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The deadline for submissions and advertising for the *South Cowichan Life* the 15th day of each month (submission date followed by edition in which article/ad will appear): (This applies to all eleven editions)

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welcome . . .

. . . to the April edition of the *South Cowichan Life* magazine. Here are a few reasons as to the benefits of advertising in a community magazine.

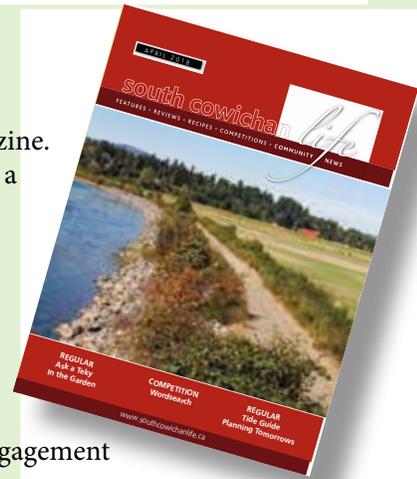
Dedicated Audience: Local magazines have the huge benefit of being targeted to local audiences. They can give a sense of community and locality that just isn't present in national papers. Establishing a presence in a community magazine will have huge benefits for your business not only in terms of customers, but in terms of trust and reputation among consumers. We have a strong reader engagement – people like seeing their articles in print

Credibility and Community: Local magazines promote a sense of community among local customers. In these environments, ads are not just ads they are recommendations from a personalised, trusted source. *The South Cowichan Life* magazine will be able to help you formulate an effective advertisement and the benefits of being a long term advertiser are far more rewarding than a one off.

Trust: The internet is notorious for being a bit of a minefield, with popup windows shouting through the screen about malware viruses and dangerous algorithms that will steal your information (See this months *Ask a Teky* on page 5). Your ad is unlikely to even be noticed, and if it is, the chances of people thinking it's trustworthy are likely even slimmer. When someone picks up a magazine however, they are making a conscious effort to read that magazine. They will be engaging with the content, and therefore the ads, in a way that they wouldn't be on Facebook or Twitter. You can trust us – we've been in business for over 20 years, we aren't going anywhere!

Staying power The world of online advertising is incredibly fast paced. The benefit of online advertising is also its downfall. Print ads have longevity. There is a physical copy of magazines for people to read in dentist waiting rooms, doctors surgeries etc. Not only is it likely that your ad will be read by more people, it will be consistently read.

Don't sit on the fence. If you think advertising in a community magazine is for you then get in contact with us today. We reach 8600 homes in the local communities and have numerous loyal clients who get continuous business from customers in their local areas. We'll never try to sell more than you need (like a large glossy magazine or newspaper might.) In fact, we don't even have a salesperson – all our business comes from recommendation or people contacting us because they have seen a copy of the *South Cowichan Life*. Sounds good? Why not request our media pack for a breakdown of packages and options?



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Cover photo Jesse Curtis - Along the sea wall at Cowichan Bay

Planning Tomorrows

The Future of Work

The type of jobs the current crop of students will be doing in the future are more uncertain than at any time in history. Many prognosticators are warning of high levels of unemployment because of technological advances in robotics, artificial intelligence, self-driving vehicles, 3D printing, cloud computing, communications, remote workplaces and other trends. Others point out the benefits in productivity that will be gained in using these tools with the benefit of human guidance. When computers came on the scene many predicted massive job losses that didn't transpire. More women became involved in the workforce and even more jobs were created. No matter what though, the new paradigm we are

seeing means everyone needs to be very flexible and expect to change jobs frequently. Those that can't adapt to change will suffer. There will be shakeouts and continuing re-education

transform how we work and play. The reality may be that along with policy innovations like a universal basic income necessitated by the re-engineered workplace and social fabric,

unforeseen potential.

Here's the thing though. Corporations, governments, NGOs and educational institutions will have to co-operate on all levels and forego competitive profit motives to place more emphasis on bettering society for everyone. That is a big if, considering the fractious state of affairs we are experiencing now. The other big if? Can we produce enough clean energy to power the new workplaces and devices the bright new occupational horizons demand?

Pete Keber is an independent fee only Financial Management Advisor. The opinions expressed here do not necessarily reflect that of this publication. Pete can be reached at 250-743-4850.



will be a priority to weather the changes.

No one has any concrete idea how the job market will evolve, but it is very possible that there will be numerous occupations unheard of today that will

we may be free to do many things undreamed of before because of financial constraints, and still contribute meaningfully to society. Technologically designed working environments may unlock

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Glimpses of Our Past

Klondyke Connection

John Motherwell was born in 1925 to Scottish parents who had settled in Killam, Alberta where John rode a pony to a one-room school for grades one to six. In 1936 the family moved to a farm in Cobble Hill, and John attended elementary and high school in the village before joining the RCAF in 1943 and becoming a flight engineer on Halifax aircraft. After the Second World War, he graduated from UBC as a civil engineer and also became a BC and Dominion Land Surveyor.

From 1952 until 1956 John worked as a surveyor and engineer in the Yukon and Northwest Territories. On moving to Victoria

he was employed by A. B. Sanderson & Co. until 1959 when he opened his present business as a consulting engineer and surveyor.

He has maintained a strong interest in the South Cowichan area and its history, and has given tours of the Saint John the Baptist Anglican Church Cemetery, kindly shared his local historical knowledge on many occasions, has strong family connections here, and is a founding member of the Cobble Hill Historical Society.

On 10 April at 7 p.m. in the Youth Hall, he will be speaking about the five Cobble Hill men who answered "the call of '98" and went to the

Klondike in search of gold as well as the virtually unknown Yukon enterprise of Francis Mawson Rattenbury, arguably British Columbia's most famous architect, whose designs include the BC Parliament Buildings and the Empress Hotel. In 1898 Rattenbury, established the Bennett Lake and Klondyke Navigation Company permitting a longer navigation season and reduced travel time to access the gold fields. The venture lasted until 1905,

and although Rattenbury's association with it was only for one year, John Motherwell was intrigued. He researched the project and has written a book that describes both the foresight and planning of Francis Rattenbury as well as the aspects of his character that led to his tenure with the company being brief.

For more information on attending Mr. Motherwell's talk, please call 250.743.4161 or e-mail: Contact@CobbleHillHistory.org.



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Ask a Teky

Web Security

First off, let's not confuse the terms "World Wide Web" and "Internet." The Internet is a massive network

icon on your browser, denotes a *secure* webpage; if you *don't* see this when doing online banking or



of networks of computers that are connected so that they can all talk to one another. The Web (for short) is a *big* part of the Internet, but it is not the *whole* Internet (another big part, for example, is email).

Most of us know The Web as that endless collection of webpages that we view in our browsers. It's where we often go for our online shopping, news, information, social media, and other media.

Because websites are based on the *Hypertext Transfer Protocol*, all web addresses are prefixed with "http://." This is so universal that we don't have to type that part of the address when we're in the browser. You might notice, however, that sometimes an "s" is typed, or simply appears, after the http, resulting in a "https://" prefix.

This prefix, and/or a lock

ecommerce, you should be *very* concerned.

When you are on a secure webpage, two main things are happening. First, you are guaranteed that the site you are on is who they appear to be (i.e. the address is third-party verified). Second, the information passing between you and that site is encrypted. So, as long as you trust that site with your confidential information (like your credit card number), you can be guaranteed that no intermediate entity transferring your information is privy to its content.

This is particularly relevant this year, because in July 2018, Google's Chrome browser (the current leader in browser market share) plans to identify non-https sites as "not secure."

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there's no need to panic or shy away from non-secure sites, unless you are concerned about your privacy while using those sites. You can just browse with more confidence on secure sites.

The upside of this move by Google will be that it will encourage more sites to become secure, and generally raise the bar on web security.

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Canine Friends

How to Pick the Right Dog

Before we pick the dog, we need to pick breeder, or rescue organization. Be aware that neither breeders nor rescues are regulated - with the exception of the BC SPCA.

The BC government has moved to target irresponsible dog and cat breeders by amending the Prevention of Cruelty to

Animals Act (PCA Act) to regulate commercial breeders, but it will take some time before those minimums standards are enforced.

Responsible breeders and reputable rescues will want you to visit - and interview you - before they sell to you.

Find out as much as you can about the dog's

background. For puppies, ask for parents' health screenings. Make sure to meet at least the dam (and take references on the sire), to make sure that they are of good and solid temperament. Temperament is highly heritable; what you see in the parents, you are likely to get in the offspring.

Pick the "middle-of-the-road" puppy - not the wildest one, and certainly not the one that is shrinking back in the corner.

With rescues, we rarely have access to background information, so interview the rescue on how they

select their dogs. Get references. With the huge number of dogs in shelters, rescues should be able to select dogs that are more likely to make good pets.

Pick for the individual

dog's or puppy's temperament and behaviour, not what the "breed" is supposed to be, because there are exceptions ('outliers') in all breeds. And, of course, pick for a tem-



perament that suits your lifestyle, rather than for looks. No matter how beautiful the dog is, if you cannot live with him/her, it really doesn't matter how beautiful the dog is.

Next month: How to pick the right dog trainer

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Spice Up Your Life

Natural Homemade Spring Cleaning Ingredients in Your Pantry

Yep, it's that time of year again. We've finally (hopefully) thawed out from the deep freeze and are ready to give our homes the deep spring cleaning that is well over due at this time of the year.

Unfortunately, when we purchase our regular commercial cleaning products, we expect them to do one thing: clean! We use a wide array of scents, soaps, detergents, bleaching agents, softeners, scourers, polishes, and specialized cleaners for bathrooms, glass, drains, and ovens to keep our homes sparkling and sweet-smelling. But while the chemicals in cleaners foam, bleach, and disinfectants make our dishes, bathtubs and countertops gleaming and germ-free, many also contribute to indoor air pollution, are poisonous if ingested, and can be harmful if inhaled or touched.

The solution is as simple as reaching into your pantry and creating your own natural cleaning products! Here are some natural cleaning recipes

using products that you may have in your kitchen pantry.

All-Purpose Cleaner With Lemon

- 2 cups white vinegar
- 2 cups water
- 1 teaspoon natural dish soap
- 30 drops lemon essential oil
- 20 drops tea tree essential oil

Mix all ingredients in a quart-sized spray bottle. Shake to combine. Spray and wipe on counters, cabinets, sinks, toilets, and anywhere else.

Fresh Mint Window & Mirror Cleaner

- 3 cups distilled water
- 1/4 cup rubbing alcohol or vodka
- 1/4 cup vinegar
- 20 drops peppermint or spearmint essential oil

Combine all ingredients in a quart-sized spray bottle. Shake to combine, then spray on mirrors, windows, or stainless steel. Wipe off with paper towels or old newspaper for streak-free shine.

Deep Clean Toilet Scrub

- 1/2 cup baking soda

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- 1/3 cup liquid dishwashing soap
- 1/4 cup hydrogen peroxide
- 30 drops eucalyptus essential oil
- 3/4 cup water

Mix together in a squeeze-type bottle, then squirt into toilet. Scrub and let stand 20 minutes before flushing.

Lemon Carpet Refresher

- 1 cup baking soda
 - 30 drops lemon essential oil
- Combine in a small

container, and cover tightly with a lid. Shake well and allow to sit for 6-8 hours. Sprinkle on stale or smelly carpet and allow to sit overnight. Vacuum up the next morning.

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The MBCL - Who are we? by Maureen Alexander

To answer this question we must step back in time to 1945 when the local community started talking about the need for a public hall. This was a time when many veterans were coming to Mill Bay seeking homes

and jobs as loggers, farmers, Bamber-ton Cement workers or at the Queen Alexandra Solarium located on the present Brentwood College site.

In Oct. 1945 a meeting was held at the Masonic Hall and aims of a Community League were outlined, officials elected, a constitution drawn up and the league registered under the Societies Act. Their first objective was to build a hall.

In 1948, the owners of the Mill-stream store (located at what is now Pioneer Centre) offered the league a small building, which had been built by Grant Garnett Sr. as a tea-room and soda shop. Mr. Scollard, whose property is now part of the new Marina development, promised to donate a lot he owned on Deloume Road and the little building was moved. Although a Heaney's truck took hours to move it to its new location, they never en-

countered a single vehicle on the main highway.

However Mr. Scollard's promise of land was not fulfilled so George Frayne offered an acre lot on the Shawnigan-Mill Bay Road. He sug-

gested the League buy the whole 19 acres for \$1600. John Kerry, a retired lawyer living at Deer Lodge, offered to buy the land and sell it to the League for payments of \$100 per year. The League women worked hard to raise the \$100 payment through various fundraising activities until Mr. Kerry died. In his will he forgave the balance owing.

countered a single vehicle on the main highway.

Shawnigan road for \$100. As is the case today the community worked together and with donated materials, equipment and labour the new hall was opened on 16 February, 1956.

Tragedy struck one night in Sep-

tember 1983 and the hall was destroyed by fire, the work of an arsonist. This was a devastating blow to south end residents and extremely discouraging to League members who had worked so hard to provide a meeting place for the community. (To be continued in *South Cowichan Life* May issue).

DID YOU KNOW?
1859 Mill Bay considered high tech. Telegraph lines from the Saanich Peninsula were laid under Saanich Inlet surfacing on this side at Telegraph Road. The road and lines also connected Cowichan Bay. Harry Good was the first operator.



John Kerry dedicating hall opening



MBCL hall 1970



First MBCL hall



Remains after the fire in 1983

gested the League buy the whole 19 acres for \$1600. John Kerry, a retired lawyer living at Deer Lodge, offered to buy the land and sell it to the League for payments of \$100 per year. The League women worked hard to raise the \$100 payment through various fundraising activities until Mr. Kerry died. In his will he forgave the balance owing.

The League now had land but no building so the Loveseth Brothers offered a building built by Frank Copley, located about a mile west on

A SAD NOTE

Recently we were saddened to learn of the passing of Shirley Carter, one of the community league's most staunch supporter. A long-serving league Director with a great sense of humour, Shirley was a most enthusiastic volunteer in almost all league events and projects. She also had a very important role as a senior's advocate, guiding their activities and promoting their causes. We will miss Shirley very, very much.

Legal Coaching

From Separation to Divorce

Note from editor: the story of Nicole and David is a fictional narrative. This is the fourth of a series that follows the couple as they make their way through the family law process in BC.

Nicole has found that working with a legal coach has provided her the family legal services needed to address her marital problems. On the advice of her legal coach, she has accessed mediation services and negotiated terms with David that pay the bills and keep a civil relationship. The legal coach has converted those terms to a separation agreement, which Nicole has filed with the court. Things are less traumatic for the family, yet Nicole senses David has reservations about following through with the parenting arrangements and property division they've set out in their separation agreement. While David remains overseas, life seems to go according to the plan to which they've both agreed.

Then comes the news that David has lost his job overseas. Nicole is concerned about what the change will bring; she is worried that David is going to stop paying child and spousal support and will demand to have more time with the children when he returns. What she does not expect is that David is arriving with a

girlfriend and a baby in tow. He informs Nicole he can no longer live up to the terms of the separation agreement. He says he no longer works for the overseas company and now he has another family to support.

Nicole is not sure how she is going to cope with the sudden change in her financial situation. She and her legal coach review the financial situation contained in the court-filed agreement in light of the new situation and discuss how Nicole can enforce the agreement. Nicole has also learned that she may not have known the truth about David's financial circumstances when she signed the separation agreement. Questions arise about the extent of his pension fund, RRSPs and potential savings and assets.

Nicole knows the stakes are higher this time and increases her legal budget to accommodate the resources she will need from her legal coach. She is prepared to go to court to prove that David has more assets than he is claiming.

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Sound Advice

Inserts vs Headphones



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There are several reasons why insert earphones are the best practice when conducting audiological evaluations. First and foremost, they

provide a more accurate measurement of your hearing thresholds. Insert earphones are more accurate because they seal the ear canal which can help to reduce any low frequency ambient noise that may be present in the environment. When headphones are placed over some ears they can cause the ear canal to collapse and create an artificial high frequency hearing loss. Because the insert earphones are placed inside the ear canal, they keep the ear canals open and prevent them from

collapsing. Insert earphones also decrease the chance of sound leaking out of one ear and being picked up by the opposite ear.

Having the most accurate result is necessary when diagnosing hearing loss or monitoring hearing levels over time. Accuracy is also very important when selecting and fitting hearing instruments. If the hearing threshold is incorrect, the hearing aids may over or under amplify speech. Insert earphones are for one time use as well so they are great from a hygienic perspective.



Dr Terence Miranda, AuD,RAud

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Area A Director

I am often pleasantly surprised by what can be learned at conferences that will help transform and improve the community. About six months after being elected, I attended the Federation of Canadian

users. This is accomplished in a socially, culturally, environmentally, and economically conscious manner.”

The idea is that all of the CVRD’s assets including water and sewer



Municipalities (FCM) convention in Edmonton in 2015. The CVRD’s Chief Administrative Officer, Brian Carruthers, and I, found ourselves in a workshop on asset management. About ten minutes into the presentation, we looked at each other and agreed that, “we have to do this!”

From the CVRD Asset Management Policy at cvrd.bc.ca > Services > Finance > Asset Management: “Asset management is an integral business approach involving all components of the organization (e.g., planning, finance, engineering, maintenance and operations) towards effectively managing existing and new infrastructure to maximize benefits, reduce risk and provide appropriate levels of service to community

systems, street lights, recreation centres, etc., would be assessed, then analyzed according to criteria laid out in the policy. This information would be used to calculate what deficiencies and liabilities exist and inform the Board what resources and how much money would need to be spent to keep the assets working properly and avoid unexpected repairs. It was a surprise to me how few local governments were doing this. Decisions have been made with whatever information existed, if there was any at all, so many assets were given the minimum attention possible in order to keep taxes low. The assessment should be complete this summer, in time for the 2019 Budget process.

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had been digging up and replacing the utilities in a few streets every year. Once their Asset Management program was in place, they found they had to completely redo about twice as many streets than they had been in order to keep up. They could also do less intensive maintenance on many streets in order to extend the life and avoid having to redo them completely as often. Some strategic spending that will save money in the long run.

Going forward, the Community Works (Gas Tax) Funding, administered

by the Union of BC Municipalities, will require local governments to prove they have an asset management program. Thanks to the workshop in Edmonton nearly 3 years ago, the CVRD is a leader in this regard. Hundreds of thousands of dollars in grants from the federal and provincial governments have been obtained, largely funding the Asset Manager position to date. Staff have presented at conferences and the CVRD has been recognized for our leadership in asset management.

Funny in the Garden

Recently I changed some volunteer activities because they lacked the one thing that is most important in my life—they weren't funny. I am cursed with a mad sense of humour that has gotten me in a lot of trouble in the past. However, I could not survive without my sense of funny. It's gotten me through so many of life's challenges. The garden provides much of this amusement from spectacular pratfalls to oddly shaped carrots. Nature is so goofy sometimes!

My weekly list of funny includes this gem. We all struggle with keeping squirrels out of the bird feeder. I like squirrels, even the invasive grey ones, but I like the little

birds even more. Our entire neighbourhood shares the fun of watching all the critters at the feeders, especially the hummingbirds. Our seed feeder provides a big



challenge as the squirrels constantly try to raid it.

My very funny husband invested in an extremely cool feeder called a *Yankee Flipper*. Oh,

excellent! This feeder has a bar on it that will spin around when the squirrel grabs it. The squirrel usually goes around once or twice and then flies off onto the ground. Squirrels get

dizzy fairly easily and the feeder usually loses its allure. Then the squirrel has to be content with the rain of food dumped on the ground by

the juncos and nuthatches. However, every so often you get a squirrel that tries to defy the odds and hangs on hoping the spinning will stop. But it doesn't.

This inspires howls of laughter from everyone who watches. I think even the nuthatches are sniggering! There are so many different ways to fool the squirrels and so many products. Check out this website for some Canadian products - <http://www.forthebirdsnatureshop.ca>. Most garden centres have knowledgeable staff who can discuss this problem with you too! Just so you know, no squirrels were harmed in the writing of this article, although a few were very embarrassed.

We will not be embarrassed to see you at the Mill Bay Garden Club meeting on Tuesday 27 March at 6:45 p.m., Cobble Hill Hall. Did I mention we have coffee and tea as well as cookies?

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Hearts In Action

Taking the Trash Out of Our Treasure

With the arrival of Spring in the Cowichan Valley, it gives us an opportunity to put our best face forward! We are entrusted with wonderful outdoor living spaces that we should be very proud of, but, if you've ever walked along the roads and trails in your community, you may have come across some unwelcome and careless piles of litter. This is hardly the sight that we want to greet the many visitors and BC Summer Games attendees expected this year!

As a community we can take action to remove the trash from our treasured outdoors. **In Shawnigan Lake, we are organizing a Clean-Up Day on 22 April,**

from 10 – 2 p.m. with a coordinated effort launched from the Shawnigan Pavilion in the heart of our village. Teams will be dispatched to zones around the lake and along our high traffic areas, equipped with bags, gloves, and tongs, and the means to gather and deal with all of the litter that must be sorted and hauled away. With any luck we will also find lots of beverage containers we can return for a refund!

This event is going forward with the support of the South Cowichan Rotary Club and the CVRD, as well as our local waste haulers and recycling facilities, in partnership with



Shawnigan Area B Director Sierra Acton. We will be involving groups, schools and businesses to participate during the four hour event across zones around our lake and throughout our community.

Participants will enjoy a celebration of "Spring Cleaning Our Area" with opportunities for families

to carry the momentum forward in their own neighbourhoods.

Registration for eager volunteers 12 years and up will be online beginning in early April at www.south-cowichanrotary.org under I Love Shawnigan Clean-Up Day 2018.

Many hearts working together will make a lasting difference!

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Mill Bay Fire Department

If you would like to know more about the District's activities, or have input on your area, come to Mill Bay Fire Protection District AGM on Thursday, 26 April 2018, 7 p.m., Fire Hall #1 – 2675 Lodgepole Road, Mill Bay. It is open to all residents of the Fire Protection District, including Mill Bay and Southern Cobble Hill. Property owners in the District are also eligible to vote on items brought up during the meeting.

Call 250-743-5563 to liaise with informational presentations at public functions or community-based meetings, such as schools, strata, businesses, neighbourhood watch, daycare centers, nursing

homes, senior centres, health care providers, and emergency response teams. Life-threatening incidents can happen at any moment, triggering the need for coordinated action from first responders. It is crucial that all agencies work together sharing radio communication and critical information when life-saving decisions may depend on that information. Pre-incident planning will be, once again, implemented by the Fire Department in 2018 with local businesses and high occupancy buildings such as schools, medical clinics, auto-repair shops, and any other businesses that may use flammable or hazardous materials.

This process gathers information and records floor plans, hazards, high risks, water sources, storage, hydrants, alarms, sprinklers, and whatever could be critical for public safety personnel at an incident, such as a fire, hazardous spill, terrorist attack, or natural disaster. A detailed pre-plan can help the Incident Commander determine what approach to take when battling a fire and how best to deploy firefighters and apparatus at the incident scene.

From 2014-16 there were 152,650 firefighters in Canada, 17% career, 83% volunteer. Firefighters in smaller (less than 50,000 population) communities

are more likely to become volunteers. 3,672 Fire Departments protected Canada during the same years, 66 all career, 44 mostly career, 501 mostly volunteer, and 3061 all volunteer. Become a part of these numbers, join us and help protect your community.

Malahat, Shawnigan Lake, and Mill Bay Fire Departments extinguished a garbage truck fire at Malahat Gas on 14 March with very little damage to a home and preventing disaster at the Gas Station. **Did you know:** Canadian Fire Departments generally protect larger land areas with fewer stations and apparatus than their United States equivalents?



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Insight

Choosing the Right Eye Drop for Me

When it comes to choosing an eye drop the task can be daunting. There are literally hundreds of options at the pharmacy. Drops for dryness, drops to get the red out and drops for allergies are numerous, all offering claims to improve whatever your eyes are suffering from. The key

to choosing the best eye drop is to understand what condition or conditions you are seeking to treat. The best way is to see your eye doctor for advice based on your specific ocular conditions.

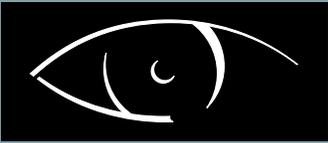
Modern optometric practices may offer specialized testing for dry eye and ocular



inflammation. At our clinics we offer dry eye boot camp which includes diagnostics aimed at helping the doctor diagnose the root cause of the ocular surface disease (aka dry eyes). Tear Osmolarity testing measures the saltiness of your tear chemistry. The more hyperosmolar or salty the tears the more likely the presence of dry eye disease. Another common test is to measure for inflammatory markers. This helps the doctors to prescribe therapeutic drops to combat inflammation. Other advanced testing include staining the cornea with vital dyes to see corneal inflammation under the microscope, special tests to determine how long your tears last on your cornea, and to image and test the meibomian glands that are responsible for the lipid layer that sits in top of the tear film. The lipid layer reduces evaporation of the tear film in between blinks and loss of this layer can increase dry eye symptoms. These symptoms may include blurriness, redness, burning, watery and itchy eyes.

The Drop For You
Your eye doctor may

prescribe a medicated drop to reduce inflammation or encourage tear production. Other recommended drops often are specifically formulated to combat specific deficiencies in the various components tear layer. The diagnostic tests help determine the best drop for you. Gone are the days where we gave out a sample and hoped for improvement in symptoms. Now our doctors choose the right drop or drops based on your specific condition and chemistry of your tears. The science of dry eye disease diagnosis and treatment is evolving and improving. It is a good thing too because with the increased use of digital devices and subsequent reduction in blink rate, we are seeing many more cases of dry eye disease. Our doctors will recommend a specific therapy based on the diagnosis and follow your condition until it is under control. For some that means a lifetime of therapy and for others it means lifestyle modifications to improve the tear film. If all of this brings tears to your eyes then my work here is done!

<p>Cobble Hill 56 – 1400 Cowichan Bay Road (Valleyview Centre)</p> <p>Duncan #2 - 2755 Beverly Street</p> <p>Chemainus 106 – 9844 Croft Street</p> <p>Lake Cowichan 44 Stanley Road</p> <p>www.myeyecare.ca</p>	 <p>Cowichan Eyecare</p> <p>Trusted Professionals for Your Complete Vision Care</p> <p>1-844-343-3939</p>
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Habitat for Humanity Project

As I have said in previous articles, this year I am doing recycled projects and I

you will see in the photo I have taken. My goal is to create unique pieces using acrylic paints, crackle,



have received the perfect invitation from Habitat for Humanity to do an art project out of recycled items. Their project is called 'Refind Art' and each artist is given a \$100 gift certificate for their ReStore's to find a project to renew. The submissions must be submitted by 11 May and they will be on display at The Bay Centre from 29 May to 10 June. The original works of art will be auctioned off and voted on by the public on site. 100% of the funds raised will go to building homes for people who need them.

I have chosen a wooden table where the sides fold down; it has four chairs and a mirror with a 5" wood frame. The mirror frame is slightly damaged and is new as

fabric for padding the seats and satin varnish. When it is complete I will take a photo for my next article for you to see how my project evolved. This is such a worthwhile project and Habitat for Humanity is making a difference in our communities.

We are now fortunate as of 1 March to have a ReStore in Duncan, so drop in and check it out. This is a great addition to the two ReStores in Victoria, one on Orono in Langford just off Jacklin Road and the other one is just off Cloverdale Avenue before Blanchard. You will find great treasures in these stores. Volunteer and shop and know that by giving your time volunteering or shopping you are helping to build homes for those who cannot afford them.



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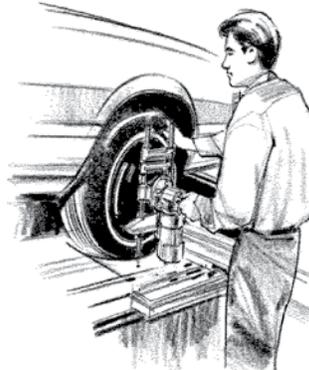


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Frances Kelsey Dry Grad 2018



Here we go again! Another bunch of great FKSS students about to graduate and we want to celebrate! Dry Grad is an alcohol and drug free celebration for graduating students that is inclusive, safe and so memorable. Started in 1989

by the Summit Alcohol and Drug Services, Dry Grad Night has become an annual tradition for high school students

in the Cowichan Valley. Since its inception, there have been no fatalities on graduation night in the Cowichan Valley.

Frances Kelsey Secondary School will hold their Dry Grad Night on 22 June. We have 208 graduating students! We have already been fundraising with two bottle drives (watch for another one!), two pub nights at The Cobblestone and at The Bay Pub, Mini Xmas Tree Sales, Purdy's Chocolates and a firewood sale. There is a Metal Bin at the school for metal recycling. Dry Grad costs about \$185 per grad – this covers food, snacks, activities, entertainment, decorations, prizes and a gift bag for each student. Here are a few more of the fun-

draisers we have going on – maybe one will peak your interest:

GARAGE SALE:

The Great FKSS Dry Grad Garage Sale happening on Saturday 28 April! Head to FKSS and check out the

amazing quantity of items we will have in the dome. If you are interested in donating any unwanted items, big or small, you can

drop them off at Mill Bay Storage and ask for the Dry Grad key to unit E11. It's a win win – you get to purge, we get to sell!

EMERGENCY KITS:

Have you always planned to get yourself prepared for an earthquake, but never quite get it done? We have partnered up with www.getmykit.ca, who have done all the work for you. Pick your kit (pet, vehicle, 1 person, 4 person, daycare, office etc.) on their website, pay for it, and it is shipped directly to you! To help FKSS Dry Grad, if you choose a home kit valued at \$148 or more, you get a \$25 discount and Dry Grad gets \$25! Use promo code `fkss25` to get your discount and support FKSS Dry Grad!

Another bunch of great FKSS students about to graduate and we want to celebrate!

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If you would like to donate a prize to the event, please email kldersken@shaw.ca.

Thank you from FKSS Parents and Grads for your support!

Around the Bay

Wednesdays are my days off. These are the days that Callum and Emily and I try to get out to explore the Cowichan Valley. G-Pa's flexible work schedule lets him squeeze in a few hours for playtime as well.

It is always exciting to take a big hike or find a new swimming hole, but sometimes just finding a new beach near-by is just as rewarding, especially when this beach would make a great kayak launch.

We started our adventure at the Bench Elementary School park. Fun for adults and kids! I looked up from my writing book to see G-Pa in the centre of the spinning climbing apparatus, being spun as Callum and Emily and a few other kids at the park.

Cees and Miep Hof Memorial Park is located off of Kingscote Road (off

of Cherry Point Road), in Cowichan Bay.

This is quite an amazing little park. It is a short walk from the road to the beach, but there are hiking trails that weave down from Cherry Point



Road depositing you onto the road near the park if you want more exercise out of your park visit. G-Pa, the kids and I parked near the information sign and took our lunch down to the beach. There is a picnic

table above the beach and some large logs near the tide line. Big white clam shells have been placed on low branches of a tree. The kids were eager to learn what kind of tree grows shells. We picked a

dry spot on a log and ate our buns brought from the local bakery, sitting quietly, just looking out at Separation Point and into Samsam Narrows. The sun warmed us through and through. Once we had

all finished our snack we sailed the little wooden boats that the kids had made during their recent visit to the Cowichan Bay Maritime Centre. The wind was picking up nicely as they bobbed along the shore.

A couple of sail boats were tacking at the mouth of Cowichan Bay. There were also two large freighters laying at anchored. This beach would make an excellent place to launch a kayak. The walk from the road is a gentle slope and launching from here would put you in an interesting place to paddle. This CVRD park is listed on the BC marine trails website www.bcmarinetrails.org as one of the many places to launch in our area. Now that we know about this launch site, perhaps next Wednesday we will take the kids out for a short paddle.



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WEST COAST APRIL CHOIRS

Once again Brentwood College School will host the West Coast Concert Choir Festival in the fabulous T. Gill Bunch Theatre on 20 April. We have a full line of eight participating choirs during the day, and an evening concert featuring five of Vancouver Island's finest choirs. Three esteemed adjudicators will adjudicate our daytime choirs; Dr. Adam Con, Erica Phare-Bergh and Brian Wismath. The daytime school choirs include; Discovery Elementary, Glanford Middle, Gulf Islands, Ballenas, Lambrick, Shawnigan Lake and Brentwood College. In the evening your choral treat called "West Coast April Choirs," will include; Vox Humana Chamber Choir, directed by

Brian Wismath, the Cowichan Valley Youth Choir, directed by Sheila Johnson, Brentwood College Vocal Ensemble, directed by Phil Newns and Tristan Clausen, South Island Harmony, directed by Allan Jacques and the Soundings Vocal Ensemble, directed by Denis Donnelly. So mark your calendars for an outstanding day and evening of choral entertainment. There is no charge to attend the daytime choir performances and adjudications. The daytime choirs perform from 9 - 3 p.m. In the evening our show starts at 7 p.m. and we ask for a \$10 or more donation at the door, proceeds going towards the CMS Food Bank. For more about the festival visit; festival.brentwood.bc.ca or e-mail phil.newns@brentwood.bc.ca.

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Moving Trauma



Relocating your home of many years is no small job, particularly if you're older. Both my sisters in their 70s just moved to Victoria in the middle of the crazy real estate market. I really must give them a lot of credit.

It helps to have children, siblings and friends around when you move homes. Remember when you just picked up that 50-pound bookcase and walked it into the van, or you and your wife picked up the hide-a-bed? Don't really want to do that so much as an older person.

Then there's the downsizing. Do we really have to? Well yes, if you're moving to a smaller strata or a more manageable

place, you do. Tough choices have to be made, but that can be liberating, like saying goodbye to grandfather's unused wrenches you hauled around for 40 years, or the silver the kids don't want.

The choices about when to move can be made for you because of health, family or because you decide not to wait until you have to move. Moving from a home of many years is difficult, the planning and execution can seem like a real battle, especially if mountains of stuff surround you. As George Carlin said, "A house is just a place to keep your stuff, while you go out and get more stuff." You might need a front-end loader to

APRIL 2018
Tidal Heights for Fulford Harbour
Time Zone PDT - Units are in Feet

Day	Time	Feet	Time	Feet	Time	Feet	Time	Feet
Sun 01 Apr	06:21	10.6H	12:36	4.3L	19:03	9.8H		
Mon 02 Apr	00:38	5.7L	06:48	10.4H	13:15	3.8L	20:00	9.9H
Tue 03 Apr	01:26	6.5L	07:14	10.1H	13:55	3.5L	21:00	10.0H
Wed 04 Apr	02:17	7.3L	07:40	9.8H	14:36	3.4L	22:04	10.0H
Thu 05 Apr	03:17	7.9L	08:04	9.5H	15:20	3.4L	23:13	10.1H
Fri 06 Apr	04:30	8.4L	08:27	9.2H	16:08	3.6L		
Sat 07 Apr	00:26	10.1H	06:00	8.6L	08:51	8.9H	17:02	3.8L
Sun 08 Apr	01:35	10.2H	07:39	8.5L	09:25	8.5H	18:05	4.1L
Mon 09 Apr	02:33	10.2H	08:51	8.1L	10:52	8.2H	19:10	4.3L
Tue 10 Apr	03:17	10.2H	09:24	7.7L	12:45	8.0H	20:08	4.4L
Wed 11 Apr	03:50	10.1H	09:49	7.1L	14:13	8.1H	20:58	4.5L
Thu 12 Apr	04:16	10.0H	10:12	6.5L	15:21	8.3H	21:40	4.7L
Fri 13 Apr	04:37	9.9H	10:36	5.8L	16:20	8.7H	22:18	5.0L
Sat 14 Apr	04:57	9.8H	11:01	5.0L	17:13	9.0H	22:55	5.3L
Sun 15 Apr	05:18	9.8H	11:30	4.1L	18:04	9.4H	23:33	5.9L
Mon 16 Apr	05:38	9.8H	12:02	3.3L	18:57	9.8H		
Tue 17 Apr	00:14	6.5L	06:00	9.8H	12:39	2.5L	19:52	10.1H
Wed 18 Apr	00:59	7.2L	06:23	9.9H	13:20	2.0L	20:50	10.3H
Thu 19 Apr	01:50	7.8L	06:49	9.9H	14:06	1.7L	21:53	10.5H
Fri 20 Apr	02:48	8.4L	07:19	9.8H	14:55	1.6L	23:00	10.6H
Sat 21 Apr	04:01	8.8L	07:54	9.6H	15:49	1.9L		
Sun 22 Apr	00:07	10.7H	05:32	8.8L	08:41	9.2H	16:48	2.4L
Mon 23 Apr	01:10	10.8H	07:07	8.4L	09:54	8.7H	17:53	3.0L
Tue 24 Apr	02:03	10.8H	08:17	7.7L	11:52	8.3H	19:00	3.6L
Wed 25 Apr	02:47	10.8H	09:06	6.8L	13:45	8.2H	20:05	4.3L
Thu 26 Apr	03:24	10.8H	09:47	5.8L	15:18	8.4H	21:03	4.9L
Fri 27 Apr	03:56	10.8H	10:23	4.9L	16:32	8.8H	21:55	5.6L
Sat 28 Apr	04:26	10.6H	10:58	4.0L	17:35	9.3H	22:44	6.2L
Sun 29 Apr	04:52	10.5H	11:32	3.3L	18:30	9.7H	23:33	6.9L
Mon 30 Apr	05:17	10.2H	12:06	2.8L	19:21	10.1H		

No guarantees as to the correctness of this data are made or implied. Do not rely on it to make decisions which can result in harm to anyone or anything.

get clear.

Once you go through the entire real estate trauma, the de-stuffing and the move, you need to get used to your new home and your surroundings. But, on the plus side (assuming you don't keel over in the process) you have really accomplished something and have a whole new world of possibilities ahead of you, like being closer to family,

meeting new people, continuing hobbies with new groups, new libraries and recreation centres, parks and walking paths, finding new restaurants, theatres and even pubs!

"They change their sky, not their soul, who run across the sea," was written by the Roman poet Horace, a reminder that we remain ourselves no matter where we travel, and that is comforting.



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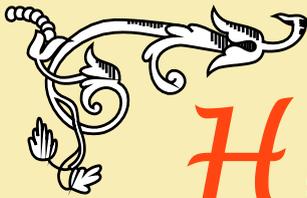
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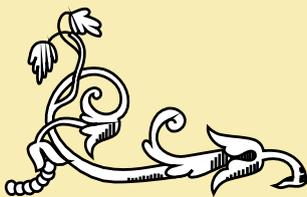


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