



Highlands News

MAYOR’S MESSAGE

Autumn has arrived, and the Fire Chief reminds us that no backyard, incinerator, or open burning is permitted until October 15, subject to his approval. After mid October check the posted signs, visit the district website, or phone Chief Ford to confirm the status.

The Highlands Fling was a great success, with the many volunteers and participants having Highlands-style fun. Hearty thanks and congratulations to all for a terrific event!

The annual open house at Hartland Landfill was popular, with an estimated 2000 visitors in attendance. Highlands Councillors Dobb, Roessingh, and Williams provided innovative musical entertainment, accompanied by children playing rhythm and percussion instruments fashioned from recycled materials. A tour of this award-winning site is educational and highly recommended - contact the CRD Hotline at 250-360-3030 to arrange for a tour or to get answers to all your recycling and waste disposal questions.

Check the community calendar for council, committee, and community group meeting schedules. October 30th and 31st will be busy, with the Olympic Torch passing through neighbouring municipalities, and planned Highlands Hallowe’en events. Council hopes to see you at a meeting or event this month—everyone welcome!

Mayor Jane Mendum

INSIDE THIS ISSUE:

- Community Calendar
- H1N1 Flu Information for Highlanders
- Traffic Advisory Bulletins



Photo credit: Allen Dobb

Tickles and Yowza, Highlands residents and popular professional entertainers, clown around at the Highlands Fling. The weather was perfect for a fun-filled day enjoyed by residents and volunteers alike. Thank you to all who participated!

REMINDER Halloween fireworks will need a permit issued by the Fire Chief. Watch for the advertisements in the Goldstream Gazette on October 7, 9, 14, 16, 21, 23, 28 and 30 for information on how to become qualified for a permit. Bylaw No. 254, **Highland’s Fireworks bylaw, can be found on the district’s homepage** <www.highlands.cs>. Fireworks may only be set off between 5 p.m. and 10 p.m. on October 31st.

TRAFFIC ADVISORY: OLYMPIC TORCH RELAY

Although route details have not been made known at this time, the Olympic Torch relay begins its Canadian tour in the Capital Region, passing through several nearby municipalities on October 30th and 31st. Watch the local newspapers for details relevant to spectators and commuters, and if you plan on travelling in the region, perhaps allow for a little extra time.

Hallowe’en Event

Highlands Kids’ Hallowe’en Gathering at: Pike House, 1589 Millstream Road, October 31, 7:00-9:00 pm. (Saturday).

We invite you and your kids to put on your scariest or funniest costume and join us for spooky fun time. Especially fun for younger children. Please bring nut-free treats to share. Beverages provided, including our famously tasty witches’ brew.

For more information phone Marcie @ 474-4725.

Organized by the Highlands District Community Association

Fire Hall Bonfires

All are welcome at **7:00 pm Hallowe’en night** at both the East and West Fire Halls (*watch for signs with details*) for a bonfire, free hot dogs and refreshments/coffee. At the end of the evening we’ll set off some fireworks. Please bring treats for the kids, and some fireworks to add to our small pile. The donation of a non-perishable food item for the local food bank would be welcome. We’ll have a spectacular show!

Come one, come all, Come in costume, let’s have a ball!

Community News

H1N1 FLU VIRUS UPDATE FROM OUR EMERGENCY PLAN COORDINATOR—VAL FLETCHER*

As we are approaching the normal fall flu season as well as the potential “second wave” of the H1N1 flu virus please review the following information relating to the flu. This and additional information is available from the BC Government H1N1 Flu Virus web site at <http://www.gov.bc.ca/h1n1/> and the Vancouver Island Health Authority web site at <http://www.viha.ca/h1n1/>.

Those who do not have internet access may obtain additional printed information at the District Office.

GET THE FACTS ABOUT FLU AND STAY HEALTHY

Influenza is caused by viruses, and is generally spread when an infected person coughs or sneezes.

Here are six simple, common sense precautions that can help safeguard everyone's health:

- 1) **Stay home when you're sick or have** influenza symptoms. Get plenty of rest and check with a health care provider as needed.
- 2) Avoid close contact with people who are sick. If you are sick, keep your distance from others to protect them from getting sick.
- 3) Cover your mouth and nose with a tissue when coughing or sneezing, and throw the tissue away immediately. It may prevent those around you from getting sick.
- 4) Wash your hands. Washing your hands often will help protect you from getting sick. When soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers.
- 5) Avoid touching your eyes, nose or mouth. You can become ill by touching a surface contaminated with germs and then touching your eyes, nose or mouth.



- 6) Practice other good health habits. Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, eat nutritious foods, and avoid smoking, which may increase the risk of serious consequences if you do contract the flu.

If you have a fever or cough illness, regardless of where you have travelled, stay home from work or school and limit contact with others to keep from infecting them. See a health care provider if your symptoms become worse but call ahead of time to let them know you have fever or cough illness.

You can call HealthLink BC at 8-1-1, 24 hours a day/seven days a week to speak to a nurse if you have more questions or if feeling ill.

For more steps on how to protect you and your family visit FightFlu.ca

H1N1 INFO FOR PEOPLE WITH CHRONIC HEALTH CONDITIONS

Adults and children with chronic health conditions are one group of the population that is at higher risk of contracting and suffering complications from the H1N1 flu virus. These are the same health conditions that make people eligible for the seasonal flu vaccine (diabetes, chronic heart or lung conditions, asthma, etc.). Besides common sense precautions such as staying home

if you're sick or coughing into your sleeve, there are a number of other steps you can take to best protect yourself.

Before you get the flu:

During one of your regular doctor visits prior to the fall, talk with your doctor about whether you should get a prescription for antivirals in advance. As antivirals work best when taken within 24 hours of showing flu symptoms, in the event you get sick in the fall, you can just call your doctor to get this prescription filled.

You may also wish to find a “flu buddy” to assist you in accessing medication in the event you become ill and unable to travel. Talk to your doctor about having a two-week supply of medication on hand. Be alert to changes in your breathing, especially if you have heart failure, congestive heart disease or Chronic Obstructive Pulmonary Disease (COPD). Inform family members or close friends of your medical condition.

If you get the flu:

Treat any fever right away with fever-reducing medicine such as Tylenol. Call your doctor to get your prescription for antiviral medication filled. Seek medical attention if your symptoms worsen or if you experience chest pain or shortness of breath. If you use medications for your condition, continue taking it even if you become sick with the flu, unless your doctor or health care provider says otherwise.

If you do have to travel outside the home while you have flu symptoms, wearing a simple surgical mask will help protect others from your coughing.

You can call HealthLink BC at 8-1-1, 24 hours a day/seven days a week to speak to a nurse if you have more questions or are concerned about any illness/symptoms experienced by you or your children.

If you would like an electronic copy of the Highlands News please visit the district website's homepage: <highlands.ca>.

Please consider passing this newsletter on to any tenants or other residents who are without a Highlands mailbox.

Thank You!



2009 Council Meeting Schedule

October—5th and 19th
November—2nd and 16th
December—7th and 21st

visit the district website: highlands.ca

Council & District News

COMMUNITY HALL PROCESS At its regular meeting on September 8th, Council considered the funding agreement with the Province for the construction of a Community Hall and museum. A \$500,000 Towns for Tomorrow grant (which includes \$30,000 for the museum) has been awarded to Highlands by the Ministry of Community Development, and Council had previously requested that two items be deleted from the agreement.

Council's requests were:

1. removal of the reference to 12,000 square feet for the proposed size of the community hall, and
2. removal of the words "solar panels and roof top gardens in Schedule "A", which reads "the utilization of green building technologies which may include solar panels and roof top gardens".

Council was advised that the first request was approved by the Ministry of Community Development, but the second request was significant to the application approval and would not be removed. Project completion deadline under the Towns for Tomorrow Program is March 31st, 2011. Council approved the amended agreement.

Council held a committee-of-the-whole on September 14th to discuss next steps. Recommendations adopted by Council are:

1. that the Community Centre Task Force bring forward a schedule for moving this project forward to the public consultation stage,
2. that staff research any funding left over from previous funds set aside for conceptual drawings,
3. that the Community Centre Task Force bring forward a list of essential key elements identified up to this point on what the Community Hall might consist of, and
4. that staff prepare a report for Council on corporate management issues dealing with proposals for this project.

SCOUTS FUNDRAISING EVENT Scouts Canada, Greater Victoria Area has organized their 2009 Apple Day fund-raising drive on Saturday, October 3, 9am— 3pm. A small number of members will be staffing a site in the Highlands, seeking donations to further Scout youth programs and Camp Barnard. Passers-by are asked to support Scouting and are thanked with an apple, a tag and a smile.

BRITISH COLUMBIA YOUTH PARLIAMENT, 81ST PARLIAMENT will be held in Victoria at the Provincial Legislative Chambers from December 27 to 31, 2009. The Youth Parliament is a province-wide non-partisan organization for young people ages 16 to 21. It teaches citizenship skills through participation in the December parliamentary session and in community service activities throughout the year. Youth Parliament is a one year commitment. Each municipal or regional government may nominate two applicants.

If you'd like to apply to sit as a member of the Youth Parliament, please contact the municipal office. Youth Parliament is non-partisan, and applicants need only be interested in learning more about the parliamentary process and in serving their community.

All application forms must be received by October 21, 2009. For more information, visit www.bcyp.org.

TRAFFIC ADVISORY FOR MILLSTREAM/HANINGTON ROADS Approvals have been granted for both the installation of the Hanington Road siphon, a closed sewer pipe from Langford, and the installation of a water main to service the Millstream Road Industrial Park.

Construction has begun and will be completed in late October. Millstream Road traffic will be impeded during construction, but the District has required that one lane traffic be allowed only between 9am and 4pm to minimize disruption to commuter traffic. The Traffic Management Plan contains priority provisions for school buses and of course for emergency vehicles.

Additional stipulations in the approvals granted by the District are that:

1. barricades with flashing lights must be used, given there are no street lights,
2. the road must be suitably restored daily, and
3. there must be two-way traffic in the evenings.

The District of Highlands apologizes for any inconvenience during this construction period.



COFFEE HOUSE NEWS—YES, IT IS BACK!

Highlands' Coffee House is returning after a summer break and will be featuring a concert with "Calliope"

A Calliope is a musical instrument that produces sound by sending steam through whistles. Victoria & Pender Island's new multi-instrumental group *Calliope* does that and more. *Alison Vardy*, *Patrick Smith* and *Bryce Woollecombe* pluck, pick, strum, hammer, blow, box and sing their way through a broad range of repertoire from Celtic to klezmer. Their instruments run from celtic harp, mandolin, guitar, flutes & whistles to hammer dulcimer and soprano saxophone.

Alison Vardy is a well-known Celtic harp soloist, teacher and recording artist on Vancouver Island. *Patrick Smith* is a livewire of musical energy. He sings and plays 5 instruments- hammer dulcimer, mandolin, tin whistle, guitar and electric bass. *Bryce Woollecombe* is a very talented multi-instrumentalist whose specialty instrument is the saxophone- soprano, alto and baritone.

Come and bring the family and friends too for an enjoyable evening of entertainment. Come early - seats limited!

For more information you can call Zhinoos at: (250) 727-9561

Date: Saturday, October 10, 2009

Place: Caleb Pike House, 1589 Millstream Road

Time: 7:30 pm (doors will open at 7:00 pm)

Charges: \$5.00 /person - under 15 free (honorary system—you may pay more, or as you can afford) coffee/tea/goodies included

RCMP INCIDENTS REPORT July 16 to August 15, 2009

August

16th - Bylaw-Noise -Hanington
16th - False Alarm - White Pine
17th - Theft From Vehicle - Crestwood Court
17th - Mischief \$5000 or Under -Ross Durrance/Willis Point
18th - Unspecified Assistance - Stewart Mountain
18th - Suspicious Per/Veh/Occur - Millstream / Red Cedar
19th - Assault - Common or Trespass - Woodridge
19th - Collision - Damage Over \$1000 - Finlayson Arm
20th - Collision - Damage Over \$1000 - Millstream /Millstream Lake
20th - Traffic - Other Moving Provincial - Millstream
20th - Coroners Act - Caleb Pike
21st - Harass/Obscene Phone Call - Munns
22nd - Unspecified Assistance - Industrial Way
25th - Mischief \$5000 or Under - Industrial Way
25th - Animal Calls - Millstream /Caleb Pike
25th - Theft From Motor Vehicle - Mount Work
27th - Suspicious Pers/Veh/Occur - Millstream Lake / Millstream

September

1st - False Alarm - Millstream
1st - Traffic - Other Moving Provincial
2nd - Litter Act - Munns /Millstream Lake
3rd - Mental Health Act - Rowntree
3rd - Mischief \$5000 or Under - Caleb Pike
3rd - Firearm Act - Stewart Mountain
5th - Collision - Damage Over \$1000 - Ross Durrance
5th - Theft From Motor Vehicle - Caleb Pike /Gowlland Tod
5th - Property Lost - Deerfield
5th - Harass/Obscene Phone Call - Davies
9th - False Alarm - Stewart Mountain
10th - Property Lost - Millstream
14th - Property Lost - Millstream
14th - Utter Threats Against Person - Fork Lake
15th - Theft From Motor Vehicle Under \$5000 - Deerfield
15th - Traffic -Other Moving Provincial - Millstream Lake /
Ross Durrance

VOLUNTEERS OF THE MONTH



Gord and Anne Baird are our volunteers this month, recognized for their diligent work on the cob composting washroom facility being built at Eagles Lake. Approximately 200 hours of labour have been dedicated to constructing this unique public facility, with about another 100 to go.

Thank you very much for volunteering your vision, labour, time, and skills!

HIGHLANDS WINTER CRAFT FAIR

Sunday November 15 - 11am to 4pm.
Caleb Pike Homestead Grounds
Come and stock up for Christmas!
Prospective vendors please contact
Bob McMinn(250)478-4403 or
bobmcminn@shaw.ca

Contacts:

Mayor Jane Mendum— jmendum@highlands.ca /
250-478-9449, 250-893-9440
Councillor Allen Dobb—allendobb@telus.net /
250-391-3998/ Website: allendobb.ca
Councillor Diane Gill—randdgill@telus.net / 250-391-8928
Councillor Sigurd Johannesen—Sigurd.johannesen@shaw.ca /250-514-1880
Councillor Marcie McLean—marciemclean@shaw.ca / 250-474-4725
Councillor Karel Roessingh—karel@roessong.com / 250-727-9808
Councillor Ken Williams—kgwmaya@shaw.ca / 250-479-7497
Fire Chief Barry Ford—b.v.ford@shaw.ca / 250-479-5741
Emergency Coordinator Val Fletcher—val.fletcher@shaw.ca / 250-479-1725
District of Highlands Office—250-474-1773
CRD Bylaw Enforcement—250-474-3351
Animal Control (24 hrs) - 250-478-0624
CRD Parks—250-474-2264
Wildlife Violations—1-800-663-WILD (9453)

A HEARTFELT MESSAGE FROM A COMMUNITY VOLUNTEER
Recently, the plaques have been ripped off the walls of the Pike House and the Dairy, a window broken and other acts of vandalism have marred our neighbourhood park.

Please, it's not fun for the volunteers who have to repair the damage. If you know who is responsible please tell them that it's our Highlands neighbourhood park to enjoy and destroying park property does nothing for the community.

Please leave the apples on the trees too!

Bob McMinn

Editor's notes: Since the writing of this article, serious damage has occurred at the homestead. Westshore RCMP are investigating.

The apple trees are protected heritage trees, and each year juice is pressed from the apples and sold to support local park initiatives.

OCTOBER COMMUNITY CALENDAR

October 1st - Community Centre Task Force, School House, 7pm
October 2nd, 16th, 30th - CRD Recycling Blue Box pickup
October 5th - Regular Council Meeting**, School House, 7 pm
October 7th - FESC Meeting, Pike House, 7:30 pm (Cancelled this month)
October 12th - Thanksgiving—office closed
October 13th - Committee of the Whole Meeting**, School House, 7 pm
October 13th - Highlands Garden Group, Pike House, 7 pm
October 19th - Regular Council Meeting**, School House, 7 pm
October 28th - CI&SC Meeting, School House, 7:30 pm
October 31st - **Hallowe'en Parties***: Pike House, East/West Fire Halls

*details elsewhere in the Newsletter

**please visit the district website, highlands.ca for detailed agenda

HIGHLANDS HISTORY - DID YOU KNOW? The first Highlands Post Office opened May 1, 1892 at the home of Joseph Wriglesworth, owner of the property around Teanook Lake. With this convenience Highlands pioneers no longer had to travel to Langford for their mail.

This and many more historical facts about Highlands are contained in Beautiful Rocks - see below on how you can obtain a copy.



Beautiful Rocks, a fascinating book about the history of Highlands, is available at the municipal office for \$29.95, or phone Daphne Allen, 250-478-7338.