The following are not necessarily a direct consequence of the Climate Emergency acknowledgement of Council but are considered related to ongoing direction.

- *Climate Action and Energy Plan Update (January 2022)*
- *Council Strategic Plan noting Key Future Issues of*
  - *Responding to all facets of climate change*
  - *Limiting environmental degradation*
- *Environmental services (engineering) department business planning*
  - *Create and implement a Biodiversity Protection Policy*
  - *Integrate natural assets into the overall asset management program*
  - *Develop a comprehensive climate change risk and vulnerability assessment*
  - *Other related initiatives in the business plan for 2023 and beyond*
- *A draft master transportation plan that puts a focus on multimodal transportation alternatives to increase ease and connectivity of walking, rolling transportation means in addition to supporting EV infrastructure.*

3. Please disclose a list of the strategic partners of North Cowichan with respect to the 'Climate Crisis'. (NGOs, Provincial and Federal Gov.)

- *VICEDA (circular economy)*
- *CVRD (climate risk and vulnerability)*
- *UBCM??(funding for climate risk and natural assets)*
- *Partnership for Water Sustainability in British Columbia*

4. Please disclose the evidence, data, correspondence or other documents in support of the council's decision to declare a 'Climate Emergency'.

n/a

David Conway PEng
Director, Subdivision and Environmental Services | Approving Officer
ENGINEERING SERVICES
Municipality of North Cowichan
7030 Trans-Canada Highway
Duncan, BC V9L 6A1 Canada



Did you know Glow now has ice cream?

Our 'Nice Cream' is comprised of organic fresh fruit in a coconut-cashew milk base and is the perfect healthy treat for when you're craving something sweet. With so many fruity flavours to choose from, our in house ice cream is the way to go when you want a healthy dessert. This new addition to the menu is completely vegan, organic, and gluten free. We use absolutely no preservatives, or GMOs in the making of our 'Nice Cream', and add probiotics to make for easier digestion. In addition to this new and improved version of ice cream, we have also started making organic blizzard-like desserts with the much loved treats in our cooler. You can now choose from an assortment of different flavors, such as Banana Brownie, Nanaimo bar, and Rose Cardamom.

Can't wait to try one? Come on in and pick a flavor!

You will find GLOW next to the Community Farm Market and Buckerfields, just South of Duncan.
(250) 597-2595





COAP

Citizens Oversight Accountability Project

MAKE YOUR VOICE HEARD!

WE ARE BRINGING YOUR FEEDBACK STRAIGHT TO THE COUNCIL!

SUPPORT OUR PETITIONS AND COMMUNITY INITATIVES BY SIGNING UP & PROVIDING YOUR FEEDBACK!

PARTICIPATE AT COAP.CA/ACTION

- FACIAL RECOGNITION ✓
- OPEN DRUG USE BYLAW ✓
- AND MORE! ✓



ALTERNATIVE BEAUTY BAR

HAIR & NAILS

QUALITY, EXPERIENCE AND AN INTIMATE SETTING.

TREAT YOURSELF TODAY

Members club. Call 250-710-4822 to book your appointment today.



Advertising Solutions for Every Business Size: Partner with Us!

Affordable Advertising, High Returns: Advertise and Thrive!

Power Up Your Local Presence: Advertise with Us Today!

YOUR BUSINESS HERE

This space is for you!

WWW INDEPENDENT

Contact SALES@WWIND.ca
250-510-6596 (Adrienne)



Your Trusted Partner for Superior Asphalt Solutions!

Are you in need of exceptional paving services? Look no further! Mid-Island Paving should be your #1 choice, offering top-notch asphalt solutions tailored to your paving needs. With our expertise, experience, and commitment to quality, we guarantee customer satisfaction every step of the way!

Don't settle for anything less than the best when it comes to your paving needs. Call us today at to schedule a free consultation and receive an estimate. 250-245-7309



Exciting changes are on the horizon for the Duncan SPCA, with a significant government grant of 1 million dollars for upgrading the 30-year-old building and the establishment of the Vancouver Island Animal Behaviour Centre - the first of its kind in Canada, covering an impressive 697 square meters. While Cowichan Valley residents eagerly anticipate these improvements, there's one aspect they must face: another year or more without a spay/neuter program.

In the past, the shelter cited the lack of veterinarians and municipal grant funds as the primary reasons for not offering this essential service. Earlier this year, the on-site manager expressed hope in securing a grant from North Cowichan to initiate a spay/neuter program specifically for low-income families. However, the application for this grant is earmarked for the following year.

Westward Independent recently inquired about the progress towards implementing the program after learning about the 1-million-dollar grant. Sadly, we were informed that none of that funding would be allocated to a spay/neuter program, and it might take a year or two before the service becomes a possibility again, as operations would be temporarily conducted from a remote or emergency location. While the woman on the phone acknowledged the importance of the program, she explained that decisions regarding funds were above her pay grade.

When asked if the Nanaimo branch could assist Cowichan Valley residents during the Duncan location's construction, the response was disheartening - they couldn't offer the service. In contrast, Salt Spring SPCA appeared to be more accommodating, offering vouchers for spay/neuter services at various island veterinarians, but exclusively to residents.

As a result, low-income Cowichan Valley residents may find themselves out of luck for years to come, leading to an increase in available kittens and puppies. Those considering adopting these adorable pets must be prepared for the cost of spaying or neutering. For instance, fixing a female cat with an approximate 2-month waiting period can cost around $500.

The SPCA's spay/neuter program has been a crucial part of its mission, effectively reducing the number of unwanted dogs and cats. During this multi-year rebuild of our facility, it would be wonderful if other SPCA locations could extend their assistance to the Cowichan Valley residents, helping bridge the gap until the program can be reinstated locally. Together, let's ensure the well-being of our beloved pets and the community as we eagerly await the Duncan SPCA's exciting expansion.

What are your thoughts? We would love to hear more community input on this topic! Email us at contact@wwind.ca



The world we know and live in is rapidly changing- at such a pace it can feel destabilizing and anxiety inducing because we no longer feel in control of basic things like our ability to access food, medicine and other necessities. We can no longer take for granted that the items we rely on to maintain our health and wellbeing will be available in stores when we need them.

With ever increasing pressures imposed on us by the industrial medical complex, which are constantly working to prevent or impede our access to natural medicines, it is becoming of critical importance that we reclaim and share plant medicine knowledge and skills; that we become active participants in learning about, growing and using plant medicines as a way to directly disrupt the global arrangement of power and protect our health and that of our communities.

We cannot expect to negotiate within these current systems and see change. Power only cares if we build a strategic movement against it. If we are to make any kind of lasting impacts that will create the healthy and thriving world for future generations, it is going to take courage, persistence and sacrifice. It is going to mean building local economies, food and medicine networks and learning and sharing survival skills.

We have the upper hand. The industrial medical complex can never separate us from nature. So long as we are not divorced from the sun, the soil and water, we can grow and forage medicines and food we need. Herbal medicine has always been and always will be the people's medicine. Even in today's modern world more people globally continue to rely on herbal medicine than pharmaceuticals.

We need not be dependent on drugs. Herbs can provide the most broad spectrum anti-microbials that exist as well as pain-relievers, anti-inflammatories and more. There are even herbs that can benefit rare conditions such as sickle cell anemia.

I encourage you to find teachers. Find people that are doing real and honorable work and give them your money VS continuing to support businesses built on accumulating wealth without conscience or awareness.

There is a sense of peace, empowerment and awe that comes when we tap into the natural world and the abundance and intelligence of it. We begin to live more aligned with what truly sustains us and nourishes our entire being. We can and we will bring herbal medicine back to a place of "you can rely on these plants to save your life" and we will not let corporate greed limit our access or ability to care for our bodies with natural medicines that are safe and effective.

- Andrea Larsen

Read more from Andrea at andrealarsenrncp.com







Hear ye, hear ye good people of the Cowichan Valley

And any and all with ears to hear and eyes to see. In these unique times we're living, it is of paramount importance that we come to each other's aid and raise our voices in unison. Being sparks of the Divine, universal intelligence, our co-operative, collective intention cannot help but be potentiated when we pool our diverse abilities.

There is an initiative by the Nature Trust and six partners(governmental bodies mostly), to restore 70 hectares of marshland at the head of the Cowichan estuary, through removal of historically-placed dykes and then flooding of lands. Unfortunately, homeowners, Top Shelf, the Farm Store and some of those living on the reserve, in addition to large tracts of farmland that serves many in the community, will be negatively impacted. Is it possible to return the estuary to its former pristine grandeur? What are the factors that pollute the estuary?

Research leads one to the fact that the Lagoons that aerate the sewer waste for the Cowichan Valley, were meant to be only a temporary measure. Also, one finds that the waterways flowing into the estuary were dredged regularly in years gone by, so that fry would be able to successfully navigate the waters. Why did that stop?

Many pertinent details about these issues were discussed by Kate Ayers in her excellent article in the July 2023 publication of Country Life in BC if you wish to read a more fleshed out narrative.

In one way or another, this affects all of us. Why were those directly affected not included in consultations and information sessions? That could have been me or you!

Have we not learned personally how very important farms and farmers are here on Vancouver Island? The grocery shelves went eerily bare only a few years ago, when we were cut off from the world for just a short time. Logically, we should be conserving every possible square inch of farmland and encouraging and supporting anyone devoted to that noble, though sometimes thankless pursuit. The birds and insects also feast from the farmers' fields and many do not care for saltmarsh.

We will all be affected by the proposed changes to the estuary, directly or indirectly. Since the budget for this project is provided by both provincial and federal entities(read taxpayers) should it not be discussed with all of us before it can receive "authorization"?

Would it not be prudent to reassess the temporary lagoon solution to see if that measure alone would do rights by the estuary and its natural populations?

These and many other questions that this situation begs could perhaps be better solved by a wider, more inclusive dialogue.

One proposal that grew out of this scenario, was to set up an incorporated "Land Keepers Society". This newly-formed society could hire lawyers and engage the services of an hydrologist to better determine how the dykes will protect and just how high the flooding could be.

To learn more, join us August 14th, 7-9 pm at the Cowichan Station Hub.



One of my most favourite things about living on Vancouver Island is the blessing to experience all four seasons. I have lived up north, where Spring and Autumn felt like they were here and gone in a flash, and Winter took more than its allotted 3 months, often stretching on for 7 months or more!

Typically, by the end of one season, I'm very much looking forward to the next. The spontaneous vibe of summertime has to be one of my favourite things about the season.

Drop in's and social gatherings are at an all-time high and welcomed by almost everybody. Every day has the potential for some sort of adventurous outing. Berries are fresh for the picking, whether you are in your backyard, the farmers market or a hiking trail. Soaking up all the free Vitamin D, while floating around on our endless choices of lakes, rivers, and oceans. It's almost a bit like a dream state, warm and bright, filled with abundance and good vibes.

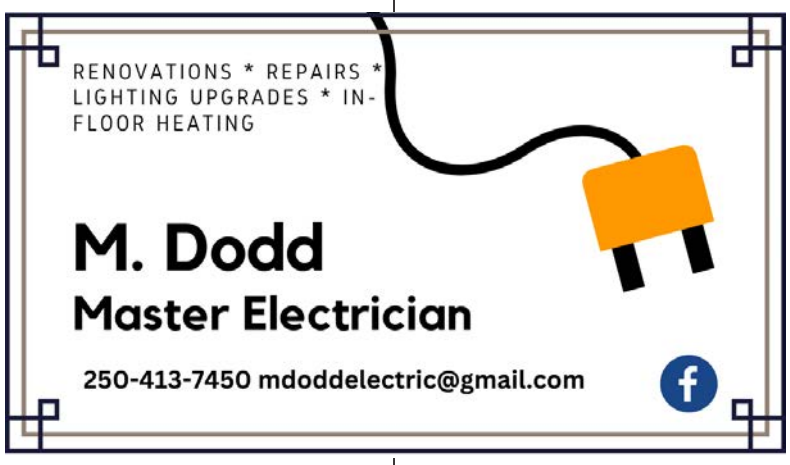
As Summer slowly winds down, and the mornings are becoming a little bit cooler, I find myself getting excited about digging out my favourite scarves and knitted sweaters. Feeling inspired to spend a weekend chopping and dicing and stirring up drool-worthy soups and stews to nourish my family. Autumn is a transition month that gives you time to collect your thoughts and wrap up projects that were sometimes abandoned during summertime adventures.

Shorter days and frosty sunrises are like a gift to anyone who loves to put on the kettle and cozy up with a book or some board games, while the wood-fire place crackles away in the background. It's an opportunity to spend time doing some social hibernation, spending quality time with yourself and your family. As Winter coats us in a peaceful blanket of white fluffy snow, crossing our fingers that we can have an unexpected snow day to play in, I've always felt a giddiness when waking up to a fresh dusting of soft white snowflakes. Even for those of us who detest winter, it's hard to argue the beauty and calm, that layers of snow can add to the already beautiful landscape.

Of all the seasons though, I have come to most deeply appreciate and enjoy Spring. There is so much hope, inspiration and joy that comes from watching the snow melt away and the early spring flowers pop out of the ground with all their beauty and glory. Waking up from their slumber and reaching out to soak up the sun's rays. I can't help but feel gratitude of coming through another dark and cold Winter and witnessing life exploding all around me. Everything is so fresh and green, young and hopeful. Ready to spring into abundance. This is my favourite time to get out and hike and explore our incredible Island landscapes. To start digging into the soil and planting seeds for the future. I love the feeling of being reinvigorated after many months of laying low and nesting. Springtime makes me feel glorious and free.

What is your favourite season?

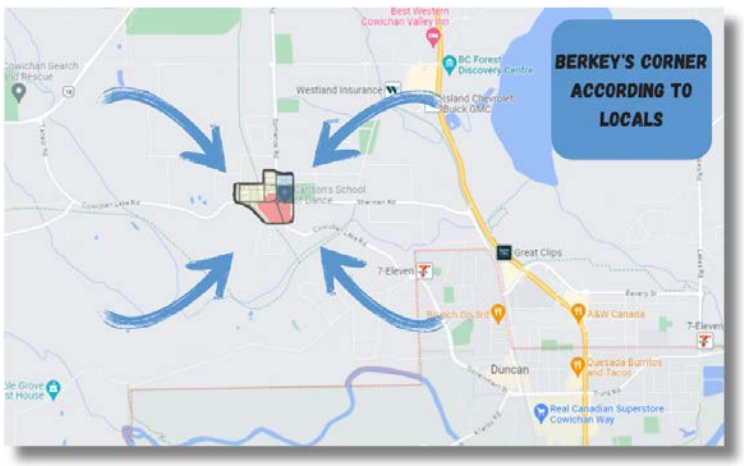
Savanah Wright

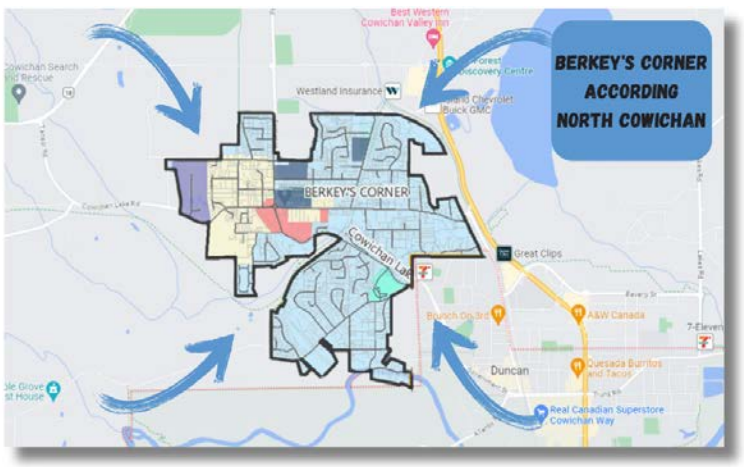






Berkey's Corner Clarification





Our July edition featured a short article on Berkey's Corner, specifically highlighting the amount of growth that has occurred in such a short timeframe. The report concluded with insight into Local Area Plans (LAP), as well as Neighbourhood Associations which play a key factor in community input.

Based on reader feedback, we're happy to expand the article further in this edition.

In the North Cowichan Official Community Plan (OCP), there are areas called "growth centres". These growth centers are laid out on most local government websites, specifically through planning and development. Growth centres typically have LAPs which can also be viewed on local government's websites, UNLESS your area does not have a LAP, as with Berkey's Corner.

Berkey's Corner is most often considered the area nearest to the roundabout which joins Sherman Road, Somenos Road, and Cowichan Lake Road. However, when the district of North Cowichan references the area, they are referring to an area much larger.

This is the whole area of said 'Berkey's Corner' within the growth containment boundary as shown in the images above.

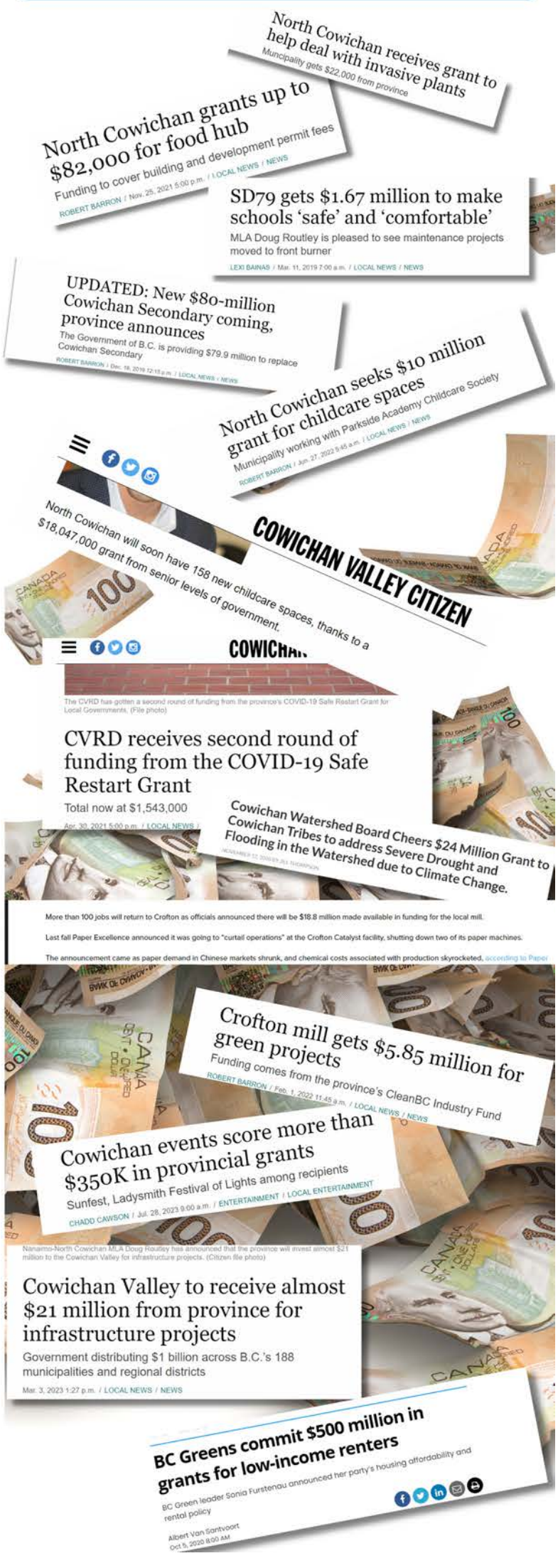
Growth containment boundaries, or growth centres, are areas that local government have deemed to be acceptable areas for growth, which makes it almost impossible to build housing outside of them as sadly some developers are now finding out.

These areas are also looked upon to be 15 min cities eventually. Our Transportation Plan indicates travel between growth centres will prioritize people to car share, scooter, take public transit, or ride a bike.

If you are concerned with the developments in Berkeys, or would like to have a say in how it develops, write North Cowichan Council at council@northcowichan.ca and ask them to honour their commitment to the creation of an LAP for Berkey's Corner. Especially before they continue more willy-nilly development.

You can also work with neighbours to form a Neighbourhood Association, which will allow you to participate in developing your L.A.P.

New Monthly Tax column premiering in Sept. Where are our tax dollars being spent? Are they being spent efficiently with the desired results?



TAMMY'S TIPS

Hello and happy August!

These days we all struggle with food prices, and sometimes even refrain from buying fresh produce.

Gardening can seem overwhelming, and thinking about buying or building planter boxes can feel daunting. But don't fret, I have just discovered the practice of 'no-dig' gardening it's simple and easy, anyone can start one today with some cardboard and soil.

I grabbed some free boxes from the liquor store, then brought my buckets to Hillside Stone and Garden to pick up their garden soil that is made with our local kitchen scrap compost processed right at Fisher Rd.

Because I decided to make my bed 6 feet long by 3 feet wide and needed 4 inches of soil I only needed .2 of a yard. It's only by half yard, I bought that for only $31! Guess I will just have to make another bed.

I laid my cardboard down on freshly mowed grass, making sure to overlap it so there's no spaces. I then wheelbarrowed my new soil to the site and dumped it on.

It truly is that simple! This method is amazing, especially for our climate where slugs like to nestle inside planter box sides where it is cool and dark. With this method, there are no hiding spots for these pests.

No, you can not substitute the cardboard with plastic, you need the cardboard to break down.

We are so lucky to live in a temperate zone that allows for many plants to survive the winter, and even thrive! So there is still plenty of time to plant.....HAPPY GARDENING





WILLOW ANTIQUE MALL

9756 WILLOW ST. CHEMAINUS B.C.
250 246-4333



A GREEN WORLD IMMERSION



Cowichan Valley

Do you want to create your own herbals teas, cough syrups, creams, salves and tinctures?

Do you wish you knew the names and properties of plants in your area?

2023/2024 Semester begins in September - to apply for a spot email: www.andrealarsenrncp.com/contact or info@andrealarsenrncp.com

ONLY 9 SPOTS AVAILABLE

Nutrition MATTERS



Andrea Larson

Small Group Setting
Materials Supplied
Hands On Learning

A letter to Metro Vancouver's Director of Policy, Planning, and Analysis Water Services by David Hilderman from the Co2 Coalition.
A relevant letter for all local governments as so many of their drastic policies from the flooding of the estuary to transportation and infrastructure rely on such dramatic statements and forecasting.

metrovancouver
SERVICES AND SOLUTIONS FOR A LIVABLE REGION

CO2 COALITION

Hi,

I have been studying sea level rise around the world, and in particular in BC.
Here is what NASA says is happening regarding sea level rise:

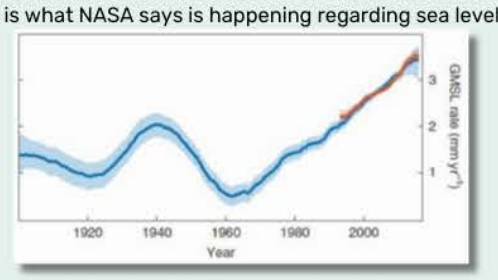
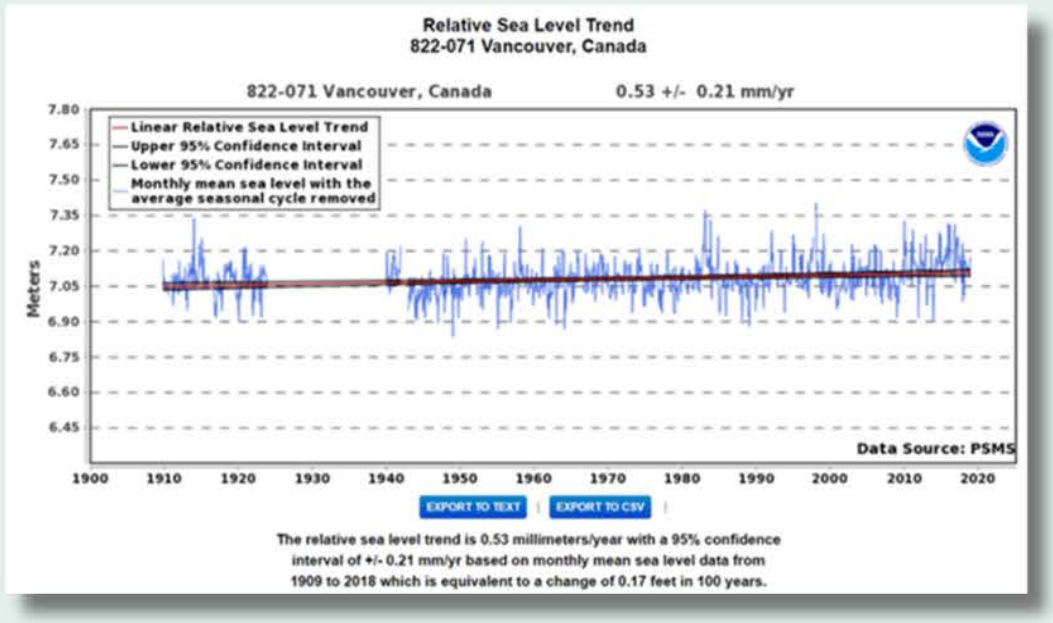
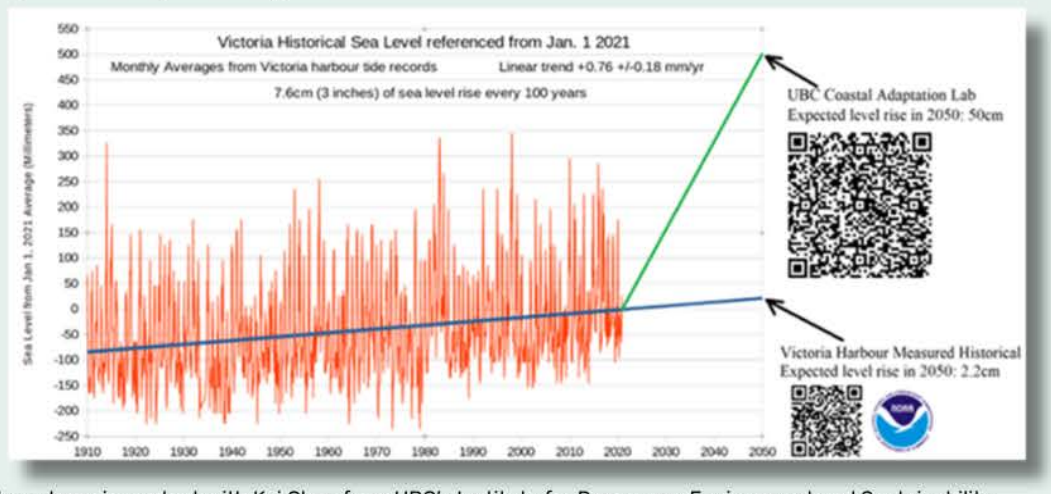


Figure 1 - Global mean sea level (GMSL) trend in mm per year from 1900 to 2015 based on data from tide gauges and satellites. From Dangedorf et al (2019)

Bottom line is that they say based on satellite and tide gauges, global sea level rise has gone from .5mm/yr in 1960 to 3.5mm/yr today.
Here is the sea level record at Vancouver harbour:



UBC has created the Coastal Adaptation Lab that claims that BC needs to prepare for 0.5m of sea level rise by 2050 and 1.2m of rise by 2100. The increasing rise as described by NASA does not answer how BC will reach 0.5m by 2050. The sea level would need to start rising nearly 20mm per year today to get to 0.5m of rise by 2050. Here is the sea level record from Victoria BC, with the continuation of rise rate that has been consistent for the last 110 years and the prediction by UBC.



I have been in contact with Kai Chan from UBC's Institute for Resources, Environment and Sustainability regarding this discrepancy. He was not able to give a reasonable answer. He speculated that UBC did not expect a gradual increase in rise rates as described by NASA. He said that UBC projected that catastrophic ice shelf collapse would cause this from Greenland and Antarctica. In 2021 Antarctica had the coldest winter ever recorded and Greenland currently has the highest level of ice-mass balance in 12 years. I pointed this out to him, and he forwarded my question to a different scientist who did not follow up.

In BC the sea level rise rates have not changed since records have been taken. Some are rising (Vancouver: +0.53mm/yr; Victoria: +0.76mm/yr) and some are falling (Campbell river: -1.66mm/yr; Tofino: -1.22mm/yr) NONE are showing any change in their rates.
Climate scientists have been predicting catastrophic sea level rise since the late 80s. I am not aware of any of these sea level predictions that have happened as predicted.
Please provide the evidence that we need to expect 0.5m of sea level rise by 2050, or the 1m rise by 2100 that you describe on your website.

Best regards,
David.
C02coalition.org

CVRD OFFERS DECADE-OLD CLIMATE HYSTERIA RESOURCES TO JUSTIFY "NEW NORMAL"

Stage 3 water restrictions arrive in Cowichan, and it leaves a few residents with questions. While some Cowichan residents are being threatened with fines, and even having their water shut off, the CVRD appear to have no issue with how they choose to use the resource.

On the CVRD 'New Normal' website, you'll find a link to resources if you're wondering how this all connects to climate change.

cvrdnewnormalcowichan.ca/resources/

At the above page you'll find 3 links, all promising to offer insight into climate change. The first link for the CBC Documentary doesn't even work.

The second resource navigates to The Guardian, a page filled with opinion letters, mostly political in nature with jabs at the Conservative party, and their plans regarding climate change.

The third, is a YouTube playlist with videos ranging from 11+ years ago.

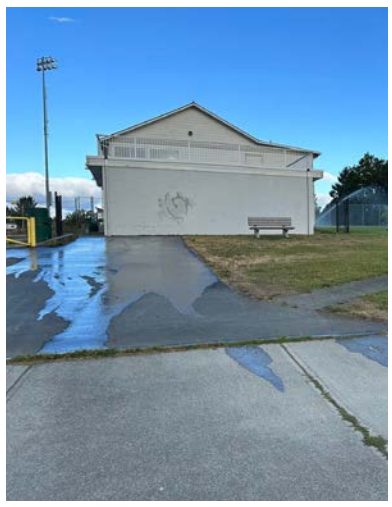
Meanwhile, for residents, the CVRD updates their website with an 'extreme' warning:



Cowichan residents receive a stern talking to, along with a financial threat for wasting water, but those rules don't apply equally. As seen on the Sherman Road soccer fields just last week.



If there were anticipated droughts, would we not build the infrastructure to hold water during our "record rainfalls" and "atmospheric rivers"? North Cowichan grabs $400,000 from the Climate Action and Energy Plan, a sneaky 0.5% tax on residents, for "climate action and emergencies". They happily share this money, your tax dollars, as grants to local NGO's, but do not invest in water contingency infrastructure? Residents deserve better than broken links and outdated YouTube videos to justify these actions.



Time to Hold our MP's Accountable!

Seven concerned Cowichan health practitioners recently met with our voted-in MP, Alistair MacGregor to tell him we are outraged about Health Canada's new proposed supplement regulations and fees that are expensive and unnecessary interference into our personal health care and supplement choices. Please get informed fast!

Research, download and read the Discussion Paper now on the insane 2023 Health Canada Initiatives... This is a must read document for all Canadians. Learn more and take action: https://nhppa.org/?page_id=21833

We have until August 10th to respond!

Interesting that this is tabled and rammed through in the middle of summer. We cry foul, and we say NO!

-- regulations will lead to soaring prices and the disappearance of popular products.

-- 54,000 hardworking employees are affected who contribute $5.5B to the Canadian economy, including $2.8B in taxes.

-- Health Canada is strangling natural health products in red tape and extreme fees, leading to increased costs and fewer products.

-- Over 75% of brands say there is a high/very high chance they will pull products. At least one out of five companies are seriously considering leaving the Canadian market. New regulations are increasing the amount of packaging (for the same amount of product), reducing recyclability, adversely impacting the environment.

This is all unacceptable and must be stopped now! We need to send a clear and consistent message that we are not going to stop until our right to access natural products is protected. Tell them now! https://www.canada.ca/en/healthcanada/programs/consultationproposed-fees-natural-healthproducts.html

Natural health practitioners are already overwhelmed with the amount of depression, addiction and desperation they are witnessing daily. Did you know that 71% of Canadians use Natural Health Products, like vitamins, minerals, toothpaste, sunscreen, deodorant, and fibre as part of our proactive health and well-being?

We have specifically tasked Allistair with the following:

- To get sections 500 to 504 of Bill C-47 repealed (the Act is called S.C. 2023, c. 26);
- To get cost recovery for natural health product businesses stopped;
- De-regulate natural health products. They are being overregulated;
- To get the Charter of Health Freedom enacted, and. https://www.charterofhealthfreedom.org/images/stories/docs/charterofhealthfreedom.pdf
- Stop the self-care framework https://nhppa.org/?page_id=15963

Be an Herbal Warrior and do your part to take action now. Call or write your MP. Stand up to this tyranny and say NO to changing natural health product regulations. This is tyranny — we need more access to natural health care supplements not less! Canada is already one of the highest regulated countries. Nature can't be regulated!

Let's rise people, we say enough is enough!

Diana Pink, Duncan









Due North?

With the construction on Canada Avenue, my normal commute home has taken a few different routes these past weeks. Mostly just forcing me up and around to Cowichan Lake Road, and sometimes down the highway. On this night though, I happened to be craving some coffee and I'm a sucker for a McDonalds double-double.

As I'm approaching the parking lot I notice the varied blue, red, and orange lights from RCMP vehicles. Three of them lined the street, the officers were talking casually to each other on the sidewalk, the citizens on the street seemed to be packing their things. I got the immediate impression the police told them to 'move along' for the night.

I wondered, where is 'moving along' to? As the area became less populated with street-folk, it was like someone teleported them away. Within moments there was nothing. No carts, tarps, tents, clothes, it basically all vanished. I admit I was curious, so I drove in circles to find them. Honestly, they were gone, it was amazing.

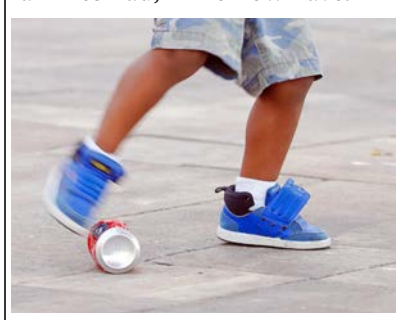
I'm not sure exactly what came over me, but I had to know where they went. How did this many people and that much stuff just vanish to? I pulled over and watched, one older lady was pushing a cart down the sidewalk. She seemed fragile, weak, timid. In other words, she looked safe and approachable and suddenly my confidence was high that maybe I could just ask her. Sure enough, I popped out of my car and just started a conversation with her.

After a few minutes things warmed up, she was friendly and seemed in good health. I asked her the question I really wanted to know, where did everyone go? In her answer, I felt my heart drop, as I wasn't ready for the information she was about to put on me. They all go to the housing building near Walmart. They walk the trail beside the highway and make their way North, settling by the marsh, trails, foresty museum area, and of course the varied little parks such as Sherman Road, Fairview, and Herons. That's my neck of the woods.

In the past few months I had noticed more garbage around, and not the typical wrappers and juice boxes. This garbage was burned, melted, left in these little pyramids in the middle of trails. I had hoped it was teenagers, schools out and maybe kids just light things on fire, as teens may do.

Sadly, those are the relics of drug usage, which I now pass by taking walks with my family. I started to throw a small garden shovel in the bottom of our stroller so I can flick the debris aside.

When we purchased our house years ago, I recall thinking it was the perfect location just outside of town but not too far away. Fields, parks, streams, really a little suburb paradise. However, the 'big city' problems that have caused residents to fight back, have just kicked the can down the road, to my road. Those issues I used to read about, are now my issues. The concerns families had, mine now have.



The only solace I have, is the North Cowichan Municipality building is just a few minutes further North. Perhaps if I'm loud enough, the RCMP will come visit my street next, tell the citizens on the trails to 'move along' and they end up settling at the muni office.

Ted (Heron's Family Guy)

Attention Agricultural Land Commission Jennifer Dyson

We are writing this letter following our telephone conversation with Sam Lee on July 21, 2023 regarding the planned destruction of the dikes protecting Agricultural Land Reserve(ALR) farmland which we know is an essential part of Cowichan Bay Estuary...

The project was announced on June 8, 2023 in the Cowichan Valley Citizen. According to the article, funding from both senior levels of government and conservation organizations have been committed to restoring more than 70 hectares of marshlands along the Koksilah River Estuary flooding class A farmland that is essential to the farming industry on Vancouver Island.

The project is spearheaded by Nature's Trust and Ducks Unlimited. The article identifies a long list of the provincial organizations that are in support, but does not mention the Agricultural Land Commission (ALC), although prime ALR farmland will be destroyed in the process of implementation of this project.

According to the article, "The project will see the removal of more than 2 km of dikes at Dinsdale Farm and Koksilah River, to create inter-tidal channels and salt-marsh habitat." (that already exists) In the process actively farmed ALR land will be flooded. BUT this land is essential for agricultural stability of the area, supplying other farms with hay and feed corn.

The destruction of this sensitive ecosystem along with the inevitable risk to farmland will jeopardize sustainable farming practices and food security for many residents of the Cowichan Valley and deprive future generations of farmers of their homes and livelihoods and destroy the established rural fabric of the Valley.

It is also of great concern that there have been signs posted for years stating it is unsafe to consume shellfish in Cowichan Bay due to contamination. Since the 80s, all studies have indicated the most immediate concern is to move or re-route the sewage lagoons and/or build a proper sewage treatment plant. At the moment the effluent from the joint utilities servicing North Cowichan, City of Duncan, parts of the CVRD including Cowichan Bay residential and commercial area and the Cowichan Tribes reserve is currently flows into the Cowichan River ending up in Cowichan Bay - hence the contamination of Cowichan Bay . Any plan to flood farmland without remediating the contamination first is foolhardy and will contaminate pristine farmland. It will also place existing wildlife at greater risk.

We are extremely concerned that the public was not consulted on this plan before it was announced. The June 8 article was the first time most farmers who will be directly affected were not notified of this plan along with adjacent farmland and residents. These farmers are the backbone to our area's sustainability and food security. Even Area Directors were not involved in the development of this plan, they were only notified one week before the article was printed.

This severely undermines confidence that area residents have in their local government management. According to the ALC Act, the purpose of ALC is to preserve agricultural land, encourage farming in collaboration with communities of interest, and protect the size, integrity and continuity of the ALR.

As residents of the Cowichan Valley, we would like to know what is the rationale for destruction of agricultural land and whether the ALC, whose mandate is to preserve agricultural land, has approved this project. We request that this matter will be addressed and answered as soon as possible because time is of the essence and we want to know your position immediately

Sincerely,

D Jack McLeod
Land Keepers Society
Landkeepers23@gmail.com

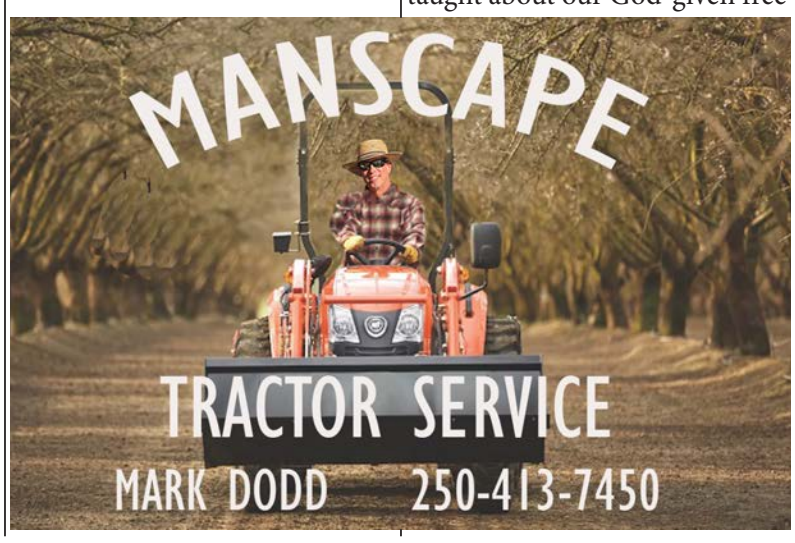
What we're not taught in school

There's a reason why we're not taught the secrets of the central bankers in school. How they create money out of thin air with a magic trick known as "fractional reserve lending." How other tricks like "quantitative easing" and "quantitative tightening" cause economies to rise or fall. Nor are we taught that the central banks of nearly every nation on Earth are controlled by this powerful privately owned cartel.

There's a reason we're not taught about law in school. How common law, the law of the land, was replaced with admiralty law, which is the law of the seas. That there is a difference between "legal" and "lawful." Or, how the current legal system is really only given "force of law" by the "consent of the governed."

There's a reason why we're not taught about human rights in school. How no government can grant us our rights because we inherited them at birth. How no one has the authority to violate your rights, or to delegate the authority to anyone else to violate your rights. How democratic governments are authorized by the people to recognize and protect human rights, not take them away.

There's a reason why we're not taught about our God-given free



will. How we all have the right to make our own choices in life, and then enjoy or suffer the consequences, depending on what choices we've made.

The reason we're not taught these things is really quite simple. If we understood how the game is rigged and how we've been kept like slaves, we would rise up and put the central bankers and the corrupt judges, lawmakers and politicians in the jails they've built for us. But the jig is up and the truth cannot be suppressed. We will be slaves no more.

David Jay Trabajo



North Cowichan Charges Carbon Tax .5% since 2013

Did you know North Cowichan taxpayers pay an additional .5% carbon tax on top of federal and provincial carbon taxes?! There is no end date for this unusual municipal tax that started 10 years ago.

The stated goal is to 'reduce emissions ' in North Cowichan. How will we measure and meet these goals with the Trans Canada Highway (TCH) driving through North Cowichan which we, the taxpayers, have No Control over! The TCH idling Traffic increased with the closure of Allenby Road since Nov. 2021. We also see increased traffic congestion with Canada Ave upgrades rather than cleaning out the Creek under Canada Ave to Somenos Marsh to prevent flooding.

Previous council 2019 hired an environmental specialist, Dr. David Preikshot for $112,000 to solve the serious Quamichan Lake Blue Green Algae problem and Somenos Creek invasive Parrot Feather affecting drainage and fish. Neither environmental problem has been remedied after numerous committee meetings, costly studies, reports, consultants and staff time.

Council 2022 hired a climate change specialist, Jennifer Adcroft earning $109,000 per year.

Climate Action Energy Plan (CAEP) .5% Tax - Reserve Fund showed a balance in 2019 - $494,610. Increasing each year to 2022 - $693,855. With no specific purpose other than to potentially donate 20% of fundign grants to local organizations with the goal of 'reducing emissions' in North Cowichan and spending 80% on North Cowichan municipal projects claiming to do the same which projects should be obtained from 'normal' taxes under capital projects – Not an added tax!

The previous council had an environmental committee of 12 members with councillor Kate Marsh as chair to determine that North Cowichan should refocus local government priorities.

A municipality's responsibility is to efficiently supply water, sewer, roads, garbage, public safety- fire, police, parks and recreation.

That responsibility was refocused on climate activism at every turn. Excessive, costly staff time was directed even more so with the 2022 Official Community Plan (OCP) to focus on a climate change 'lens' on everything from building permits to the transportation plan.

2022 CAEP Update Plan – The CAEP articulated seven categories of actions, informed by technical analysis, research, and significant engagement with the public (?), the Environmental Advisory Committee and the Council.'

1. Compact, complete communities.
2. Efficient buildings.
3. Low-carbon transportation.
4. Local renewable energy generation.
5. Renewable energy procurement.
6. Efficient water and waste.
7. Low-carbon industry, agriculture and forestry.

What does that look like to you?! WHY are we paying an extra .5% Carbon Tax and for what?

Climate Changes – always has, always will.

J. Benson

Tell Your Story
We'd love to hear from you
EDITOR@WWIND.CA
WW INDEPENDENT

Communism Creeping Into Cowichan

There seems to be a slow steady creep of communism in the Cowichan Valley, under the guise of climate change and peak oil. I am referring to the global "Transition Network" movement.

The Transition Network has been in our valley for awhile under the title Transition Cowichan and its assumed affiliate, the One Cowichan Educational Society (One Cowichan) along with the organizations they support or are connected to, for example; Cowichan Green Community and others, as itemized on their website, including Social Planning Cowichan. Their broad affiliations and political intentions should be made privy to the local taxpayer, as many taxpayers in the valley have been perplexed as to the obvious political undercurrents caused by these groups. They appear to be following the techniques as outlined in Dr Marshall Ganz's book Organizing: People, Power, Change.

They do not say they are communist, but they appear to present as such, and it is not that the ideology is illegal, it is just abhorrent to most hard working self-sufficient people in the western world, and in our community. So, my first question is this: does this mean that if you voted for a One Cowichan candidate, for example, you voted for communism? I don't know.

The first Transition Town was founded by Rob Hopkins and Nares Giangrande in the UK. Their philosophy; collectivism, is based on the studies of Ben Brangwyn on global relocalization agendas, and it appears to be modeled after the UN's Agenda 21.

According to the literature, the Transition Network organization seeks to, and almost always succeeds, in paralleling community and governmental services, and infiltrates governmental positions. It is especially disturbing if this is done while advocating for and receiving public funding, as many charities do.

It looks like the Transition Network is dominating municipal governments one by one on a global scale in the guise of, among other things; "reclaiming the economy" from capitalism. Unfortunately, the alleged political agenda is not made transparent to the very public that is being overtaken. One of the guides it uses is the "Transition Initiatives Primer" that outlines among other things, how to insinuate itself into groups and coerce communities into adopting its plan of collectivism through educational initiatives, films, etc.

It appears that one of its manipulation techniques to achieve submission is intimidation through the Delphi Technique, which upon hindsight, some of us in the valley believe we witnessed taking place in recent campaigns for various political candidates in the area as well as on referendum articles. As a taxpayer, and as a concerned citizen looking for answers, I would like to see the Transition Network collectivism made transparent to the wider public.

In addition to all the above, I would also like to see the activities of some local organizations scrutinized. Especially since, the local Transition network, Transition Cowichan, is working closely with, among others, the Cowichan Housing Association, Social Planning Cowichan, and the Cowichan Green Community Foundation (CHA, SPC and CGCF share some common directorship personnel). One of the issues is that the Cowichan Housing Association is now the recipient of large sums of taxpayer cash, as was passed in the CVRD bylaw referendum 4201. This brings me to my second and last question: have affiliated or non-affiliated groups forced their way into local government by putting their people in office, subsequently pressing the vote to support that same group financially or otherwise? Again, I don't know.

To be clear, these are not accusations, they are observations and questions. I am only looking for clarity and transparency as a taxpayer. I think it is time for our local connected communities to have a conversation about this, all of this.

Diane Moen
North Cowichan



AhZenya Spa
Sugaring versus waxing
Sugaring:
Natural healer
Very little discomfort
Skin is left feeling soft
Will never burn skin
Does not adhere to skin cells
Waxing:
Contains chemicals
Adheres to live skin cells
Traumatizing to skin
Can lead to in-grown hairs
Skin feels raw
Book today 250-510-8700
$10 off first visit for sugaring services over $45
#105 Craig St.* accross from Craig St. Pub

COAP

Citizens Oversight Accountability Project

IT'S TIME TO MAKE A DIFFERENCE! JOIN US, WE ARE COMMITTED TO FISCAL RESPONSIBILITY AND COMMUNITY-FIRST PRINCIPLES. LET'S ADDRESS THE PRESSING ISSUES AFFECTING OUR TOWN HEAD-ON. WE'LL DISCUSS THE NEED FOR TRANSPARENT AND ACCOUNTABLE GOVERNMENT SPENDING, ENSURING YOUR TAX DOLLARS ARE INVESTED WISELY IN INITIATIVES THAT TRULY BENEFIT OUR COMMUNITY. WE'RE HERE TO HOLD OUR ELECTED GOVERNMENT ACCOUNTABLE. WE CAN DO THIS, TOGETHER!

ARE YOU FRUSTRATED WITH YOUR HARD-EARNED TAX DOLLARS SEEMINGLY DISAPPEARING INTO AN ABYSS OF WASTEFUL SPENDING? TIRED OF ELECTED OFFICIALS PRIORITIZING THEIR PARTY ASPIRATIONS OVER THE NEEDS OF YOUR COMMUNITY? CONCERNED ABOUT THE UNCERTAIN DIRECTION YOUR TOWN IS TAKING?

OUR SHARED VALUES PRIORITIZE LOCAL INTERESTS OVER PARTISAN POLITICS. WE BELIEVE IN EMPOWERING YOU, THE RESIDENTS, TO HAVE A SAY IN THE DIRECTION OF OUR TOWN. TOGETHER, WE'LL WORK TOWARDS SAFEGUARDING OUR TOWN'S FUTURE, PRESERVING OUR TRADITIONAL VALUES, AND EMBRACING INNOVATIVE SOLUTIONS THAT RESPECT BOTH OUR COMMUNITY AND INDIVIDUAL FREEDOMS.

STAND WITH US TO RECLAIM CONTROL OVER YOUR TAX DOLLARS AND THE FUTURE OF OUR BELOVED TOWN. YOUR VOICE MATTERS, AND TOGETHER, WE CAN STEER OUR COMMUNITY TOWARDS A BRIGHTER AND MORE PROSPEROUS FUTURE. SECURE YOUR SPOT NOW AND BE A PART OF SHAPING A BETTER TOMORROW!

HELP US TAKE A STAND FOR RESPONSIBLE GOVERNANCE! DONATE TODAY AT DONATE@COAP.CA

VISIT WWW.COAP.CA FOR MORE INFORMATION



LAND KEEPERS SOCIETY

Dedicated to creating a balance between the goals of society, the owner's rights to operate profitably and the needs of the land, including all life residing there by acknowledging environmental initiatives and other land use pressures.

ESTUARY TOWN HALL

AUG 14 7-9 PM - COWICHAN STATION HUB

70 - 100 HECTARES OF ACTIVE FARMLAND LOST

FLOODING OF LOCAL HERITAGE SITES, AND RESIDENTIAL ON AND OFF COWICHAN RESERVE

FARMLAND REMOVED

