

# Rural/OBSERVER

Celebrating Our Rural Community Lifestyle

Serving Port Renfrew  
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**A Circle of Sharing**

**SEAWEED and RADIATION**

**Rejuvenate Your Garden**

**South Coast Summer Highs**



Photo From Sooke Region Museum Archives

Vol. 8 Issue 2  
May 2011

## Calendar of Events for Shirley

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

### Shirley Fire Department

Practices held Thursdays  
7:00 – 9:00 p.m.  
Chief Donovan Ray  
250-646-2107

### Shukokai Karate for all ages

Mondays, 6:30-8:00 p.m.  
Alida – 642-4631

### Hatha Yoga

Tuesdays, 6:30-8:00 p.m.  
To Register:  
sarahlouisericher@gmail.com

### Shirley Quilters and Crafters

Thursdays, 10 a.m. – 3 p.m.  
All welcome

### Nia Dance/Movement

Thursdays, 6:45-8 p.m.  
movingmelody@gmail.com  
or 250-646-2995

### Shirley Community Association Meeting

Wednesday, May 11, 2011  
7:30 pm.  
Fiona – 646-2730

## Seaweeds And Radiation: Protection & Detoxification

by Christine Hopkins, *From the Garden...at French Beach &*

Amanda Swinimer, *Dakini Tidal Wilds*

We have all been plunged into circumstances we could not have anticipated just a short month ago. I always prefer to emphasize the positive – but our current dilemma, precipitated by the massive earthquake, tsunami, and severe breakdown of the Fukushima Nuclear plant in Japan – is very serious. We continue to go through our daily lives, but any thinking person knows our world view needs to change.

We are suddenly so vulnerable here on our beautiful, wild coast – in spite of the thousands of kilometres separating us from the horrific destruction in Japan – it is really only *one ocean*. We are at risk in so many ways.

Over the past couple of years, my neighbour, Amanda Swinimer, and I have been co-presenting workshops – teaching people the phenomenal nutritional and therapeutic properties of a large assortment of seaweeds.

We have found our businesses and focus remarkably compatible – since Amanda harvests the large brown kelps, focusing on edible seaweeds while my specialty is seaweeds in treatments, integrated with essential oil therapy – and I am a very strong advocate for skin absorption of nutrients. We believe both methods provide optimum protection.

As people vitally concerned with the pristine quality of our ocean foreshore, we began researching immediately to determine how serious the threat of radioactive contamination could be to our coastal environment.

Among the myriad of questions, we were searching for factual material as to whether our situation is being monitored. We were pleased to find articles and commentary online from CBC news stories and interviews with scientists and health officers.

Briefly, one article (March 18) from Health Canada, indicated that it "...is deploying nine more radiation-monitoring devices to BC ...in addition to six units already in place along the BC coast."

One scientist, Dr. Kris Starosta, from Simon Fraser University commented in a separate news story (March 29) "We can clearly see from the data we have there is on the order of seven days between the releases in Fukushima and radiation reaching us here." He also stated that researchers will continue to keep an eye on radioactive iodine 131 – a key component of nuclear power plant radiation – but also on cesium 37, adding that "Cesium is harder to detect than iodine 131" and "iodine 131 also decays rapidly, lessening the risk. Cesium can remain in the atmosphere for 30 years". The story continued, "BC scientists have said that local radiation levels that can be linked to the Japanese reactor are minuscule and pose no threat to the public." [<http://www.cbc.ca/news/canada/british-columbia/story/2011/03/28/bc-radiation-iodine-131.html>]

More recent stories focused on the massive quantity of radioactive contamination being caused by the serious leak in the power plant and the inability to stop it. In spite of assurances, we are left worrying about severe consequences of both air-borne exposure and the prevailing winds and currents, which leads us to want to share valuable information that we have both accumulated as to the dynamic potential of seaweeds to provide us with unique prevention of the absorption of radioactive iodine and to assist our bodies to safely detoxify from exposure.

Here is Amanda's summary of the tremendous protection from seaweeds in general, and specifically kelps:

### Seaweeds, Iodine & Radiation Protection

~If the body is saturated with natural, non-radioactive iodine, there is nowhere for the radioactive iodine from the nuclear fallout (I-131) to bind. Seaweeds in general are rich in iodine, but kelp is especially high in natural iodine (I-127).

~To protect against radiation, the thyroid needs to be saturated with natural iodine BEFORE the nuclear fallout reaches us.

~The iodine in kelp is very similar to the way iodine is stored in our thyroid hormones.

~Seaweeds are rich in complimentary nutrients (especially selenium) needed to process iodine.

~Seaweeds contain 100-200mcg/gm of iodine (depending on species, location and time of year).

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## Wild Seasons at the ARC submitted by Wild ARC



April showers bring May flowers, they say, but spring at the BC SPCA Wild ARC brings much more than just tulips and rain. As the winter season eases and the natural environment begins to blossom and bloom, local wildlife also begins to awaken and bring into the world.....babies!

Every spring, the BC SPCA Wild ARC takes into care several hundred wild animal babies that have been injured or orphaned throughout southern Vancouver Island. Relying on public support for funding and having only a handful of staff, this means over 100 volunteers must be recruited and trained every season to help feed and care for all these hungry little mouths.

Becoming a wildlife animal care volunteer involves more than just a love of animals – it is a specialized environment where volunteers have a tremendous amount of responsibility, so proper

education and training are a must. "Every animal care volunteer must complete workshops on baby bird care, mammal care and animal health as well as shadow shifts that provide hands-on training before they are ready to work on their own," says Angela Kendall, Administrator for the BC SPCA Wild ARC.

And once trained, it's not all cute and fluffy. Just like domestic pets, wild animals are messy and require frequent cleanings and feedings. That means more cleaning, dishes and laundry than one can even imagine.

Being a volunteer is incredible hard work and it takes a special person to commit such time, energy and patience to caring for these fragile creatures.

And unlike domestic pets, volunteers must be very hands off, too. "There's no cuddling or talking to our patients," says Danni Smith, Wildlife Assistant. "Our patients need to stay wild so human contact has to be kept to an absolute minimum, but it is completely worth it when you get to see these amazing creatures recover and be returned to their natural habitat".

Wild ARC is holding several orientation sessions over the next couple of months for people who are interested in volunteering and are looking to learn more about how they can get involved. For more information on attending one of the upcoming volunteer information sessions visit [www.wildarc.com](http://www.wildarc.com) or call Wild ARC directly at 250-478-9453.

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The Government of British Columbia has contributed funding to this initiative

Email: [mailbox@worklink.bc.ca](mailto:mailbox@worklink.bc.ca)

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### Kelp, Sodium alginate & Radiation Protection

~The seaweeds that belong to the order 'Laminariales' are called kelp. Kelps are unique in their ability to safely remove heavy metals, PCBs and the by-products of radiation from the body.

~Kelps contain a compound called Sodium alginate. Sodium alginate binds to the by-products of radiation (radioactive isotopes), forms an INSOLUBLE salt (so it is not released in our bloodstream), and is safely excreted through our urine.

### Using Kelp to Protect

~Seaweeds are a very concentrated nutrient source. The key to benefiting from their therapeutic properties is consistency, not quantity. As little as 5g/day of kelp provides the body with protection against heavy metals, radiation and other environmental toxins as well as providing an easily absorbed mineral supplement, many vitamins, anti-oxidant and immune support.

For more information, contact: [fromthegarden@telus.net](mailto:fromthegarden@telus.net) and [dakinitalwilds@yahoo.com](mailto:dakinitalwilds@yahoo.com)