

Juan de Fuca Rural Publication Society

Vol. 2 Issue 1
February 2005

Rural/OBSERVER

Celebrating Our Rural Community Lifestyle

Serving the Communities of Port Renfrew

Jordan River

Shirley

Otter Point

East Sooke

Songhees

Malahat

Willis Point

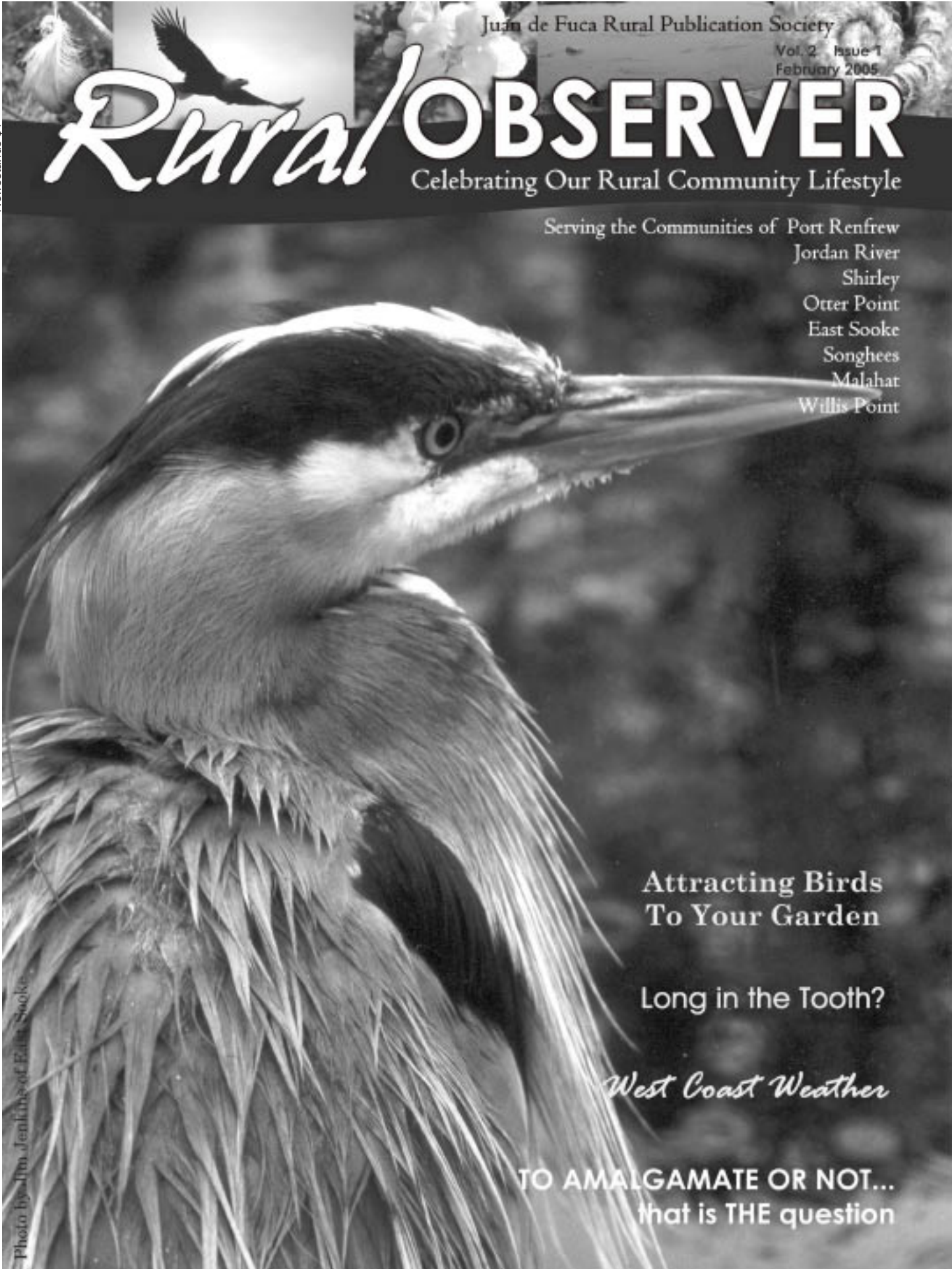
Attracting Birds
To Your Garden

Long in the Tooth?

West Coast Weather

TO AMALGAMATE OR NOT...
that is THE question

Photo by Mrs. Jenkins of East Sooke



**The Juan de Fuca
Rural Publication Society**

A group of Juan de Fuca residents has formed a non-profit society to launch a news and advertising publication for the Juan de Fuca Electoral Area.

We will provide a forum for our rural communities to share news, exchange ideas and develop a sense of community. At the same time the publication will give businesses within and outside the electoral area an opportunity to promote their products and services and reach potential customers. We also hope to make current information about the region and its services available to the many tourists who visit the area each year. Our goal is to protect, preserve and enhance rural life.

The publication will rely on community members to share their interests and points of view through articles, correspondence and photographs. We welcome articles and letters reflecting the very diverse interests of our member communities and expressing all points of view. The editorial committee reserves the right to edit for brevity, accuracy, clarity and taste. Though every reasonable precaution will be made to verify the accuracy of material submitted, the editorial committee assumes no responsibility for the content of published articles. The responsibility is that of the writers. References and descriptions of products or services are provided "as is" without warranty of any kind, either expressed or implied.

If you wish to submit an article for an upcoming issue of the Rural Observer, please email it to:

ruralobserver@myway.com

Or mail to: Juan de Fuca Rural Publication Society
6790 East Sooke Road, Sooke BC
V0S 1N0

Please support this important project. We invite you to volunteer and/or become a member of the society, which is open to all residents of the Juan de Fuca Electoral Area interested in an effective publication to serve our area. Copy and fill out the application form here, and return it with \$10 per person to the address above.

We're online! www.ruralobserver.com

What's Inside the **Rural** OBSERVER

Rural Humour	3
Readers' Forum	4
Malahat Community News	7
East Sooke Community News	8
Cleaning - Essentially	8
The Busy Bee	9
Cooking with Claudia	9
West Coast Winter Lows	10
Otter Point Community News	11
Shirley Community News	12
Port Renfrew Community News	13
From Our CRD Director	14
Willis Point Community News	15
Angus - A Dog Story	16
Kid's Page - Fun Activities	17
Cooking With Claudia	18
Advertisers' Directory	19

Juan de Fuca Rural Publication Society
2005 MEMBERSHIP APPLICATION FORM

Name _____

Address _____

Phone _____ E-mail _____

Are you able to help? _____

Return to: JdF Rural Publication Society,
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Rural HUMOUR



Cartoon submitted by Shirley resident Rob VanVeen

On Our Cover

In the Next Issue:

A report from the female delegate for Malahat Juan de Fuca riding, Barbara Kohne, about the **B.C. Citizens' Assembly on Electoral Reform**, will be featured in the next issue of the Rural Observer; what voters need to know about the recommendation for a new BC-STV voting system before the May 17 referendum.

To get a heads-up, access this website:
<http://www.bc-stv.bc.ca>

The Referendum Question

Here it is! The exact question you'll be asked to vote on
May, 17, 2005:

Should British Columbia change to the BC-STV electoral
system as recommended by the
Citizens' Assembly on Electoral Reform?

____ Yes ____ No



This heron photo was taken by
nature photographer Jim Jenkins of East Sooke.

Readers' FORUM

Dear Editor,

In the September issue of the Rural Observer, E. Hughes asks how the \$10 million debt incurred by Sooke will be paid (Enquiring Minds Want to Know).

He will find the answer embedded in the pages of the final report of the Boundary Restructure Study. If the electoral areas vote "no" to amalgamation with Sooke, Sooke will pay off its debt at \$295,000 per annum. (See table on page 29 of the report). If East Sooke votes "yes" and amalgamation happens, the debt servicing payment increases to \$493,000. (See table on page 38). It is apparent that East Sooke tax payers will be paying \$198,000 per year towards Sooke's debt. This is 40% of the yearly payment. The tax base figures on page 22 show East Sooke has 22% of the combined tax base of Sooke and East Sooke.

If Shirley and Otter Point also vote "yes" and all three electoral areas amalgamate with Sooke, the annual debt servicing payment increases to \$558,000. (See page 40). Shirley and Otter Point tax payers will be shouldering \$65,000 per year of Sooke's debt. Neither East Sooke, nor Shirley, nor Otter Point, carry any debt at the present time.

The Boundary Restructure Report can be obtained at the Municipal Offices, Otter Point Road, in Sooke. Electoral Area residents who will be voting on February 5th should be extremely wary of what they are actually voting for.

Yours sincerely,
Janet Broadbent

To East Sooke Parents:

I am writing to voice my disgust at the condition of our community park and to see if there are a few like minded people in our area willing to work together to improve the park and perhaps toward establishing a few recreational activities for youth here in East Sooke.

For people who may not know, East Sooke has a community park located behind the fire hall on Coppermine Road. When this park was originally built, I imagine it might have been quite nice. There are swings, a basketball hoop, and a large climber designed to provide a variety of play experiences for children preschool age and older. There is also a water play structure which, I understand was added later as a generous donation from the East Sooke Women's Group. The current state of the park is far from 'nice'. The climber is damaged. The water play structure holds stagnant pools of mud and is damaged as well. The sand/gravel under the climbers is so hard packed that it no longer is an effective safe play surface. On top of this, the base is filled with broken glass, animal excrement and garbage. Recently, I attended a meeting on CSA standards as they apply to playgrounds and playground safety. After hearing about the dangers of poorly designed or poorly maintained playgrounds, I decided I would definitely not take my child to the community park until something is done to improve it.

It is important to our community to have a playground. I have lived in this neighbourhood for only two and a half years, so I know first hand how difficult it is to meet other families. When we first moved here, my son was a toddler. I really wanted to meet other families with children for him to play with and parents for me to talk to. Having young children, as all parents know, is wonderful and rewarding but it can also be isolating especially in a community like ours where people live a bit further apart. This is where the community park is essential. Most of the families I met, I met at the park. A community park should be clean and welcoming and a place where parents and children can play and enjoy the outdoors, and make connections.

I also believe that it is important for our community to have activities in place for our youth. My son is going to grow into a school aged child, wanting and needing more structured sports activities. He will grow into a young teenager wanting a community drop in/hang out, or movie night or even organized, supervised 'field trips' to the big city of Victoria. I believe there are enough families out here with similar needs. We should not have to drive our children to Sooke or Langford for all their extracurricular activities.

I believe all of this is possible if a few people are willing to take on the cause. SEAPARC receives a lot of tax money for recreational programs from East Sooke residents yet they are spending very little in East Sooke. The CRD childcare and environmental health departments are becoming adamant about playground safety. Even the provincial government seems to be trying to look interested in children and families. Most importantly though, I

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Readers' FORUM

know that there are some fabulous people here in East Sooke that can make things happen. I know that a few people have tried before and were very discouraged by the results but I believe this is worth a second, third or fourth effort.

These issues are dear to me as a parent. I feel very passionate about the need to improve our park and to create things for our children and youth to do locally and, as a result, to create a stronger community. This job, though, is too big for one person. Like other parents, my family, home and work fill my days, but I could find a few hours a week to work on this. If you have a few hours a week or a month to spend creating something more for our children, please call me. As a group we will have the collective time and energy needed. Contact: Linda Mellish, 642-7949 or shane.linda@shaw.ca.

Dear Editor,

I would like to draw the attention of Electoral Area residents who will be voting in the amalgamation referendum, to an apparent discrepancy between the graphs and the final table at the end of the Boundary Restructure Report (and reproduced in the flyer "Juan de Fuca/Sooke Boundary Restructure Findings") and the information given earlier in the report.

The final table and graphs on pages 56 - 58 claim that by 2012 property taxes will have risen somewhere between \$31 and \$155. The tables earlier in the report present a different picture. Sooke's projected property taxes for 2005 are shown on page 29 as \$2,609,000. On page 38, the combined taxes for Sooke and East Sooke for 2005 are \$3,677,000. East Sooke's share must be \$1,068,000 (\$3,799,000 - \$2,609,000). Compare this with the 2004 CRD budget for East Sooke of \$546,469 on page 18.

Similarly, for Shirley and Otter Point (page 39) their projected property taxes combined with Sooke for 2005 amount to \$3,799,000. Shirley's and Otter Point's share must therefore be \$1,190,000 (\$3,799,000 - 2,609,000). Again, compare with 2004 CRD budget for Otter Point and Shirley of \$1,177,536 on page 18.

In the case of East Sooke, Shirley and Otter Point all voting "yes" to join Sooke, the combined property taxes for 2005 will be \$4,859,000 (page 40). The share of the Electoral Area will be \$2,250,000. The CRD managed on a budget of \$1,724,000 (see page 18).

It would be interesting to know what the Sooke municipality have in mind for this extra half a million dollars. It can't be for roads because, as the report tells us, the Provincial government has undertaken to look after roads in East Sooke, Otter Point and Shirley for the first five years after amalgamation.

But the great mystery of the report is how the figures in the final table and graphs were arrived at. It does not seem credible that there is only a rise of \$155 over the next eight years per household at the most, when there is such a huge increase (particularly huge in the case of East Sooke) in the year of amalgamation. Perhaps the graphs reflect only the rise in taxes BEYOND the first year of amalgamation, and do not include the initial tax payment immediately following amalgamation. Or perhaps they indicate a sublime sense of optimism on the part of the compilers.

J. Grant

Juan de Fuca Challenge

In 2005, the Sooke amalgamation referendum in Shirley, Otter Point and East Sooke overshadows every other concern. Its outcome could have social and financial impacts for the Electoral Area. It's not a time to be complacent.

Incorporation was rejected before in the rural Electoral Area, in 1991. Saltspring Island rejected becoming a municipality not long ago. A few weeks previous on November 20, 2004, Gabriola Island had a referendum on whether to incorporate as a municipality. The consultant who did the Gabriola restructure study, Tom Reid, was the same consultant who is doing the Sooke study. The answer on Gabriola was 87% of those voting said NO. Apparently people who had not voted for 20 years came out for the referendum. The turnout was an astonishing 69%

West Juan de Fuca's 3580 population at about a third of Sooke's 9720 population in terms of governance would always find itself outvoted. On the basis of assessments, however, west JdF would end up paying for over half of Sooke's budget. A current example is the SEAPARC shared services. JdF pays for 51% of the budget and accounts for only 20% of the utilization.

The Electoral Area would lose its direct representation on the Regional District Board. The elected JdF CRD Land Use Committee would be disbanded with Sooke Council and its urban land use policies taking over.

Adding Juan de Fuca would double the Sooke tax base, rescuing Sooke from a credit crunch of having borrowed up to its credit limit of \$10 million. More could be borrowed against the debt free Electoral Area, but better still, as with SEAPARC, JdF's third of the population would be paying 51% of the combined budget.

There don't seem to be any benefits for the Electoral Area. Why join with a municipality that in its original 1999 long term financial plan projected an accumulated surplus of \$3,783,914 for 2004, and for the end of the budget period in 2011 there was still supposed to be a surplus of \$1,765,417. Instead, with no more police and public works assistance to come from the province after 2004, we have a Sooke administration that has borrowed up to its credit limit of \$10 million now trying to get its debt free rural neighbours to pick up 51% of Sooke's budget.

Juan de Fuca residents, many on fixed incomes, would be paying for servicing new debt for road maintenance that now is a provincial responsibility.

As mentioned at the beginning, taxpayers in Shirley, Otter Point and East Sooke cannot afford to be complacent about this Sooke motivated referendum. There are other options that don't involve bailing out urban expansion in Sooke.

H. Kohne
East Sooke

Have Your Say... Email Your Letters to: ruralobserver@myway.com

Readers' FORUM

Amalgamation

"From the sublime to the ridiculous is but a step" Napoleon

Over the Christmas holidays I forgot the first rule of assembling grandchildren's toys, which is to locate the instruction sheets and throw them unread into the recycling bin. You know the sheets I'm referring to; the ones translated from the Taiwanese into Swahili and then into English by a unilingual Mexican. However, reading them proved a blessing in disguise, for it prepared me for the next thing I read which was the final report of the Juan de Fuca Boundary Restructure Study. While that report had not gone on an international linguistic tour, it was for the most part equally incomprehensible.

Be aware that I learned to add and subtract using the 'old' maths back in 1935 BC (Before Computers) and after years of struggling, I finally learned how to solve the basic simple equation of $A + B = C$. (If you know any two of the numbers that stand for the letters then you can figure out the third number.) So if A is Sooke's property taxes, and B is East Sooke's, when you add (amalgamate) them together you get C. Consider the following data taken from the Report:

TAXES

Projected revenue from Property Taxes in 2005		
	Sooke + East Sooke	= \$3,677,000. (page38)
	Sooke alone	= \$2,609,000 (page29)
Therefore, projected revenue from East Sooke must be		= \$1,068,000 (C-A=B)

However, on page 18 of the report, property tax revenue from East Sooke in 2004 is noted as only \$546,469. That is an increase of \$521,531 (\$1,068,000- \$546,469) or 96.5%. That seems ridiculous - until you see the projections for Sooke's debt.

DEBT

Apply the same $A+B=C$ formula to the matter of debt.

Projected debt servicing would cost Sooke + East Sooke in 2005	= \$493,000 (page 38)
Projected debt servicing costs for Sooke if it stays alone in 2005	= \$295,000 (page 29)
Therefore East Sooke's share of Sooke's debt in 2005 would be	= \$198,000

Apart from the Sooke Arena /Pool, East Sooke, like the rest of the JDF Electoral area, does not have any debt. Sooke, we understand, is close to having its debt capped. If we get saddled with \$198,000 of Sooke's debt then our property taxes would have to go up considerably more than we can see in the graphs on pages 45 and 57 in the study. Not only that, having our tax base to play with could allow Sooke to go into more debt, which could increase our taxes still further. Before you know it we would be fetlock deep in debt and all for the glory of Greater Sooke.

We already have a prime example of the rural area paying for Sooke services in the matter of SEAPARC's Arena/Pool. It also provides a foretaste of what could happen if we amalgamated. We were forced into being involved in the vote that initiated the pool and predictably our votes got overwhelmed by Sooke's. Many of us in East Sooke have never even seen the pool let alone dipped our rural toes in the water, yet we pay an exorbitant amount (26.66% of our Local Service Taxes in 2004) to keep Sooke's Arena/Pool open. In fact the JDF area pays a little more than 50% of the costs of servicing the arena and the pool in Sooke.

As for the rest of the report, I'm glad we're not going to get a test on it. It's got enough graphs and statistics to choke that horse that will be fetlock deep in debt. But some important graphs are not there. Where are the ones that relate urbanization to litter, vandalism, poor air quality, and the increased demand for police services?

We all recently received in the mail an anonymous document entitled Newsletter #2. The best one can say about it is that it is a small compilation of highly selective extracts from the Final Report that gives the impression that amalgamation with Sooke would be only a minor blip on our financial horizon. For those who have attempted to study the full report, the most significant thing is what is not in the Newsletter. Small wonder the chairman of the committee does not want to chair any public meetings in the rural areas. Perhaps he's as confused as we are by the Study.

I cannot see the slightest financial or any other advantage in becoming a part of Sooke. We already live in a sublime part of the world. All they have to offer us are the doubtful blessings of urban life we neither need nor want. Indeed, if I were a resident of Sooke, after amalgamation is rejected and the rural areas aren't paying Sooke's bills, I'd take a long look at what so far is still not a bad little town. I'd then take a ferry to the mainland and drive around Surrey. Having seen the future I'd flee back home, and start a petition to dissolve the municipality and rejoin the CRD. And to do that an instruction sheet would be needed showing how to take things apart rather than joining them together - preferably written in simple English.

Jim Bowman

So You Think You're Getting Long in the Tooth!

by Dr. W. Schadt, B.Sc. D.D.S

Recently, I attended a seminar on Dentistry and the Aging Population. Some very learned professors and dental professionals from UBC spent the better part of a day explaining to the audience that we are all living longer and that our teeth make a major contribution to this phenomenon. As the crowd was generally dental personnel, I don't think anyone found this information earth shattering. We see this every day in our practices.

However, a few days later I began to think about the statistics that had been presented. Fifty years ago most people over sixty had no natural teeth remaining, and they kept their porcelain teeth in a jar! Thus their chewing efficiency was not the best. The average life expectancy was 64 for men and 68 for women. Today with 78 years for men and 82 years for women, the average patient of these ages has sixteen natural teeth remaining.

With the advent of preventative dentistry in the 1960s, the number of people keeping their own teeth will increase dramatically as the population ages. A baby born today is projected to live well into the nineties, and perhaps two sets of teeth will not be enough. Imagine 80 years of munching with the same teeth!

Dentists and patients alike need to rethink their attitudes toward dental maintenance. Dentists can no longer say, "Here is your restoration, and it should last you a lifetime." What is a lifetime for natural teeth? Obviously nothing lasts forever, so we need to remind ourselves of this increased longevity and direct our efforts toward preserving the natural teeth. The statistics say that we will need them.

Recent medical information has indicated a very close correlation between the health of the mouth and the overall health of the body. Heart disease, intestinal disorders, lung problems and various other conditions are directly related to the teeth and the gums and the bacteria that reside there. The mouth is an open avenue to the internal organs and is often a barometer of serious medical conditions.

Recent advances in dental implants have given us an option for that third set of teeth, but this approach is not for everyone. Our best defence is maintaining what we were given, repairing it only when absolutely necessary and using the strongest and longest lasting materials for the job.

Treatment for elderly and institutionalized patients takes on a new meaning. It is no longer acceptable to remove teeth for expediency because the positive effect of good dentition on general health has been completely proven. Rather, we need to have protocols for treating elderly patients in health care institutions. Many of these people have spent a great deal of time and money maintaining their teeth only to be ignored when they need help the most.

These are just a few thoughts to "chew on".



JDF Emergency Social Services

How Will I Look After My Family Now?

IT IS LATE IN THE EVENING AND the floodwaters are quickly rising. To avoid being trapped, your family and neighbours are being evacuated.

Everyone is safe for now, but you wonder how you will manage to take care of your family until it is ok to return home?

You have **NO** food, **NO** warm clothes and **NO** place to stay. As you scrambled to leave your home, you didn't even grab your wallet, a toothbrush or food for the family pet.

Who would YOU call to take care of your family and other neighbourhood evacuees?

THOUGH AN EMERGENCY or disaster may not be happening in your area, it may be affecting other people in a neighbouring town. And we know there is a possibility that our community could go through a similar experience.

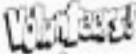
As we follow the progress of a disaster, large or small, we need to wonder if we and our families are equipped with the information required to deal with such an event.

We all know that the local fire fighters, police and emergency responders are the ones who handle the emergency and disaster situations. But who is it that will look after you, your family, and the rest of the evacuees??

LUCKILY IN BRITISH COLUMBIA, we have Emergency Social Services (ESS), and Personal Disaster Assistance (PDA) programs province-wide. Each program is a community based effort, designed to take care of your immediate emergency needs.

WORKING IN PARTNERSHIP with other community agencies in your neighbourhoods, ESS and PDA volunteers are there to help provide short term assistance such as food, clothing and shelter, to our families and the communities.


The Juan de Fuca Emergency Social Services and Personal Disaster Assistance Program is in your area!




Today, we have a good base of dedicated people who volunteer. However, as lives change, and families move, there is always a need for more energetic and enthusiastic people to join the JDF ESS and PDA group.

JDF ESS & JDF PDA volunteers work as part of a team, and team members receive the training necessary to assist their communities in the event of a disaster.

TO BECOME A JDF ESS VOLUNTEER, or to request further information, please contact the Juan de Fuca Emergency Social Service organization at our non-emergency pager of 413-3799. And even if you are not able to become a volunteer right now, your support of those people who do contribute their time and energy towards ESS is always appreciated.



"You Live In An ESS Supported Community"



What's Happening in East Sooke

If you have an event that you would like published in an upcoming issue please contact **Linda at 642-7949** or e-mail shane.linda@shaw.ca subject:community announcements.

OCP Public Meeting

January 31st at 7:00 pm
East Sooke Community Hall

Parent and Toddler Drop in Playgroup

Friday's 10:00-12:00 am
East Sooke Community Hall
Come out and meet other parents and children in the community for fun and discussion.

Fitness Classes

East Sooke Community Hall
Classes are offered several days of the week and at a variety of times. The classes are a combination of circuit training, weight training and cardio work. People with at all levels of fitness are welcome to join this supportive group. Participation is by donation. Contact Holly-Anne at 642-0681 for times and dates.

Karatedo Shindokai

East Sooke Community Hall
Traditional Karate in the Shoto style for adults/mature youth. Two classes per week. Contact Drew Mackinnon at 642-0113 for more information.

East Sooke Go Ju Ryu Karate Club

Tuesday's 6:30 pm
East Sooke Community Hall
For more information call Sensei Armin Seilopp at 642-3926.

East Sooke Fire Trustees Meet

by John Corsiglia

The East Sooke Fire Trustees met on December 6, 2004, and discussed plans for enlarging the Community Hall / Fire Hall. The Trustees also decided to support Justice Development Commission re-certification of E.S. fire fighting instructors. Importantly, there was a terrific solution to an old problem that has confounded Fire Trustees and East Sooke Community Association Directors for some six or seven years--how to pay for insurance when community and recreation groups wish to use the Hall. The E.S. Trustees have now entered into an agreement with the CRD Parks and Recreation Department, and SEAPARC will now act as an "umbrella group", which will pay the insurance costs with CRD funds. A great cheer went up when CRD Parks and Recreation Manager Larry Hutchings and SEAPARC Program Manager Koreen Gurak announced the new arrangement. There is no longer any reason why E.S. community and recreation groups or societies should be asked to pay high fees when they wish to use the Hall for community activities. Thanks to all concerned!

Cleaning - Essentially by Danielle Jensen

Society in general is starting to realize that we humans are destroying our planet and all life forms that inhabit it. Education has played a huge part in this change of heart. Slowly, people have been changing old habits; recycling has become a more common household chore and doctors have realized that too much of a good thing can be harmful.



Photo of Danielle Jensen by Gloria Graham

Chiropractors, acupuncturists and aromatherapists are coming out of the woodwork. We are trying to take better care of ourselves: exercise, yoga, meditation, massage and aromatherapy have grown into a massive market.

The way we clean our house is more environmentally friendly as well. People are taking into consideration what is at stake when we use toxic products. These would be the same products we are led to believe are good for us because they kill the bacteria and other such nasties in our houses. Not only is our environment at risk, but our own health as well. Some people have developed allergies and sometimes terminal illnesses without due cause. A program on the CBC documented a family afflicted with allergies and a basis could not be found for it. Computer readings of the toxic levels in the house, from using and storing cleaning products, were found to be the source of their sufferings. These products were the same ones I was using on a daily basis - the good ones like Mom used to use.

We know that many years ago people couldn't buy chemicals to ward off the evil bacteria lurking in the corners kitchen floors. Essential oils have become common items in many homes. Most people use oils in diffusers or massage to relieve stress, while some aromatherapists believe that oils have great healing properties when inhaled or applied. Many oils can help with insects, bacteria, mold spores, funguses and viruses. There are a wide variety of oils that have antibacterial, antiviral, and antifungal properties - lavender, lemon, orange, and peppermint, to mention a few.

Essential Cleaning

Cleaning with essential oils and natural products.
15 years experience
Very fast, very fussy, very effective.
Cleaning for your house and health
Danielle Jensen
642-6427 or 216-3948

Cleaning Essentially cont'd:

Once I found out I could still disinfect my house without causing harm to my family, I was hooked. With children being children, my floors and walls needed to be cleaned on a regular basis. There was always a mess to be dealt with

I have always used vinegar on my windows and mirrors. I find it doesn't streak as badly as most glass cleaners. Since I wasn't sure if vinegar killed bacteria, I started adding a few drops of lemon essential oil, which does. This also seemed to make the vinegar smell better. I now had something to use that wasn't going to make my baby ill if he licked the window. I also noticed my family wasn't catching every cold or flu bug that was going through the schools.

I had been using natural products in my home for a number of years when I found a website for cleaning tips using vinegar: www.vinegarworkswonders.com. There are many useful hints and a lot of interesting facts about vinegar. It's not just for fish and chips anymore.

Danielle is the brains & dynamo behind Essential Cleaning - a wonderful East Sooke-based natural cleaning service.

The Busy Bee *by Debie Qayum*

I would love to tell you what a country person like myself does with a certain pesky weed.

Burdock; ever heard of it? It grows in almost all of our backyards. It has great big leaves and if let alone will grow spurs the size of Ping-Pong balls. An inventor used these spurs for one of his ideas that soon became popular. These spurs are what inspired velcro.

Anyway back to my burdock. Some of you will know that the leaves and inner stem can be eaten as a vegetable, but just be sure that you serve to someone you do not care to see around your table again as they might not come back for your greens. What I discovered is that the spurs can be used as a medicine (the non-poisonous kind). I collected and cleaned the spurs as best I could, and then dried them. I soaked them three days changing the water six times. Then I dried them again and did a final cleaning. The next day I cooked the spurs in water eight to nine hours adding water throughout the day. I kept half of the water in two sterile jars and the other half I boiled down to approximately three cups. I added one and a quarter cups of unpasteurized creamed honey to it. The honey acts as a natural preservative. I poured this decoction into a dark sterile bottle and wrote "Burdock Cough Medicine" on it. I use it for my chronic sinusitis; one tablespoon a day along with my usual regime. It works for me! Oh, and by the way, it tastes good too. I might let you know later what I did with the other two jars of burdock water!

* Please note that some individuals may have an allergic reaction. Best to talk to a doctor before trying any new herbal medicine, even the ones I invent. Not recommended for children under six.

Security Systems by



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Div. of Lund Security Inc

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Of Your Present System
Or A Quote
For A New Installation

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- BC Licensed ULC Monitoring Station
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- No Long Term Contract
- Competitive Rates
- Oldest Alarm Company In Victoria

**We Understand The Security Needs Of
Rural Communities**

West Coast Winter Lows

by Tom Rahme

By this title you may be thinking you're getting into some sort of discussion on the emotional downturn that comes with the unending darkness of a winter on the West Coast. An endless deluge of rain and wind, bringing power outages and maybe even the loss of satellite signals. Alone on the long dark nights, we sink into the depths of despair that only a warm fire, good book, and glass of something can pull us from.

No...instead we're talking about the Highs and Lows that make up the weather patterns that are so unique to our part of the world. Granted, these weather phenomena may be directly related to the emotional side of life (though for some it's more of an inverse relation), but, in either case, that's another story for another time. Our West Coast "winter" begins at some point in the fall when the usual pattern of summer weather is so rudely disrupted by an increasing number of low pressure storm systems moving in from the Pacific. These spinning vortices bring rain and wind (not to mention ocean swell) to varying degrees throughout the darkest months and well into April and May. Toward late spring their strength and frequency taper off, as a kinder, gentler summer weather pattern sets up.

When we say low pressure, we're talking about the air pressure near the surface of the earth. Certain conditions within the atmosphere set up a situation where low pressure forms near the earth's surface and air rushes in to fill this "void"... creating wind. As the air approaches the storm, it rotates around the centre of the low, much like the water draining around an emptying toilet (this rotation effect is caused by the shape and spin of the earth). In the Northern Hemisphere air will circulate counterclockwise around low pressure, whereas in the Southern Hemisphere, air will circulate clockwise around a low.

So where do these lows come from, and how do they show themselves in the way of rain and wind when they arrive? These storms generally travel from west to east across the North Pacific, approaching our coast from offshore waters. As they near the coast (depending on their proximity and path of travel) they begin to suck air off the land. Generally we see air moving out of the southeast as it rushes toward the center of the low

As the storm passes by, we begin to see a switch in wind direction as air, rushing into the "under" and "back" side of the low, approaches from the southwest and northwest respectively. To sum up the basic wind patterns; we get wind out of the E-SE as the storm approaches, switching to wind out of the SW-NW as the storm moves on.

With the winds somewhat explained, let's consider the rain. Actually before we get into that, I'll mention here that these storms can be very powerful, generating winds up to 50-60 knots. Over open ocean and long distances these winds brew up huge seas and swell that arrive at our coast throughout the winter. This just begins to tell the story of what brings all those cars with boards along the road to Jordan River.

Okay...rain. Low pressure storm systems are more than just surface features that draw air in from the surface around, they are three dimensional beasts reaching far up into the atmosphere. These storms are sort of like that tower parking lot downtown, where cars circle up one ramp when they enter, and down another as they leave. Depending on the stage of the storm's life, we can generally say that air moving into the storm from the SE gets drawn upwards as it approaches. As the air rises, water vapour condenses and forms cloud and rain. As the storm passes, we tend to see air moving down and around the storm. This is usually associated with cool, drier air and a general clearing of cloud. These two situations describe two very typical but different days on the West Coast. SE winds bring increasing cloud and rain as a storm approaches. Westerly winds bring cooler weather and clearing as the storm moves by.

So there you have it, rain and wind all winter. One may think it a bit depressing, but add in the swell factor, and for the surfer on the West Coast, winter means that the deepest low can bring the biggest high.

Tom Rahme is a meteorologist living and studying weather in the Sooke area. For regularly updated forecasts for the South Coast, feel free to visit his website at www.coastwatching.com.

Amalgamation Information On The Internet

Please see the following web sites for critical background information on Sooke's plans to "amalgamate" the JDF communities of Shirley, Otter Point, and East Sooke.

<http://www.jdfdirect.ca>

Sooke's consultant's report keeps changing, but always seems to show tax money flowing from solvent JDF communities to deeply indebted Sooke with Sooke taking virtually absolute control of affairs in amalgamated communities.

<http://www.jdfboundaries.ca/>

Now that Feb. 5, 2005 has been set as the day when the amalgamation vote will take place, it is anticipated that this website will contain the Regional Director's gain and loss projections for Juan de Fuca.

<http://www.crd.bc.ca/jdf/news.htm>

This website shows correspondence between JDF Director Eric Lund and Sooke's Mayor Janet Evans, with Mr. Lund insisting on a legal and democratic process. Look for the October /November correspondence with Janet Evans by following the links or go directly to http://www.crd.bc.ca/jdf/documents/janetevans_letters_2amalgamated_000.pdf

<http://www.district.sooke.bc.ca/boundary.htm>

To read the FINAL boundary restructure report in its entirety, go to the District of Sooke's website.

Otter Point COMMUNITY NEWS

To Amalgamate Or Not To Amalgamate? That Is The Question

by Byron Tweedy, Otter Point

The electorate of Sooke, Saseenos, East Sooke, Shirley and Otter Point rejected wide-area incorporation in November 1991 by a mere 107 votes. Only Sooke voted in favour, with East Sooke 4-to-1 against, Shirley 2-to-1 against, Otter Point about two thirds opposed and Saseenos also negative. This despite a pot of around \$10,000 provided by the Provincial Government to disseminate "information" to the electorate, 90% of which was undisguised pro-incorporation propaganda.

Next time around, in 1999, the vote included only the current Sooke District boundaries, and incorporation was handily approved.

I always knew Sooke would come after the rest of us again, and it has! I never for one moment doubted that the present amalgamation process, ostensibly initiated by the Province, was subtly orchestrated by Sooke. Once again thousands of tax dollars plus generous contributions by parties who would gain by having the rural area controlled by a development-minded mayor and council will disseminate pro-amalgamation-slanted information.

If you are a rural resident and even moderately environmentally inclined you are a supporter of the Capital Region's 25-year Regional Growth Strategy (RGS). This strategy in essence advocates higher density in already built-up areas (in-fill and build upward, not outward) with modest and carefully controlled development of the Capital Region's "lungs" (e.g. Juan de Fuca Electoral Area, Metchosin, Highlands and Central Saanich). Sooke District is as enthused about the 25-year RGS as Premier Ralph Klein is about the Kyoto Agreement - for not dissimilar reasons.

Sooke's Mayor and Council are reluctant to inhibit development of any sort. The most egregious recent examples of this were their efforts to prevent the whole of the Deertrails Sooke Potholes property from being taken over by The Land Conservancy and their failure to absolutely rule out the idea of an end-run around the 99-year covenant on the golf course area.

I am truly appalled by Sooke's annexation of Silver Spray. Sooke will do anything to increase its tax base no matter how short-sighted or tasteless. Sooke desperately wants the tax revenues of forest lands to the north of Otter Point, Shirley and even Jordan River. Sooke wants "lebensraum" - room to grow and develop.

Eco-tourism is the ideal future for our area if we play things right. Tourists will not be interested in a landscape blighted by a series of Sun River Estate-type developments scattered here and there, or by suburban sprawl extending beyond Sooke's present boundaries. Traffic density on West Coast, Otter Point, East Sooke and Gillespie Roads similar to levels already seen on Sooke Road will be our fate in a few years.

Unsurprisingly, in an effort to increase the possibility of a positive amalgamation vote, a ward system good for three years is being offered. Who knows, the promise of an urban containment boundary may follow. Even a permanently guaranteed ward system would not be the answer, and the fate of any urban containment boundary would probably be similar to the likely eventual fate of the 99-year covenant on the golf course property.

An effort will be made to persuade those of us who are neutral or only somewhat unenthusiastic about amalgamation with Sooke that we really have no other option. Admittedly, governance by a Regional Director, particularly one co-opted by development interests, is not ideal, but we do have another option! If we resoundingly reject amalgamation, the Province will be forced to allow Juan de Fuca Electoral Area residents to study alternatives, including being allowed to incorporate on our own with Metchosin-like rural values. If we only narrowly reject amalgamation, our request for a study will likely be rejected. We will be left to stew in our less than ideal governance situation and Sooke will come after us again a few years down the road.

Have no fear! You can be assured that the contractor doing the Amalgamation Study will produce figures that will not be too scary from a tax point of view. A contractor who fails to do so will not get many similar contracts. Remember that the really important figures are based on unprovable and very challengeable assumptions and predictions. As rosy a picture as is possible will be painted. "Spin" will be the order of the day!

Do not forget that the current Amalgamation Study Committee is a creature of Sooke, even though residents of our areas, some appointed by Sooke's former mayor, are included on it. Our Regional Director has wisely avoided associating himself with this study.

I must point out the obvious. If we join Sooke, there will still be a Juan de Fuca Electoral Area consisting of Jordan River, Port Renfrew, the lands between these two, the Malahat and Willis Point. The governance problem will not be resolved, merely reduced in scope.

Do you enjoy having your own community volunteer fire departments? What will happen to their independence and their equipment? I know the Otter Point Fire Department has excellent equipment paid for by Otter Point taxpayers. Will we get to keep this equipment?

Do you really want to share in paying down Sooke's roughly \$10 million debt and, by adding our populations, enable Sooke to borrow even more?

If you are a developer, building contractor, large land-owner who wants to rezone to enhance his property's value, real estate agent or simply a person who does not want to live in a "green ghetto" (why did you move here?) a "yes" vote would probably make sense for you.

If you are none of the above, can you really think of a single good reason to vote for amalgamation?

I believe the great majority of us moved here to enjoy a rural environment. Do not squander your inheritance for a mess of potage! I urge you to resist the one-sided barrage of pro-amalgamation propaganda and hype to which you have been and will be subjected, and cast a thoughtful, but resounding "NO" vote to amalgamation! Let's keep a "cordon sanitaire" around Sooke!

Shirley COMMUNITY NEWS

Calendar of Events for Shirley

Unless otherwise indicated, events held at the Shirley Community Hall.

SEAS Open House on Amalgamation

January 26, 7:00-9:00 pm.
Contact: Maureen - 646-2820

SEAS, General Meeting.

Feb 6, 2:00-4:00 pm
Contact: Maureen - 646-2820

JDF Economic Development Commission

Feb 16, 6:00 pm

Shirley Community Association AGM/Election of Officers

March 9, 7:30 pm
Contact: Chuck - 646-2077

Easter Craft Fair

March 13, 10:00 am - 4:00 pm
Contact: Chuck - 646-2077

SVFPS - General Meeting

April 10, 2:00 pm
Contact: Dominique - 646-2528

Shirley Fire Department

Practices held Thursdays from 7:00 - 9:00 p.m.
Contact: Carl - 646-2820

Shirley Quilters & Crafters

Meet 2nd and 4th Thursdays 10 - 3

New Fire Chief and Board Elected in Shirley

by Terri Alcock

Firefighters and dispatchers in Shirley have a new Chief. On December 9, 2004, Carl Nelson was elected Fire Chief to replace Steve Healey whose three year term had been completed, while Rob Vanveen was elected Deputy Chief. This is the first time the fire department has elected a deputy chief and is a result of changes to the Society's bylaws. The Chief and Deputy Chief appointed James Powell, Clayton Ross and Tracy Snow to serve as Captains. Tracy is responsible for First Response, James will look after machinery and small engine repairs and Clayton will do general duty as required.

On December 12, 2004, at the Shirley Volunteer Fire Protection Society's Annual General Meeting, the following people were elected to the 2005 Board: President - Dominique Bernardet; Vice-President - James Powell; Secretary - Sarah Tidwell; Treasurer - Dick Kirby; and Directors - Sherry Ross, Roseanne Day and Teresa Mulhall.

Congratulations to all, and a big thank you from the community for their willingness to take on these important volunteer positions.

S E A S Shirley Education and Action Society

General Meeting

February 6, 2005, 2:00 p.m.

Shirley Community Hall

All Shirley Residents Welcome!


The Plan™ is just the beginning...



Port Renfrew COMMUNITY NEWS

Tsunami Reflections

by Ted Mehler

Did you ever wake up from a sound life and discover that the sands of time had shifted while you were not watching? There before you, in letters 1000 feet high, you see the word CHANGE and a little to the right are the other three words IS UPON YOU. I got that message quite a few times in my life, most recently with the tsunami off Sumatra. The crushing water rushing shoreward forever changed the lives of most people who were killed by it, who were related to those who died or had property destroyed by it, who survived it and the rest of us who watched it in repeated reruns on television, newspapers, magazines, radio, the internet and in the personal text messages we receive and transmit.

Some of the souls who live in Port Renfrew remain in denial about earthquakes and tsunamis despite the fact that we live in one of the most susceptible bays on the west coast of Vancouver Island. The Cascadia subduction earthquake of 1700 destroyed the Pacheena Bay settlement and the resultant tsunami destroyed it and areas of Japan in a demonstration of the concept of plate tectonics which even geologists refused to acknowledge and accept less than 100 years ago.

How big, when, and how much time after the shaking stops before the walls of water crash upon our beaches are the big questions, not IF or NEVER, IT WON'T HAPPEN! Magnitudes of 8.8 to 9.0 are realistic, it is overdue and 20 to 35 minutes are reasonable speculative answers with 15 to 20 meter waves at the head of the bay and 5 meter along the west coast and Strait of Juan de Fuca are worthy of anticipation. Down at the Legislature Buildings in Victoria, the show should be less than 3 meters. Reluctantly, the politicians finally get less of the pie than the rest of us will endure.

The best advice I can follow is to look after myself and those care about by preparing as well as I am able to do and then relax

and get on with my life. I need to cooperate with others in our own mutual self-defense and prepare our DECLARED TSUNAMI ESCAPE ROUTE, clear-cut the trees that might fall across this route during the earthquake, and inform the Local Services Trustees, the Regional Director of CRD, the MLA and the MP that they are to inform their respective agencies that these works must be completed and maintained forthwith on an absolute priority basis. This will give us the maximum amount of survivability, but it will not guarantee anything. That is the best we are able to do in the face of a natural geological event that is occurring on a geological time scale; nothing more, nothing less.

Doing this first best effort immediately will buy the leisure time of refining the disaster plan when we get around to it, making it a little bit nice here and color coordinated there and politically correct over there and grammatically more correct in these 52 spots with a bit of spit, polish and spin applied here and there before we send it to the Royal Commission of Bureaucratic Nonsense for their input, evaluation and final declaration. Simply said, it's time to get real.

Disagreements about transfer sites, street lights, water and sewer, recreation and all the previously big ego-involved status maintaining political and social affairs will have to stand in line and take a number until the real work is done. Then it will be, "Who and what is next? How may I serve you? ETC. ETC."

Soon life will be back to normal, and all the old saws and one liners of the THEM vs. US will resurface with a queer patina of antiquity, perhaps a bit threadbare and worthy of a more relevant language of human beings in cooperation contrasted with the old human beings in confrontation. It is your choice. Use it wisely, live a little longer and enjoy it a lot more.

That's it from Port Renfrew where some of the trees are very old growth, some of the salmon are breeding and it's time for lunch.

Ted Mehler
Local Service Trustee, and a whole bunch more



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From Juan de Fuca CRD Director Erik Lund

Congratulations on the continued success of the Rural Observer. As you know, the Electoral Area is at a cross-road. On February 5, 2005, we will decide if we want to join Sooke.

The Sooke Boundary Restructure Committee has completed its task, and in the month of January, Sooke's consultant will explain the financial implications of amalgamation to the public at a series of meetings and open houses. The Sooke Boundary Restructure Committee has produced a Final Report on the financial implications of amalgamation. This report is available to the public, but it has not been widely distributed. A Newsletter (#2) has been sent to the residents of the rural areas, and it attempts to explain the financial impacts of the proposed amalgamation in a shorter form.

Your Regional Director has completed an analysis of the Boundary Restructure Study Final Report, and this analysis has been sent or will be sent to the public about the same time as this issue of the Rural Observer is delivered. The JDF analysis is a 20 page document, and therefore it is not possible to provide a complete summary here. What follows is a condensed summary of the Juan de Fuca Analysis.

- Firstly, all the addition in the Final Report was checked, and many errors were found. In particular, on page 24, one column has a \$43,000,000 error. It is not clear what the impact of the error is in terms of the other financial data in the Final Report, but it seems to relate to the proportion of assessments of the rural areas, relative to Sooke. \$43 million dollars is a lot of money.

- An immediate observation was that the consultant assumed the worst case scenario for the rural areas in policing costs, while taking the best possible scenario for Sooke. This seems to set the tone of the report throughout.

- We also noticed that some graphs indicating the future increase of taxes only reflected the difference between an assumed 2% rise in taxes for the rural areas and a 5.4% rise for Sooke. As we worked through the consultant's tables, it became apparent that there would be an immediate tax rise upon amalgamation, whereas the aforementioned graphs showed only the 8-year rise after the immediate increase. In other words, the graphs are missing a very large tax component. The immediate increase is not hidden in the report; if one reads the tables carefully, the information is there. It could be said, however, that the tax impact has been grossly understated in the material being presented to the public.

- Graphs show a \$20 increase for a \$200,000 home in the first year after amalgamation. However, information gathered from the tables in the Report indicate a \$525,000 immediate tax increase if all three areas join Sooke. On further examination of four individual budgets, one concludes that the immediate increase will be closer to \$1,032,430. The rise in tax will be substantial and significant for everyone, especially for residents with waterfront or high assessment properties.

The Newsletter delivered to your home makes several statements, which, while true, understate the facts. Space does not permit details here, but in the JDF Analysis they are fully explained.



While I, as Regional Director, am not encouraging the public to vote one way or the other, I do suggest that people become informed on all the issues, because this vote will have far reaching implications. If we vote to join Sooke there is no turning back.

If you have not received the JDF Analysis by January 20, please contact the Electoral Area office in Sooke at 642-1620. For other updates please refer to the Electoral Area web site, www.crd.bc.ca/jdf.



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Willis Point COMMUNITY NEWS

Willis Point And Amalgamation ???

by Patricia Sloan

Willis Point is a rural shoreline community across from the Malahat alongside Saanich and Tod Inlets. It was originally a summering ground for First Nations peoples and, up until comparatively recently, was accessible only by trail or boat. Logging roads provided vehicle access to summer cabins until larger, more permanent roads enabled year-round residency. With a current population of fewer than 400, Willis Point has its own Fire Department and Community Association. As in most of the other Juan de Fuca Electoral Area communities, our infrastructure and services are minimal.

The issue of amalgamation has periodically resurfaced during the past few decades but has never been resolved. Most recently, the Ben Marr report "Governance for the Juan de Fuca Electoral Area of the Capital Regional District" (2001) examined options for various communities. The gist of the report, as it pertains to Willis Point follows:

The districts of Central Saanich, Saanich and Highlands have each expressed an interest in a restructure study of the possibility of extending their respective boundaries to include Willis Point. Willis Point has reservations concerning change, but agrees that a study of the three options would be of interest particularly if major changes were to occur elsewhere in the electoral area. There appears to be a consensus that a joint restructure committee be established to determine the advantages and disadvantages to each party of amalgamation options and that a consultant be retained to undertake the necessary study. (Marr, 2001, p.21).

Subsequently, the Willis Point community has received no further information on the various options available to us or the advantages and disadvantages of each. Information concerning ongoing discussions among Sooke, East Sooke, Shirley and Otter Point has recently been made available.

Due to our geographic isolation from the remainder of the Juan de Fuca area, the decisions made by those communities will undoubtedly and significantly affect Willis Point. If they should choose to amalgamate, the degree of fragmentation, isolation and economic inefficiency will likely result in mandatory amalgamation determined by the Province and relevant municipality. It is obviously in our best interest to obtain as much information as possible and request the option of a binding referendum before others make choices on our behalf.



Photo by Jim Jenkins

Attracting Birds to Your Garden

by Katarina Meglic

Many gardeners who have encouraged wild birds not only receive immense enjoyment from watching the outdoor activity throughout the seasons, but also benefit from reduced insect bites—a family of swallows can devour over 8,000 insects per day.

It's not difficult to attract feathered friends to your yard or garden, and the fall and winter provide ample opportunities to prepare suitable nesting spaces and feeding grounds for the coming spring.

Begin by planting native plant species. Requiring minimal maintenance, native trees and shrubs provide appropriate nesting sites for wild bird species. Non-invasive climbing plants, such as honeysuckle, can be planted along walls and fences, providing an attractive cover that is unavailable on unplanted vertical surfaces.

Many berry-bearing plants also provide a natural feeding ground in the fall and winter. From arbutus to salmonberry to kinniknick, there are plenty of species that will fit in with your landscape and provide nutrients. Also, resist the urge to trim back and tidy excessively this time of year—seedheads too provide a much-needed food source throughout the lean months for birds. Instead, cut back in late February and March, when new shoots are emerging from the base of plants, remembering that garden debris is often used by birds for nesting.

If you already have one or more nesting boxes, autumn is the time to take them down, clean them thoroughly to remove any parasites, and make any needed repairs. Nesting boxes should be provided in a range of sizes for different birds, and can be placed in trees or against the walls of your home. Avoid placing birdhouses in areas exposed to excessive sun, or accessible to predatory pets.

A water feature, such as a pond or a birdbath, also attracts birds, which may splash about in the shallows or simply have a cool drink. Check water often and ensure adequate circulation, either through a pond or fountain filter or simply by changing the water in a birdbath every few days. This will prevent drying out in the summer, freezing over in the winter, and parasite development at all times of the year.

ANGUS

by Emma Robbins



In his book, "It Was On Fire When I Lay Down On It," Robert Fulghum wrote a five-page essay in which he gave his reasons for disliking dogs. At one time I may have been inclined to agree with him. But that was before Angus.

Angus came into our lives in 1987 when I gave my husband a hunting dog for Father's Day. I chose a male Springer Spaniel and sent our son to the kennel to pick him up. A little while later he returned with a cardboard box in the front seat of the car. When I peeked inside the box, there was the most beautiful, loveable, irresistible little face I had ever seen: droopy brown ears with the feel of satin, amber eyes to melt your heart, and a dusting of freckles across that snow-white nose. We called him Angus.

Even though I had bought Angus for my husband, he soon became my dog, following me all over the house, curling up in my lap or at my feet, chewing on my slippers. It seemed that no matter what kind of mood I was in, what I had said in a moment of anger or frustration, Angus would always greet me with that same pulsating tail, that all-over shimmer that said, "Gee, I'm glad to see you!" One word from me and I was instantly bound up in a bundle of long floppy ears, hairy paws, doggie breath and slobber. Yes, Angus knew how to forgive and forget.

We took him for walks with us in the evening and, when his short legs gave out, he plopped down on his haunches and whimpered until my husband relented and carried him the rest of the way home. At those times I thought I could detect the hint of a grin on his little doggy face.

When we moved from our prairie farm to a house and lot on the coast, Angus missed his daily ramblings across the fields, looking for gophers or pheasant. One day in early fall, he disappeared from the back yard. Our calls and whistles remained unanswered, and we were just making ready to do a search of the neighbourhood when Angus showed up, proudly sporting his hunting prize - a giant zucchini. He had held it so gently in his jaws that not one tooth mark was evident. Yes, Angus had always been a good hunter.

Unfortunately, dogs don't live forever, but while they are in our lives they can teach us much. I do regret that Robert Fulghum and Angus were never able to meet. If that had happened, I doubt the author would ever have written that five-page essay.

Kid's Page

Preschool Plus

by Linda Mellish

ECE at Alphabet Soup Child Care Centre in East Sooke

For this month I have chosen a few simple science activities that can easily be done at home with your preschooler. These activities are a lot of fun, and I guarantee your child will be amazed at the 'magic' of basic chemistry.

Invisible Ink

Introduce this activity to your child by talking about secret messages. Tell them you can teach them a way to make pictures on paper that disappear and stay hidden until you choose to reveal them.

Materials:

vinegar or lemon juice for ink
a fine paintbrush to write with
a piece of paper
a candle in a holder

Dip the paintbrush into the vinegar or lemon juice and write a message on the paper. A letter from your child's name or a simple picture works best for small children. Let the paper dry. The paper will look blank. Next, light the candle and slowly pass the paper over top of the flame. The message will slowly appear.



Instant Volcano

This activity can be done in the kitchen sink, in a large baking pan or even outdoors in the sandbox.

Materials:

Small and narrow plastic or glass bottle

1/2 cup vinegar

1/4 cup baking soda

Optional materials:

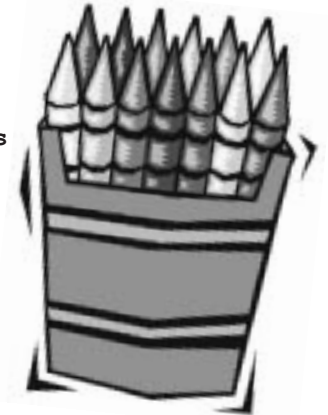
Food colouring for colourful lava

Sand to cover the bottle to make it look like a mountain

Begin by putting the baking soda in the bottle. If you want a more exciting demonstration, pile sand around the bottle so that only the mouth of the bottle is visible at the top of the mountain. Next, add the food colouring to the vinegar. Now you are ready to make the volcano erupt by pouring some of the vinegar into the bottle. Repeat several times. When the volcano is finished erupting, stir inside the bottle with a skewer or chopstick and pour in more vinegar and you may get several more eruptions.

Investigating Colour

This activity is great for toddlers to school age. It works best if you leave the activity set up for several hours and allow your child to leave and return to it and experience the changes.



Materials:

ice cube trays

food colouring

water

Large clear storage

containers or the kitchen/

bathroom sink

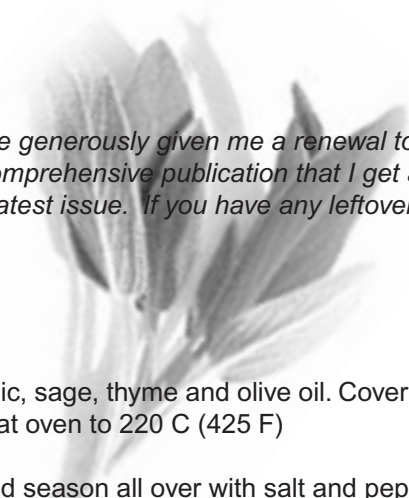
Add water and food colouring to the ice cube trays. Use only the primary colours red, blue and yellow. Make several cubes of each colour and freeze. Once the cubes have frozen, set up a water play area. You could fill a sink with water and provide a stool for your child or, fill a storage container with water and set it on a table covered with towels. Add ice cubes. As the cubes melt the colours will change and combine. Yellow and red will become orange, blue and red purple and so on. If you give your child a few plastic containers in various sizes this activity is also great for exploring the principals of measurement, and it is fun.



COOKING WITH CLAUDIA

Happy New Year!

Once again my wonderful friends in Wellington, New Zealand have generously given me a renewal to my favourite magazine, Cuisine. It is from this unique and very comprehensive publication that I get a lot of inspiration and ideas, and my recipe this month is from the latest issue. If you have any leftover cranberries from Christmas, this is where they can be used.



Roast Pork with Cranberry Gravy

1 ½ kg boned loin of pork
4 cloves garlic crushed
2 tbsp chopped sage leaves
2 tbsp chopped thyme leaves
2 tbsp olive oil
sea salt and freshly ground black pepper
1 tsp flour
1 cup dry Gewürztraminer wine
3 tbsp whole-berry cranberry sauce
juice and zest of 1 orange

Place pork in a bowl and rub with garlic, sage, thyme and olive oil. Cover and leave to marinate for one hour. Preheat oven to 220 C (425 F)

Transfer the pork to a roasting pan and season all over with salt and pepper. Roast at 220C (425F) for 20 minutes. Then reduce oven temperature to 180 C (350F) and continue roasting the pork, basting regularly, for another 45 minutes for succulent, slightly pink pork. Remove the pork to rest for 10 minutes before carving.

Meanwhile make the gravy. Pour 3 tbsp of the fat from the roasting pan into a saucepan then stir in the flour until smooth. Blend in the wine and juices from the pan and bring to a boil, stirring until the mixture thickens. Blend in the cranberry sauce, orange juice and orange zest and season to taste. Serve slices of pork with cranberry gravy and I recommend roasted pumpkin and some steamed snow peas as vegetable accompaniments.

*Enjoy something different to start the New Year!
Claudia Berry*

Sooke Works Employment Centre - not "just" for Sooke!

Eight years ago, an East Sooke resident named Rebecca George brought employment services to our area through the creation of Sooke Works Employment Centre, a non-profit agency that assists job seekers and employers.

Our mandate is to provide employment assistance services to everyone in the area from East Sooke to Port Renfrew. We are one of the most successful employment assistance services in the entire Greater Victoria area, a record we are proud of.

The secret to our success is probably our staff - from our director Rebecca George (now a resident of Otter Point) who created this important service, to the counsellors and support staff. We are a dedicated group, actively involved in the community.

Looking for work? Come down to view exclusive local job postings, posted by employers from your area. Attend a workshop to get you organized, motivated, and more successful in your job search. You can also fax resumes from our office.

Need to work on a resume? We have free computer and internet access on site, a Resume Clinic every Monday afternoon, self-help information in the resource centre, templates on the computer - plus, we'll help you create the all-important cover letter to go with your resume.

Want to make connections? Drop down to our resource centre to check out our job postings - much more than you'll find in the newspaper. Join a workshop. Visit an employment counsellor for private, confidential counselling.

Want to post a job, or hire short-term workers? We'll post your job for free (also on our website) and connect you up with short-term workers through our casual labour pool.

Wondering if you qualify for assistance? We will help all Canadians. We have special programs and services available for the following groups:

- People on an EI claim now, or who have been within the last 3 years (regular claim) or 5 years (parental claim)
- Youth aged 15 to 30 with no EI claim currently or within the last 3 years or 5 years (parental claim).
- People with a disability which affects your ability to find and keep work.

Please come to visit us at 6625C Sooke Road, and visit our website at

www.sookeworks.bc.ca

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To Our Readers:

This is the third issue of the Rural Observer. We have contracted with Canada Post for delivery of RO to every household in the Juan de Fuca Electoral Area. If you did not receive a copy of the paper in your mailbox, please call Sooke Postmistress, Debbie Clarkson, 642-3013, and report this to her so that she can insure proper delivery in the future.

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We can mail the Observer to you for \$25 per year if it is posted to a Canadian address and \$30 per year if you wish it to be posted to the United States.

Please send your information and cheque to :
**Head of Subscriptions Department, 6466 East Sooke Rd.
East Sooke, B.C., V0S 1N0.** Cheques need to be made out to Juan de Fuca Rural Publication Society.

Volunteers Needed!

Are you able to help the Rural Observer with distribution, one day every two months?
Would you like to be a reporter or offer other help? For more information, please call 646-2528

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Feb. 5, 2005

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B.C. Property Tax Assessments are way up.
Join Sooke and pay even more.

Upon amalgamation, the average initial tax increase per household in East Sooke, Otter Point and Shirley will be \$692.

To see calculations, go to www.jdfboundaries.ca

The Sooke initiated Boundary Restructure Study is flawed with wrong assumptions and incorrect math.

With Amalgamation our taxes will soar.
WE ARE DEBT FREE (except for SEAPARC) SOOKE IS NOT.

POLICING COSTS WILL INCREASE
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ALL OUR SERVICING COSTS WILL INCREASE

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Why give up strong local governance for unbalanced representation at Sooke Council?

SOOKE IS NEARLY \$10,000,000 IN DEBT. Sooke NEEDS US and OUR TAXES to INCREASE ITS BORROWING POWER and SERVICE ITS DEBT HIGHER TAXES? THERE'S NO DOUBT!

NO to Higher Taxes

NO to almost 10 Million in Debt

NO to Losing Local Control

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Vote NO

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*Paid for by concerned citizens of East Sooke, Otter Point, Shirley