

HOUSING

Croftonbrook Phase-3 housing plan approved

Final units hoped to be ready by November 2021

BY ELIZABETH NOLAN
DRIFTWOOD STAFF

Islanders Working Against Violence has received the approvals it needs to move forward with its preferred plan for the third and final phase of the Croftonbrook affordable housing development.

The Salt Spring Local Trust Committee gave unanimous support on July 28 to the Phase-3 development variance and development permits. This will allow construction of a three-storey multifamily building with an increased height variance, and the renovation of an existing duplex dwelling into office space.

"IWAV is very pleased with the recommendations and approval by the Islands Trust staff and trustees," executive director Kisae Petersen said after the meeting. "This decision allows IWAV to proceed with our building that will pro-

vide an additional 34 homes for local residents. Thank you to all of our team, supporters and community members who truly understand our vision and the need for affordable housing on our island."

IWAV hopes the Phase-2 building for seniors will be ready for occupancy in December. The Phase-3 completion date is set as early as November 2021.

Opposition to the final phase has come from some of the existing Croftonbrook residents, who have been experiencing construction noise for some months already and were reluctant to have that continue. Planning staff recommended the permits be approved, but also recommended the LTC direct IWAV to attempt to mitigate the construction impact on residents.

"I think this is exactly the kind of affordable housing project we need in this community and I'm in favour of staff's recommendations," said trustee Peter Grove.

Petersen described some of the measures IWAV has done

to work with the residents through the construction period. She agreed it was unfortunate that construction of Phase 2 coincided with the pandemic shutdown when residents were largely confined to their homes.

"I think this is exactly the kind of affordable housing project we need in this community . . ."

PETER GROVE
Salt Spring trustee

"Phase 3 will be a much easier process in some ways because the site work will be completed," she said.

Other neighbours had also asked for the permits to be rejected. Residents of the Cottonwood Close townhouse strata did not agree with a three-storey building or with plans to move the course of the Croftonbrook stream. Jack Woodward, owner of the Harbour Farm, also registered con-

cern about how the project would impact the stream and his farm.

Trustee Laura Patrick commented she was not concerned about the brook because permitting is being done through the Ministry of Forests, Lands, Natural Resource Operations and Rural Development. She also found no problem with the three-storey building because of IWAV's site planning.

"I think the applicant has done an excellent job moving the building out of the [Cottonwood Close] viewscape," Patrick said.

Patrick added that she felt for the current residents, but at the same time believed IWAV's plan to bring a mixed demographic to the site is the right way to produce a vibrant community, rather than restricting the development to seniors.

"This is tough, but it could have been worse," Patrick observed. "I appreciate the steps the applicant is taking."

IWAV's argument for needing the three-storey building included site constraints and cost. If the LTC had decided not

to grant the variance and stuck with the two storeys permitted, the third floor of the building would have been shifted into a second wing, thereby adding to the overall footprint by 50 per cent. That would have dramatically increased the construction cost and future operation costs. The building would have also entered the neighbours' sight lines and extended closer to the existing duplex units.

In regard to the watercourse, Petersen explained it has been moved in the past. Assessment by a qualified environmental professional confirmed it is not a fish-bearing stream. The development plans calls for minimal culverting in a couple of spots but will otherwise make the brook a feature of the landscaping design in front of the new building.

Staff had highlighted the lack of a playground on the site plan as a missing feature under development permit guidelines. Petersen confirmed a children's play area has actually been planned and said it has been placed to be further away from the seniors' housing.

ISLANDS TRUST

Country Grocer gets clearance to move ahead with renovation

Industrial bylaws also finalized at last

BY ELIZABETH NOLAN
DRIFTWOOD STAFF

Cathay Western Properties has received the green light to

renovate the rear section of Salt Spring's Country Grocer outlet, where the company intends to relocate some existing office space.

Islands Trust planning staff had recommended the Local Trust Committee wait on

approving the required development permit since it was unclear to them before the July 28 business meeting whether guidelines with respect to noise, lighting and vegetation screening would be met. The renovation includes enclosing

a delivery area, some exterior lighting and the installation of HVAC units on the roof. The project also includes a small height variance.

Definitive reports on the development elements were not supplied as part of the application because the LTC had previously voted to support the applicant's request not to.

Though staff explained that made it difficult to assess the potential impacts on neighbours and said it could produce an issue with bylaw enforcement if there are complaints in the future, Cathay Western spokesperson Trevor Dickie argued sufficient information had been provided in a letter from the architect and additional reports would not contain anything new.

Salt Spring trustee Peter Grove agreed with that position.

"Country Grocer is the best of community members and it is always looking out for the community's interests, so I'm very comfortable moving this ahead," Grove said.

Trustee Laura Patrick supported issuing the development permit and variance, but reiterated her belief that an overall site plan is needed to guide the company's development plans as they take place over time.

"This is a significant commercial development on Salt Spring; it's probably the significant development on Salt Spring," Patrick said.

Store owner Leigh Large reported the company would most likely be putting in a rezoning application for two small lots adjacent to the main store complex. He said creating a site development plan for the entire property would be "very appropriate" at that time.

Industrial land use

In other business last Tuesday, the LTC put a longstanding project to bed at last with the adoption of three bylaws related to industrial land uses.

The project began in 2012. The bylaws were given third reading in June 2019 but were waiting for ministerial approval for nearly a year.

Bylaw adoption will change the name of industrial use zones to "general employment," legalize some new uses on existing industrial properties and add two properties to the list of those where light industrial activities can take place on the island. The bylaws also cite three areas where the LTC could consider development of industrial uses in the future.

Patrick proposed a final amendment that would have removed mention of the Beaver Point Road/Fulford-Ganges Road area as one of those possible locations. Chair Peter Luckham voted with Grove to defeat the motion, stating anyone who wishes to create industrial property there will still need to go through a rezoning application and public hearing process.

SUPER GROUP

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DAY	TIME	METRES	FEET	DAY	TIME	METRES	FEET
5	0015	2.6	8.5	9	0316	1.9	6.2
	0416	2.9	9.5		0820	2.4	7.9
	WE 1141	0.6	2.0		SU 1357	1.7	5.6
ME 1937	3.3	10.8	DI 2100	3.1	10.2		
6	0059	2.4	7.9	10	0400	1.7	5.6
	0506	2.8	9.2		0956	2.3	7.5
	TH 1217	0.8	2.6		MO 1431	2.0	6.6
JE 2000	3.2	10.5	LU 2120	3.0	9.8		
7	0146	2.3	7.5	11	0445	1.5	4.9
	0600	2.6	8.5		1159	2.4	7.9
	FR 1251	1.0	3.3		TU 1510	2.3	7.5
VE 2021	3.2	10.5	MA 2142	3.0	9.8		
8	0232	2.1	6.9	12	0531	1.3	4.3
	0703	2.5	8.2		1413	2.6	8.5
	SA 1324	1.3	4.3		WE 1610	2.6	8.5
SA 2041	3.1	10.2	ME 2206	3.0	9.8		

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NEWS BRIEFS

Hiroshima Day on Thursday

The annual Hiroshima Day Gathering at the Peace Park/Heiwa Garden will take place on Thursday, Aug. 6 from 5 p.m.

This year is the 75th anniversary of the nuclear bombing of Hiroshima and Nagasaki. The largest bell of the Peace Tower in Ottawa will be rung 75 times to commemorate the bombings on Aug. 6 and 9 in 1945. People are encouraged to bring a bell or gong to ring at the Salt Spring event.

Organized by Jan Slakov, this year's gathering will feature singer-songwriter Sue Newman and folk-world-jazz vocalist Susan Cogan. A moment of silence, songs, memories and stories for peace will be shared among the participants.

Interested people are welcome to come at 4 p.m. to help with garden upkeep.

NSSWD AGM

North Salt Spring Waterworks District is organizing its annual general meeting for September, with the exact date still to be finalized.

The nomination process to fill one vacant seat on the five-member board of trustees was initiated this spring, but the AGM could not proceed due to the COVID-19 shutdown.

However, two candidates did put their name forward within the legal time period, and the NSSWD board has decided to not repeat the nomination process, as allowed by the Ministry of Municipal Affairs and Housing. Current trustee Gary Gagne and challenger Garth Hendren are the two candidates.

Voting will be done by mail-in ballot.

The AGM itself will take place at Community Gospel Chapel, with social distancing and other COVID-19 protocols in place.

Buying event

Steffich Fine Art will host the 16th Antiques Road Show buying event next weekend.

People who have gold and silver coins, bank notes, watches, cameras, antiquarian books, jewellery, silver flatware, old instruments and artwork they would like appraised or want to sell can bring the items to the Grace Point Square gallery on Friday, Saturday and Sunday, Aug. 14-16, from 10 a.m. to 5 p.m.

John Newman of Britannia Antiques and books and fine art specialist William Matthews will be in attendance.

A portion of the proceeds will be donated to the Salt Spring Chamber of Commerce.

WATERWORKS

Maxwell water plant decision deferred

Trustees continue to urge leaving door open to unnamed alternate technologies

BY GAIL SJUBERG
DRIFTWOOD EDITOR

North Salt Spring Waterworks District trustees once again tabled a decision on commissioning a preliminary design for the Maxwell Lake water treatment plant when they met on July 30 at Community Gospel Chapel.

A staff report and request for decision on the subject was originally presented at the May 28 trustees' meeting, with a Kerr Wood Leidal (KWL) feasibility study the basis of a recommendation to proceed with the design of a dissolved air flotation plant. That same technology was used for the successful St. Mary Lake plant project completed last year.

At last month's meeting the board heard a presentation from Irfan Gehlen, who is the principal and water supply and treatment sector leader for KWL. Gehlen detailed the Maxwell Lake feasibility study process and the costs of three different technologies explored. The DAF plant was determined to have the lowest capital and 25-year lifecycle costs.

"Mr. Gehlen advised that if the board wants to consider treatment options other than the three examined in the feasibility study, the scope of the feasibility study should be expanded to examine those additional options," said acting district manager Meghan McKee in a report presented at Thursday's meeting.

To give trustees more leeway, McKee had added "expanding the scope of a feasibility study to include other treatment options" to her report as an alternative action for trustees to consider.

Back in May, NSSWD trustee Sandra Unger-son had pressed for "alternate technologies" to be considered, while not able to provide specifics when asked for them by NSSWD staff. Other trustees agreed that the DAF option should not necessarily be accepted without the door being left open for even more possibilities to be considered.

At last Thursday's meeting, NSSWD chair Michael McAllister again expressed a desire for some flexibility in the process.

"If someone has an innovative approach,

we would be remiss in not looking at it," he said. "I don't think we need to go back to the feasibility study to include other treatment options. That's my view. We have the [KWL] report. They are recommending DAF, and I think that will almost certainly be what we get. But to put a line in an RFP that says 'Creative alternatives will be considered' is not a bad thing."

McAllister had made the same suggestion at the May 28 meeting.

"I think we have to be cautious about dragging our feet in the hopes of something that may not happen."

RON STEPANIUK

Acting operations manager, NSSWD

Trustee Gary Gagne said he didn't think the district had to panic about making a decision and especially if costs could be shared with other levels of government following the results of the Salt Spring Island Water Optimization Study currently being undertaken by the Capital Regional District as the lead agency. A contract for the study was awarded last year to Innova Strategy Group. Results of that study could lead to the NSSWD becoming part of the CRD and thus eligible for federal-provincial infrastructure grants to help fund a new treatment plant or other projects.

"All of these processes require time and money and my feeling is once we've settled the governance issue then we know where we stand," said Gagne.

Ron Stepaniuk, acting operations manager and past district manager, suggested otherwise.

"I think we have to be cautious about dragging our feet in the hopes of something that may not happen," said Stepaniuk. "We still have an obligation to provide that water. If there's a question or uncomfortableness or uncertainty about the breadth of the feasibility study I strongly recommend that you identify or ask for a scope of work to identify some other processes to be included in that

feasibility study."

Stepaniuk said he believed the reason the St. Mary Lake plant came in under budget and on time "was because the facts were on the table and what we were doing was clearly identified in advance and there was nothing up in the air, there was nothing to be debated further on. As [Gehlen] explained previously, the debate should happen before you pull the trigger on that project."

McKee then put forward another option for the board to consider. She suggested a company could be selected using a qualification-based process and then they could be asked to bring forward other ideas that could be considered besides DAF and the two others detailed in the KWL feasibility study. McKee said she could provide an updated staff report with that third option detailed for the next board meeting.

Lake water quality

People who drink St. Mary Lake water might be noticing it tastes a little different these days, and that is due to a blue-green algal bloom, which is not an unusual occurrence for this time of year.

McKee reported that a small amount of cyanobacteria toxin has been detected in a test of raw water of St. Mary Lake as a result. The amount found was 0.11 micrograms per litre, with the maximum acceptable level being 1.5 micrograms per litre. She said that finding triggers weekly monitoring of the raw water for toxins and testing until two negative tests in a row are achieved.

If raw water toxin levels increased then the treated water would also be tested.

McKee also drew attention to current lake levels at Thursday's board meeting.

"Lake levels are higher than normal because we've had a wet spring and really reduced withdrawals because of COVID-19 limiting tourism here."

St. Mary Lake is at its highest level for the end of July since data was kept (2009). Maxwell Lake is at about the same level as it was in 2017.

The district remains at Stage 2 of water restrictions.

NSSWD revenue from water tolls was also \$21,401 less than the \$260,000 budgeted for June due to lower consumption. Toll revenue is under budget by \$27,192 for the year to date.

Teachers have concerns

SCHOOL

continued from 1

"It really threw us all for a loop," he said about Wednesday's sudden announcement. "It's going to need input from the BCTF and other education groups."

Teachers have been involved in working groups looking at how to deliver education services, he said, but were not given advance notice of the education ministry's decision to go back to school full time.

"Our hope is that working groups will continue to meet and make recommendations to the ministry so . . . the students, teachers and parents are all feeling good about going back."

Benwell said the school day would be adjusted to ensure that the learning groups remain consistent throughout the day. There may be staggered pick-up and drop-off times; recess and snack

breaks may vary throughout the day; and class activities will be organized to minimize physical contacts and group activities.

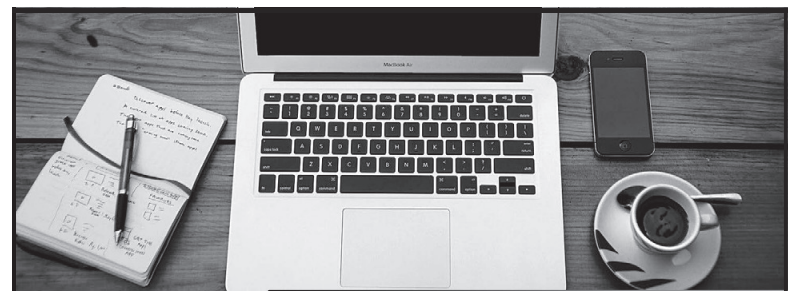
But Mitchell said maintaining those 60- or 120-person limits would be a challenge.

"How do you keep them realistically not interacting with other kids?"

Other questions include the role of teachers on call, to what degree masks and other personal protective equipment would be used, and water taxi scenarios.

School district staff will be working out the details through most of August. Plans will be reviewed by the Ministry of Education and must be made public by Aug. 26.

Parents are asked to check the district website at sd64.bc.ca for updates expected from the province in the coming weeks and continue to monitor the regular methods of school communications.



Trust Council Meeting Sept. 15-16

Islands Trust works to preserve and protect over 450 islands in the Salish Sea through land use planning, a land conservancy, and programs.

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Islands Trust

OPINION



2019 CCNA Awards
Gold - Best Editorial Page | Gold - Best Feature Series (Gail Sjøberg)
Bronze - Best News Story (Elizabeth Nolan) | Bronze - Community Service

2019 BCYCNA Awards
Gold - Best Arts & Culture Writing (Elizabeth Nolan) | Silver - Best Environmental Writing (Gail Sjøberg)
Silver - Best Multimedia Feature (Marc Kitteringham)
Silver - Community Service | New Journalist of the Year (Marc Kitteringham)



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EDITORIAL

Back to school

Education Minister Rob Fleming's announcement last week that schools would be fully open in September took some people by surprise.

Teacher reps, for example, had been part of a steering committee and working groups about what education would look like this fall, but were not expecting the July 29 pronouncement.

It makes sense to provide as much notice as possible of schooling plans, of course, and the first day of a new school year — Sept. 8 — is not that far away. Still, what a school day will look like during what is called Stage Two of the Five Stages Framework raises as many questions as it answers.

B.C. took a dry run at opening schools in June, with attendance not being mandatory and in-class teaching offered only a few days per week. Approximately 30 per cent of the province's students used that option. (It should be noted that in-school teaching had also been given to children of essential service workers earlier in the pandemic, something that was not widely

THE ISSUE:
Return to school in B.C.

WE SAY:
More input must occur on details

publicized.) In deciding to reopen schools full-time, the province wisely took lessons from the June experience, various studies and from countries that have resumed at-school learning in recent months. The consensus seems to be that the benefits of in-person schooling to youth, families and society outweigh the risks. As the education ministry states and other entities confirm, key to the issue is "the fact that children are at a much lower risk of developing and transmitting COVID-19."

By instituting public health measures that most people are now comfortable with, and other policies that should not be hard to accept — and barring a dramatic change in B.C.'s transmission rates — the decision to reopen schools is certainly the correct one.

Still, families, teachers, administrators and support staff are understandably worried about how schooling during COVID will unfold on the ground. The education ministry and local school district must be open to considering all suggestions from their partners in order to provide the best and safest return to school this fall.



We're our brother's keepers

BY TOBY FOUKS

I am writing in response to K. Otto's "Contrary mask advice" in the July 29 edition of the Driftwood. Anything about face masks catches my eye since from probably early in April I have sewn approximately 300 of them.

Someone very close to me was an early victim of COVID-19, so perhaps I have been more aware than most of its power to kill. At first the experts at the World Health Organization and elsewhere said masks would be of no use and not to bother. I thought about that, believed it for a short while, and then I noted that those cultures that were used to people wearing face masks appeared to be doing much better than we were at controlling the pandemic. I concluded that there was really no downside to wearing a face mask, and possibly a substantial upside. At that time I started making face masks, first to donate to Community Services and then to sell them in order to raise money for our food bank and latterly the coupon program for the Tuesday Farmers' Market.

K. Otto — and I am borrowing words and phrases from Otto's letter — is abso-

VIEWPOINT

lutely correct that a mask that is used and re-used, put down on contaminated surfaces and used again, not washed, or not washed properly ... can act as a petri dish for pathogens. I am completely convinced by these words. This is an extreme case, of course, perhaps so extreme as not to be worth consideration. As well, if there is so much concern about cloth face masks, then disposable ones are readily available and in some situations are provided free of charge.

Otto continues to say that if the mask is worn for an extended period of time and/or during physical exertion the wearer can frequently experience dizziness, headaches, fatigue, and occasional fainting. Again, completely convincing. Breathability is very important and that is why children under the age of two should not wear them. I can imagine no reason for wearing one when jogging or chopping wood or playing tennis or taking part in other strenuous activities at a distance from others. Why would one impede breathing even a little in those situations?

What I don't understand is what any of this has to do with someone who has no type of debilitating respiratory problem putting on a cloth mask before entering Country Grocer or Thrifty Foods or another of our open businesses and leaving it on for the short period in which he or she is shopping in order to protect others. As a matter of fact, people with compromised respiratory systems are unlikely to be shopping in public anyway.

The cashiers at Thrifty Foods and Country Grocer have the protection of plexiglass barriers so we can see their smiles. It is true they can't see ours if we are wearing a face mask, but we can compensate with a few cheerful words.

If K. Otto thinks it's a great offence against individual rights to insist that people don a face mask in indoor spaces then I'd like to say that people who are unprepared to make a small effort on behalf of the health of others bring to mind the question "Am I my brother's keeper?"

The answer is yes, we have to be each other's keepers, brothers and sisters, if we care about the community in which we live.

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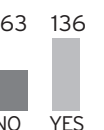
THIS WEEK'S POLL QUESTION:

Do you like the province's return-to-school plan?

Yes No

LAST WEEK'S QUESTION:

Should the Islands Trust step up enforcement against STVRs on the island?



Cast your ballot online at www.gulfislandsdriftwood.com before Tuesday at noon or clip this box and drop it at our office before Monday at 2 p.m.

OPINION { QUOTE OF THE WEEK: }

“This is tough, but it could have been worse.”

LAURA PATRICK, SALT SPRING TRUSTEE, ON CROFTONBROOK CONSTRUCTION

SALT SPRING SAYS

WE ASKED: *How do you feel after several weeks into Phase 3 of the B.C. Restart Plan?*

STANLEY SHAPIRO



Better than I expected. Especially impressed by how well Salt Springers have responded to the COVID challenge. Zoom has also helped.

CHRIS BRADLEY



Bonnie Henry has steered us well so far and I'm confident that B.C.'s very efficient contact tracing system will keep on top of any spikes.

ADRIAN DU PLESSIS



Wonderful! We're so fortunate to live in such a beautiful place. Kudos to Bonnie, Dr. Henry, for her sage guidance.

MAGGIE WARBEY



I feel that we have let our guard down weeks too soon! I see too many tourists walking around without masks. Inevitably, someone with the virus will bring it to our island.

SUSAN GORDON



Phase 3 reopening has been both welcome and disconcerting. It is easy to let the guard down, but we must be cautious, continue to follow protocols, and be kind to everyone.

LETTERS to the editor

Letters to the editor are welcome, but writers are requested to keep their submissions to 350 words or less. Letters may be edited for brevity, legality and taste. Writers are also asked to furnish a telephone number where they may be reached during the day, and to sign their letters with their full name. Thank you letters will not normally be considered for publication. Send your letters to news@gulfislandsdriftwood.com

COVID vs. masks

Six months after the start of the COVID-19 pandemic, there are still many unknowns, but some facts are clear.

A recent article by Kimberly Prather published in Science on May 27 reports that most transmission of the virus appears to occur via people who show no symptoms. Those people spread the virus mainly by ordinary breathing and speaking, and those behaviours do this by producing aerosols of fine particles, smaller than the droplets expelled by a sneeze or cough. Aerosols can travel more than two meters, the customary separation for social distancing, but the concentration of the virus in an aerosol is commonly quite low. Places where the concentration can become much higher are indoor spaces where people linger for longer times, such as restaurants, pubs, on public transit and in group meetings, especially where air circulation is minimal.

Thus, wearing a face mask indoors when not at home

can be helpful. Most countries that have maintained a very low level of COVID infection encourage universal masking in public spaces. This can pose difficulties when trying to eat dinner or drink a beer while wearing a mask. Fortunately, simply talking through a mask is not a big problem.

Because exposure time is so short, chances of getting a large enough dose of COVID to become ill when merely walking past an infected person on the street or a trail appear to be very low even without a mask.

Prather's review finds that widespread testing of asymptomatic persons can also be an effective way to identify those who are shedding virus but are not overtly ill. Those people can then go into isolation until they no longer are producing the virus. Mass testing would need to be done for quite large samples of a population to have a substantial effect, but it could work.

I sense that many people on Salt Spring Island are not taking this issue very seriously because the rate of infections here has been so low. Many of us do not know even one

person on the island who has tested positive for COVID-19 or died from it. This will eventually change.

The virus is not afraid of ferries. Given the disaster unfolding just south of the border, we are well advised to take added precautions to minimize the risks to ourselves and our neighbours.

DOUG WAHLSTEN,
GANGES

CRD should ask, not take

It may have been missed by many, but I think Salt Spring ratepayers should be concerned about the process proposed by Capital Regional District director Gary Holman and the CRD administration regarding publicity funded projects.

We vote for these appropriations for a specific project for a specific period of time to retire the debt. The current administration believes that they have the right to continue these charges past the maturity date of the loan without seeking your approval to contribute to projects of their design. They are

encouraging local authorities, such as your water boards, to extend the approved levies to fund other projects.

I appreciate the expediency of the process but I strongly feel that any continuation of the "contract" between the ratepayers and the administration requires the acceptance of the ratepayer through a positive support vote as opposed to the current method of seeking approval through lack of a negative vote.

It's very similar to buying a house, but when you finish paying for it the payments continue forever in the future because the bank thinks you won't miss the money. Well I, for one, want the commitment I made when I voted for these improvements recognized in that there is an end date, and if you need my money for something else, then ask me or present a business case to support it. Using the money for something else other than what the original appropriation was for is not ethical and possibly fraudulent.

TONY MAUDE,
FULFORD

MORE LETTERS continued on 6

Nicking knickers and other quaint Britishisms

Earlier this year I put the word out that I'd stopped being in any way British (or more precisely, English) and had embraced Canada, all 10 million square kilometres of it.

And it's true that I am now more Canadian than a bottle of maple syrup or that peculiar little guy with the appalling dress sense who seems to know a great deal about hockey and very little else.

But my blossoming into a fully fledged Canuck has not been without its difficulties, chiefly in the spoken language department. And I'm not talking French (of course I'm not talking French although I am on Lesson 2 of a grotesquely expensive Teach Yourself program after a mere two months. It's also a somewhat pointless exercise since the only two French-speaking people I know well both speak better English than I do, but I thought I'd put my social isolation to good use since I don't have the wherewithal to do anything that is in any way practical).

So this is about the pitfalls of speaking actual English to allegedly English-speaking Canadians.

Let me give you an example and you'll excuse me if these first instances are just a little saucy, but they go a long way to reinforcing what Shaw said about two countries divided by a common language. He was talking about the Benighted States, but it works here too.

In the U.K. we commonly called an eraser a "rubber" since it rubs out and is in any case made of rubber. On this side of the world a rubber has an altogether different use and so you can imagine the stunned silence in a Vancouver newsroom when,



Paul McElroy
+ ANOTHER THING

half way through massaging my expenses, I wondered out loud if "anyone had a rubber I could borrow?" It probably set my career back 10 years.

The British, bless them, have owned their language for so long that they are comfortable taking liberties with it so that everyday objects can end up with a dozen different monikers. Take a cigarette, for example. Not literally, of course, because no one wants to be heard coughing in these days of pestilence. My mum mostly called them "gaspers," which is beautifully onomatopoeic, while my dad, who was a Scot, invariably called them "tabs," which, like so many Scottish words, is utterly inexplicable. Although not quite as inexplicable as "Say anither wurd against 's, ye ablach, an' I'll gi'e ye a blinter o' the chafts," which is apparently Scots for something or other, and most likely aggressive.

But mostly the differences are less fraught, and mere divergences. Take trousers, for instance. True Canadians rarely wear trousers, preferring "pants," which as any Brit of either sex will tell you are worn UNDER your trousers. In Britain, the proper response

to a woman's "I'm wearing pants today" would be, in polite society, "I should jolly well think so! I mean, really!" I'll allow that the British designer Mary Quant gave the world "hot pants" but "hot trousers" were a non-starter in the Swinging '60s, and once we were done with hot pants, we reverted to trousers. At least, I did.

Mary Quant also invented, if that's the right word, the mini skirt, which elicited a regular complaint that shameless young women were showing their knickers, and were "no better than they ought to be," another quaintly English pronouncement that makes no sense whatsoever. Knickers, incidentally, is a delightfully English word that triggered one of the great newspaper headlines "Knicker nicker nicked nicking a nicker," which translates as "underwear thief arrested stealing a pound note." The unfortunate was apparently arrested stealing a pound (a nicker) from a charity box when the arresting officers discovered he was carrying a bag stuffed with underwear he'd taken from washing lines. It's probably apocryphal, but I like it anyway. "Nicked," by the way, is omnidirectional in that it can mean both to steal and to get caught.

Since this has become more of a discourse on the peculiarities of English English than a comparison between the two nations I'll stop now and treat myself to a biscuit and a cuppa before I'm totally knackered and end up looking a complete wazzock.

Pip pip.

paulmcelroy@shaw.ca

Boat safely around killer whales

SUBMITTED BY TRANSPORT CANADA

During these difficult COVID-19 times, it isn't just humans who need to practise physical distancing; southern resident killer whales need space too. Everyone boating on B.C.'s coastal waters have an important role to play to keep these endangered mammals safe. Here are six easy things you can do to help protect them, and yourself while boating:

1. Stay 400 metres — about two average container ships — away from killer whales in all southern B.C. coastal waters between Campbell River and just north of Ucluelet. Outside of this area, Marine Mammal Regulations require a 200-m approach distance from all killer whales. Some whale watching and ecotourism companies will be allowed to be closer to non-southern resident killer whales, up to 200 metres. These boats fly a purple flag with the letters "AV" to indicate that they are allowed to be closer. Do not follow them. You can be fined for getting too close to the whales.

Stay out of sanctuary zones: From June 1 to Nov. 30, 2020, there are Interim Sanctuary Zones where southern resident killer whales are known to feed around Swiftsure Bank, the east coast of Saturna Island and south-west of North Pender Island. Vessels are not allowed to enter these areas with some exceptions. These areas are monitored, and warning letters or fines

KEEP 400 m AWAY FROM ALL KILLER WHALES
IT'S THE LAW
Exceptions apply for authorized vessels with a purple authorized vessel (AV) flag. Do not follow them.

DO NOT ENTER INTERIM SANCTUARY ZONES (ISZ)
IT'S THE LAW
Penalties for violations may apply.
Human-powered vessels may transit directly through a 20 m corridor along the shoreline of the Pender and Saturna Island ISZs.
*See reverse for list of exceptions.

NO FISHING
IT'S THE LAW
Area-based fishery closures in the Juan de Fuca Strait and Southern Gulf Islands for recreational and commercial salmon fisheries in effect August 1–October 31.

BE WHALE WISE
Stop fishing when within 1,000 m of killer whales.
Reduce speed to less than 7 knots when within 1,000 m of the nearest marine mammal.
When safe to do so, turn off fish finders and echo sounders.
Place engine in neutral and allow animals to pass if you find yourself within 400 m of a killer whale.

HELP PROTECT KILLER WHALES
2020
KNOW BEFORE YOU GO
Canadian laws and guidelines for boating, fishing, and paddling around killer whales

Brochure outlining rules for boating in waters of the Gulf Islands and other parts of the south coast in order to protect southern resident killer whales. A sharp increase in boating activity this year has led Transport Canada to pump up its communication efforts to educate people in the region.

may be sent to boaters who enter these zones.

No Fishing: There are area-based fishery closures in the Strait of Juan de Fuca and the southern Gulf Islands for recreational and commercial salmon fishing through the summer and fall. Fish harvesters are also encouraged to stop fishing within 1000 metres of killer whales.

Do not disturb: Within 1000 metres of killer whales, you should slow down to less than seven knots. If killer whales are within 400 metres of you, you should turn your engine to neutral and let the whales pass. If safe to do so, turn off your echo sounders and

fish finders. This helps the whales communicate without interference from other loud sounds.

Report injured whales and reckless boater behaviour: If you see boats behaving recklessly or endangering whales, or if you see an injured whale, please contact Fisheries and Oceans Canada by phone (1-800-465-4336) or email (DFO. ORR-MPO.ONS@dfo-mpo.gc.ca).

Maintain physical distancing measures on the dock, at the marina, on your boat and with fellow boaters. Avoid floating boat parties and tight groupings while anchored.

The above updated mea-

asures were announced by the Government of Canada in May 2020 as part of the Oceans Protection Plan and the Whales Initiative to protect and support the recovery of the southern resident killer whale population, which is listed as endangered under the Species at Risk Act.

For more information, please visit: www.tc.gc.ca/en/campaigns/working-together/protecting-endangered-whales.html and www.pac.dfo-mpo.gc.ca/whales-baleines/srkw-mesures-mesures-ers-eng.html or contact Transport Canada at TC.SRKW-ERS.TC@tc.gc.ca.

MORE LETTERS

continued from 5

Lack of science

What unmitigated nonsense! In a world still fevered by a relentless virus I read K. Otto's "Contrary mask advice" last week with growing anger at the sheer ignorance of it.

Set aside the depressing lack of science — World Health Organization experts came late to masks simply because COVID-19 wasn't fully understood in the beginning and as the evidence grew of how it was transmitted they adapted their advice — her use of Dr. Bonnie Henry to compound her absurd argument completely ignores Dr. Henry's recent statement that she "expects all B.C. residents to wear masks where social distancing is difficult." Country Grocer, anyone?

And Otto further embellishes her silly argument with the "facts" that masks cause headaches, dizziness and even fainting, which presumably accounts for the surgeons and nurses who are forever being scooped off the theatre floor after passing out during surgery! And I'm entirely certain that any fictitious headache caused by wearing a mask won't be a patch on a real headache wrought by COVID-19, which has variously been described as "blinding" and "excruciating." Surely to God, if Donald Trump can

finally admit that masks are a vital tool in the war with the most virulent pestilence in 120 years it's not too much to ask of K. Otto that she put the welfare of thousands of Salt Springers ahead of her own misguided prejudice.

P. MCELROY,
SALT SPRING

Fire department's COVID response

Salt Spring Fire Rescue is but one of many island "essential services" organizations greatly impacted by COVID-19.

And while the first six months of 2020 was a period like no other, the department has continued to provide its usual wide range of protective services but now in a COVID appropriate manner,

The pattern of calls to which the department responded was not all that different but, due to COVID, the actual number of calls was somewhat less. During the first six months of 2020, Salt Spring Fire Rescue responded to 154 fire-related calls, 89 medical incidents, 19 rescue-related activities and 30 other calls where assistance of various types was provided.

But 89 and 19 and all the others are just numbers. It's the people, all the islanders being helped each and every time, that really matter. That our fire

department will always be there to help is something we have all come to expect. Others also share that view. The department was recently thanked by the BC Air Ambulance Service for the outstanding assistance it provided on three recent occasions. This sort of response is indeed life saving.

Starting mid-March, COVID-19 changed the way all of us lived and worked. How did Salt Spring Island Fire Rescue respond? The department's office had to be closed to the public, what had always been face-to-face group training and all meetings were moved online, as were the presentations the department continued to make to community groups. Fire halls and the equipment they contained were decontaminated at least twice every day. When fire department first responders appeared, it was always in appropriate personal protective equipment. And when any of the department's usual springtime community service activities took place, these also were delivered in a COVID-responsible manner.

None of us knows for sure what the next six months will bring. But whatever else happens on Salt Spring, our fire department will be there, serving the community with its usual high level of professionalism.

STAN SHAPIRO,
COMMUNICATIONS COMMITTEE,
SALT SPRING ISLAND FIRE RESCUE

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D.W. Salty is looking for material for his column,

Streets of Salt Spring Island

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PHOTO BY GAIL SJUBERG

Equipment and materials sit atop the BMO building in Ganges, which is getting a much-needed new roof. The building is owned by BMO and managed by BGIS property management. Drivers and pedestrians are advised to take care when travelling in that block while work is underway.

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'Letter' from the future crafted

BY RON MACKENZIE

From: The People of the Future

To: The People of the Past

Date: October 15, 2027

2020 was amongst the worst of times, and it also set the stage for some of the best.

Some lost a friend; others a family member. Some lost their business; others their savings or a job. Some were busier than ever; others bored beyond belief.

We did learn, though, that we can do incredible things if we work together, and if we really care.

"We" includes you and me, our neighbours and community, our cities and our countries . . . our agencies and our governments. And we found that we can do things quickly, and steer our way into a future that we didn't know much about, but seemed to be in generally the right direction.

And we've had an opportunity to think and hope, to watch and do . . .

The pandemic of 2020 has finally wound down, and we haven't had many cases over the last few years. Our society has generally recovered from the severe actions that we had taken, and we are now able to look at how we are living now.

Things have really changed from life in early 2020.

We have established a guaranteed income scheme. All people in our society now have a decent place to live, sufficient quality foods to eat and ample public space to meet, recreate and explore. Employment has become growth-full, engaging and creative. Drudge, repetitive, unrewarding tasks have become minimal.

Our people have shifted into active, interpersonal pursuits. We have forgotten how we had been watching other people play sports, music and the like. There has been a surge in demand for playing fields and facilities for regular people to engage with each other. Television broadcasts have become obsolete, and we are excited by online presentations and courses that relate directly to our individual pursuits and interests.

Our family orientations have also changed. We have moved into three-generation households, and find that grandparents are teaching, guiding and generally caretaking their grandchildren, while the children's parents are engaged in meaningful work or educational programs.

Most of us are spending our lives within about 500 kms of our principal residence. Very few people fly or cruise anymore. We have really accepted the damaging role of greenhouse gases in the lives of our children and ourselves.

We have found that some other cultures have found ways to transcend health restoration into areas of health maintenance and health enhancement and we have incorporated these as well.

We obtain our food as much as we can from within that same radius. And we find that we are eating in a much healthier way. Junk food has really become the oxymoron it always was.

More and more of stuff that we buy is also produced within that 500-km radius. And what we buy is of high, enduring quality. We can't imagine how people used to buy clothes, tools and furniture that were simply thrown away when they were torn or broken.

We have developed a welcoming nature. We know that some people from other areas of the planet have to move, largely because local climate and political factors have

become too challenging to support a decent life. We are honoured as some of these people choose to live amongst us in our communities.

Our diets seem to have shifted and have become more vegetarian. Little of what we eat has been processed in a factory. This seems to have improved our health, and

also reduced the demands on our environment.

It took a while to take back control of our governments from structures put in place during the pandemic. We have also found ways to reduce the influence of powerful interests and lobbyist groups by improving our governance procedures and by adopting income equalization measures that encourage innovation and creativity.

Our medical system has become accessible to all, and has been enhanced to include all aspects of health restoration, including the provision of pharmaceuticals and dental coverage. We have found that some other cultures have found ways to transcend health restoration into areas of health maintenance and health enhancement, and we have incorporated these as well. We found that this also stimulated our interests in health and its relationship to full-spectrum living, and consequently, our society has come to support our human expression to a maximum degree.

We have come a long way in reconciling issues with First Nations folks. All treaty negotiations have been completed, and the treaties are fully operational.

We remain interested in helping people in other cultures or nations, and find ways to do that. We have also come to recognize that any of them may grow in different directions than ours did, and we laud and support them in their diversity.

We have recognized that our previous interests in national defence were leading us into the development of nuclear and biological weapons that could annihilate the entire human race. Although several nations have had these weapons, none had been used in conflict since 1945.

The COVID-19 issue may have been a near miss, and could have been so much worse. We have instead been developing trust amongst various cultural groups on the planet, and learned so much more about cooperation.

We all have accepted that spending some of our military budgets on education, and cross-cultural support and engagement programs is so much better.

The writer is a Salt Spring resident and retired biotechnology engineer.



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PHOTO BY GAIL SJUBERG
IN FOCUS: ArtSpring's gallery space is filled with artwork and viewers for the first time since the COVID-19 shutdown in March as the Salt Spring Painters' Guild holds its annual Summer Show and Sale. The event, which includes viewers choice awards, closes today (Wednesday) at noon.

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COMMUNITY ART

Allegories rise from butterfly mosaic

Salt Spring Elementary project underway

BY ROBIN JENKINSON
 DRIFTWOOD CONTRIBUTOR

Artist Luba Polouvytnova is always looking for ways to beautify our community. Now, she is coordinating a collaborative mosaic installation among 20 families to up-cycle old crockery, used mirrors and stained glass scraps into a glittering set of giant butterfly wings. This butterfly will wrap around a projecting corner on the Salt Spring Elementary playground, complementing four smaller butterfly mosaic circles created for Earth Day 2018 by school families under her guidance.

This community art project was designed to help people feel connected in these difficult times through shared creativity, and the butterfly design plays with many analogies. For example, on the invitation to participate, Polouvytnova wrote: "During this time of isolation, we can focus our individual energies on a common vision of creating something beautiful for years to come, like caterpillars in our cozy cocoons waiting for the

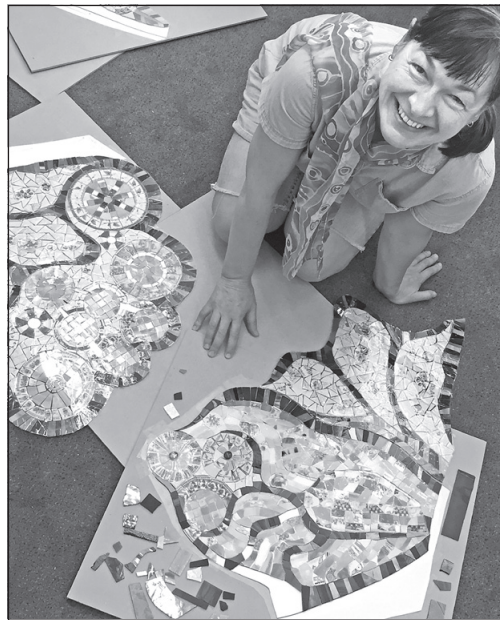


PHOTO BY ROBIN JENKINSON

Luba Polouvytnova works on the butterfly mosaic installation that will become part of the Salt Spring Elementary School playground area.

time to emerge together as butterflies." This past May, she offered several outdoor, socially distanced introductory lessons about how to make mosaic shapes, then each family who attended was given a small collection of selected plates and

glass, along with nippers to cut them. The wing designs incorporate circles with a range of diameters, from three through seven inches, which were assigned to individuals depending on their ages and skill levels, from kindergarteners to adults who'd already taken Polouvytnova's mosaic courses. Once people completed and delivered their circles to her studio, they could pick out more complicated shapes with corresponding collections of china-ware and coloured glass. Dazzling wings are slowly emerging, and the plan is to install the butterfly at the school in late August.

Why butterflies now? Given Polouvytnova's heritage, could it be related to an old-fashioned Russian word for butterfly, dushechka, which refers to "little souls" storied to belong to predecessors living on as butterflies? It is nice to imagine grandparent spirits watching over the children in the form of collective art created from their old china sets. Or, could it relate to a hopeful metamorphosis underway in response to COVID-19 and climate change, led by "imaginal cell" people who dream of living lighter, in greater harmony with Earth's systems? For, as Richard Bach wrote: "What the caterpillar calls the end of the world, the master calls a butterfly."

For more information about Polouvytnova workshops, see www.makemoreart-studio.com.

POETRY

Pride poetry open mic evening runs Thursday

ZOOM platform to facilitate community event

On Thursday, Aug. 6, the Salt Spring Public Library will host a Pride Poetry Open Mic online via Zoom.

The event, which begins at 7 p.m.,

is co-sponsored by the Diverse and Inclusive Salt Spring Island group. Before COVID-19, the poetry open mic ran on the first Thursday of each month in the library's program room.

Featured poets set to read are Shamana Ali, Brian Day, Natalie Meisner, Taryn Muldoon, Julian Paquette and Rowan Percy.

People can sign up for the open

mic portion starting at 6:45 p.m. and join at 7 p.m. to listen to the readings.

The Zoom link for joining the meeting is: <https://us02web.zoom.us/j/81456687781> and the Meeting ID is 814 5668 7781.

Library personnel can assist people with setting up Zoom at home, if needed. Contact the library at 250-537-4666 for more information.

Currently, the Salt Spring Island shelter is closed to walk-in business.

Staff is responding to voice mails/e-mail daily and are able to set up appointments if you need to come in to the shelter.

To see available animals for adoptions, please visit spca.bc.ca/adopt

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D.W. Salty is looking for material for his column, **Streets of Salt Spring Island**

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NATURE

Local biodiversity tracked with citizen scientist app

People encouraged to add their photos of Gulf Islands flora and fauna

BY GAIL SJUBERG
DRIFTWOOD EDITOR

It's well known that the Gulf Islands are an ultra-rich area for biodiversity, but for most people it's daunting to identify the plants or creatures they see while out walking in their neighbourhood or on a trail.

That's when it would be great to have a Shazam music identification app equivalent for flora and fauna. While the iNaturalist app requires more effort than pointing a smartphone at a mystery specimen of lizard or purple flower, it is the next best thing.

The iNaturalist website and mobile app lets people post photos of native plants and animals — from mosses to grasses and moths to squirrels — either to simply share them with others or to get help with their identification. The site also creates a database of what species are found where and hosts special projects launched by its users.

Juli Mallett and Corvi Zeman are two active Salt Spring iNaturalist fans who were initially drawn to the site because of their interest in fungi.

"Around the start of last year my partner and I started using it because we've been into sort of amateur mycology for a number of years," said Mallett. "When we moved here we started really making an effort to keep track of what we'd seen and where we'd seen it and that sort of thing and there were in particular some things we were finding on our property and around our home that were kind of interesting and unusual."

They stumbled across iNaturalist and found it an easy way to keep track of all kinds of plants and to get help in identifying some of them. Both Mallett and Zeman have done work in ecology but are "citizen scientists"; not biologists or scientists like many iNaturalist users. Zeman initiated a Fungi



PHOTO COURTESY JULI MALLETT

Corvi Zeman, left, and Juli Mallett identify a *Tapinella atrotomentosa*, AKA the "velvet-footed pax" fungi.

of Salt Spring Island group on the site, which automatically collects all of the mushroom and other fungi posts from the island. It now has hundreds of observations attached to it, and Zeman also writes a "fungus of the month" column there.

"It's really kind of a neat thing," Mallett said.

"We live in one of the most diverse regions for fungi in the world," she added. "If you look at people who are doing serious mycology field work there is sort of a cluster of areas where they go — Central American cloud forest, south-east Asia and the Pacific Northwest."

"Every time I go for a half-hour walk there is something new to see."

JULI MALLETT
Salt Spring iNaturalist user

The couple previously lived for a long time in Olympia, Wash., which has a substantial mycology community.

Mallett said a maxim that gets thrown around in ecology is that "Wherever you look the most is where you find the most," so that thorough exploration of one's nearby surroundings is likely to provide exciting natural discoveries.

"Every time I go for a half-hour walk there is something new to see," she said.

Plants have been tagged on Salt Spring by 364 different people on iNaturalist,

but probably only six people regularly use it. Mallett would love to see more participation by islanders.

Right now some orchids of the *platanthera* genus, which are pollinated by moths at night, are in bloom. That has seen Mallett and Zeman outside at midnight on their hands and knees taking in the flower's distinct smell of cloves.

Diana Thompson is a biologist who has used iNaturalist to create a project called Salt Spring Island Biodiversity, which captures all observations made on the island. As of Monday it included 5,099 observations of 1,194 species. She invites others to join iNaturalist and contribute as there are still hundreds of species not captured.

Thompson hopes her site will join up with a much larger Biodiversity of the Salish Sea project in the future. She was asked to initiate the Salt Spring version by Andrew Simon, who she says "has done an amazing job with Biodiversity Galiano Island."

She also participated in International Moth Week from July 18-24 through iNaturalist.

Thompson agrees that "iNaturalist at its best is a great tool for everyone to use, and there are so many things that citizen scientists find that we would never know about without this site."

She cautions that if people find something rare they should make the location "obscured" when they post it.

See iNaturalist.org for more details.

Remember WHEN

Five years ago

Announcement of the fall's federal election appeared to catch some parties off guard, with no candidates ready to declare either for the Conservatives or the NDP in the Saanich-Gulf Islands riding. Green party MP Elizabeth May and several hundred supporters who gathered in Sidney were meanwhile more than ready to kick off her campaign and repeat the success of her historic 2011 win. The federal Liberals also had a candidate ready in Tim Kane.

Ten years ago

Four passengers and one crew member were injured and one of the passengers was airlifted to a hospital in Victoria with a head injury after the Queen of Nanaimo "experienced a hard landing" as it docked at Village Bay on Mayne Island. "About 10 seconds before it happened, the captain told everyone we were going to hit the dock," said Salt Spring's Owen Hooper, a 15-year-old passenger who was on board. "It was crazy. I didn't know we were going to hit until I saw how fast we were going." Some 200 crew members and passengers were stranded on board for three hours as emergency workers fixed the off ramp and RCMP officers conducted sweeps of the vessel to make sure everyone was accounted for.

Twenty years ago

B.C. Ferries workers pulled back from the brink of striking at the last minute, with a tentative deal struck between the Crown corporation and the 4,400-member union ending months of intense bargaining. Ferry workers had been without a contract since October 1998 and had since rejected three contract proposals.

Thirty years ago

The Saturday market drew negative attention from provincial authorities and local merchants. An inspector from B.C.'s consumer tax branch determined a number of vendors did not hold a valid sales tax licence; consumer affairs officials expressed concerns about items being sold without a listing of ingredients; and health officials registered concern about the sale of food being conducted in a clean, healthful fashion. In addition, two petitions circulating in the community called for curbs on the market in one case and a return to a farmers' market concept in the other.

Forty years ago

The Harbour House Hotel closed its pub and staff layoffs at other venues were looming as a possibility after the supply of American beer was interrupted. The episode was fallout from a labour dispute in which the major Canadian breweries locked out their unionized employees, which shifted the supply source to the U.S. A liquor distribution branch spokesman in Vancouver told the Driftwood he'd had no idea that people were "so attached to their beer," but his phone had been ringing off the hook all morning with people enquiring about supplies.

Fifty years ago

Salt Spring Island artist Windsor Utley witnessed a shocking ferry accident in which the Russian freighter *Sergey Yesenin* "cut into the Queen of Victoria like a great grey blade into a white piece of cheese." The incident in the southern entrance to Active Pass was the first fatal accident sustained by BC Ferries in its 10-year history and took the lives of three passengers. The collision cut a deep gash halfway through the ferry vessel, smashing deck facilities, plates and cars. The two ships remained locked together for two hours before they finally separated. Witnesses attached part of the blame for the accident to the concentration of small craft around the mouth of the pass.

Sixty years ago

A petition for bankruptcy was granted to the Alsam Manufacturing Company Ltd. The company was the owner and operator of a lightweight aggregate (shale) plant located at Welbury Bay that had been out of production for several months. A trustee in Vancouver was appointed and the business was to be sold in tenders.

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FITNESS

Workouts important for runners



Susan Gordon
 THE PERENNIAL **RUNNER**

Several ways to vary training routines

Once you've established three or four regular workouts per week you can add variety and change up your venue to help keep a fresh approach.

While the track is great for concentrating on your pace and distance, it can get kind of boring after awhile. Salt Spring offers a number of trails, packed gravel paths and a few roads that are relatively safe for foot traffic.

The majority of your running should be at a very easy, conversational pace. You will eventually have three fundamental sessions that will help you improve aerobic and anaerobic fitness, and one session of cross training or a slow, recovery-paced run.

The three key workouts are: Long Aerobic, Tempo and Track. The long, aerobic run builds endurance, a

tempo run will increase your stamina, and the track session builds on raw speed.

Long Aerobic runs are usually done on the roads or trails. This is your longest run of the week, and will comprise almost half of your total volume. You can measure by distance, or time. For example, this is a 20-kilometre road run for me, undertaken at a pace of approximately 5:40 per kilometre. It takes just under two hours. With the other runs in my program, my total mileage for a week will usually end up being about 50K.

If you're walking or running on the road, it is critical that you have high-visibility clothing and accessories so drivers can see you. This applies to daylight as well as dusk or early morning, and especially dark, rainy days. Blue, grey and black clothing blends right into the landscape.

Tempo runs are a steady-state run, and they should feel somewhat hard by effort. They are typically run on a nearly flat road or trail route, but unfortunately there are no segments on Salt Spring long enough or level enough to make for the ideal tempo. Walker's Hook Road is a favourite for this type of run, unless you are comfortable doing it at the track. This becomes more of a mental than a physical challenge due to the distance and number of laps. I will typically

run an 8K to 10K tempo at an average pace of 4:45 per kilometre.

The Track/Speed session consists of a warmup jog of about 15 minutes, followed by drills that loosen the joints, warm muscles further and increase your range of motion. A series of repetitions ranging from 100m up to 1200m or 1600m and everything in between are run at paces appropriate to skill level and your goals or planned races. In between each repetition is a rest break that varies according to the distance and speed of each rep. The workout is followed by another jog to warm down the muscles and move out any lactic acid buildup from the high speed running.

There are many more details to each type of run, and the same applies to power walking or race walking too.

An intelligent approach allows progress to be made, keeps things interesting, and helps lessen the chances of injury or burnout. As the Brooks Running tagline states, "Run Happy."

Susan Gordon has been a Salt Spring resident since 2012, and a successful competitive runner since 2008, with many age-group wins and series championships. She is an NCCP Trained Endurance Coach, member of BC Athletics, and coach for the Salt Spring Sneakers.

Fall Fair FOCUS
 We're having a **FUN FAIR** not a **FALL FAIR!**

Email a photo of yourself with your exhibit to ssifallfair@shaw.ca before Sept 1.

LIVESTOCK - Do you have a litter of pigs, a handsome cow, a sheep face that is adorable, a pet goat or your beautiful horse? This is your chance to show off your livestock without having to transport them to the Fair. Participate and join the fun of entering the Fun Fair. No limit to number of entries.

Winners determined by random draw for blue ribbon and \$50 gift certificate.

Go to www.ssifi.org for information and rules




what's on this week



Wednesday Aug. 5
LIVE ENTERTAINMENT
Wednesday Block Party. With music by Rough and Tumble at Al's Gourmet Falafel and Fries. 151 Rainbow Rd. 4 to 6 p.m.

ACTIVITIES
Bridge Club. Every Wednesday in the Salt Spring Public Library Program Room from 12:45 to 4 p.m.

Thursday Aug. 6
LIVE ENTERTAINMENT
Open Mic & Jam. At the Legion every Thursday. 7 p.m.
Hiroshima Day Commemoration. Mark the 75th anniversary of the Hiroshima bombing with singers Sue Newman & Susan Cogan leading peace songs and a sharing circle. Peace Park/Heiwa Garden. 5 p.m. If you can, bring a bell or gong to ring.

Thursday Aug. 6
LIVE ENTERTAINMENT
VIXX. Live music on the deck at Moby's Pub. 5 p.m.
VIA ZOOM
Pride Poetry Open Mic. Co-sponsored by DAISSI and the SS Public Library. Sign up for the open mic at 6:45 a.m. and join at 7 p.m. <https://us02web.zoom.us/j/81456687781> and the Meeting ID is 814 5668 7781.

ACTIVITIES
Salt Spring Museum. Bittancourt House Museum is open on the Farmers' Institute grounds at 351 Rainbow Road on Thursdays, Fridays and Saturdays from 1 to 3 p.m.

Friday Aug. 7
LIVE ENTERTAINMENT
Fridays With the Costners. Live music on the deck at Moby's Pub. 5:30 p.m.

Friday Aug. 7
ACTIVITIES
StoryWalk. Self-guided family activity in Mouat Park with the story The Cool Bean beginning today at 10 a.m. Continues through Monday at 4 p.m.
Salt Spring Museum. Bittancourt House Museum is open on the Farmers' Institute grounds at 351 Rainbow Road on Thursdays, Fridays and Saturdays from 1 to 3 p.m.



Elementary Bridge Coaching. With Jean Elder on Fridays in the Salt Spring Library Program Room. 10 a.m. to noon.

Games Night. Every Friday at the Salt Spring Public Library Program Room with Bryan Dubien. 6 to 9 p.m.

Saturday, Aug. 8
ACTIVITIES
Saturday Market in the Park. Vendors set up in socially distanced fashion in Centennial Park, as well as in the adjacent Ganges Alley parking lot. 9 a.m. to 4 p.m.
Salt Spring Museum. Bittancourt House Museum is open on the Farmers' Institute grounds at 351 Rainbow Road on Thursdays, Fridays and Saturdays from 1 to 3 p.m.
StoryWalk. Self-guided family activity in Mouat Park with the story The Cool Bean continues through Monday at 4 p.m.

Sunday Aug. 9
ACTIVITIES
StoryWalk. Self-guided family activity in Mouat Park with the story The Cool Bean continues through Monday at 4 p.m.

Monday Aug. 10
ACTIVITIES
StoryWalk. Self-guided family activity in Mouat Park with the story The Cool Bean through 4 p.m. today.

Tuesday Aug. 11
ACTIVITIES
Tuesday Farmers' Market. Produce and food-products market in Centennial Park. 2 to 6 p.m. Social distancing and COVID-19 protocols in place.
Salt Spring Museum. Bittancourt House Museum is open on the Farmers' Institute grounds at 351 Rainbow Road on Thursdays, Fridays and Saturdays from 1 to 3 p.m.

Wednesday Aug. 12
LIVE ENTERTAINMENT
Wednesday Block Party. With music by The Seiche at Al's Gourmet Falafel and Fries. 151 Rainbow Rd. 4 to 6 p.m.

ACTIVITIES
Bridge Club. Every Wednesday in the Salt Spring Public Library Program Room from 12:45 to 4 p.m.

Send your calendar submissions to news@gulfislandsdriftwood.com or drop them off at the Driftwood office.

www.gulfislandsdriftwood.com/events/

THE FRITZ CINEMA
 • **Emma** runs Wednesday-Thursday, Aug. 5 and 6, 7 p.m. Rated PG. 120 minutes.
 • **Sonic the Hedgehog** is on from Friday, Aug. 7 through Sunday, Aug. 9, 7 p.m. nightly plus a 3 p.m. matinee. Rated PG. 100 minutes.
 • For more movie info, visit [The Fritz website](http://TheFritzWebsite.com) at www.thefritz.ca

EXHIBITIONS
 • Today (Wednesday, Aug. 5) is the last chance to see the **Salt Spring Painters Guild Summer Show** at ArtSpring. 11 a.m. to 12 noon.
 • **Janice Parker** presents Cut, Press, Pull at **Salt Spring Gallery** Wednesdays through Saturdays from 11 a.m. to 4 p.m.

• **Pandemic Postcards Project** — a Salt Spring Literacy project — shows community creations in the display case of the **Salt Spring Public Library** through August.
 • **Artcraft**, the annual **Salt Spring Arts Council summer show** and sale of work by Gulf Islands artisans, is open at Mahon Hall daily from 11 a.m. to 4 p.m.

SSI Pandemic Postcard Display
 Drawings, stories, poems and collages
SS Library Display Case through August

THRIFTY FOODS
 Ganges, Mouat's Centre • 7:30am to 9pm • Customer Service 250-537-1522



PHOTOS BY GAIL SJUBERG

NEW LOOK MARKETS: Above, Marcelle Roy, left, and Chris Dixon hand out masks at the Tuesday Farmers' Market. Some 200 were dispensed last Tuesday. Below, some of about a dozen stalls set up in distanced fashion in Centennial Park on Saturday, Aug. 1. More vendors are expected beginning this Saturday, when the Parks and Recreation Commission's new market coordinator Dawn Larden begins working.



FUNDRAISER

Hiking challenge aids B.C. Alzheimer society

Cross-B.C. tally hoped to reach 70,000 kilometres

The Alzheimer Society of B.C. is inviting Salt Spring Island residents to come together for the annual Climb for Alzheimer's.

Each September for the past eight years, committed individuals and teams have climbed North Vancouver's Grouse Grind as part of the Alzheimer Society of B.C.'s annual fundraiser. Things look different in 2020, but the Climb for Alzheimer's is still going ahead in a virtual capacity, and for the first time ever, will be open to anyone, anywhere in the province.

Islanders are urged to be part of a goal to hike a total of 70,000 kilometres — one kilometre for each individual living with dementia in B.C. — to raise funds and show people on the dementia journey that they are not alone.

The event runs until Monday, Sept. 21, which is World Alzheimer's Day.

"Although the location has changed and adapted, the heart of the event remains,"

said Maria Howard, Alzheimer Society of B.C. chief executive officer. "The climb continues to be a challenging, fun, invigorating event that makes a real difference to people in our province affected by dementia. It shows people living with dementia that they are not alone."

In a time where travel restrictions are the norm, this challenge also offers an opportunity to take advantage of the province's endless trails, natural beauty and potential for adventure, while raising money and awareness for the thousands of people living with dementia. Participants can register as individuals or as a team and are encouraged to share their hiking and climbing challenges online.

Participants will be raising money for research and to ensure people affected by dementia can access programs and services through the society's First Link dementia support, which provides support and education for people affected by dementia.

Anyone planning a hike is asked to adhere to the current physical distancing recommendations.

See climbforalzheimers.ca for details.

COVID-19 FUNDS

Pandemic relief projects get financial support

Stqeeye' Learning Society among beneficiaries

The Salt Spring Island Foundation's COVID-19 Emergency Preparedness and Relief Fund has reached \$202,840 thanks to generous donations from islanders, and several disbursements have also been made.

An Emergency Preparedness and Relief Grant for \$10,000 was approved for the Stqeeye' Learning Society as partial support for a Xwaaqu'um Native Food Plant Nursery project that addresses the urgent need for food security and economic vulnerability supports in Salt Spring Island's Coast Salish community. These issues are exaggerated by the global pandemic.

Joe Akerman, Stqeeye' Learning Society's general manager, said, "In times of hardship our families and communities help one another, we hold each other up."

The project, named Ts'l Ts'awutul (which means "Helping One Another"), will help design and build a fenced and irrigated nursery during the rest of this summer, under the guidance of Quw'utsun elders. The project has two goals: immediate food security through food sharing for schools and support for Quw'utsun elders and families and for others who feast and learn together on the land. The pandemic has highlighted the importance of holistic, place-based native plant cultivation and of traditional harvesting practices for cultural continuity and connecting youth to elder teachings.

Foundation board chair Brian Lawson notes, "The foundation is grateful to be able to address food security for those most vulnerable to pandemic impacts in our Salt Spring Island community through its COVID-19 Emergency and Preparedness Relief Fund. We are pleased to continue the foundation's support for



PHOTO COURTESY SSI FOUNDATION

Traditional and Indigenous knowledge is celebrated at Xwaaqu'um during a 2015 event.

Xwaaqu'um place-based projects that bring alive the capacity for cultural continuity and the practical revitalization of indigenous traditional knowledge."

The Ts'l Ts'awutul project is also supported by Tara Martin, professor of Forest and Conservation Sciences at UBC.

Other Relief Projects

The Foundation's Emergency Preparedness and Relief Grant to the Salt Spring Community Health Society for Mental Health First Aid workshops for essential workers and community members was matched by a \$10,400 grant from the Government of Canada's Emergency Community Support Fund (ECSF), as well as a grant in-aid from the Capital Regional District. These additional funds will facilitate one or more residents to become Mental Health First Aid Instructors in MHFA Basic, Seniors and Adults who Interact with Youth programs, thereby providing Salt Spring with sustained local resources for this training. The Mental Health First Aid workshops will be held in August. The deadline to apply to become an MHFA Instructor is Aug. 7. Visit saltspringcommunityhealth.ca for

information and registration.

The second Salt Spring charity to receive a share of \$110,000 in ECSF grants awarded to projects in the Southern Gulf Islands was Islanders Working Against Violence, which received \$9,860 for outreach to women in need of IWAV services during the COVID-19 pandemic. IWAV is deploying these funds to implement a chat function for its crisis line, including staff training on use, updated website/resources, promotion and advertising. The foundation also awarded an Emergency Preparedness and Relief Grant of \$20,000 to IWAV that facilitated essential core outreach and counselling programs during the COVID-19 closure of the Transitions Thrift Store.

The foundation has teamed up with ArtSpring and the Salt Spring Island Public Library to offer the Pandemic Limerick Project, with submissions due by Aug. 14. Visit artspring.ca for more information.

Visit the foundation website at www.ssifoundation.ca for more information or to make a donation to the COVID-19 Emergency Preparedness and Relief Fund, to the Limerick Project or to the foundation's endowment fund, which supports bi-annual granting cycles.

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