

CANCEL CULTURE TAKES AIM

MLA Candidate in the crosshairs

Page 3



QUAMICHAH CONTROVER-SYSARY

Education some parents never asked for

Page 4



CLONE ZONES AHEAD

Sterility Sweeps Local Charm

Page 14

A FREE NEWSPAPER
WWW.WWIND.CA



ISSUE 16

- THE WESTWARD INDEPENDENT -

WWWW INDEPENDENT VVVV

Sponsored by

Turning the tide in the Cowichan Valley

FOLLOW US ON X! @CONTACTWWIND

INSIDE THIS EDITION

2024 RENTAL REGULATION REFORMS
ACTIVE ENFORCEMENT SHAPING OUR COMMUNITIES

Page 9

FOREIGN WORKERS IN CANADA: BETWEEN DREAMS AND EMPLOYER CONSTRAINTS

Canada's work visa policies draw thousands of foreign workers each year, including many highly skilled professionals who may find themselves restricted to roles below their qualifications.

One man from India, working under an employer-specific work permit, shared his story with us of disillusionment. Bound to one job with limited mobility and facing unexpected challenges, he expressed frustrations about his circumstances, feeling overqualified for his current role. Upon applying for this job from India, he envisioned a position more in line with his expertise, yet the restrictions of the Temporary Foreign Worker Program (TFWP) have constrained his career growth and if he were to complain to the owner, he could lose his Visa. He also stated that his job wage made it very hard to rent in the area, but was bound to the job, without the ability to look for higher-paying jobs.

This experience illustrates a broader trend in Canada's TFWP, which fills labour shortages across sectors by allowing employers to recruit foreign nationals for specific positions when Canadian workers are unavailable. Although such permits provide temporary employment opportunities, they often tie workers to a specific employer, creating challenges if the role doesn't meet the worker's expectations or skill level. Without the flexibility to move between jobs, workers can become "tethered" to positions, sometimes in conditions that feel exploitative, as the worker interviewed described.



Photo: getincanada.ca - A leading provider of specialized immigration and business advisory services in Canada.

The worker also remarked on the significant presence of Indian-owned franchises in the area. This ownership trend highlights the drive within many immigrant communities to establish business footholds through hard work and often long hours. However, he noted, this willingness to endure demanding work may contrast with what he described as a less intense work ethic among some Canadian-born individuals. This view shows a perception held by some foreign workers: the determination to succeed in a new country fuels a higher tolerance for labour-intensive business operations, as well as 'taking what they can get' when it comes to job opportunities.

For workers under employer-specific permits, there are ways to gain more freedom over time. Some can transition to an "open" work permit, which allows employment across a range of employers, or pursue permanent residency, offering even more flexibility and security. Language and cultural courses, sometimes part of this pathway, can help foreign workers integrate into the Canadian workplace and community, supporting career transitions and allowing workers to better align their roles with their skills.

Ultimately, stories like these offer a glimpse into the unique mix of opportunity and challenge faced by foreign workers in Canada. While the TFWP helps address labour shortages, the program's restrictions mean that many foreign workers with higher skill sets struggle to find roles matching their qualifications.



CHARLES BORG

As the Conservative Party of Canada's (CPC) candidate vote for Cowichan Malahat Langford approaches, I want to stress just how pivotal this event is for our riding.

This vote is more than a routine selection process—it's an empowering opportunity for us to decide who will champion our community's needs in Ottawa and ensure our voices are genuinely heard. I am honoured to put myself forward as a committed applicant, ready to fight for the people of this region.

Over the past 15 months, I have actively engaged with our community, investing time and effort to understand the concerns of those I hope to represent. I have worked directly with farmers, fishermen, hunters, and veterans, listening to their needs and collaboratively crafting solutions that address the unique challenges we face. My approach to leadership is rooted in integrity, accountability, and tangible results. I believe our community deserves a member of parliament who brings a common-sense perspective and a steadfast dedication to the well-being of all Canadians.

Today, left-leaning parties have prioritized divisive, ideologically driven policies that ignore the real issues affecting Canadians. These misguided agendas have introduced policies that, rather than improving lives, have eroded our values and compromised our quality of life. As a proud veteran and patriotic Canadian, I pledge to offer a common-sense alternative that genuinely reflects the priorities of Cowichan Malahat Langford.

Participating in this upcoming candidate vote is your opportunity to make a stand. By supporting leadership that values the needs of our community, we can shape the future for ourselves and our neighbours. However, to vote, you must be a CPC member. Membership is open to all Canadians or permanent residents in Cowichan Malahat Langford aged 14 and older, and costs only $15. By joining at **www.cmlconservatives.ca**, you secure your eligibility to vote and have a direct say in selecting the candidate who will represent you.

This candidate vote is critical in choosing a representative who embodies integrity, values common sense, and understands the challenges we face as a community. I encourage each of you to join the CPC, make your voice count, and ensure our future is in strong, dedicated hands. Vote for Charles Borg - leadership that puts the people and the prosperity of Canadians first.

Charles Borg

Candidate Applicant
Cowichan Malahat Langford EDA
Conservative Party of Canada
250-246-7750

WWW INDEPENDENT

We are proud to support locals!

We unearth exclusive Valley stories and events that remain hidden elsewhere. With passion and fearlessness, we expose what happens behind closed doors, giving you a sneak peek into the heart of our community.

When you choose to advertise with us you reach your customer like never before. Gone are the days of being lost within crowds of irrelevant products, get yourself front and center!

Contact Us:

Phone
(250) 510-6596

Website
www.wwind.ca

Email
editor@wwind.ca
sales@wwind.ca

Social media

twitter.com/contactwwind
x.com/contactwwind



OPINION

CULTURAL BATTLES AND CENSORSHIP...

The Controversial Fallout of Marina Sapozhnikov's Candid Remarks

Fascism: "A system of government marked by the centralization of authority under a dictator, a capitalist economy subject to stringent governmental controls, and violent suppression of opposition," as well as "oppressive, dictatorial control."

Recent news reports about statements made by Marina Sapozhnikov—the BC Conservative MLA candidate for Juan de Fuca—have sparked a wave of controversy. Sapozhnikov, an immigrant with a Russian/Ukrainian background, reportedly made these statements during what she believed and was told, was to be an informal, off-the-record conversation with Alena (Alyona) Latsinnik, a Vancouver Island University (VIU) student and brand ambassador for Karma Casting.

The Vancouver Sun reported on the conversation just as Sapozhnikov's race, one of the tightest in BC, was nearing its final count. Only a brief segment of the discussion, in which Sapozhnikov made remarks considered by some to be insensitive, was published, and some parts originally released can not even be found again, which is leading to splicing speculations. Latsinnik had approached Sapozhnikov for an interview, but Marina, citing exhaustion, agreed only to an informal chat. Feeling a small ethnic connection with Alena, she spoke openly and almost paternally, for about an hour, during which she commented on perceived failings in the school system. Alena then shifted the conversation to her Indigenous studies program, to which Marina expressed concern that certain aspects of Indigenous studies might, in her view, present a selective version of history. However, only a small portion of her comments were later publicized—allegedly encouraged by Alena's professor to be sent to The Vancouver Sun. It is unclear if any payment was made to Alena or her professor for this hour-long recording of the conversation.

Marina has publicly stated that when she first moved to the country, she was unfamiliar with Indigenous history and culture. Alena likely understood Marina's limited knowledge, as she did not inquire about any specific party policies or delve into politics but rather guided the conversation in a particular direction. Sapozhnikov, for whom English is a third language, used the word "savage" in reference to Indigenous people when describing the time of European contact. She has stated that she would not have used the word "savage," even in private, had she known its impact and how the word was perceived in the West. From the context provided, it seems Marina's intent was to highlight that Indigenous people at that time were technologically and industrially less advanced than some other civilizations, such as China, Spain, and Greece—and might not necessarily have a history that gives them more expertise or authority over government matters and decisions than other citizens in BC, (as they are being given currently under UNDRIP)—a growing sentiment in the Province.

Being called "racist" is a fear so many good-hearted people have, as certainly would a woman who has treated patients from all walks of life in her nearly 40-year professional career as a doctor. So it is not surprising that freelance writer Erin Blondeau, associated with the Canada Anti-Hate Network (a government-funded organization), wrote an article on Marina critiquing Sapozhnikov's comments as fundamentally misrepresenting history. Blondeau argued that the BC Conservative Party's stance against teaching content that might induce "guilt based on ethnicity" aligns with extremist views. However, critics of the Indigenous curriculum requirements argue that mandating Indigenous studies for graduation may create guilt among students and will, most likely, inadvertently foster division.

Blondeau, who has previously criticized and written articles about local candidates in the 2022 municipal and School Board elections whom she viewed as being aligned with the "freedom" movement, often labels such individuals as proponents of "fascism." Some argue, however, that this label more accurately applies to centralized authority as exercised by the government and schools today—institutions with which Blondeau often aligns. For instance, during COVID-19, those who opposed the government's narrative were often ostracized from society, friends, and family, barred from travel, had bank accounts shut down, and lost jobs for not aligning with the government. Similarly, the school system's SOGI curriculum, seen by some as an overreach, often presumes to know better than parents on issues affecting children—a program that Blondeau supports publicly. An example of suppression of speech was seen by her group, Revolve Cowichan, which allegedly attempted to shut down free speech when a few women came to speak about women's rights at the local community center this past year.

Blondeau also framed Sapozhnikov's attendance at the "We Unify" conference as far-right activism, although this event has drawn thousands of attendees from many diverse backgrounds both ethnically, as well as professionally, including doctors like Marina. Blondeau's branding of "Freedom Convoy" supporters as "fascists" contrasts sharply with how authorities treated these peaceful protesters, who faced the full boot-to-the-neck from the government when they were attacked with rubber bullets, pepper spray, and batons, while other movements, like BLM and LGBTQ+ rights protests, often encountered little resistance from law enforcement. This double standard suggests selective tolerance aligned with government-approved narratives and fascist dictatorship-based repercussions for those who do not walk in lock-step with the current narrative.

Additionally, Blondeau's article inaccurately portrays Sapozhnikov as promoting a conspiracy theory that Indigenous groups are part of a global plot to undermine individual freedoms. This interpretation overlooks the fact that Sapozhnikov's comments focused on global institutions—such as the United Nations, which established frameworks like the UN Declaration on the Rights of Indigenous Peoples (UNDRIP)—and their influence on national policy. Sapozhnikov's critique centers on the role of such organizations in shaping domestic policy, rather than attributing any agenda to Indigenous people themselves. Blondeau's portrayal oversimplifies Sapozhnikov's views by aligning them with "ultranationalism" without addressing the genuine debate over global influence on local educational content.

Another person, Kristi, who is co-creator with Blondeau of the local group called Revolve Cowichan, and SD79 employee, has posted on her public FB page: "F*ck around and find out" speaking about her purportedly celebrating Marina possibly losing her doctors license - "looks like disgraced conservative MLA hopeful, Marina Sapozhnikov, may not be practicing again in BC". They come for blood, and no apology will ever satisfy their thirst to cancel.

Final thoughts - If all your views align with those of the government, and you have the subsidized media on your side, you are not the resistance; you are foot soldiers of fascism, ensuring that those with opposing views are cancelled, ostracized, silenced, and removed from society and their jobs. Pretending to fight against the establishment while having the full weight of the law on your side does not make you a revolutionary; it makes you a propaganda tool for the establishment. Feeling empowered by standing up for groups you do not even belong to comes across as a superiority complex and in fact racist. But the tides are turning, as we have seen in the BC election, and though many people are still scared of this type of cancel culture backlash meant intentionally to smear a person's reputation and destroy their lives, many are becoming bolder. People are becoming more apt to speak their feelings, as the name-calling and hate from the 'tolerant and inclusive' mob slowly lose their collective strength.

Nicole R.

QUESTIONABLE CONTENT

QUAMICHAN SCHOOL'S CONTROVERSIAL ASSEMBLY SPARKS PARENTAL OUTRAGE AND CALLS FOR TRANSPARENCY



Source: powerupeducation.com

Disclaimer: This article includes content and language that some readers may find sensitive or unsuitable. Viewer discretion is advised.

Over the past few weeks, many parents have reached out to us following an assembly at Quamichan School hosted by Kerri Isham of POWER UP Education. The day after, viral Facebook posts began circulating from parents who stated that their children came home with the impression that they were taught about a "MAP" (Minor Attracted Person). Some parents expressed concern that the main takeaway for their kids was a rebranding of the term pedophiles to MAP(s).

We were contacted by numerous parents and will attempt to share their varied perspectives on the presentation and related programs. We also requested the cost of this presentation from the School District, which has not yet responded as of this publication.
On Kerri's Facebook page, she reiterated her reason for using the term MAPs was to educate children about the dangers associated with such individuals: "UPDATE REGARDING SCHOOL PRESENTATION. After speaking to a local parent for an hour today, I would like to release this statement to provide clarification. When I used the term MAP during a recent school workshop, I was referring to pedophiles who use this term to dilute the fact that they are harming children. This behavior is illegal. I do not condone it in any way. It was shared to warn the youth about dangerous people online."
Some parents defended Kerri on social media, praising her efforts. One parent noted that some families do not educate their children about the dangers of pornography, and expressed appreciation for someone like Kerri addressing such issues.
Kerri's website states she is a sex educator with over 20 years of experience. Her resource page lists many workshops available for different age groups, focusing on safety and abuse prevention.
However, some parents questioned why Kerri's presentation was added to the regular sex education taught by PE teachers, who they feel are well-qualified and whose curriculum is shared with parents in advance, allowing them to opt-out. Parents also noted that, unlike typical notifications for assemblies, they were allegedly not informed in advance about this one, nor its content.
One pregnant mother reported that her son came home saying he was told gender reveal parties are outdated and that children choose their gender at age five. A quick search of Kerri's videos on Facebook shows her describing gender reveal parties as "outdated." This mother stated she tried to express her concerns to the principal but felt dismissed.
Two other mothers reported that their children came home discussing MAPs and were confused about the term.
According to Kerri's statement, she aimed to explain that MAPs represent dangerous individuals. However, these parents felt that this message was not clearly communicated during the assembly. One child reportedly asked to leave and was told they could not. Another parent expressed concern over the "no cell phone" rule, feeling it was problematic and "suspicious" in situations like this.
During the recent election, local news stations frequently mentioned SOGI (Sexual Orientation and Gender Identity) as a prominent election topic, particularly in areas with large immigrant populations.
In September 2016, the Minister of Education mandated that all British Columbian school boards include SOGI in school codes of conduct.
On the SD79 website, some SOGI-related links, like "educational resources" and "SOGI books," are broken or inaccessible to parents. However, links like "Love Has No Labels" lead to external resources sponsored by large organizations such as the ADL and Bank of America.
Under the BCTF LGBTQ+ resource page named 'Social Justice," we find links to multiple PDF downloads with titles such as "Climate Change Heroes - a lesson plan", "Beauty Is Skin Deep", Climate Justice in B.C." and the 66-page handbook "The Gender Spectrum" reference codes of conducts expected for all BC schools to include "Adopt a school policy that protects trans, two-spirit and gender expansive students' rights. These include the right to be addressed by one's preferred name and pronoun, to participate in gender-segregated activities and sports in accordance with one's gender identity, and to have access to safe restroom and locker room facilities that correspond to one's gender identity." Some parents, as well as female athletes, expressed concerns about males identifying as females participating in certain sports, given physical strength differences. One father stated that, while he believed the majority of trans students pose no issue, he would be deeply angered if even one male used gender identity as an excuse to enter his daughter's space while she was changing.
The handbook suggests incorporating these themes into subjects like Math, English, and Social Studies. In its confidentiality section, it emphasizes the right of students to privacy regarding their trans status, noting that staff should not disclose their 'identity' to parents or other teachers without the consent of the child, except in emergencies. "Teachers should privately ask all students at the beginning of the school year how they prefer to be addressed at school and how they prefer to be addressed in correspondence to the home or at conferences with their parents". Many parents have spoken out against these 'secrets' being kept by the school from the parents.
There is also guidance on avoiding gendered language in the classroom in career discussions: "Dos and Don'ts: Don't refer to students as "boys and girls" or "ladies and gentlemen". "Don't use terms such as businessman, housewife, male nurse, woman pilot, woman doctor, postman, fireman, etc. Gender is irrelevant when discussing careers."
The 'avoid making heterosexual comments' section includes: "Don't

say, during sexual health education, that it is normal to develop romantic feelings for the opposite sex." and "Don't say that all sexually active women need to use birth control to prevent pregnancy."

Let Them Play section: "Encourage students to mix up their playgroups and get to know one another. Allow them to pretend to be male, female or an animal or inanimate object when they play. Don't allow other students to "box students in" based upon their gender." One father noted that it sounded like " typical kindergarten in the past", which allowed children to play and imagine "without needing coaxing from a teacher to do so".

K-6 "This lesson will explore identity, including societal stereotypes often held about gender, how these affect us, and how we can encourage everyone to be authentic to their passions and interests. You can vary terminology and depth by grade level. The lesson notes use the term biological sex (which is assigned at birth based on external characteristics) and is sometimes different from gender identity (which is someone's personal sense of being a girl/woman, a boy/man, or somewhere in between along the gender spectrum)."

The Gender Spectrum Lesson Plans include. Grade 3-4 "Note: If students or parents question why you are talking about these topics, explain the importance of treating everyone fairly (equality) and how it is important that students know the terms racism, sexism, homophobia, etc. By knowing about different forms of oppression, they are better able to keep themselves safe and to seek help from adults when it is required."

Grade 6-10 ": Elicit the following terms and write them on the board: What is it called when a girl is told she cannot do the same jobs or activities that boys get to do? (Sexism.) What is it called when a boy is told he cannot wear girls' clothing? (Transphobia.) What is it called when a man is disliked because he has romantic feelings for another man? (Homophobia.) Ask the students to discuss in their groups how the "gender laws" they identified earlier are sexist, homophobic or transphobic."

A Grade 8-12 lesson includes the suggestion to read the book No Bikini, about a six-year-old girl who chooses not to wear a bikini top, or any top for that matter - just shorts, at a swim camp, leading instructors to believe she is a boy.

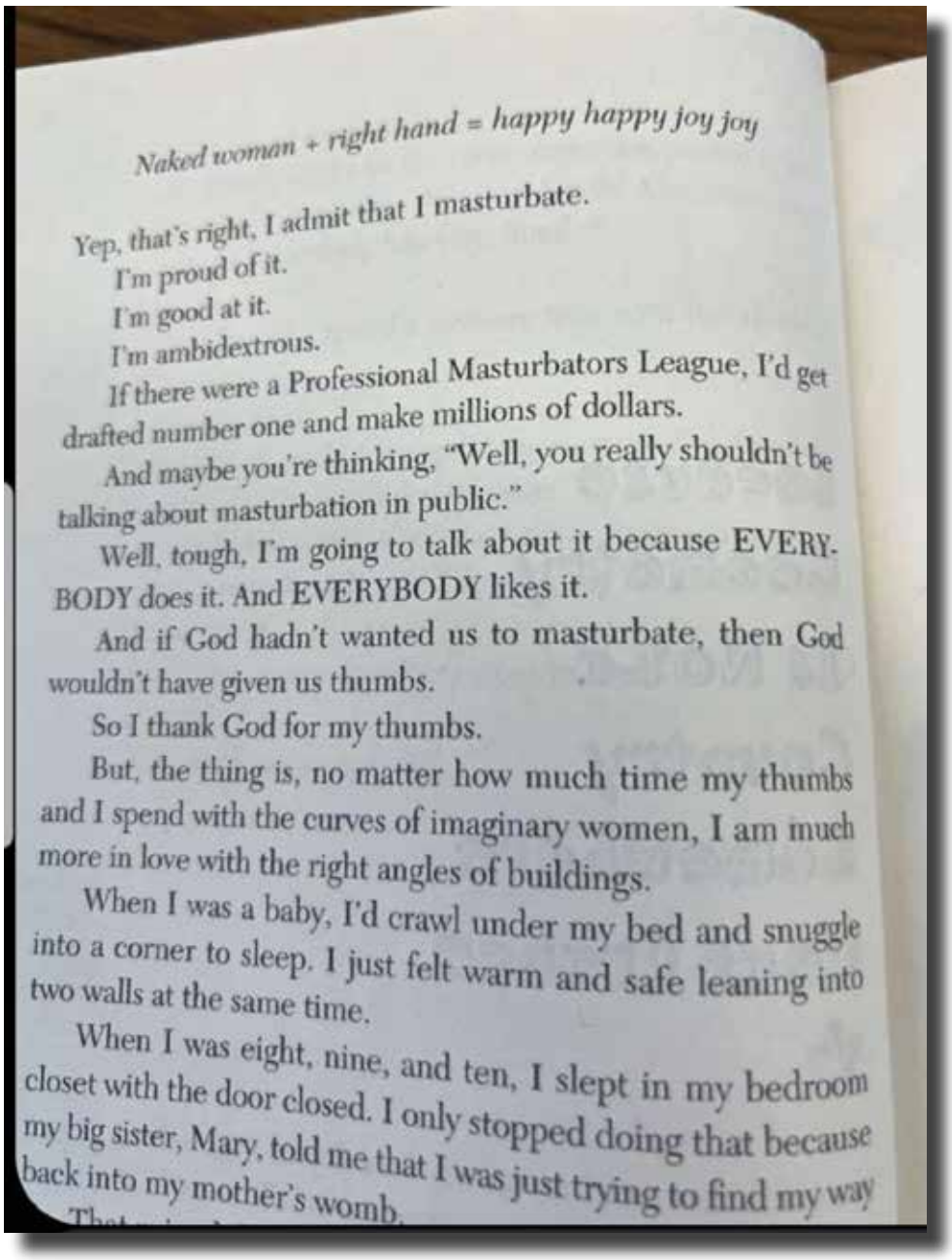
A parent found it strange to suggest this book to pubescent students.

Additionally, within a day or two of the assembly, two parents reached out to say their grade 9 daughters took a picture of a book called 'Absolute True Diary Of A Part-Time Indian' that was being "showcased in the school", which also, after posted to social media, infuriated many parents, as witnessed by reading the comments and hearing from them privately.

Ultimately, many parents feel less trust in the system and are frustrated that they do not know exactly what is being taught to their children. Some parents feel that their religious beliefs are disregarded, while others believe that focusing so heavily on these topics may unintentionally create division among children.

One parent commented that "starting these discussions in kindergarten seems unnecessary, as young children are naturally accepting, but they begin to notice differences when they are explicitly pointed out."

The result of this surprise assembly is that many children did not fully understand the intended message, while some absorbed only parts, such as there being no gender assigned to babies. This left many parents unhappy, confused, and without clear answers from the school.



Naked woman + right hand = happy happy joy joy

Yep, that's right, I admit that I masturbate.

I'm proud of it.

I'm good at it.

I'm ambidextrous.

If there were a Professional Masturbators League, I'd get drafted number one and make millions of dollars.

And maybe you're thinking, "Well, you really shouldn't be talking about masturbation in public."

Well, tough, I'm going to talk about it because EVERYBODY does it. And EVERYBODY likes it.

And if God hadn't wanted us to masturbate, then God wouldn't have given us thumbs.

So I thank God for my thumbs.

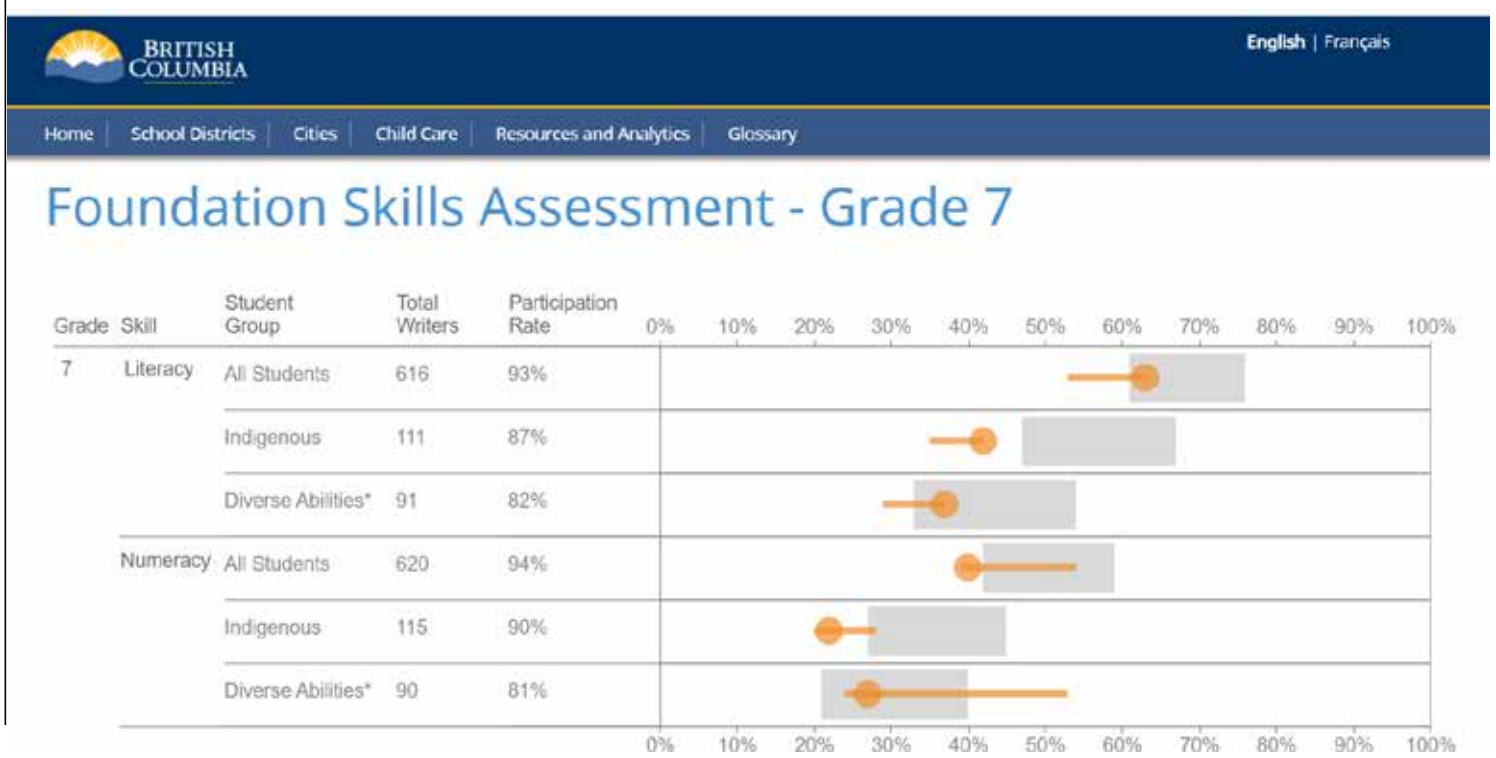
But, the thing is, no matter how much time my thumbs and I spend with the curves of imaginary women, I am much more in love with the right angles of buildings.

When I was a baby, I'd crawl under my bed and snuggle into a corner to sleep. I just felt warm and safe leaning into two walls at the same time.

When I was eight, nine, and ten, I slept in my bedroom closet with the door closed. I only stopped doing that because my big sister, Mary, told me that I was just trying to find my way back into my mother's womb.

From a parent, a page from the book "Absolute True Diary Of A Part-Time Indian"

With SD79 facing some of the lowest educational outcomes in the province, parents are questioning why this topic seems to take priority over core educational goals. SD79 has barred parents from school board meetings for a school year, and relegated them to low-grade Zoom type of interactions where a parent must type in their name and address and the question, which may be answered, but a parent is not allowed follow up, has caused parents to feel shut out. And often receiving delays or vague responses to their concerns, it remains to be seen if parents will raise their voices more prominently in this district in the school year ahead.



NETTIE LEEFLANG'S NOVELS INSPIRE COMMUNITY ACTION IN DUNCAN



Dear friends, You might know about the sad situation with homelessness and addiction in downtown Duncan. I feel deeply for those affected. At the same time, I'm grateful for the help my friends at Life on Wheels provide in supporting the addicts on their path to recovery.

Homelessness isn't a recent issue; when I wrote my novel Hitchhiker seven years ago, there was a significant situation in Victoria with homeless individuals living in a tent city on the courthouse lawn. I researched the issue extensively, and while I wasn't aware of the tent city when I started writing, the more I wrote, the more I discovered about the situation in Victoria.

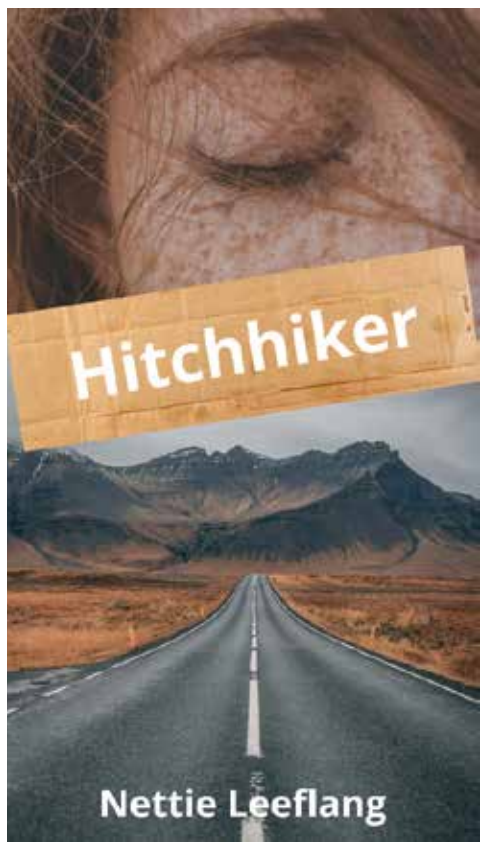
Someone who lived in that tent city as a volunteer missionary is now part of the Life on Wheels volunteer group. Maybe you've seen the group operating from the sea container on Canada Ave, opposite the Service BC Centre.

I describe my book Hitchhiker as a young adult novel because the main character is a young woman, but I'm thrilled to see that enthusiastic responses come from people who have the age of the parents and grandparents of the main character. They tell me they can't put the book down. That's such an amazing compliment—it truly makes me happy! I would like to thank the lovely teenagers in the Netherlands who write me emails through my website, **www.nettieleeflang.com,** to share how much they enjoyed reading the book for their Dutch literature list in high school. I feel so honoured to have Hitchhiker included on that list! Also, many people have been reading the book through the Dutch libraries. I hope it will soon be available in the Canadian libraries as well. If you're interested in reading a review, please go to **www.OnlinebookClub.org.**

I also would like to tell you some other exciting news! My new novel, which has been published in bookstores in the Netherlands, will soon be available in Canada! The translation from Dutch into English of my new book 'Elsa' is making good progress. I'm aiming to publish this novel at the end of this year or the beginning of the next year. Elsa is a historical novel about love, survival, and making choices in a Canadian mining village. Spoiler alert: the village was located in the Cowichan Valley

But, in the meantime: My novel Hitchhiker is on display at The Glow Effect, the healthy food restaurant between Buckerfield's and the Community Farm Store. I'm usually at Glow from Tuesday to Saturday, so feel free to drop by for a paperback copy —I'd be happy to sign it for you! And while you're there, check out the delicious, always healthy treats we make! Hope to talk to you soon!

To see Life on Wheels in action and to support them, feel free to visit on Tuesday, Wednesday, or Thursday



from 12:00 PM to 3:00 PM. They can always use donations like blankets, gloves, shoes, etc. You might ask at the sea container what they need most at the moment. It's a great way to find out how you can help directly! Big Thank you to GFL for placing the container.

Nettie Leeflang

An update to our 911 story -

RE: The Province downloading the costs for this service onto the residents of South Island. Here's a response from North Cowichan as to how this will affect our taxes:



"Thank you for reaching out with your concerns regarding the recent announcement about the E-Comm 911 services costs.

Mayor and Council have been engaging with the province on this matter and have also discussed it with the Minister at UBCM. For North Cowichan, the projected costs for E-Comm 911 services are estimated to be between $647,067 and $766,519 (April – December of 2025). We had already budgeted $575,000 for 2025 in anticipation of these costs. However, if the actual costs reach the higher end of $766,519, this would necessitate an additional 0.5% tax increase.

We understand the concerns about the financial burden this places on our taxpayers and are committed to voicing our thoughts on this additional expense. We have communicated our position to the province and will continue to do so. I hope this has answered your question. Thanks kindly, *staff member*"



LOCAL OUTCRY AND LEGAL BATTLES: CVRD'S CONTROVERSIAL WASTE DISPOSAL TAKEOVER

This past year, we wrote a story about two gentlemen in the CVRD who, frustrated by the public's voice being ignored in a strong pushback against the CVRD's waste disposal takeover, decided to sue the regional district.

Earlier in the year, residents packed the CVRD chambers and hallways, expressing their displeasure with the CVRD's decision to enter the waste disposal business. This change would ultimately force a beloved family business, PAN Disposal, out of work. Many shared stories of the personal service PAN Disposal provided; one man, for example, explained that, due to his disability, PAN's staff would drive up his driveway and walk to his deck to take his garbage to their truck. Another resident presented a petition that gathered over 3,000 signatures in a short time. Despite these heartfelt testimonials, the CVRD proceeded with the motion, which imposed a yearly fee on residents for the service, whether they used it or not. Since then, multiple elders have contacted us, saying they can't afford the fee and have never needed the service, as they produce minimal garbage and manage their own recycling.

This is when Reg and Rick decided to step in and sue the CVRD. Knowing they were essentially taking on Goliath, they hoped their case would draw attention from local media and residents. They filed under the Class Proceeding Act, which sent the case directly to the Supreme Court in Nanaimo. They described the judge as fair and attentive, but he explained that, bound by the law, he found no legal violations. The CVRD was acting under Bylaw 1958, introduced in 1999, which allowed the district to take over garbage collection.



Photo: Reg & Rick outside CVRD building, courtesy of Patrick Mason

BYLAW NO. 1958 – COWICHAN VALLEY REGIONAL DISTRICT GARBAGE AND/ OR RECYCLABLE MATERIALS COLLECTION BYLAW, 1999

As stated in the bylaw: "Mandatory Service: Every owner or occupier of Eligible Residences located within the service areas, and provided with service under Section 3(3) shall use the Regional Collection System for the collection, removal, and disposal of residential Garbage and/or Recyclable Materials generated in their Eligible Residences, unless exempted in writing by the Manager."

The bylaw contains multiple rules on how residents must use the new garbage and recycling containers, including restrictions on what can be placed in them. Although no residents were provided the full bylaw, we found the following stipulations buried within it:

"Right of Entry: The Manager of Engineering Services, Bylaw Enforcement Officers of the Regional District, and Peace Officers shall have the right to enter at all reasonable times upon any property subject to the provisions of this bylaw, for the purposes of ascertaining whether any requirement of this bylaw or the regulations in this bylaw are being observed. (4) Violation: Any person who violates any provision of this bylaw or who suffers or permits any act or thing to be done in contravention of, or in violation of any of the provisions of this bylaw, commits an offence and is punishable in accordance with the Offence Act. (5) Penalty: Any person who violates any of the provisions of this bylaw shall, upon summary conviction thereof, be liable to a penalty of not more than Two Thousand ($2,000) Dollars and costs. Where an offence against this bylaw is of a continuing nature, it shall be lawful to impose a fine or penalty not exceeding Five Hundred ($500.00) Dollars and costs for each day such offence is continued by the offender."

In 2012, the CVRD further authorized itself to purchase vehicles and equipment under Bylaw 3607, which states: "The Cowichan Valley Regional District is hereby empowered and authorized to purchase the capital assets necessary to provide in-house curbside collection services to all Nine Electoral Areas of the CVRD in general accordance with the plans on file in the Regional District office, and to do all things necessary in connection therewith and, without limiting the generality of the foregoing, to borrow upon the credit of the Regional District a sum not exceeding One Million Seven Hundred and Seventy-Five Thousand Dollars ($1,775,000)." This action bypassed the need for a referendum or Alternative Approval Process (AAP) to obtain residents' approval for the loan.

Rick and Reg raised questions about why certain properties such as Arbutus Ridge were exempt from this requirement to use the municipal services. The judge was not familiar but suggested that the two could look to other avenues such as a judicial review.

These two gentlemen, long-time residents of the CVRD, are a testament to the ever-growing sentiments regularly heard throughout the region filled with displeasure but mixed with a helpless feeling of not being listened to by their local governments, and elected officials. Do the people have the power anymore? Or will the quiet whispers become a crescendo of pushback in the months and years to come?



- NOTICE -

Keep your eyes open for the yearly Christmas paper notice announcing Gypsy Moth (now known as Spongy Moth) spraying that will undoubtedly occur somewhere this spring. It seems to be put in one of the least read papers of the year so that no one is aware until the inevitable is upon us. If you notice the announcement please put it on your Facebook or email list so those communities who don't want the spraying have time to submit applications to the Environmental Appeal Board.

Many people tried to fight this spraying in their communities this past year, but because most people found out and organized late, they were unsuccessful. Organize early in your community.

You can read about Kelowna's triumph over the BTK by searching "Spongy Moth" @ wwind.ca

ELECTRIC DREAMS OR COSTLY NIGHTMARES? SD79'S NEW ELECTRIC BUSES FACE UNCERTAIN ROAD AHEAD

SD79 has procured two electric school buses at the cost of $200,000.00. The district will pay out this loan, acquired in June 2023 over ten years. Will the batteries have that long of a life? One can only wonder.

Other school districts have made these purchases across the country, however, Canada is well behind the US in electric bus purchases. Hopefully, this large purchase by SD79 does not end up meeting some of the many issues being experienced in the U.S.

One notable example is the Bethlehem Central School District, which saw one of its electric buses become disabled due to a pothole on Interstate 787. This incident, which fortunately resulted in no injuries, was compounded by recalls affecting five of the district's seven electric buses. The recalls, issued by the National Highway Traffic Safety Administration, addressed issues such as loose body joints and power cables that could cause sudden power loss.

Bethlehem is not alone in facing difficulties. In Winthrop, Maine, a driver experienced a sudden loss of power steering and brakes, resulting in the bus needing to be stopped in a snowbank. Other regions, including Asheville, N.C., Colorado Springs, Colo., and Philadelphia, have also reported problems. Philadelphia's fleet of 25 electric buses, which debuted during the 2019 Democratic presidential convention, remains sidelined due to mechanical failures and lack of replacement parts.

Mechanical reliability is another significant concern. The failure rate for electric buses is reported to be around 20%, compared to just 1-2% for diesel buses. This means that out of a fleet of 100, approximately 20 electric buses might be inoperable at any given time. David Christopher, executive director of the New York State Association for Pupil Transportation, acknowledges the benefits of emissions-free buses but questions whether the ambitious timeline in his area is realistic given current technology and costs.

The following loans approved under *Section 144* of the *School Act* are outstanding:

	2023	2022
Loan of $200,000 for two electric buses, approved on June 15, 2021, borrowed in June, 2023, from the Canadian Infrastructure Bank, with first quarterly payment due November 30, 2023, for a term of 10 years, bearing interest at 1.00%, repayable in quarterly principle and interest payments, maturing November 30, 2033.	$200,000	$0
Loan payments are based on total forecast operating savings as compared to a diesel bus, and could be lower if actual savings differ from forecast.		
	$200,000	$0

Anticipated annual principle repayments over the next five years and thereafter are as follows:

2024	$ 13,387
2025	11,898
2026	14,461
2027	17,073
2028	19,841
Thereafter	123,340
	$200,000

Source: School District No. 79 (SOFI Report)

Training staff to maintain electric buses poses yet another challenge. The complexity of these vehicles necessitates specialized skills that many districts have yet to develop. Sen. Borrello has proposed pilot programs to better assess the performance of electric buses in various environments before fully committing to large-scale implementation.

In addition to mechanical and training hurdles, infrastructure costs are also a concern. Charging stations and potential power grid enhancements represent significant expenses. For instance, the Shenendehowa district in Clifton Park may need a new substation to support charging for its fleet of over 200 buses.

While districts like Bethlehem continue to work within the state's clean energy mandates, school officials stress the importance of voter support. In some areas, voters have already shown reluctance. Last year, voters in Marathon, Cortland County, and Boonville, Oneida County, rejected proposals for electric bus purchases despite available grants that would have offset costs. Similarly, Onteora school district declined an $8.5 million EPA grant, citing uncertainties surrounding charging infrastructure.

As districts navigate the complexities of adoption, they must weigh the benefits of clean energy against the realities of cost, maintenance, and reliability.

NORTH COWICHAN'S CONTROVERSIAL 30-SECOND RULE: QUICK QUERIES OR CIVIC CURTAILMENT?

After writing an article about the insulting 30-second rule North Cowichan was looking into for question period that you can read here:

wwind.ca/ and sending an email to council regarding the displeasure of many residents, we received more information from North Cowichan staff, who are always prompt in their responses to inquiries.

"Good afternoon, While I know that you received a general response from Council Support to this email, I wanted to provide you with more information on this topic.

This rule came into effect very recently after the adoption of the updated Council and Committee Procedure Bylaw No. 3945 [section 23] on July 17, 2024. Local governments are required to have a procedure bylaw to establish the general procedures to be followed at council meetings while conducting their business.

The August 21, 2024, regular Council meeting was the first time that the 30-second rule was applied and since that time Council has requested that the 30-second rule be revisited the next time the Council and Committee Procedure Bylaw is being amended. In the interim, Council can waive the 30-second rule by unanimous consent, or if there isn't unanimous consent, the rule may be suspended for the current meeting by a vote passed by two-thirds of Council members present. Council just waived the 30-second rule by unanimous consent at the September 4, 2024, regular Council meeting.

We are always striving to improve our processes and Council values public input and question period very much. We appreciate your input and as noted above, will be revisiting the 30-second rule provision in the future.

Thank you. *staff member "



PROACTIVE ENFORCEMENT OF SHORT-TERM RENTALS: A SHIFT IN STRATEGY - CVRD

The board has announced a new approach to the enforcement of non-permitted short-term rentals in electoral areas. The proposed resolution aims to provide clear guidance to staff, stakeholders, and the public regarding the initiation of investigations, whether they are complaint-driven or proactively initiated by staff. In short, Bylaw will now seek out violations instead of being complaint-driven.

In 2023, the provincial government stated there was a housing crisis across British Columbia They claim the rise of short-term rentals has exacerbated this issue by reducing the available housing stock. In response, the government enacted Bill 35, the Short-Term Rental Accommodations Act, to strengthen local governments' enforcement tools, return short-term rentals to the long-term market, and establish provincial rules and enforcement measures.

The CVRD's Corporate Strategic Plan for 2023-2026 supports this enhanced enforcement approach. Specifically, Objective 7 of the plan aims to provide a range of housing options and tenures for different income levels and stages of life. Action 7.5 within this objective focuses on enhancing enforcement and modernizing regulations for short-term rentals in electoral areas.

During a recent board meeting, Director Martman raised questions about how this new report aligns with the existing bylaw approach of working collaboratively towards compliance. Martman asked if there was a shift in strategy or if the same process of aiming for voluntary compliance would continue. In response, a staff member explained, "In general, the same process is followed. Whether we initiate an investigation or it is reported to bylaw, our goal is voluntary compliance. If we find a violation, we always create a path for that person to reach compliance. We use discretion quite regularly, advising people of the bylaws they might not be aware of and guiding them on how to correct their actions. If they choose not to comply, we'll consider enforcement options based on the will of the board and the community."

Martman expressed concerns about the compatibility of proactive measures with the goal of voluntary compliance. He questioned whether there is enough lenience in the new approach, given that proactive enforcement typically implies clear consequences for non-compliance. He also noted that achieving compliance through bylaw enforcement can be time-consuming, which might not be a luxury the board can afford in a housing crisis. The staff member acknowledged these concerns, noting, "In enforcement, we try to be as consistent as possible with every similar case. Time is always a factor that can slow things down. We consider the severity and persistence of the violation and move forward faster with enforcement if necessary. However, as directed, we aim to be proactive in our enforcement efforts."

Director Acton also raised important points during the discussion, inquiring about the specifics of what constitutes a short-term rental in Area B and whether Area B, which has opted out, would still be targeted. Director Acton stated that they are using a broad sweep to try to fix one problem (housing) but can be creating more problems as there are many uses for short term rentals on Shawnigan Lake especially, from some rustic cabins that are not winterized and only meant for summer accommodations, to people needing short term in the winter due to some schools in the area. She also stated that we are looking to boost tourism, and economic development and that they are not having the "other discussion" and highlighting areas that maybe should not be included.

The board referred to Mr. Tippett for clarification. He explained, "The different zoning bylaws deal with what we now call short-term rentals differently, but they all share a general prohibition against short-term rentals in residential zones with a few exceptions. We're working on more consistent wording between the various bylaws to help the public understand the regulations. Currently, short-term rentals are not permitted in residential zones in most areas."

Director Acton also highlighted the unique circumstances of certain areas like Shawnigan Lake, where the population and local businesses depend on seasonal tourism. She stressed, "We're trying to solve one problem but might create others. We should highlight certain areas where short-term rentals should be permitted." Mr. Tippett agreed that this issue needs to be addressed through policy discussions first, stating, "Zoning can only implement what policy allows. This is a bylaw enforcement strategy, not a planning strategy."

Director Deck added insights about the impact of provincial regulations on short-term rentals in his area, Yubo. He noted a significant decrease in short-term rentals and wondered if stricter regulations were driving the market underground. Mr. Harris confirmed that higher fines and business licensing would be considered to manage this issue, emphasizing, "The new tools provided by the provincial government will be put to use. We expect some properties will go underground, and typically, bylaw enforcement hears about the nuisance properties first."

The meeting concluded with a summary of the board's intent: "We're a complaint-driven bylaw system, but we've now instructed staff to actively seek out violations. Everything else remains the same."

This proactive approach marks a significant shift in how short-term rental regulations will be enforced changing from a complaint-driven one to bylaw actively seeking out non-compliance. This will be very hard on people, from those who have seasonal rentals, and to those that house traveling nurses and labourers, to name a few.

Paul Duncan
Thetis Island Resident
paulduncanvictoria@shaw.ca
250-246-6623

FOR IMMEDIATE RELEASE

CALL FOR CVRD TO CAP THE TAX

Duncan, BC – At the Oct. 30, 2024, Cowichan Valley Regional District (CVRD) Committee of the Whole, Paul Duncan called for capping the 2025 CVRD property tax increase at 3%. This is in reaction to a whopping 49% increase in his CVRD property taxes in the past 2 years.

Duncan stated, "I am not alone. My neighbours have reported similar increases. Many of my neighbours are pensioners on fixed incomes and simply cannot afford these increases to continue."

The 3% increase represents the top of the Bank of Canada's inflation target range so gives CVRD some wiggle room as they set their 2025 Budget, but not much. Even with a 3% cap for the next 2 years, Duncan's tax increases will have gone up 75%, 19%/year over the 4-year term of CVRD's Board of Directors.

Paul Duncan is retired and lives on Thetis Island. He volunteers as a Financial Analyst and has posted Taxation Reports 1 and 2 Thetis Blog - Front Page - Taxation Reports. He has worked as an Economist, Banker, and Accountant. - https://www.thetisposts.ca/front-page/2024/9/3/taxation-reports.html

EDITION 15 AMENDMENT

In Edition 15 we sent a detailed questionnaire to all candidates running for MLA in two areas. We only received two responses from the conservatives, however we were reached out to by the Green Party Candidate for Cowichan's assistant, who stated she had forgotten to get it filled out. We were also reached out to by The Independent Candidate for Cowichan who stated she had not received the questionnaire, however, we searched the emails and found she had been sent it, and it may have been due to a junk mail error. We would like to acknowledge these two candidates for expressing interest.

TOWN HALL RECAPS: KEY ISSUES ACROSS VANCOUVER ISLAND.

BY CHARLAINE LACROIX, PORT ALBERNI, VANCOUVER ISLAND, BC

In recent months, town halls across Vancouver Island have spotlighted a variety of pressing issues facing residents, farmers, healthcare workers, and legal professionals. Here is a summary of notable discussions from town halls in Port Alberni, Nanaimo, Courtenay, and Coombs.

Port Alberni Town Hall – October 9, 2024, Agriculture and Regulatory Challenges

Lisa from the Alberni Farmers Institute discussed regulatory burdens placed on farmers, particularly the Premises ID mandate, which requires all livestock, including small animals like bees and rabbits, to be registered. This regulation impacts farmers' access to grants and slaughter licenses, underscoring the tightening governmental grip on agricultural operations.

Further regulations were also imposed on "spawning creeks," where ditches with fish are now classified under strict environmental protections, complicating farming for those nearby.

Legal Constraints on Advocacy

Criminal lawyer Michael Logan described the restrictions lawyers face under Bill 21, which makes it challenging to litigate against the government, given its dual role as both regulator and opposition.

Healthcare and Freedom of Choice - Dr. Stephen Malthouse highlighted several new laws (Bills 31, 36, 44, 46, and 47) affecting public health policy and personal autonomy. His concerns included potential infringements on personal choice and autonomy, such as forced vaccination.

Jan Webb, a 40-year nursing veteran, reported on workforce shortages after healthcare workers were dismissed over-vaccination status. Despite the government relaxing some COVID-related mandates, rehiring policies still indirectly exclude unvaccinated workers.

Nanaimo Town Hall – August 21, 2024 - Agricultural and Food Security Concerns

Farmers like David of Uplands Farm and Nancy, a dairy farmer, described increased regulatory pressure, ranging from livestock limitations to a ban on selling raw milk. Both noted how these policies jeopardize small-scale farms and food security.

The median age of farmers, high land costs, and regulatory demands discourage new entrants to farming, threatening the sustainability of local food systems.

Wayne, a poultry farmer, announced his departure from BC, citing excessive regulations and government interference that he believes aim to eliminate small, independent farms.

Municipal Governance and Financial Transparency

Lawyer Sandy Bartlett criticized the Alternative Approval Process (AAP), which allows municipalities to approve borrowing measures without a full public vote, as long as fewer than 10% of voters submit formal objections. This opaque process diminishes taxpayer oversight in municipal financing.

Courtenay Townhall – September 9, 2024 -Farmers' Rights and Government Overreach

Farmers Underground (FU) was introduced by Diana Douglas as a resource to track and resist governmental policies restricting farm operations. The initiative connects residents with local farmers and highlights food security risks due to new land and water regulations.

Douglas expressed concern over rumours that rainwater collection might soon be restricted, posing additional challenges to those relying on their own water sources.

Taxation Issues

A farmer from Langley detailed how his tax burden has risen dramatically, now taxed at development rates due to urban sprawl encroaching on his farmland. This exemplifies how zoning and taxation changes pressure farmers to sell land rather than continue operations.

Self-Sufficiency and Preparedness

Wayne Smith, a grain farmer, urged citizens to prioritize food security by building self-sufficiency and community resilience, highlighting a diminishing capacity for local food production as a critical issue.

Coombs Townhall – August 28, 2024, Public Health, Personal Freedom, and Emergency Preparedness. Dr. Stephen Malthouse warned that Bill 31, the new Emergency Management Act, could be used to justify severe interventions, such as forced relocation, during emergencies. Bill 36, which reshapes health regulation, was another focal point. Malthouse emphasized how it allows authorities to penalize healthcare providers for practices not government-sanctioned, thereby discouraging holistic or alternative approaches.

Healthcare Staff Shortages

Jan Webb, again recounting her experience as a dismissed healthcare worker, provided insights into ongoing challenges in BC's healthcare system, now critically understaffed following vaccination mandate enforcement. Webb questioned the transparency and efficacy of pandemic responses, citing adverse effects reported in studies.

Firefighter Protocols

A firefighter with decades of experience shared frustration with orders to "stand down" during wildfires, resulting in preventable losses of homes and farms. He attributed this command structure to federal oversight, indicating a disconnect between local needs and overarching policies.

These town halls reveal a common sentiment of frustration and concern across sectors, as residents grapple with what they view as restrictive policies that limit their autonomy, undermine local food security, and threaten small businesses and farms. Each town hall reinforced the importance of community resilience, local advocacy, and transparency in governance to address these growing challenges across Vancouver Island.

Find out more at: bctownhalls2024.ca

BC TownHalls 2024







Photo by Charlaine Lacroix

CHERRY CREEK GETS NEW FIRETRUCK

BY CHARLAINE LACROIX, PORT ALBERNI, VANCOUVER ISLAND, BC

Cherry Creek in Port Alberni, BC, has now possession of its new 2025 Diesel powered Fort Garry Fire Truck.

"It has a short wheelbase of 204 inches, hence, can turn around easier on off roads so we can fight more wildfires and help pay for the truck," eight-year veteran Cherry Creek fire chief said. "Our other firetruck is almost 30 years old so it is beyond its lifespan and this new truck should last for 30 years," Lucas Banton firechief noted and with it being able to help with wildfires, we hope to pay the $630,000 off sooner than later. "We are pretty comfortable with the pump panel as it is similar to our older truck, but we need some training and orientation with the new truck and to plan out our hoses," Banton said. A new addition that will fit well in the new firehall the Cherry Creek Fire Department is presently working on. Plans for the retired fire truck are still being discussed.

HYDROGEN FLEET UPGRADE PROPOSAL

- BY STEVEN LAY

" Hello Council. As I asked in today's council meeting question period, I am wondering if the municipality would be interested in improving fuel economy of gas and diesel vehicles in the municipal fleet through a very simple modification that adds hydrogen to the fuel combustion.

This improves fuel economy by a guaranteed 25% with highway driving, as well as greatly reducing pollutants in the exhaust and cleaning the engine as a result of the improved combustion. If the vehicles are leased, then there would likely need to be an agreement with the lessor, though the modification itself does not change the existing engine, but rather connects an electrolysis unit (that produces the hydrogen) to the engine combustion system through the vacuum system with a simple t-connector. The payback time is in the range of 15 000 km driving depending on fuel prices, engine size and existing efficiency. The lessor might very well want to accommodate the process in the view of future business.

Perhaps starting with one vehicle would allow for proof of concept without a major expense or commitment. Maybe a municipal employee or member of council would appreciate the savings and lowered carbon footprint and would volunteer their vehicle for a test. The installation is relatively simple, though varies from vehicle to vehicle. It would be well within the capacity of any professional mechanic, as most private people who install them are not mechanics.

For the $32 000 proposed as the first installment of a much greater and ongoing expense to engage in a lawsuit against the oil companies, the municipality could be saving approximately 25% on the gas expenses for approximately 32 non-heavy duty vehicles, not to mention the tailpipe emissions, long before any money was received from the oil companies- as unlikely as a significant compensation payout is. Another factor is that the consumer (the municipal government and North Cowichanites) or pension plan shareholders are those most likely to foot the bill of any lawsuit payout through higher gas prices and/or lower share dividends.

With the savings benefit, the municipality could even set up a program to facilitate the installation of more units for local people without the means to afford the upfront unit cost themselves. They could be placed on a payment plan based on the savings they are receiving which could be rolled back into the program to allow others to benefit as well in a positive self-perpetuating cycle. I haven't seen another solution that would reduce carbon emissions by 25% as immediately or for as little cost. There would be no need for other levels of government to be involved to start saving or reducing pressure on natural systems.

Hydrogen is quite likely the best solution for the immediate future of vehicles and maybe energy production generally. I include a video from Toyota showing the hydrogen engine they are planning to release this decade, which will negate the need for the incredible resource use and pollution associated with lithium batteries currently used in electric vehicles. North Cowichan could jump to the front of the queue and set the standard for Canadian municipalities with a much smaller cost and very reasonable return on investment and transition to the new motors as they become available and cost-effective. https://www.youtube.com/watch?v=FIxT6rK02lk "

OPINION

CANCEL CULTURE SETS EYES ON MLA CANDIDATE

I remember a quote by Noam Chomsky that stated "Goebbels was in favour of free speech for views he liked. So was Stalin. If you're really in favour of free speech, then you're in favour of freedom of speech for precisely the views you despise. Otherwise, you're not in favour of free speech."

I was in university when I read it, and it made a big impression on me. There have always been acceptable views but what we are seeing in our society today has to be of concern. Free Speech has become a minefield with censorship laws being enacted for "harmful speech" and "unacceptable views". I remember being told as a child that "it's just words, words don't hurt." We would recite "Sticks and stones will break my bones but words will never hurt me". While there was truth to that, it was also a mantra to make me feel better. To work through it. It did hurt, but I got stronger. And I got strong enough to understand that some of those words I took to be an attack, were actually said in kindness. Were helpful. Sometimes they bothered me because there was a truth I had missed, something deeper that I was avoiding. Being uncomfortable led me to discover something deeper. Sometimes this insight was personal, sometimes it was beneficial for greater understanding. It was a gift.

A dear friend of mine was caught in a situation where a private conversation was recorded without her knowledge and this conversation was released to the media. This compassionate person has since been the target of hateful comments, accused of being a racist and has had many other accusations levelled at her because she spoke her private thoughts and asked questions about Indigenous issues. Many have focused on her use of a term considered to be a slander towards the indigenous. As an immigrant to Canada early in the millennium, she was unaware of the negative connotations of the word. It had fallen out of favour and subsequent use in Canada long before she arrived. English is her 3rd language and for an immigrant maneuvering through the minefield of "acceptable speech", you have to think speech is dangerous. Especially when private thoughts were recorded and unethically broadcast in a gotcha moment.

We have to find a way to talk again, to allow people to feel safe to speak thoughts and ideas that are outside of our understanding. To feel safe to inquire, to learn and to be able to make mistakes without fearing that any mistakes could destroy any hope for our future. In this climate, how could our country possibly bridge any divisions that are present? We need to realize that we can still communicate when we feel uncomfortable. I remember a teacher who told me that feeling uncomfortable was the truest sign that I was growing, and that true growth is not comfortable. Maybe our society needs to be uncomfortable. Maybe to bridge this divide, we will need to realize that it's not going to be kumbaya.

If we do not support free speech for the speech we don't like, we don't support free speech at all. Like Goebbels and Stalin. Free speech is the linchpin of our democracy and it is worth defending.

W. Dexter

LETTERS TO THE EDITOR

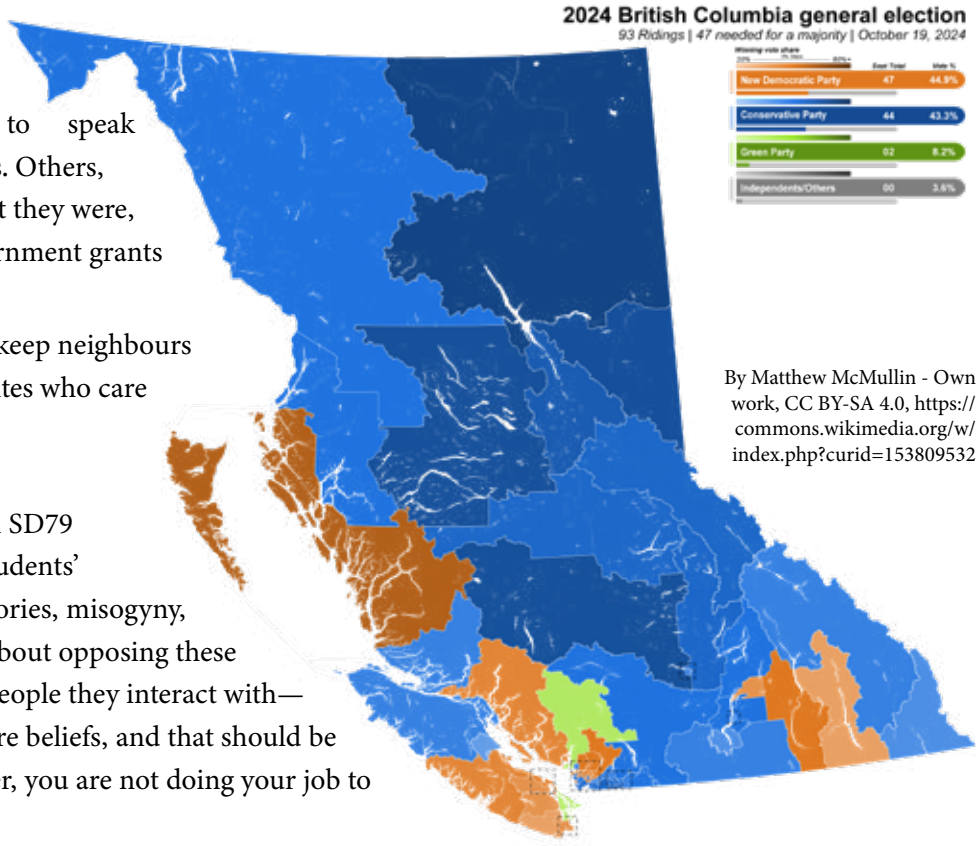
THE WESTWARD INDEPENDENT IS PROUD TO SERVE AS A PLATFORM FOR COMMUNITY DISCOURSE AND CELEBRATES THE DIVERSITY OF OPINIONS THAT CONTRIBUTE TO A VIBRANT COMMUNITY. WHILE WE ARE COMMITTED TO PROVIDING A SPACE FOR VARYING VIEWPOINTS, PUBLICATION IN OUR 'LETTERS TO THE EDITOR' DOES NOT IMPLY OUR ENDORSEMENT OF THE OPINIONS EXPRESSED. WE ENCOURAGE OUR READERS TO ENGAGE WITH THE CONTENT CRITICALLY AND WITH RESPECT FOR THE DIVERSE PERSPECTIVES OF OUR CONTRIBUTORS.

Dear WWIND,

The recent elections were a revelation for many BC constituents. Many have realized that they are not alone in their values and may now feel more emboldened to speak on topics without the same fear of cancel culture targeting them or their businesses. Others, however, have come to understand that they may not be the 'majority' they thought they were, possibly because their group is often the loudest and frequently benefits from government grants awarded to those who align with the 'correct' mantras of the government.

At the root of many contentious issues, there seems to be a top-down strategy to keep neighbours fighting among themselves, rather than uniting against the true oppressors—the elites who care little for our communities in times of crisis.

It is, therefore, distressing to witness public institution employees, paid with our tax dollars, engaging in name-calling and divisive rhetoric. One such example is an SD79 employee who, after the preliminary election results, effectively labelled half her students' parents as supporting a party that "welcomes homophobia, racism, conspiracy theories, misogyny, science denialism, and hate" by stating that "half our community could care less" about opposing these issues. Do they not realize that if half the community voted one way, many of the people they interact with—whether through non-profits they work with or as parents—may not share their core beliefs, and that should be acceptable? As a well-known meme states, if a child knows your politics as a teacher, you are not doing your job to teach them how to think, only what to think.



By Matthew McMullin - Own work, CC BY-SA 4.0, https://commons.wikimedia.org/w/index.php?curid=153809532

This is far from the first time public officials have dismissed a significant portion of the community, pretending their opinions are worthless because they have been labelled with the aforementioned terms as if that makes them unworthy of consideration. School Board staff have labelled concerned parents as "homophobic". Our mayor has told constituents that if they don't agree with the 'climate agenda,' they can wait to vote in the next election, effectively silencing a huge proportion of his constituents. Our MP has repeatedly used such labels as "extremist" and voted to implement the Emergency Act. Perhaps people felt emboldened after our own Prime Minister called a large portion of the Canadian population "science deniers" with "unacceptable views."

What I find particularly odd is that many of the people using these labels often present themselves as virtuous, and morally superior, and claim to be champions of inclusivity, equity, and diversity, but are the loudest and first to cancel anyone who may not agree with every idol they worship. But I have to hand it to them, they are a well-oiled (and well-funded machine, in cases such as the federally funded Anti-Hate Network), and have been successful in making people afraid to speak out, BUT this past month people quietly made their voices heard at the polls creating the most historical uprising of a party in BC History. The visual should show how many people do NOT align with the current status quo.

A. Newerk

Correction from edition 15 LTE. The Letter to the Gabriola Sounder was incorrectly signed 'Paula Foot', it was written by a retired local economist, Erik Andersen, who has been challenging the government for years about the need to protect our Canada Pension Plan, as well as other issues.

On Page 13 of edition 15 - Letters to the Editor, we incorrectly attributed the letter titled to John Walker, when it was written by John Money

PRESS RELEASE

EKSTASIS EDITIONS ANNOUNCES A MONUMENTAL BOOK OF THE TIMES

COVID-19 PANDEMONIUM

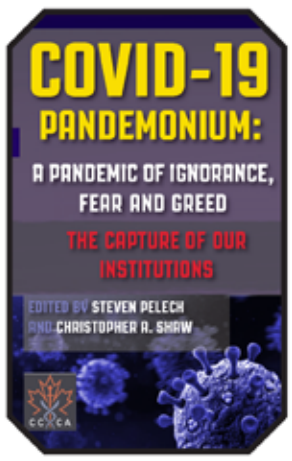
Edited by Steven Pelech and Christopher A. Shaw

The COVID-19 pandemic has been the most globally traumatic event since World War II. The impact of the SARS-CoV-2 virus on health and welfare were significant, but not as devastating as the societal upheaval created by the counter-responses taken by governments and NGOs.

COVID-19 Pandemonium is the companion follow-up book to *Down the COVID-19 Rabbit Hole: Independent Scientists and Physicians Unmask the Pandemic*, which focused on the "science" of virus, the disease, prevention and treatment. This latter volume documented the ineffectiveness of masking, issues with the production, efficacy and safety of COVID-19 genetic vaccines, and provided an assessment of the available treatments.

COVID-19 Pandemonium serves as an after-action report five years on that investigates the origin of COVID-19 and resulting fractures in social structure and function as a consequence of the failure of our institutions to properly come to grips with the actual threat of the disease. With over 800 citations and the efforts of over 20 authors, this book chronicles the debacle of governments, health regulatory agencies, the courts, our higher education institutes, and the media to effectively deal with the pandemic, whilst supporting clear violations of human rights and freedoms, quashing debate and encouraging strict censorship in a fight against "misinformation."

The authors argue that the lasting impacts of divisive COVID-19 policies and responses will widen the fractures in our society and further erode public trust in governments and institutions unless we learn from the lessons that the COVID-19 pandemic provided.



Available Now
ISBN 978-1-77171-582-9
Non-fiction
456 pages
6 x 9
$31.95

Available for purchase online via paypal at **www.ekstasiseditions.com**

To inquire about media opportunities, events and appearances, or for more info on this new release, contact Richard Olafson or Carol Sokoloff at:

phone & fax: (250) 385-3378

e-mail: ekstasis@islandnet.com

Dear WWIND,

You know, it's hard not to laugh... or maybe cry when you hear folks on TV yammering about the so-called "housing crisis." Sure, the lack of available homes is a real problem, but let's call a spade a spade here. The bigger issue is the absolutely insane rental prices. And what's driving those prices sky-high? Well, it doesn't take a rocket scientist to see that mass immigration into our little corner of BC is fueling demand. Landlords are having a field day, jacking up rents simply because they can. It's basic supply and demand at work, but with a twist that's leaving the rest of us, especially seniors on fixed incomes, out in the cold.

Take the Beverly Arms Apartments right here in town. Just over 5 years ago, you could rent a one-bedroom unit for $750 a month. Now? The same place is going for $1,350. That means **today's rent is nearly 180% of what it used to be**. Meanwhile, my Old Age Pension hasn't increased even a fraction of that amount. So, you tell me, how are we supposed to keep up? Do we cut back on groceries? Turn the heat down to freezing in January? What's left to give up?

And it's not just seniors like me feeling the squeeze. Young families, working folks, everyone's being pinched. The local government and all their high-minded politicians love to talk about "affordable housing solutions," but when rents are nearly doubling overnight, where's the action? Maybe instead of patting themselves on the back for approving another overpriced condo development, they ought to think about the folks who are just trying to stay in the homes they've got.

I'll tell you what's really frustrating: we've got these people running for office, promising the moon, but when push comes to shove, none of them have a plan to rein in this madness. You can't keep letting landlords hold tenants hostage while pretending that everything's peachy. It's about time someone stood up and asked: what are we supposed to do? Do we have to become a charity case to get a roof over our heads?

Here's a challenge for all the candidates who'll be knocking on our doors come election time: How about you spend a month living on a fixed income and paying these new "market" rents? I bet you wouldn't last a week.

So, to anyone who wants my vote this time around: don't bother talking about "building more houses" unless you're also planning to do something about the runaway rent hikes. Until then, it's all just hot air.

J. Thomas

Dear WWIND,

Once again another Emergency Warming Centre has been approved by the Cowichan Valley Regional District at the parking lot behind the Ramada Inn Hotel.

The CVRD will pay a rental charge for this location. Once again just proves that the CVRD board are unqualified to make meaningful decisions. Why? The Cowichan Valley now has an empty Police station. This location could be used as an Emergency Warming Centre which would avoid spending taxpayer dollars for the rental of the Ramada Inn parking lot. The CVRD has no consideration when it comes to spending taxpayer dollars.

Cannot say that the location is too far away because in 2022 the warming centre was at the St Andrews Church on Herbert Street. The location was not approved again in 2023 because of people fighting outside and garbage being spread all over the neighbourhood. Also when the centre was full, people were found in the near by bushes. Cannot use the excuse about asbestos at the old Police station being a problem because no demolition has been started. The building is intact just like when it was occupied by the staff at the station.

In summary, when are valley taxpayers going to vote in qualified people to sit on the Cowichan Valley Regional Board that use common sense and avoids wasting taxpayer dollars? Presently this is a very serious situation and must be corrected as soon as possible to avoid more of your tax dollars going to waste.

Unbelievable!

Joe Sawchuck

Entitled: Acclimate ~

Sky of blue.

Fresh air ~

Smelling crisp, cooling air raising . . .

One day *He will come!

Days and nights: Warm. Cold.

Coloured rainbows have grown old.

One day: He will be heard!

Sunrise, sunset.

Oh?

Black. Grey. Sun orange. Then, white.

*He will frost tonight.

Harvesting gardens,

Raking green, yellow and red...

Let's go to sleep: to bed.

One day, *She will come back ~

With warm, sunny breezes felt close;

Cool close at my back!

For contemplation: what do endings symbolize for you?

Namaste

Legend: * he = winter; *she = summer

Copyright 2019. Reprint: 2024. (Acclimate). Photograph. HYBRID by DESIGN: Indigo. All rights reserved.

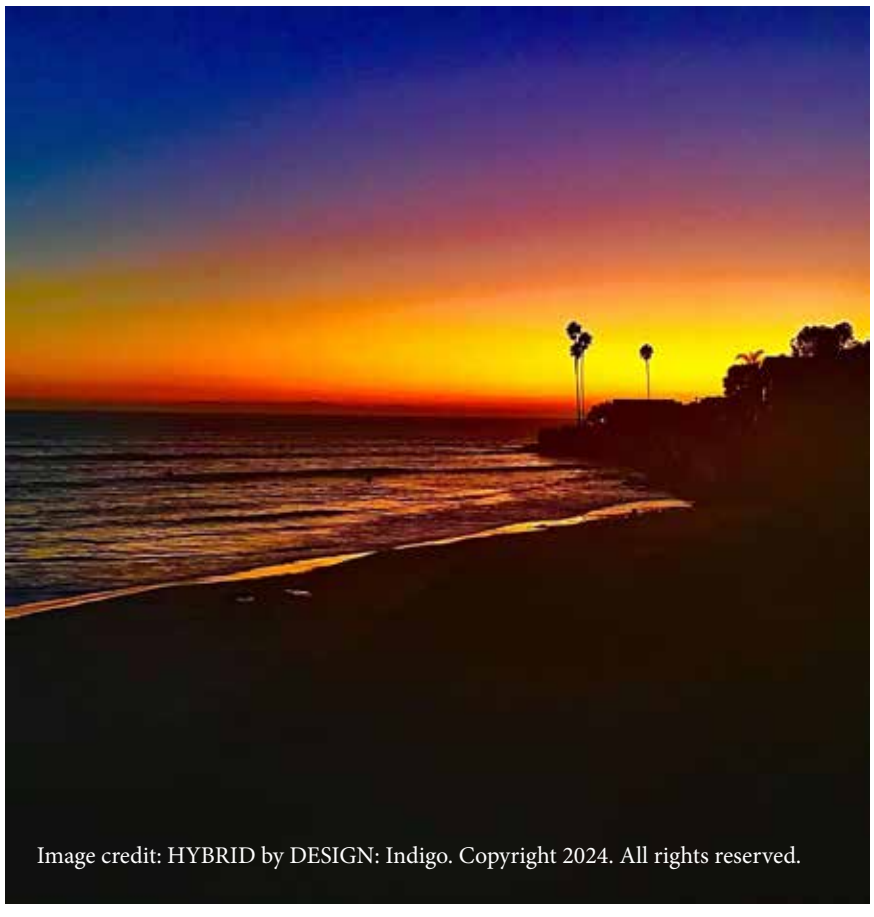


Image credit: HYBRID by DESIGN: Indigo. Copyright 2024. All rights reserved.

THE HOLT CREEK TRESTLE BRIDGE REPLACEMENT SHOULD HONOUR B.C. HISTORY, NOT IGNORE IT

BY T.W. PATERSON, OCTOBER 23, 2024

Today, the Kinsol Trestle that spans the Koksilah River is considered to be one of Vancouver Island's greatest tourist attractions and one of the "most spectacular timber rail trestle structures in the world".

Fifteen years ago, the former Canadian National Railway span at Mile 53.3 was in a semi-derelict state. After 20 years of abandonment and two attempts by arsonists, it was closed to hikers, cyclists, and equestrians using what had become part of the popular Trans Canada Trail.

Plans for its demolition and replacement with a down-scaled imitation were shelved by public protest that included a petition bearing thousands of names being presented in the provincial legislature (the B.C. Ministry of Transport 'owns' the historic railway grade and the Cowichan Valley Regional District manages that section which lies within their domain.) Ultimately, with the promise of funding from the Ministry and other sources, the CVRD accepted a proposal by a renowned local timber framing firm to "rehabilitate" the Kinsol and, at a total cost of $5.7 million, it was opened to the public with great fanfare in 2011.

Today, it's the historically significant Holt Creek Trestle at Mile 59.7 that's threatened with demolition. Smaller, at 34 metres high and 73 metres long vs. the Kinsol's 44 metres high and 187 metres long, it is slated to be replaced with a single-span steel bridge with a wooden deck. The Holt Creek Bridge's replacement should be rebuilt with timbers to retain the historic look of a railway trestle, argues T.W. Paterson. Holt Creek has had two major renovations, in 2002 and 2018, and is, according to the Ministry of Transportation and Infrastructure, "nearing the end of its lifespan." The assessment recommended the bridge be replaced rather than continuously repaired and maintained. The decision to demolish is based upon "functionality, constructability, avoiding in-stream works, as well as cost and ease of long-term maintenance".



PHOTO: KINSOL TRESTLE 1958

If I can't argue against the trestle's condition on practical grounds, I can protest the planned replacement. It's going to look exactly like what it's intended to be – functional and cost-effective – but no more and no less, even with the two fake bump-outs for viewing (which were for water barrels in the railway days). Where's the history in that? Where's the story of the Canadian National (originally the Canadian Northern Pacific) Railway, which was meant to go from Sidney to Prince Rupert via Seymour Narrows by using the infamous Ripple Rock to cross to the Mainland? Other than some signs with historic photos, and the Kinsol Trestle, the former railway grade is a gravelled pathway. And, speaking of replacing rather than "continuously" repairing and maintaining the Holt Creek Trestle, is this the long-term future of the Kinsol? Is the day coming when bureaucrats in Victoria crunch the numbers and opt for a steel and concrete crossing for the Koksilah River? Just as almost happened, 20 years ago? In Paterson's view, the steel and concrete bridge planned by the provincial government would erase the heritage and tourism value of the Holt Creek trestle.

As popular Cowichan Valley blogger Larry Pynn (www.sixmountains.ca) has pointed out, the famous Myra Creek Canyon wooden trestles of the Okanagan's Kettle Valley Railway that were destroyed by fire in 2003 were rebuilt by the federal government at the cost of $17 million. It should be noted that the wooden Myra Creek trestles were replicated as wooden trestles, not simply replaced with steel and concrete. I can't imagine the Kinsol Trestle as just a steel and concrete bridge, as just a means of getting across the Koksilah River. The Trans Canada Trail would become a purely recreational corridor for hikers, cyclists, and equestrians (motorized vehicles are forbidden), with a few attractive signboards thrown in to hint at its railway provenance.

Today, the Kinsol Trestle draws 100,000 visitors annually, and over 78,000 a year visit the Glenora Trails Head Park which is five minutes from Holt Creek. If the century-old Holt Creek Trestle needs to be replaced, it should be rebuilt with timbers to maintain its historical provenance and appearance. Recreational traffic doesn't require the structural strength necessary for rail traffic.

"The Trans Canada Trail is meant to be more than a recreational corridor—it's meant to be a step back into history with a story to tell."

Wooden trestles, I would point out, are a work of genius – designed to be repaired, piece-meal, on a regular basis, particularly in the age before timbers were treated with preservatives to extend their serviceable lifespan. Spans and stringers can be repaired and/or replaced fairly easily, no matter where they're situated within the structure.

Asked by Larry Pynn as to the true state of the Holt Creek span, Gord Macdonald of the timber framing team that returned the Kinsol to vibrant life, and who worked on Holt Creek's last structural assessment, said previous unsympathetic repairs have irredeemably altered it. Conceding that continuing to repair it or rebuilding it to its original specifications are the more expensive choices, he noted that a lighter timber structure such as those built on the Myra Canyon line is his preferred option. At least this version would retain the historical look of a railway trestle. A compromise, yes, as at Myra Canyon (as was, to a lesser degree, the Kinsol) but the Trans Canada Trail is meant to be more than a recreational corridor – it's meant to be a step back into history with a story to tell. With today's pressure-treated timbers, the Holt Creek Trestle can maintain its 'authentic' look and go on for years and years with minimal maintenance.

Without these wooden trestles – the last men standing of the golden age of logging rail traffic – the Trans Canada Trail is a scenic gravel lane through the countryside. A spokesperson for Associated Engineering, which made the 2018 assessment for the MoT, placed the surviving trestles in their historical context by describing them as being "among the few remaining examples of significant engineering works associated with the early 20th century transportation history of Vancouver Island."

Timber framing expert Gord Macdonald points out that the value of trestle bridges extends beyond aesthetics and heritage: "When they are maintained, they have economic and tourism value. They're not just pretty things. They actually help drive the economy."

"Our collective history is worth more than just dollars and our governments need to actively safeguard it – even if, sometimes, it costs more."

I'm sure that all of the contracts have been signed and the materials ordered, as work is scheduled to be completed in May 2025. I certainly don't envision any kind of public protest such as saving Kinsol. For a dozen reasons, the Kinsol Trestle has more resonance with the general public, even those who've never seen it firsthand, than Holt Creek.

What can we take from this? For one, the opportunity for public consultation was limited to a Ministry of Transportation and Infrastructure 'Information Bulletin' in late March 2023. Input wasn't sought: "The new bridge will give recreational trail users an accessible connection between Duncan and Lake Cowichan, enhancing the trail as a transportation corridor and a tourist attraction." While acknowledging that "The Holt Creek Bridge is an important active transportation corridor and recreation tourism attraction in the Cowichan Valley," the decision appears to have been made purely on practical and economic grounds: "The bridge is designed to be functional, durable, and attractive while also being easy to maintain."

In other words, the century-old wooden Holt Creek Trestle's historical significance didn't count for a row of beans. This, despite proven statistical evidence of the value of history and heritage to tourism (never mind other cultural considerations).

Our collective history is worth more than just dollars and our governments need to actively safeguard it – even if, sometimes, it costs more.

Reprinted with permission from Riley Donovan from thedominionreview.ca

MORNINGS WITH THE BLUE JAY: MUSINGS ON NATURE, LANGUAGE, AND THE ECHOES OF CHANGE

Early mornings. Or are you a late raiser? You are familiar with that adage 'the world is your oyster', aren't you? That was rhetorical. Of - course it was. LOL!

Isn't it sad how language has been reduced to keyboards and acronyms through our digital devices. I know. I know, here I comment on the very element I am shite on. And so, what does that say about me. Openness? Yes. That must be it; LOL! I am open to anew! New things! Redundancy? Well, perhaps language can simply be that way sometimes. For effect? Or is it affected? LOL! Repeat—repeat—ribbit—repetition.

I wander simply to wonder. Whether I am admiring the red cardinal embroidered on an old pin-cushion hand-made by my deceased grand-muther. Or, I may be getting up the courage to go for a walk the moment my eyes open waking from the splendor of my chamber, I am pleasantly greeted by my neighbours already up and adam— doing yard work, of course. Away I saunter along down my new favourite steep hill only to notice morning dew on all of the iron-ore beasts lined up, curb-side waiting patiently on their masters to warm-up their engines.

I must admit I am torn — I absolutely l-u-v the discovery what Muther Nature shares as I start my day, however I also live for the possibility of just a few extra winks within the comfy layers on my mattress. Then of course, I hear the whispering vernacular of birds in the morning is also simply fan-tas-tic! I walk on and hear the distinctive sounds of one single isolated vernacular and, in truth, it is a familiar sound. It is a blue-bird. I am quite familiar with her calling as she has been circling my neighbourhood for some months now. Like the other morning when a friend described her



COPYR. 2024. HYBRID BY DESIGN: INDIGO. ALL RIGHTS RESERVED.

whispering song ever so eloquently. At first thought, I figured that describing the sounds of this blue-bird as a squeaky gate call was truly insightful. Alas, perusing Google, the descriptive call was proved otherwise; I was taken back to my high school biology class on animal classification.

Regardless of how she chooses to call out in the wee hours of sunrise, you may be interested to know that in the animal kingdom birds are classified as Reptiles, or Avians. Did you know birds identify under the classification system known as Aves, species: phylum Chordata (that is animals with a backbone)? Nevertheless, in scientific nomenclature, this blue-bird known as the (Blue Jay) is identifiable under a 7-level classification system - Kingdom Animalia, or animals. Class Aves, or birds. Order Passeriformes, or perching birds. Family Corvidae, or crows and jays. Genus Cyanocitta,



herself—the Blue Jay. Species Cyanocitta cristata, or of course the Blue Jay.

Well I was hoodwinked, dear Readers. When further Google-ing, I came to realize there exists yet another component which has confined language by diminishing the beauty written word offers— that is the reduction of the hard cover, book publishing. Change would seem inevitable: less frequent are Your visits to the public library. Or, even worse, small business has been affected. How so? Now it is the turn for your favourite bookstore located on the corner: it is going out-of-business.

Ah—the sound of the Blue Jay, a welcomed vernacular all onto its own. A conglomeration of chirps, clicks, chucks, whirrs, whines, liquid notes, and elements of Her song, the squeaky gate call. Her singing bout has been known to last up to 2 minutes! Google supplies this information on the Blue Jay as a territorial head bob calling simultaneously by whispering. I guess it is for this reason, dear Readers, I write to share the Blue Jay's morning song... for Her early morning calls are well worth getting up early because if at all else, Her's is one language that has not been lost - to be continued...

Copyright 2024. Editorial: Backbone. HYBRID by DESIGN: Indigo B.A. B.Ed. All rights reserved. Three Thumbs Up Everyday People SERVICING Older Adults living in the COWICHAN VALLEY. We recognize People need People! Currently we are booking 7 days in advance. Call or Text: (587) 322 - 6214 -ThreeeThumbsUp@Gmail.com



RENOVATIONS * REPAIRS * LIGHTING UPGRADES * IN-FLOOR HEATING

M. Dodd
Master Electrician
250-413-7450 mdoddelectric@gmail.com

HANDY MUM
Home Improvement
Dominique Daviau
250-510-3552
www.handymum.com
handy.mum@gmail.com
"Customized service that works for you"


HAPPY HOLIDAYS AND MERRY CHRISTMAS FROM OUR TEAM TO YOU AND YOUR FAMILY!
REMEMBER OUR SUPPORTERS WHEN SHOPPING THIS SEASON! WHETHER BUYING A GIFT CARD FROM ONE OF OUR ADVERTISERS THAT PROVIDE A SERVICE, OR FROM THOSE THAT SELL THEIR WARES, SHOPPING LOCALLY KEEPS OUR COMMUNITY AFLOAT AMONGST THE BIG BOX STORE TAKEOVERS.


WELCOME TO THE TETLA ECONOMY
What is a Tetla economy?
Keep the cash economy alive and safe in uncertain times
Our diversity of participating businesses grow by the month.
Recession proof
Parallel economy
Works like a gift certificate at participating businesses
Creates a community-based economy
Promotes engagement and dialogue
HTTPS://WWW.TETLA.ORG


Deep pressure point release massage * Relaxation Massage Foot and Hand Massage
Call or text for more information
250-327-9682
Book your treatment today, or inquire about my handmade Organic Body Butters I use in my practice
Island Famous Homemade Body Butters
ORGANIC body butters
Great for dry skin, cell restoration, brighter skin, putting on makeup, makeup remover, bath oil, hair care
Psoriasis treatment and acne preventive


Maple Grove Decor
Décor and chair rentals
150 white Chivari chairs available for your next family event. Delivery included
Vintage couches available for weddings, grad and family celebrations.
Unique décor pieces available at affordable prices.
Visit us on Instagram for more information
Email: maplegrove@shaw.ca
Inquires welcome


Open for drop-in Tues.Wed.Thurs.
12:00 pm - 3:00 pm
Life on Wheels
for Women
LIFE ON WHEELS
Life On Wheels is volunteer run and led outreach program in the Cowichan Valley .
Help us continue our work and grow our detox initiative.
Donations graciously accepted
250-706-2428
phone for more information or how to donate
"a little help goes a long way"


Born and raised on a farm, blue-collar work ethic was steeped into Warren at an early age and with a background in the construction trades, he translates that experience and work ethic to ensure his clients achieve every advantage possible in this challenging market.
Contact Warren for a no-obligation discussion of your real estate needs and allow this go-getter to put his skills to work!
Warren Chase
REALTOR
RE/MAX Island Properties
C: (250) 893-9277
www.getwarren.ca
MOVING TO THE COWICHAN VALLEY?
getwarren.ca
RE/MAX
RE/MAX ISLAND PROPERTIES


MID-ISLAND PAVING
Mid-Island Paving: Your Trusted Partner for Superior Asphalt Solutions!
-Unmatched Expertise: Our team of skilled paving professionals have the know-how to handle any project, regardless of size or complexity.
-Personalized Approach: At Mid-Island Paving, we understand that every project is unique. We work closely with our clients to understand their specific requirements and provide customized solutions that align with their vision and budget.
Don't settle for anything less than the best when it comes to your paving needs.
Free consultation
Serving mid-Vancouver Island
250-245-7309
Midislandpaving.ca


Alternative Beauty Bar
Men/Woman / Hair/Nails
Quality and Experience in an Intimate Setting
Treat yourself today
10% off when you mention this ad!
Members Club.
Call 250-710-4822
to book your appointment today.


Need A Five Year Break From Paying Your Mortgage?
Learn how we've helped homeowners like you keep their homes while taking a Payment Break
Call us today to see if you qualify for our Payment Elimation Mortgage
307 Goldstream Avenue, Victoria, BC, Canada, British Columbia
Remote consultations
Call Today
1-855-590-6520
AUXILIUM MORTGAGE CORPORATION
auxiliummortgage.com


Quantum Healing
While modern, mainstream science does not have the tools to describe or quantify the mechanics and functioning of energy healing modalities in general, many people experience benefits from a wide range of practices, be it quantum healing, reiki or a host of others. As quantum physics now postulates, it is a blurred line
Text or voice mail: 604 874 1369
Low-Income sliding scale available starting at $30
Remote, in-house, in nature, or in the space of your choosing


WILLOW ANTIQUE MALL
9756 WILLOW ST.
CHEMAINUS B.C.
250 246-4333
ANTIQUE MALL
OPEN


Zoomies
DOG + CAT BOARDING KENNELS
(250) 748-0143 | zoomies.boarding@gmail.com
2202 Herd Rd, Duncan, BC V9L 6A6


LK
Land Keepers Society
Protecting BC farmers from government over-reach
www.landkeeperssociety.org
contact@landkeeperssociety.org


EDGAR CARPENTRY
30 Years Experience
Phone Brian at 250-510-3795
DECKS * TINY HOME REMOS * FENCING * PERGOLAS * GAZEBOS * RAISED BEDS AND MORE
We pride ourselves on our craftsmanship using natural materials in all our projects
BUILD TO LAST
Email for a portfolio link
TogetherWeAreFree@protonmail.com


nikki fellows
hair & beauty
CUT AND STYLE
COLOUR SERVICES
TREATMENTS
MENS HAIR
EXTENSIONS
Book your appointment today
250 709 1768


MANSCAPE
TRACTOR SERVICE
MARK DODD 250-413-7450


ESSENTIAL REMEDIES
Health & Wellness
Sherry Andrew
OWNER
250-478-9632
essentialremediesduncan@gmail.com
Follow us on Facebook & Instagram
141 Craig St.
Duncan, BC, V9L 1V8


A FRESH START
• Personal Bach Flower Remedies
• Platinum Energy Detox Foot Spa
• PEMF (Pulsed Electromagnetic Field) Therapy
• EFT (Emotional Freedom Technique)
Diana Pink Holistic Health Mentor
250.597.2102 ~ afreshstart@shaw.ca
Detox & Balance your Life ~ Restore Your Vitality!


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