



# Metchosin Muse

A N O N - P R O F I T C O M M U N I T Y P U B L I C A T I O N

## Another Mighty Metchosin Garage Sale!



The volunteers' pep talk ...

the waiting ...

the final countdown ...



... and the gates are open!



Weary "salers" pretended to examine comfy seating like this giant soccer ball and the gold brocade sofa, but we know what they were really doing ... this shopping thing is exhausting!

Photos by Barb Sawatsky and Joan Kew

BARB SAWATSKY

Can you spell "junkie," and how much of it did you buy at the 2015 Mighty Metchosin Garage Sale? As always, The Mountain of Merchandise from garden tools to electronics to clothing and mystery items was attacked at 9:00 am on Saturday, May 23 and again on Sunday, reducing the piles to rubble. The Children's Corner, run by Nina and Betty, was full to overflowing with toys, kids and parents, and Wendy Mitchell displayed a remarkable collection of diverse treasures gleaned and cleaned for the Silent Auction.

From the \$965 silver fox fur coat to the smallest thimble, the contributions for this fundraiser for the Metchosin Community House are remarkably diverse. Superbly entertaining, this is an annual event so next year you can donate everything you bought this year plus that unused dish set of grandma's that has been stored in your basement for the past 15 years.

Thank you to the dedicated group of volunteers who spent a week sorting truckloads of "stuff." It is only for lack of space that we can't include all of the Rogers, Jans, Larrys, Elizabeths, Bobs, Johns, Dougs and Heathers who worked every day to make this fundraiser such an excellent "sporting event." Special mention must be given to the Chris van der Water family and to Barrett Fullerton for standing guard for the week, sleeping in their motor homes to ensure that no treasure would be pilfered in the dark of the nights prior to the sale.



Although it's for a great cause, it's also a great chance to visit with friends.



## The Local Producers Issue

BRIAN DOMNEY

I had moments of righteous indignation and revelation a couple of days ago. The righteous indignation came when I had to pay over two dollars for a bunch of celery. Outrageous! The same day, I bought an eggplant, and as I examined the selection, the produce manager came over and told me they were from up island. The revelation came when I peeled it for my



Produce from Sea Bluff Farm.

spicy eggplant and tofu dish. The thing peeled marvellously! Not a rubbery struggle requiring a scalpel-sharp paring knife. That baby was firm and the flesh solid with no huge seeds. Luxury!

So there they are. Two of the best reasons for embracing local producers. If you're going to pay a premium for the low loonie and a drought-ridden California and Mexico, why not pay it to your neighbours? And if you value quality, with food that hasn't travelled thousands of kilometres to get to you, why not eat something that was picked or dug up minutes or hours before?

This is our annual Local Producers issue, giving you information on how to reach the people that produce healthy, fresh, local produce, whether vegetables, fruit, meat or flowers (food for the soul). And don't forget the nurseries that provide you with the starts, trees and shrubs to grow your own. As always, the summaries and map are in the centre pages so you can pull it out and keep for a reference.

See page 7 for the 2015 Local Producers Pull-out.

## Thanks, Lynda and Dayna

THE MUSE TEAM

It is with sadness that we say farewell to two long-time contributors to the *Metchosin Muse*.

Lynda Dowling, who has shared responsibility for our gardening columns with Isabel Tipton for as long as anyone can remember, has written her last "Lynda's Lore." Mike and Lynda have sold Happy Valley Herbs and are moving on to the next stage in their journey. We'll miss the joy of gardening reflected in Lynda's writing, and of course the multiple exclamation marks, the "... s", and, of course, the regular reference to "Mr. Basil."

Dayna Christ-Rowling, teacher and vice-principal at the Metchosin Technical Centre (MTC) is also moving on. School District #62 (Sooke) is closing MTC at the end of the school year and Dayna is waiting to hear where she will be working in September. The letters from her students, funny, poignant, and often ironic, were eagerly anticipated by many (definitely not all) of our readers. Love 'em or hate 'em, they reflected the world of a small but important part of the community, and served as a valuable teaching strategy for the hard-working professionals at MTC.

Thank you, Lynda, Dayna (and all your young charges) for being a part of our modest little publication.

### Important Dates (See also the Events listing on the back page, and for ongoing events, the directory of organizations)

May 29 Film Night at the MCH .....	p. 13
June 4 Metchosin Museum Society AGM .....	p. 4
June 6 SIRC Parisian Café .....	p. 5
June 12/13 Talk and Walk Lecture and BioBlitz .....	p. 3
June 16 Emergency Preparedness Session: Emergency Social Services .....	p. 6
June 24 Metchosin Community Association AGM .....	p. 13
June 26 Film Night at the MCH .....	p. 13
June 27 Sharing the Sun: Community Solar Workshop .....	p. 4

# Metchosin Muse

c/o E. Carlson, 4985 La Bonne Road, Victoria, BC V9C 4C5

**EDITOR**  
Brian Domney, 250-474-3966  
metmuse@shaw.ca

**EDITOR EMERITUS**  
Jo Mitchell, 250-478-1671  
jomitchell@shaw.ca

**MUSE TEAM**  
Stevie Bahrey  
Joan Bradley  
Eileen Carlson  
Joannie Challenger  
Brian Domney  
Laura Farquharson  
Barrett Fullerton  
Joan Gilbert  
Joan Kew  
Peter Lewis  
Jim MacPherson  
Dauna Neveaux  
Susan Palmer  
Barb Sawatsky

**ADVERTISING**  
Peter Lewis, 250-474-3260  
petermlewis@shaw.ca

**CLASSIFIEDS**  
Eileen Carlson, 250-478-1036  
elcarlson@shaw.ca

**ACCOUNTS**  
Eileen Carlson, 250-478-1036  
elcarlson@shaw.ca

**DESIGN AND LAYOUT**  
Joan Kew

**DISTRIBUTION  
CO-ORDINATOR**  
Barrett Fullerton

**EVENTS** metmuse@shaw.ca

**CURRENT CIRCULATION:** 2700

**SUBMISSION DEADLINE AND  
HOW TO SEND COPY**  
The 15<sup>th</sup> of each month. Please send copy as an email attachment using Microsoft Word, text or RTF to: metmuse@shaw.ca. Typewritten or handwritten copy is acceptable if you have no access to a computer. Do not send PDFs. Photos should be high resolution, i.e., not taken with phone or tablet. Leave hard copies of articles in the *Muse* box at the Metchosin Country Store or fax 250-483-5352. Please visit our website for more information: www.metchosinmuse.ca.

**AD DEADLINE**  
The 15<sup>th</sup> of every month for month-end publication.

**ABOUT THE MUSE**  
The *Metchosin Muse* is a local non-profit, arts, interests and activities publication, produced by the *Muse* team. The opinions expressed in articles are those of the authors, not the paper. The *Muse* endeavours to promote harmony and involvement in the community and aims to interest a broad cross-section of the residents of Metchosin and Becher Bay.

The *Muse* is delivered, free of charge, to most households in Metchosin. Copies are also available at Metchosin Country Store, the Community House, the Municipal Hall, The Broken Paddle Coffee Shop, My-Chosen Café, Red Barn Market, Happy Valley Store, Bill's Food and Feed, Royal Bakery, Willow Wind Feed & Tack, and at the Juan de Fuca and Goudy branches of the Victoria Public Library.

**MAILING ADDRESS**  
c/o E. Carlson  
4985 La Bonne Road  
Victoria, BC V9C 4C5

On the web at [www.metchosinmuse.ca](http://www.metchosinmuse.ca)

**Visit our website!** [www.metchosinmuse.ca](http://www.metchosinmuse.ca)

The *Muse* website provides a quick way to access Metchosin's monthly newspaper, and it allows those with vision challenges to magnify the .pdf files to a comfortable reading size.

The current issue and issues from the past year are there, along with contact information and information for submissions, advertisers, and deadlines.

## Muse Subscriptions

We can mail the *Muse* to you each month for \$25 a year if it is to be posted to a Canadian address. Please send your information and cheque to the Head of our Subscriptions Department:

Joan Bradley  
10 Bradene Road  
Victoria BC V9C 4B1  
Tel: 250-478-3451

Or you can email us at  
metmuse@shaw.ca



## METCHOSIN MUSE AD RATES

Display Ad Sizes	1 Issue	2-5 Issues	6-12 Issues
Bus. Card (H) - 4" w X 2.5" h	\$47.00	\$42.00	\$38.00
Bus. Card (V) - 1 7/8" w X 5" h	\$47.00	\$42.00	\$38.00
2X4 - 4" w X 4" h	\$77.00	\$67.00	\$59.00
1/6 page - 4" w X 5" h	\$95.00	\$87.00	\$75.00
1/4 page - 4.9" w X 7.6" h	\$145.00	\$129.00	\$115.00
1/2 page - 10" w X 7.5" h	\$285.00	\$265.00	\$240.00
Insert 8.5" X 11" (supplied only)	\$259.00	per month	per month
Full Width Banner x 2" h	\$96.00	\$88.00	\$76.00
Full Page Ad (if available)	\$569.00	~ no additional taxes ~	

Discount on 2-5 and 6-12 issues. Full payment in advance of publication

**Cost To Design Ad**  
First Time Ad Layout  
and Design \$35.00  
Submit Camera Ready ad N/C.  
Full payment in advance.  
For more information please  
call Peter Lewis 474-3260.  
petermlewis@shaw.ca

**Classified Ads**  
25 words or less \$10  
Deadline: 15th of each month.  
Monthly payment  
in advance. Please call  
Eileen Carlson 250-478-1036.

## Letters to the Editor

The *Metchosin Muse* welcomes letters to the editor, of not more than 200 words. Your letter may be edited for editorial style or length. Please email your letter to metmuse@shaw.ca, or leave it at the Metchosin Country Store. Please sign your letter. An address and telephone number are required but will not be published.

## Open Letter to Motorcycle Riders Everywhere!

Dear Motorcyclists – I can tell we are well into spring here in lovely Metchosin because I am now serenaded daily by choruses of enthusiastic frogs and birds. Unfortunately I am also serenaded by the growl and whine of speeding motorcycles along our bucolic rural roads.

I asked my owner to write this letter on my behalf after a recent incident that scared the heck out of both of us. Many motorcyclists are alert and respectful of skittish high-strung Arabian horses like me; but, unfortunately, some

are not. Some weeks ago, my rider politely signalled by hand to a motorcyclist to please slow down as he approached us at considerable speed, only to have the cyclist accelerate even faster and loudly rev his engine intentionally. Perhaps he did not realize that he could have put me and my rider in real danger as I reacted to his rudeness.

Please don't let a few bad apples spoil the bunch for horses like me. We can all share the roads if we are polite and respectful of each other. When you are cruising through my tranquil neighbourhood on our country roads, please pass "slow and wide." This is not a raceway. You would not like to have me and my rider in your lap or on your conscience!

Sincerely yours,  
Kathy Atherton on behalf of Reggie

## Metchosin Technical Centre Letters

*"Don't cry because it's over.  
Smile because it happened."*

– Dr Seuss

Now that summer is almost here Metchosin Technical Centre (MTC) is in its final transition; we are officially closing the program. This is my last letter as teacher / VP of MTC. We have had an awesome run these last seven years and we will always remember this unique educational experience. Metchosin is my home and I am thankful that I got to share some of the beautiful trails, beaches and parks with my students.

Many have asked what will happen to the school. Frankly, I do not know. There is lots of speculation, but at this point it is unclear what School District #62 (Sooke) has planned for the building and the other small program, Elements, that calls MTC home. The students that currently attend MTC will be attending the other high schools in the district in September.

I would like to say a special thanks to all the past and present editors / volunteer staff of the *Muse*. I know that these letters have been a time-consuming edit and I appreciate your efforts. I wish you could have been in my classroom and seen the effect the *Muse* had in our classroom when I awarded the "Rock Stars" for the students who were published. You certainly have made many students happy by printing their letters.

The following letters are written by individuals who were affiliated with the school over the last seven years.

*In Gratitude,  
Dayna Christ-Rowling, Acting  
VP Metchosin Technical Centre*

The MTC is a place very close to my heart! Not just because I am the WestShore PAC President and not just because I had two kids go through the program at MTC, but because of the philosophy of the learning and sense of community that the teachers and administrators gave to my kids and all those who moved through MTC.

My daughter was part of the first Grade 9 pilot to attend the school and MTC showed her that although she struggled with learning, she has valuable strengths to draw from and she can succeed.

My son also attended Grades 9 and 10 at MTC. He wanted to go there because he thought that he wanted to be a carpenter one day. He learned that he didn't want to go into the trades – it's good to know what you don't want. He wanted to stay at MTC anyway because the learning style suited him. He had the freedom to discover that there is more than one way to do the math problem or more ways to look at the same thing. They encouraged him to dig deeper. He was encouraged to mentor his classmates who needed a little more support which, unknown to him, helped grow his people and leadership skills. ...

Applause to the administrators, teachers, parents, students and others who made MTC a great learning choice and my hope that the best parts of MTC carry on in each of those touched by it.

*Haleen Roberts  
President, WestShore Centre  
Advisory Committee*

It was Mr. Royal who told me about a school called Metchosin Technical Centre (MTC); it wasn't a school for "behaviour kids or dropouts" but it was a smaller-setting school where the instruction was less conventional. The school's philosophy was focusing on students interested in trades and most of whom did better in a hands-on project-based learning environment.

At first, I was hesitant because I didn't want to go to an alternative school but I soon found out it was different. MTC made me want to attend school each day, the teachers were willing to spend extra time with me, something that would have been impossible in a larger school setting. ... When I was told MTC was closing I was disappointed knowing that others would miss out on the experience

and setting that I enjoyed. I honestly think if it wasn't for the hands-on method offered at Metchosin, I might not have graduated. I still feel a part of the school even after grad and want to thank the teachers, Dayna, Laura and Mr. Boggs for teaching me, and Mr. Royal for giving me the idea. I am currently working full time in a landscaping job and look forward to pursuing a trade. I might even get my Red Seal and spend two years getting my teaching certificate and inspire youth like I was.

*Charlie Baron, MTC grad 2014*

Although it has been a couple years since I last walked the hallways of MTC, so much has changed in my life just because I did walk those halls. Sometimes I think to myself, what would happen without MTC in my life? I shudder to think. My life would be vastly different, worse. Which is why I'm happy I attended MTC, but extremely saddened to hear that this is the last year it will be open. We were taught the importance of teamwork, courage, to be brave and bold, to be ourselves regardless of what people thought of us. The three years I went to MTC, I'm very glad to say, have been the best years of my life (so far), and MTC has contributed to the person I am today. MTC is very special to me; I want to thank everybody who helped me go to this special place and to everybody who made it a reality. ... I will always hold MTC with the highest respect, and the best memories I have ever had. We were more than a school, we were a family. A family with too many brothers. I will miss it dearly. Thank you for everything. I will remember this forever.

*Chris Lumley  
Graduated with Distinction  
in 2013. Future Filmmaker.*

*Editor's note:  
Thank you to Dayna and  
the MTC students for your  
letters. You can see the full final  
letters on the *Muse* website at  
[metchosinmuse.ca/MTC\\_letters..](http://metchosinmuse.ca/MTC_letters..)*

# Daisy Ena Bligh

## May 26, 1920–April 24, 2015

FROM THE TIMES COLONIST

Daisy Ena Bligh (nee Baker) passed away on Friday, April 24, leaving behind two daughters, Harriet Thom and Janice Poulin, son-in-law Eugene Poulin, grandchildren Richard Poulin (Kim Buchanan), Janette Poulin (Ken Hackshaw) and Martin Thom (Tania Thom), as well as great-granddaughters Lily Djolé Poulin and Sophie Bligh Poulin. Daisy is predeceased by her dear husband of 71 years, John, as well as her grandson Trevor Thom and son-in-law Ellery Thom. Daisy is also survived by her sister, Olive (Brix) Lawson, and many nieces and nephews.

Daisy came to Metchosin at seven years old with her family and was an active and dedicated member of the community for the next 88 years. She died in her own home where, over the years, she had welcomed everyone who entered, including neighbours, friends, and acquaintances. She had a bright mind and wonderful memory over the years, and was integral in the collection of memorabilia for Metchosin School Museum as well as Metchosin Pioneer Museum. Her recall of history and people of the area was relied upon by many. As a local historian she wrote many articles for local publications and some for Victoria papers.

Daisy graduated from Victoria High School at age sixteen. Three years later she fell in love with John and they were married in 1940. The following years saw them together through many adventures, including (but not limited to) hay farming, operating a stall at the old Victoria City Market, more farming on Duke Road, running a general store, commercial salmon fishing, collecting data for the Department of Fisheries, then more fishing and then more farming on the corner of Witty Beach Road. This time they were growing vegetables to sell at the roadside, with many being given away. They



John and Daisy Bligh

loved life, and their life together, but life also presented many challenges through the years. They were always sustained by the love that Daisy and her husband Johnny had for each other.

Although her strength was fading, in the last three weeks Daisy attended church regularly and was part of Easter celebrations with family, including a trip with her great-granddaughters, Lily and Sophie, for ice cream at Metchosin corner. During this period, she also sang at the Metchosin Rough Voice Choir, participated in a family birthday party, and played with her little friend Vance, the son of Daisy's caring companion Mimia. Even as she was failing, her caring and sweet personality remained unchanged – always considering others,

contented, and appreciative of anything done for her.

Daisy had a strong Christian belief. She practiced her faith in her daily life, both in the general and church communities. For almost nine decades she regularly attended church as a member of St. Mary's Parish. Daisy's life was celebrated at St. Mary of the Incarnation on Friday, May 8, with a reception following at the same location. In lieu of flowers a donation may be made to the charity of your choice, or do an extra good deed for somebody as was Daisy's and John's way.

*Editor's note: To see a version of Janice Poulin's eulogy to her beloved mother Daisy, a remarkable member of the Metchosin Community, please visit [metchosinmuse.ca/Daisy](http://metchosinmuse.ca/Daisy).*

### TALK AND WALK

Unless otherwise stated, talks are at 7:00 pm at the Municipal Hall, 4450 Happy Valley Road, located behind the Fire Hall.



Candystick.

Photo by Moralea Milne

### TALK AND WALK AND 5TH ANNUAL BIOBLITZ!

Please join us at 7:00 pm, on Friday, June 12 at the Metchosin Municipal Hall (4450 Happy Valley Rd, behind the Fire Hall), for our 76th Talk and Walk presentation.

Due to a change of plans, our previously scheduled presentation on lichens has to be deferred. However, we have something even more exciting to hear – the **Strange and Secret Life of Mycoheterotrophs!** Now doesn't that just send shivers of anticipation down your spine? Our own Andy MacKinnon will lead us through the complicated relationship these plants have with their fungal friends. And to add a cherry to the top of that delectable treat, our esteemed co-host, Kem Luther, will walk us through a pictorial review of our previous BioBlitz finds!

On Saturday, June 13 there are a number of opportunities to join in the treasure hunt for new species to add to our already 2000+ species that have been counted within Metchosin during the past BioBlitzes.

Meet us at the Mel Cooper Cabin of the Boys and Girls Club (3900 Metchosin Rd) at 8:30 am and/or 1:00 pm. You early-to-rise bird folks can meet at 6:00 am and 7:30 am. This is one of the most exciting days of the year in which to explore our species-rich community; hope we will see you there!

Contact [moraleamilne@gmail.com](mailto:moraleamilne@gmail.com) for further information about these programs.

Tell them you saw it in the *Muse!*



"... it's how you get there."

BBB Torch Award Winner - Community Service  
Winner LCT Magazine Global Operator of the Year



Mention this ad and receive 10% off  
a regular priced Wine Tour for Two (or more)



[www.lalimo.ca](http://www.lalimo.ca) [info@lalimo.ca](mailto:info@lalimo.ca)

**250-391-9000**

## Sharing the Sun – Responsible Energy Free Community Solar Workshop



Given the rising costs of hydro, have you been thinking of switching to solar, but don't know where to start? Then this workshop is for you!

There will be displays and presentations from industry experts, professional installers, distributors, businesses and homeowners who have real experience and know the benefits of solar.

### Topics Addressed:

- What is the cost of installation (and maintenance)?
- Is it worth the money?
- What are the savings? What is the payback timeframe?
- Do I go with solar roof panels or ground-mounts?

Come with your curiosity and questions, and we will send you home well informed and motivated.

Join the renewable revolution! And let's make Metchosin a more energy sustainable community, one home at a time!

For further information, contact Ric Perron: [ricnic2@shaw.ca](mailto:ricnic2@shaw.ca)

**Sharing the Sun – Responsible Energy**  
Saturday, June 27, 2:00–5:00 pm  
Municipal Council Chambers  
4450 Happy Valley Road

## get inspired

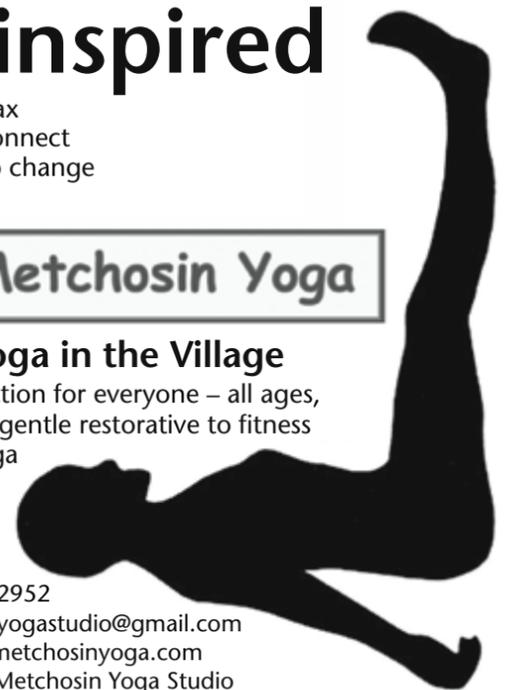
time to relax  
space to connect  
freedom to change



### Iyengar Yoga in the Village

offering instruction for everyone – all ages, all levels, from gentle restorative to fitness cardio flow yoga

contact Suzanne  
phone 778-967-2952  
email [metchosinyogastudio@gmail.com](mailto:metchosinyogastudio@gmail.com)  
[www.westshoremetchosinyoga.com](http://www.westshoremetchosinyoga.com)  
f @ Westshore Metchosin Yoga Studio



# Metchosin Museum Society invites you to attend the 2015 AGM

Thursday, June 4, 7:00 pm, at the Metchosin Community House, 4430 Happy Valley Road

Robert D. Turner and the E&N Railway. Everyone welcome; bring a guest. Refreshments will be served.



## What Was It?

Congratulations to Dennis Voss and Frankie Thompson for being the first to identify the item in May's "What Is It?" photo – a three-stand rope winder, which can be viewed at the Metchosin Pioneer Museum. Dennis and Frankie will receive a free regular coffee, compliments of the Broken Paddle Coffee House.

Sponsored by The Broken Paddle Coffee House

WHEN YOU LAST THOUGHT ABOUT YOUR WILL, WAS THIS MAN STILL GOVERNOR?



Is it time to review your will?

For a free consultation, call

**MacIsaac & MacIsaac**

250-478-1131

www.macisaaclaw.ca | 2227 Sooke Road, Colwood

ICBC / Personal Injury / Civil Litigation / Family Law  
Wills and Estates



**John Horgan, MLA  
Juan de Fuca**

**Standing up  
for our Rural  
Communities**

Please contact my office if you need help with any provincial government issue.

M-F 10am-4pm

#122-2806 Jacklin Rd.  
Victoria, BC V9B 5A4

T: 250-391-2801

john.horgan.mla  
@leg.bc.ca

www.johnhorganmla.ca

# Metchosin's Pair-a-Docs

BRIAN DOMNEY

Some say laughter constitutes the best medicine, but if a beautiful vista makes you feel good, the Me'Chosen Medical Clinic on Delgada Road by the Albert Head Lagoon has an added health benefit you won't find in many clinics elsewhere. When Dr. Robert O'Connor established his practice here in 2012, caring for many of the patients from retiring doctors Dan O'Connell and Joan Rosenberg, he moved into a former B&B, upcycling the old swimming pool into office, examination rooms and a waiting area. Sitting in the waiting area, whether during a winter storm, or a brilliant summer day, the view is spectacular.

A spectacular view is really nice, but the best thing about

the situation is that Metchosin has managed to land not one, but two family physicians. This at a time when many people in Canada are finding it virtually impossible to find a personal doctor, a time when many small communities are at their wit's ends as doctors retire or move on.

Dr. Pete Hobza has joined Dr. O'Connor along with office management staff Donna Berndt, Roxie Fehr, and Deb Bonderoff. As well, the medical practice is blessed by the kind services of visiting community doctors, such as Dr. Rosenberg and Dr. Naseem Janmohamed, who both help patients with female health, Dr. O'Connell who has helped patients with minor surgery procedures, along with

specialist Dr. Jesse Pewarchuk who helps patients with adult internal medicine concerns, and specialist Dr. Clay Reynolds who helps those with endocrine conditions.

Dr. Pete Hobza is from Toronto, though well familiar with the west coast of Canada, from his years earning his environmental science degree at UBC. Together with his wife (who is from the UK), Pete has worked in the UK the last few years as a family physician. Then, together with his wife Laura and three children, as a family, they decided to become part of the local community in February 2015.

Welcome Pete, and thank you Robert, Pete, Donna, Roxie, Deb and all the visiting docs for being here for us.



## COUNCIL NEWS JUNE 2015

### 2015 PROPERTY TAXES

If you have not received your notice, we recommend that you contact the municipal office to obtain a duplicate copy. Taxes are due on July 2, 2015 – penalties will be levied on the following day and cannot be waived, even if you have not received your tax notice.

### SUMMER ROAD WORKS

Summer road maintenance works have begun and include mowing and brushing of roadside vegetation and the placement of centre line reflectors. Paving will commence in July/August on Delgada Road, Duke Road, Glen Forest Way, Graceland Drive, Leefield Road and Matheson Lake Road.

### COUNCIL SEEKS ADVISORY COMMITTEE VOLUNTEERS

Are you interested in the heritage of Metchosin? The Metchosin Heritage Advisory Committee needs new volunteers. If you're interested, or would like more information regarding this committee please contact the municipal office, 250-474-3167.

### METCHOSIN FARMERS' MARKET

Metchosin Farmers' Market is open on Sundays from 11:00 am to 2:00 pm from Mother's Day to the last Sunday of October. Buy your fresh vegetables, breads, jams, salsa, baked goods and gifts (or crafts) for your loved ones. Then come again the next week.

### BURNING INFORMATION

Please be advised we will be closing Open Burning and all Land Clearing (Class A, Permit) Fires as of May 31, 2015 (Sunday) at 6:00 pm. Small cooking campfires and beach fires are still allowed. Call the Fire Department at 250-478-1307 for more information.

### BEACH FIRES

Beach fires less than 70 cm. in diameter are permitted at Taylor Road beach and Sandgate Road beach as long as there is no provincial campfire ban in effect. Beach fires must be at least three metres from logs and other flammable material and must be fully extinguished by midnight. Call the Fire Department at 250-478-1307 for more information.

### PARKING ON TAYLOR (BEACH) ROAD – SUMMER 2015

While the District of Metchosin and the residents of Taylor Road are very happy for residents of other parts of Metchosin and the Greater Victoria area to have access to the beach, we would ask that visitors respect the parking rules.

It is critical that emergency vehicles such as ambulances and fire trucks have unimpeded access to the end of Taylor Road so that they can respond immediately if there is an accident or fire. The yellow "No Parking" lines on the road have been established with the purpose of ensuring that these emergency vehicles can access the end of the road on busy beach use days. In addition, several residents have large vehicles and trailers which require the full width of their driveway to exit their property.

### DISTRICT OF METCHOSIN MEETING SCHEDULE – JUNE 2015

Below are the meeting dates and times for the upcoming month. Meetings are held in the Council Chambers unless otherwise noted.

Planning Committee: June 8, 7:00 pm

Parks Committee: June 8, 7:00 pm

Highways & Public Works Committee:  
June 8, 7:00 pm

Council Meeting: June 15, 7:00 pm

Environmental Advisory (MEASC):  
June 23, 7:00 pm

Healthy Communities Advisory (HCAC):  
June 25, 7:00 pm (HCAC meeting being held at SIRC)

Meetings are subject to change; for updated information please call the district office at 250-474-3167 or refer to the website at www.district.metchosin.bc.ca. Thank you.

Metchosin Municipal Hall | www.metchosin.ca | 250-474-3167 | info@metchosin.ca

# SIRC'S recent afternoon entertainment *Tea for Tutu* much enjoyed by Metchosin seniors

JO MITCHELL

Fourteen enthusiastic members of the Seniors' Information & Resource Centre (SIRC) spent an entertaining afternoon on Wednesday, May 13 attending *Tea for Tutu*, Ballet Victoria's favourite seniors' program arranged by the Victoria Ballet Company at Kirk Hall in Victoria.

Under the direction of artistic director Paul Destrooper, the audience was delighted with three pieces beautifully danced by Andrea Bayne, Matthew Cluff, Bethany Le Corre, Jessie Gervais, Nanako Yoshimura and Risa

Kobayoshi. These were just a few of the talented dancers participating. Refreshments were served following the performances while the dancers mingled with the patrons answering questions and posing for photographs.

Transportation was arranged in partnership with LA Limousine and was much appreciated.

### SIRC OFFICE HOURS

SIRC, located on the ground floor of the former Metchosin Primary School opposite the

Broken Paddle Café, is open at the following hours:

- Tuesday and Thursday, 10:00 am to 3:00 pm
- Wednesday and Friday, 1:00 pm to 3:00 pm

Coordinator Colleen Brownlee would be very happy to hear from you if you have any queries or problems. She can be reached at the SIRC Office number, 250-478-5150, and, if you leave a message, will call you back if she is not immediately available.

## Upcoming SIRC events

### SECOND ANNUAL PARISIAN CAFÉ

Come to the area in front of the SIRC Office to enjoy our Second Annual Parisian Café from 10:00 am to 12:00 noon on Saturday, June 6.

This is a MUST ATTEND Metchosin event. Mingle with your neighbours and friends while enjoying tea and coffee, French pastries and croissants. Entertainment and Plein Air Artists in attendance. If you have an outrageous hat, now is the chance to wear it. Come and enjoy.

SIRC would not be able to offer this event without the support of some wonderful patrons, and we would like to mention their names and express our grateful thanks for their wonderful encouragement:

### PATRONS

Capamara Communications Ltd.  
Jane Johnston and the Briar Group at RE/MAX Camosun.  
Metchosin Arts & Cultural Centre (MACCA)  
M'akola ILBC Housing Society – Jesken Aerie  
Milton Carman  
Frank Mitchell  
Pure Integrative Pharmacy, Latoria  
Patisserie Daniel  
Philips Life Line  
Sun Life Financial

## Upcoming items of interest

### SKYPE CONNECTION

If you are interested in learning how to SKYPE, or would like to SKYPE your family, we will set times at SIRC when you can come and do this. This is a great way to really keep in touch with far-off family and friends. For more information, call 250-478-5150.

### NEED A TEMPORARY WALKER OR WHEELCHAIR?

As a result of two very kind donations SIRC now owns a newish walker and wheelchair which may be borrowed from SIRC for periods of time. Call 250-478-5150 for more info.

### GEEKS AND GEEZERS

These popular sessions will resume in July and will be scheduled earlier in the day as the students are not in school.

More details in the next *Muse*, or call the office for more info.

*See the Muse online!*

<http://www.metchosinmuse.ca>

## Farewell to David Richardson

JO MITCHELL

On Monday, May 11, David was presented with the Municipality's Certificate of Appreciation for the work he has done as Chair of the Healthy Communities Advisory Select Committee, member of Metchosin Search and Rescue, and founding member of the Metchosin Seniors' Association. To quote David on receiving his award, "This is a special place populated by independent and resourceful people who not only preserve the values of Metchosin, but will also continue to strengthen and build the community around those values. Christine and I will cherish our memories of Metchosin and its people forever and we will stay in touch to share in the community's many future successes."

In mid April the board members of the Metchosin



Seniors' Association which operates SIRC (Seniors' Information and Resource Centre) held a farewell dinner for David Richardson and his wife Chris, who are moving to Ontario to be closer to their children.

David has provided much appreciated leadership in getting SIRC established and setting up its centre in the old Metchosin

Elementary School building. His fundraising and administrative abilities will be a big loss.

Those present at Helen Fletcher's house where the dinner was held also expressed their best wishes to David and Chris in their new life, with particular advice on their car journey to Ontario with a dog, a cat and a bird!

**30% off select items for the month**

Pure

INTEGRATIVE PHARMACY

t: 250 590 7012  
f: 250 590 7014  
Pure003Rk@purepharmacy.com

[LivePure]

Prescriptions & Natural Health

115 - 611 Brookside Road  
Victoria, BC V9C 0C3  
purepharmacy.com

leSoleil

Jewellers est. 1976

in Metchosin at 1070 Brookview Drive  
**Custom Design is Our Specialty**

lesoleiljewellers.com      250.388.5162

Sure Wire Electrical (1979) Ltd.

ELECTRICAL CONTRACTORS  
Service Calls - Day and Night

DAVE RIGBY  
250-478-3228 Tel/Fax  
250-389-6932 Pager
815 Tiswilde Road  
Victoria, B.C.  
V9C 4E8

Randall Garrison, MP

ESQUIMALT-  
JUAN DE FUCA

Constituency office is now open to serve constituents:

A2-100 Aldersmith Place  
Victoria V9A 7M8

10am-4pm, Monday-Thursday  
or by appointment

t: 250-405-6550  
e: Randall.Garrison@parl.gc.ca  
f: 250-405-6554

**We are here to assist constituents with Federal government programs and services.**

All phases of excavating and trucking.  
Logging • Stump removal • Riding rings  
Operator of Metchosin's local rock quarry –  
The Marcotte Pit

- Crushed road base & driveway materials
- Boulders for rock walls, blast rock, & fill

Insured, quality work, free estimates  
Local Resident since 1964

**Dennis Josephson**  
663 Lombard Dr.
Cel: 250-589-0192  
Home: 250-478-0192

ON-LINE  
Ventures

# Emergency Preparedness Session: Emergency Social Services

Tuesday, June 16, 7:00 pm at the Fire Hall

What is a reception centre, who goes there and why, and how does it work? These are some questions you may have which will be answered at the Emergency Preparedness Session in June. In a nutshell, a reception centre is where Metchosin's Support Services provides emotional and physical support in a safe place. A place for evacuees to go – evacuees that have to leave their homes due to a small localized or large scale emergency.

This will be an interactive session as the ESS Team will set up a "mock" reception centre and registration process. Bring friends and neighbours and see how members of the community work together to provide for the well-being of the greater community. Learn what to bring with you to a reception centre and what you can expect when you get there. You'll even get to taste some food that lasts for 25 years.



Complete Bobcat, Trucking & Mini Excavating Services

4604 Morland Road, Metchosin, B.C. V9C 3X4  
Locally owned & operated since 1984

Free Estimates 250-478-2980

- Custom low maintenance landscapes
- Boulder walls and rockeries
- Selective land clearing • Rockhound
- Concrete/rock breaker • Stump & brush removal
- Driveways/R.V. parking • Culverts • Drains
- Top soil, bark mulch, sand and gravel

CONTRACT OR HOURLY RATES

**MILLAR'S AUTOMOTIVE**  
Volkswagen Specialist (Other makes welcome)

4199 Stillmeadow Road  
Metchosin, BC V9C 4H8  
(Off Witty Beach Road)

**Al Millar**  
Tel: (250) 391-0588 inquiries@millarsauto.ca

**ADAMS TREE SERVICE**  
www.treevictoria.com

Proud to Call the Island our Home  
24 HOUR emergency service

ADAMS TREE SERVICE  
HIRE A LOCALLY OWNED METCHOSIN BUSINESS!

- Tree removal
- Spiral thinning
- Tree topping
- Lot clearing
- Stump grinding & removal
- Hedge trimming & shaping
- Fruit & ornamental pruning
- Excavating & Bobcat work

VISA MasterCard

Free estimates | 24 Hours **250-516-8315** Fully Insured | Since 2000

10 years of serving the West Shore!

**BY THE WAVE**  
HOME & GARDEN CLEANING SERVICES

Call now for a FREE estimate!  
WestShore Chamber of Commerce member

- Housekeeping
- Exterior Cleaning
- Grass Cutting
- Yard Maintenance
- Junk Removal
- ... & More

**Mark and Lisa**  
250-217-6128

Email: bythewave@msn.com



# Lynda's Lore

WITH LYNDA DOWLING

## High Flying Vegetables

Most of you are aware of my Lavender Hat. Let me introduce you to my second hat: "Condo Queen"! For a number of years now, I have been day jobbing downtown in the most unlikely and amazing properties. I can stand nine floors up and have hummingbirds zing over my head to Arbutus unedo trees in big pots, watch grasshoppers calmly cavorting on Live Roof plantings ... a bit kamikaze there with the dramatic drop over the edge, or simply walk onto patios full of scent and beauty as if I had my feet on solid ground.

Years ago I was teaching at the Landsdowne Campus of Camosun College on the upper floor of a building; there was a pause just before students came tumbling through the doors. Just for a moment all the boulevards, busy streets and pedestrians became a miniature sandbox with toy cars and roads and buildings with an unbelievable amount of green life tucked everywhere – more gardens than you can imagine compared to other international capital cities. I have never forgotten that altered view of Victoria. At that time I never envisioned I would be a part of "greening" of the city myself.

Patio pots are very pretty, trendy and functional to soften hardscapes for our outside social pleasures, outside cooking BBQs or simply sitting outside in a quiet puddle of green and colours as we take a respite from our busy lives. Quiet enough to hear a butterfly drift by or watch Mr. Woodpecker drum on your aluminum piping to serenade a mate! Cutting flower gardens with boxes of dahlias, towers of ethereal sweet peas or dancing tulips and peonies together right now (crazy spring weather) allow a bedroom slipper walk with scissors in hand ... just no wet grass! A bowl of violas on your table top can be plucked to scatter on a rooftop grown salad, and be a centerpiece. Herbs on a balcony are a piece of lavender cake! These are restorative moments no matter the size of your outside space.

My latest pride and hopefully joy, with successful growing, is an eighth-floor totally edible patio, including many flowers. It made me reflect on how you can "green" a tiled or cemented space and be an urban farmer, though no goats or chickens in this space ... think of those grasshoppers!

Big ceramic pots are first prepped with a humble square of webbing cut from a common plant carrying tray, then a layer of rough lava rock. This ensures drainage and no possibility of roots plugging the drain hole. Next

a layer of heavy black fabric cloth stops soil leakage. Make your soil mix as normal with lots of "yummy" ingredients plus a good dose of small lava rock or rough perlite in the bottom two-thirds at the very least, to prevent your soil slumping with time and leaving your fig tree deep in a pot and no easy way to amend or correct underneath. Add Sea-soil or compost in the planting upper area as for smaller plants; this is their main root zone. I add fertilizer under each plant as I go.

For veggies this also means extra dolomite lime under brassicas, and I do mean extra, like a generous cup for sweetness and to prevent club root problems. Stir these amendments well, into the soil underneath. Tomatoes, roses, berries get extra minerals from Epsom salts, the kind you use for tired muscles at the end of the day. (Use one teaspoon each for the plants, a cup per bath for you!)

For those all-purpose planting boxes, it is enough to prep the drain holes, a light layer of small lava rock, and then your soil. Box "feet" underneath are optional.

Then the planting fun begins! Group like-minded veggies together, mindful of light situations and soil requirements. Please never plant your lavender in the shade – you will both be miserable. One planter box can be ever-bearing or alpine strawberries with edible violas. Or a box of mesclun mix with a row of green or red-green onions front and back. Try a box directly seeded with dwarf tri-coloured runner beans, adding a frill of nasturtiums along the front. Or ditto with dwarf shelling peas, adding a backdrop of woven small bamboo stakes to ensure support if it is a breezy site. In another fat-bellied pot, pop in Honeydew Sage with its edible, continuous, flamenco red blooms for

you and the hummingbirds! Blue Cornflowers at the back to dance in the wind ... scented geraniums, Rainbow Loveliness Dianthus, even Tangerine Tagetes – all edible flowers, all insect friendly, all decorative – possibilities you may not have discovered yet. Don't forget a tasty culinary herb box or try an herbal tea box tucked with Anise Hys-sop, German Chamomile and exotic pagoda-style blooming Bergamot. Just like on the ground, use a separate container for your Mint medley; all they care about is their own space and water.

Water. It is not difficult to run a half inch feeder water pipe with individual quarter inch feeder lines with loops of a good laser-perforated drip line inside each container. Choose the six-inch spaced perforations. This whole set-up is water sourced from a common outside tap with a back flow preventer and a simple, reliable, "DIG" eight-volt battery-run timer with a digital screen. It sounds more complicated than it is, and easier than being a water slave to constantly dry pots on a hot deck!

One last touch for your high-flying visitors – create a shallow dish of clean water with beach pebbles, no life guard required.

This is an actual planting I just completed – heat loving Sweet Basil to follow spinach, maybe a compact cucumber plant or dwarf zucchini to follow the first lettuce. Can you follow the possibilities? It can be more than wishful thinking if you do not have that elusive dream-like perfect country property.

And you can proudly harvest and dine anywhere you live from your personalized edible garden!

Eden can be found in the most unlikely places ...



Know any interesting residents of Metchosin?  
Submit a story about them to the Muse!

# METCHOSIN PRODUCERS' GUIDE

PULL OUT AND SAVE!

*"Eating's not a bad way to get to know a place."*

It's one of our favourite quotations from Michael Pollan, author of *The Omnivore's Dilemma*, along with "Never eat anything your great grandmother wouldn't recognize as food." Having a meal at the My-Chosen Café, or a coffee or bowl of soup at the Broken Paddle, is one way to get to know Metchosin. We also fancy buying some great Metchosin lamb or pork while eating a Galloping Goose sausage on a bun at the Farmers' Market, or chatting up the folks at one of the many local farms when you pick up some fresh, healthy local produce. Check out the local producers in this, our Local Producers section.

A big thanks to Andy MacKinnon for his help in bird-dogging all the local producers, getting them to submit their summaries.



"Red," Stillmeadow Farm's "anchor sow" and one of her piglets. Red is a Duroc pig. Piglet is half Duroc/half Berkshire. Photo by Mira Kelada.



A Cultured Life

## A Cultured Life

A Cultured Life, run by Veronica Rogers and Mike Hagel, is a newly established family venture, located at 1060 Matheson Lake (Park) Road.

We specialize in organic cultured / fermented foods and beverages – natural probiotics! Our products include kefir grains, kefir (plain, vanilla/cinnamon, chocolate, strawberry and apple/strawberry), kombucha scobies, kombucha (vanilla, maple, lemon/ginger, mint, coconut) sauerkraut, cultured carrots and beets, beet and cabbage kvass (fermented juice).

We now offer weekend workshops for interested parties to learn the "art of culture."

For further info/updates/email orders please contact Veronica at [aculturedlife@](mailto:aculturedlife@)

live.com or visit our website: [www.aculturedlife.org](http://www.aculturedlife.org)

## Down to Earth Nursery

Down to Earth is Metchosin's source for plants, trees, shrubs and more. We welcome all residents of Metchosin to come and enjoy the gardens. We host seminars and workshops on various subjects ranging from mosaic building to succulent planters. The nursery is managed organically and supports the



Down to Earth Nursery

landscape design and installation which are the different divisions of Down to Earth.

Eko and Kelly Chashai have been growing together for 20 years. Travelling the world while farming and growing various crops led them to settle in Victoria. While raising two children they built Down to Earth, developing the nursery while installing landscapes and maintaining commercial properties. Their dedication and passion for what they do is apparent in all that they create together.

Our philosophy is to give you the best service we can by providing knowledgeable staff, healthy plant material, open communication and we work hard all year to create and maintain the best gardens you can have!

We do our best to keep business local and we appreciate the community support that we have had for the last nine years!

## Eisenhower Organic Produce

Eisenhower Organic Produce, 4266 Happy Valley Road, (250-474-7161) has been farming organically here for the last 23 years. Our fertilizer is compost made with residues from weeding and grass cuttings mixed with chicken manure and organic coffee grounds. Green manure is also grown over winter as a second option of fertilizer.

We sell most of our produce at the Moss Street Market (April to November). Winter delivery service is available from December to the end of April. The farm stand is open Sunday afternoons. We have a good

selection of greens, mesclun mix, potatoes (six or seven varieties), carrots, parsnips, leeks, onions, beans, peas, squash, herb tea and eggs.

Jostaberries, marionberries, blueberries, golden raspberries are available in small amounts. Tomatoes, cucumbers, basil and peppers are growing in the green houses. There is also mint, sorrel, green onion, horseradish and lovage.

We grow about 98% of our own seed which is also for sale. It is well established for this area.

There are apples, plums, pears, hazelnuts and figs available in the fall.

With the help of our regular crew and some "Woofers" every now and then, we are looking forward to providing you with another year of sustainable and environmental friendly organic produce.

Dieter Eisenhower, email [deisenhower@pacificcoast.net](mailto:deisenhower@pacificcoast.net) or [farm@eisenhowerorganic.ca](mailto:farm@eisenhowerorganic.ca)



Eisenhower Organics



Flower Power U-Pick

## Flower Power U-Pick Cut Flower Garden

Flower Power U-Pick Cut Flower Garden was founded two years ago. It is located on beautiful, fertile land, in full sun yet sheltered from Metchosin's perpetual westerlies, at the corner of Witty Beach and Metchosin Roads. A very wide selection of cutting material is grown, stressing the exotic, unusual and hard to find. Perennials, flowering shrubs, many ornamental grasses and restios, and select annuals are all to be found.

My concept and wish is for people to visit to select their own blooms and fashion and design their own floral arrangements. The flowers will be absolutely fresh and at their peak of loveliness. The grasses provide a myriad of choices for filler and accent material and, when in high bloom, the gardens are, I believe, an inspiring sight and a feast for the senses.

The gardens open for cutting Mothers' Day and remain in flower well into autumn. Please drop by and visit.

continued on page 8

# LOCAL PRODUCERS:



Glenrosa Farm

continued from page 7

My name is Charles Knighton and I'm the gardener. For more information: phone 250-474-7062; send an e-mail to [chasknighton@gmail.com](mailto:chasknighton@gmail.com); or visit our website at [charlesthegardener.com](http://charlesthegardener.com).

## Glenrosa Farm

Glenrosa Farm is owned and operated by Peter, Jane and Gillian Hammond. The farm is located at 5447 Rocky Point Road, overlooking Pedder Bay; the "Big Yellow House" on the hill. The farm was pioneered in the late 1800s and we are extremely fortunate to carry on some of the farming traditions of our predecessors.

Heritage apple varieties of King, Lemon Pippin, Wolf River, Baldwin and more are produced on century-old trees, featured at the annual Metchosin Apple Festival and available by mid-October.

Wool from the resident sheep is made into several products, including socks, yarn, comforters, pillows, and mattress pads. These are commercially made in Alberta by a small, local woollen mill.

Very soon, we look forward to welcoming visitors to Glen Rosa Farm Restaurant, featuring locally sourced, wholesome meals, including lunch, afternoon tea and dinner.

For more information, please call 250-478-6126, email [jh5447@shaw.ca](mailto:jh5447@shaw.ca), or visit [www.glenrosafarm.com](http://www.glenrosafarm.com).

## Karen and Don's Blueberry Patch & Honey

4405 Happy Valley Road,  
250-478-9349

Blueberry season should be early this year because of the great weather this spring;



Karen and Don's Blueberry Patch & Honey

hopefully the farm will be open for picking around July 1. The main crop on the farm is blueberries, with a small crop of gooseberries, and black currants. We have four varieties of non-sprayed blueberries on the farm. Honey from Derek Wulff's bee hives is also available.

The customers enjoy the ease of picking and the relaxing time they spend with friends and family. We have a very good Metchosin resident customer base. A lot of our customers have been with us for 12 years and a number of our customers pick in excess of 100 pounds a year. Prices this year are \$3/pound U-pick and \$4/pound We-pick.

The farm is mainly set-up as a U-pick operation with orders filled on an as-picked bases. Our only commercial client is The Broken Paddle Coffee House, so you can enjoy our blueberries year round in their tasty scones and muffins.

During the picking season, days of operation and hours open can be obtained from [www.usedvictoria.com](http://www.usedvictoria.com) under the fruit heading. We have an ad that runs daily for the length of the picking season. Current information will be updated daily.

We welcome visitors and would like to show off our operation. Contact Karen and Don Lindsay ([donlindsay@hotmail.com](mailto:donlindsay@hotmail.com)).

## Metchosin Farm

Metchosin Farm, run by Fiona Hamersley Chambers, is located at 542 Wootton Road and has been in operation since 2005. We grow organic heirloom vegetable starts, perennial fruit bushes (gooseberries, currants, raspberries and many others as well as some unusuals like gojiberreries and Chilean strawberry guavas). Since 2012, we have also operated a small organic seed company with all of the seeds being grown here at Metchosin Farm. We are growing and slowly adapting varieties in our gardens, producing plants that thrive in our Pacific Northwest/temperate Mediterranean climate. Last winter we took over Carolyn Herriot's Seeds

of Victoria, so we are now growing out her genetics, too. We are also breeding some of our own (!) totally unique "Metchosin" varieties of common vegetables and fruit. At the Apple Festival in 2013, David Suzuki tried a slice of our "Metchosin" apple at its debut and pronounced it delicious (wow, celebrity endorsement ...). Watch for grafted trees of this new variety available as a Community House fundraiser this coming winter. Try our seeds and see what a difference locally adapted plants make! The farm stand is open dawn to dusk, March 15 to October 1. You can also find our seeds and plants at the Red Barn Market (Latoria Walk), Gardenworks Blenkinsop, Art Knapp Cordova Bay, Cannor Elk Lake, Aubergine Fine Foods and our seeds at the Sugar Shack. For more information, please see our website: [www.metchosinfarm.ca](http://www.metchosinfarm.ca) or find us on Facebook by searching for the farm name.



Metchosin Farm

## Parry Bay Sheep Farm

Parry Bay Sheep Farm has been run by the Buchanan family since 1979 and our home base is the big yellow farmhouse on Lindholm Road. However, our sheep can also be seen grazing in many other fields around Metchosin and the Saanich Peninsula – if you have seen sheep with numbers painted on them, they are probably ours. We produce hay, lamb, mutton and wool, and in partnership with Stillmeadow Farm, also wheat and chickens. These products are



Parry Bay Sheep Farm



Sea Bluff Farm

available at our farm store, which is located at 4198 Stillmeadow Road and open every Saturday from noon until 3:00 pm. We also supply many butcher shops and restaurants in the Victoria area and this year we will be back at the Metchosin Farmers' Market on Sundays. For further information, please contact us at [johnbuchanan@parrybaysheepfarm.com](mailto:johnbuchanan@parrybaysheepfarm.com) or "like" us on Facebook at <https://www.facebook.com/parrybaysheepfarm>. For recipes and more background on our farm, visit our website: <http://parrybaysheepfarm.com/wordpress/>

## Ragley Farm

We're a mixed vegetable farm and community hub located at 5717 East Sooke Road, just past the intersection with Gillespie Road. We host on-site Saturday markets from April to December, from 11:00 am to 2:00 pm. Our markets feature a wide variety of produce, as well as fresh baked bread, pastries, and soups. Muffins and coffee are also available in our lounge. You can view our website at [ragley.ca](http://ragley.ca)

## Ravenhill Homestead and Pioneer Museum

Ravenhill Homestead and Pioneer Museum owned by Ron and Sandy Jenkins at 4411 Bennett Rd is a small hobby farm that produces eggs, garden vegetables, raspberries, and raspberry plants.

Brown eggs from greens-fed poultry can be purchased at the gate or at the Metchosin Farmers' Market. We sell live goats, rabbits, bantam poultry and pet guinea pigs and puppies. The farm also offers insured agritourism entertainment with farm animal petting zoo of rabbits, guinea pigs, miniature goat kids, lambs and alpacas. Children's farm parties are featured with miniature horse cart rides and visits to the 1800s Pioneer Museum. New this year is sheep/alpaca wool blend knitted products from last year's shearing. Visit: [www.ravehillhomestead.com](http://www.ravehillhomestead.com) or call 250-478-5334.



Ravenhill Homestead and Pioneer Museum

## Sea Bluff Farm

Metchosin grown and proud of it! Come join us for another great year of delicious eating and healthy living. Sea Bluff Farm is six acres of vibrant, certified organic farmland where we grow over 30 of our favourite veggie varieties from asparagus to zucchini. Our farm stand at 565 Wootton Rd is open Tuesdays and Saturdays all year round. We specialize in greens, tomatoes and of course, corn! We offer a year-round veggie box subscription that folks can pick up at the farm featuring the best from our farm, as well as choice offerings from our farmer friends at Saanich Organics.

On June 27 we're having an open farm day from 11:00 am to 2:00 pm, and we're welcoming Metchosinites and Sea Bluff fans to come for a farm tour, a hay ride and some

continued on page 10

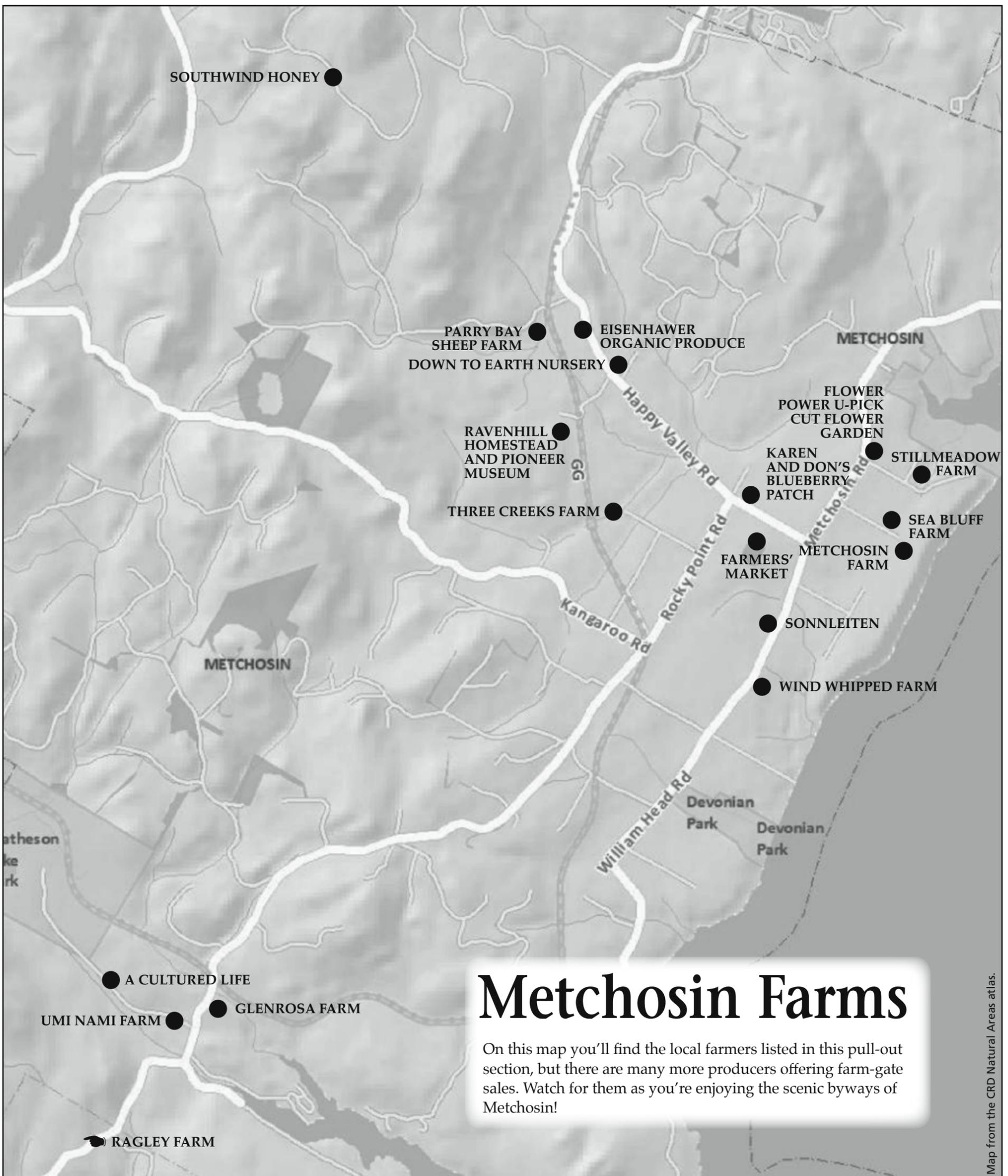
# locally grown goodness

## Metchosin Producers, Metchosin Market

The Metchosin Farmers' Market is open on Sundays from 11:00 am to 2:00 pm from Mother's Day to the last Sunday of October, and is a great place to connect with local producers.

Buy your fresh vegetables, breads, jams, salsa, baked goods and gifts (or crafts) for your loved ones. Browse at the Pioneer Museum, purchase a book from the Old Barn Bookstore to read as you listen to music, or have lunch at our picnic tables and meet old friends.

The Metchosin Producers' Association (MPA) is a non-profit organization which is the governing body of the local Metchosin Farmers' Market. The MPA also keeps an ear open for important issues regarding farms and farmland. They hold representation on the Metchosin Agricultural Advisory Committee and in the past received a Tourism Grant to make improvements to the Market site.



## Metchosin Farms

On this map you'll find the local farmers listed in this pull-out section, but there are many more producers offering farm-gate sales. Watch for them as you're enjoying the scenic byways of Metchosin!

continued from page 8

cooking demos. We're very grateful for all the wonderful support we receive from the community, and we feel honoured to feed you. Looking forward to another great year!



Stillmeadow Farm

## Stillmeadow Farm

4198 Stillmeadow Road  
Stillmeadow Farm, run by Tom Henry and Violaine Mitchell, and located at 4198 Stillmeadow Road, has been a family farm since the 1950s. The farm produces sheep, hay, hogs and holly, and in conjunction with Parry Bay Sheep Farm, grows milling wheat and raises broiler chickens. In 2015, the farm will have pork, lamb and chicken available for sale at the farm store (at 4198 Stillmeadow, open Saturdays only, 12:00–3:00 pm) as well as for sale at the Sunday Metchosin Farmers Market. For additional information, please contact the farm at 250-478-0588, or online at [www.stillmeadowfarm.ca](http://www.stillmeadowfarm.ca).

## Sonnleiten

Now in its 24th year, Sonnleiten Farm, 4556 William Head Road, continues to provide the local market with a broad spectrum of organically grown fruit and produce. Specialty crops include: heritage red rhubarb, European potatoes, haricots verts, beets, shallots, Jerusalem artichokes, kale, squash, a variety of greens, as well as heritage apples, plums, pears and quince. Most of our crops are destined to Victoria's and Sooke's premier restaurants. However, direct sales to local residents are possible with advance notice. We also invite inquiries from local Metchosin youth, our mainstay for over 20 years, with regard to rewarding farm work and organic growing apprenticeships. Call 250-478-9572.



Sonnleiten



Southwind Honey

## Southwind Honey

Southwind Honey, run by Karen Hoffman and Ole Frang, is located at 1530 Neild Rd. in Metchosin and has been in operation since 1994, keeping bees and selling honey. Our purely local honey is derived from the following floral sources. In spring, maple, arbutus, garden and orchard blooms get our colonies off to a good start. With ideal weather, we can sell spring blossom honey. Fortunately most years the weather settles down in time for the blackberry bloom in June. After that, the booming colonies are moved to the high country near Jordan River. Here the early source is salal blossom, followed by fireweed and an assortment of other wildflowers. In 2015, the farm will also have pollen, and perhaps propolis or beeswax for sale. We sell at Metchosin Market and off season at the farm gate with prior arrangement. We can be reached at 250-474-3708 or [b.lady@rogers.com](mailto:b.lady@rogers.com).

## Three Creeks Farm

Three Creeks Farm is a U-pick flower farm specializing in Old English type flowers (e.g., dahlias, zinnias, baby's-breath), with a wide variety of annuals and perennials. We've been selling flowers for seven years from our farm, generally between springtime and late autumn, and for 15 years before that at the Metchosin Farmers' Market.

Thanks for the kind notes left by individuals and families. Please drop by our farm sometime, and bring

home flowers to beautify your home!

Joanna Henry, 777 Winfall Road, 250-478-9521



Three Creeks Farm

## Umi Nami Farm

Umi Nami Farm grows organic vegetables year-round. We specialize in Japanese vegetables, but we also grow most types of Western produce and several types of fruit. It isn't hard to find us – from Rocky Point Road near Pedder Bay Marina you can easily spot our collection of greenhouses and fields near the turn-off for Matheson Lake Park (961 Matheson Lake Park Road). All our produce is certified organic through IOPA.

Our produce includes Japanese greens (komatsuna, mizuna, karashina, chingensai, kakina, etc.), traditional tender Japanese turnips, daikon, chard, kale, carrots, beets, rapini, collard greens, green onions (especially traditional Japanese types), bulb onions, broccoli, strawberries, tomatoes, eggplant, green peppers (including the Japanese shishito), snow peas, snap peas, green beans, dry beans, potatoes, summer and winter squash, and zucchini. Fruits include melons, watermelons, strawberries and tree fruits (apples, quince and Asian pear).

New customers are always welcome to our year-round box program. Our vegetables are also available at the Moss Street Market and Fujiya.

Umi Nami Farm has been in business since 1997. Today it's run by Yoshiko, Heather, Madoka, and Ai. We enjoy the work and produce of the farm together with several volunteers, whom we thank for their faithful efforts! We enjoy meeting our customers face-to-face and we invite you to join our year-round box program at any time.

You can read more about the goings-on at Uminami Farm at our Facebook page [www.facebook.com/uminamifarm](http://www.facebook.com/uminamifarm) and at Heather's blog <http://heatherxenia.wordpress.com>. Additional information can be found at [www.uminamifarm.com](http://www.uminamifarm.com) and you can contact us by email to [uminamifarm@gmail.com](mailto:uminamifarm@gmail.com), or at 250-391-0763.



Umi Nami Farm

## Wind Whipped Farm

Wind Whipped Farm is a small fruit and vegetable farm located at 4645 B William Head Road that markets its produce through The Local Food Box ([www.thelocalfoodbox.com](http://www.thelocalfoodbox.com)), a multi-farm Community Supported Agriculture program.

This year we will not be operating the Local Food Box program and will not be growing vegetables. We are sorry for any inconvenience this may cause our valued customers, but we are happy to say that we are planning on

coming back better than ever in 2016.

We will be making some key improvements to our farming operations this year that we cannot do at the same time as producing food. A big one is improving our soil drainage, which has been an ongoing challenge and limitation on our farm. Better drainage will improve our soil health and allow us to extend our veggie-growing season beyond our current 16-week box program. We are also planning on building additional greenhouses and a walk-in cooler, improving our soil mineral and nutrient balance, building a shelter for our farm machinery and tools, and much more that will allow us to increase and improve production.

If you have any questions, please get in touch with us, Alex and Virginie, by email [windwhippedfarm@gmail.com](mailto:windwhippedfarm@gmail.com) or by phone 250-661-8099.

We hope you will consider joining The Local Food Box in 2016!



Wind Whipped Farm

# Local Kids Get Down to Earth

KELLY CHASHAI

How do those flowers grow that I give mom every year?

Down to Earth Nursery invited Metchosin Preschool and Summer Breeze daycare to the nursery to learn how flowers grow and have them pot up a plant for mom. Our mandate was to get young kids involved in gardening and to create an understanding and awareness of how plants grow!

They had a quick tour of the greenhouses led by our nursery manager, Leila Johnston. The kids were so eager to learn. It was important for us to inspire our next generation, especially because they live in the world of technology. We wanted them to have a full sensory experience on this field trip, encouraging touch, smell and just getting their hands into the soil. Our plants (and our staff) here at the nursery felt the benefits from all their young energy.

Leila says "Watching the kids, reminded me of how my passion for this work came about and it was nice to see the parents of the community coming in afterwards, supporting our local business."

Next year we will be volunteering at Hans Helgesen School, helping teach kids about growing vegetables. At Down to Earth we know it is important to create awareness for future generations.



# In the Beginning: Metchosin Search and Rescue

DAWNE KIRWAN

In the beginning, some time in 1989, a small group of Metchosin residents and Pearson College staff decided to have a meeting. They weren't from a particular demographic group, nor were they interested in discussing local politics, books they had read or even what kind of farm crop they were planting that year. Instead, they were interested in forming a volunteer search and rescue group in the community. Volunteer search and rescue wasn't new to BC; some groups on the island were established in the 1960s.

At the time, the need for search and rescue was related to the expanse of park trails and wilderness areas in and around Metchosin. A void existed in this area, and required coverage. Metchosin Search and Rescue (MSAR) was formed, with the original group consisting of around 15 people. They met monthly in the former Municipal Hall and kept their small cache of equipment in a wobbly, run-down shack at the spot where the Community House now stands. There were very few group compasses, no proper mapping, and no command trailer or vehicle. The group relied almost entirely on their own goodwill and personal equipment, slowly accumulating equipment from used cast offs from others.

During those formative years, members would attend searches with a cavalcade of personal vehicles stuffed with people and equipment. There were no accurate trail maps of any of the Metchosin park or wilderness areas, nor were there any handheld GPSs. Instead, trails would be painstakingly mapped using a compass, individual pacing and a notepad, marking every turn in the trail with a compass bearing and the distance to the next turn. This information would then be transcribed onto any topographic map available, and, voilá, a trail map was born! It was a monumental, but important task to improve response capabilities. The accuracy was, in fact, rather amazing. Other times, the only map was tantamount to a hand sketch of a person's recollection of a trail they had previously hiked. The first milestone for the group in the mid-90s was the acquisition and outfitting of a command trailer. This box on wheels was designed and constructed by MSAR volunteers. It is still used in the same configuration as it was when first conceived. It was towed using a municipal vehicle if one was available.

The second milestone for the group was the arrival of Garmin Etrex handheld GPS devices. In theory, this magical instrument could pinpoint a location to within 20 metres provided that it was in open areas with no forest cover



Members of Metchosin Search and Rescue "package a subject" in preparation of evacuation, in one of many practice sessions.

Photo by Brian Domney

obstructing reception with a satellite. Step under a tree and all communication was lost. Even so, it was immediately clear that this technology would become more and more mainstream. Today, GPS works in all terrains, forested or otherwise and is accurate to within a few metres or less. Regardless, there were those among the group that were, and still are, unwilling to relieve themselves of the always reliable compass and map. No batteries, no problems.

The third milestone was a phone call-out system called One Call Now. Back in the day, activating a call-out was complicated and time consuming, with a phone tree that would delay a response by 30 minutes or more while every one of 30 or so members was called. With One Call Now, a single phone call from the SAR manager automatically and instantaneously goes to each member's home phone, cell phone and work phone. From this, the SAR manager knows immediately who answered the phone and if they are attending. This has dramatically reduced response time and provides the SAR manager with an important pre-planning tool.

A fourth milestone for the group was forming a society in the fall of 2013. This

provided us with the opportunity to take ownership of the Metchosin Fire Department Rescue 8 van, which significantly enhances our response and operational capabilities.

MSAR has just celebrated the 25th anniversary of providing service to the region. The command trailer continues to be used for search operations, the SAR van for towing, and a "still under construction" garage is used to store gear. The group has outgrown the command trailer, as it has become too small a space from which to manage a search. Future plans include completely reconfiguring the trailer to eliminate storage and converting it into an office on wheels. Everything needed on a typical search can be stored in the SAR van. The new garage, funded primarily by the district, for which the group is grateful, is an important extension of improved response capability.

So MSAR is moving forward and upward. From its humble beginnings at that meeting in 1989, it is well established in Metchosin as a strong and capable volunteer force, helping to provide core services to the Metchosin Emergency Program and the community.

Happy 25th anniversary, Metchosin Search and Rescue.

**IS YOUR CURRENT MORTGAGE RATE TOO HIGH? Take advantage of the historically low rates now available.**

*Getting into a lower interest rate can potentially save you thousands of dollars. Give me a call to discuss your options.*



- Shop dozens of lenders in the time it takes you to book an appointment with your bank.
- Refinance/Renew/Purchase/Consolidate

Appointments can be arranged in Metchosin.

Sandy Higgins, Accredited Mortgage Professional, MBABC, CAAMP  
Office: 250-658-9315 • Cell: 250-589-9244  
Fax: 250-658-9316  
Email: sandyhiggins@telus.net  
[www.sandyhiggins.ca](http://www.sandyhiggins.ca)



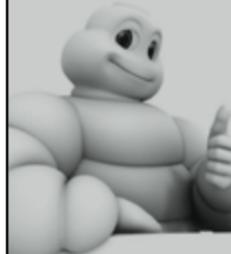
**The Mortgage Centre**

Sandy works for **you**, not the lenders.

The Mortgage Centre – Island Properties  
New address: 890 Short Street, Victoria BC V8X 2V5  
[www.ipmortgages.ca](http://www.ipmortgages.ca)

**WESTCOAST TIRE and WHEEL Ltd.**

since 1980



Nitrogen  
Force Variance  
Balancing



**HOURS:**  
Mon.-Fri: 9am - 6pm  
Sat: 9am - 5pm  
**250-889-6161**  
or  
**250-642-4044**

4730 SOOKE RD. • VICTORIA • 15 mins from Colwood Corners  
[www.westcoasttires.com](http://www.westcoasttires.com)

941 Arden Rd.  
Victoria, BC. V9C 4G3  
Home: (250) 474-7403  
Cell: (250) 514-7339

**KIVARI AUTO REPAIR**

A modern approach to car care with good old-fashioned service.

**Kevin Kivari**  
Certified mechanic/owner/operator  
k\_kivari@shaw.ca  
[www.kivaristudio.com](http://www.kivaristudio.com)



**West-Mont Montessori**  
Pre-School to Grade 8 Programs



**Pre-School Spaces Available**

West-Mont Montessori School

4075 Metchosin Rd. Victoria T: 250.474.2626 e: info@west-mont.ca w: west-mont.ca

**Bella Yoga Studio**

Yoga in the Neighbourhood - Duke Rd W.

Yoga For All! Hatha Yoga! All Levels

Curvy Yoga\* Ayurveda\*  
Yogalites\* Workshops.  
Beginners Yoga & All Levels Welcome.  
Beautiful - Fun - Safe - Peaceful - Explore  
Wellness - Enjoy - Release - Love

Beginners Yoga! All Levels  
Mindful Moments - Come Explore  
Hatha Yoga - & Move your body!



[www.Bellayoga.ca](http://www.Bellayoga.ca)

Georgia 250-391-0497 • Email [georgia@bellayoga.ca](mailto:georgia@bellayoga.ca)



**NUMA FARMS NURSERY**

**THE FOUNDATION OF YOUR LANDSCAPE**

**THE BEST IN TREES & SHRUBS QUALITY, SIZE, SELECTION...**

Open Tues.-Sat. 8:30 am-5 pm; Mon. by appointment only. Closed Sun.  
3459 Luxton Road, Langford, BC • Tel. 250-474-6005 • [numafarms@shaw.ca](mailto:numafarms@shaw.ca)

# Fire Dept. Call-Outs

APRIL 16–MAY 15, 2015

FIRE CHIEF STEPHANIE DUNLOP

Check out Metchosin Fire on Facebook or follow me on Twitter @ ChiefDunlop

- Apr 17 WINTER ROAD – Open Burn – General
- Apr 18 TAYLOR ROAD – Beach Fire  
ROCKY POINT ROAD – Medical  
PARK ROAD – Open Burn – General  
WINTER ROAD – Open Burn – General
- Apr 19 LATORIA – Medical  
HAPPY VALLEY ROAD – Assistance – Misc Complaint  
SOOKE ROAD – MVI
- Apr 20 HAPPY VALLEY ROAD – Alarm Bells – Commercial
- Apr 21 CHARLES ROAD – Structure Fire Residential
- Apr 23 EAST SOOKE ROAD – MVI
- Apr 24 WINTER ROAD – Open Burn – General
- Apr 25 WILLIAM HEAD – Medical  
LINDHOLM ROAD – MVI  
HAPPY VALLEY ROAD – Medical
- Apr 26 NEILD ROAD – Open Burn – General
- Apr 28 TAYLOR BEACH – Beach Fire
- Apr 29 HAPPY VALLEY ROAD – Open Burn – General  
HAPPY VALLEY ROAD – Open Burn – General
- Apr 30 HERLIHY PLACE – Medical
- May 02 LIBRA – Assistance – General Public
- May 03 ALBERT HEAD BEACH – Beach Fire  
FARHILL ROAD – Open Burn – General
- May 05 PEARS ROAD – Medical
- May 06 OLYMPIC VIEW DRIVE – Open Burn – General  
CIRCLE PLACE – Open Burn – General
- May 08 HAPPY VALLEY ROAD – Rescue – Animal  
HAPPY VALLEY ROAD – MVI
- May 10 DUKE ROAD – Open Burn  
SEASPRAY – Assistance – General Public  
PEARS ROAD – Medical
- May 11 LIBERTY DRIVE – Hydro – Fire
- May 12 ROCKY POINT ROAD – Medical
- May 13 WILLIAM HEAD ROAD – Open Burn  
KANGAROO ROAD – Medical
- May 14 ALBERT HEAD ROAD – Medical

# Sooke Philharmonic 2015 Concerto Competition

SONJA DE WIT



Concerto Competition finalists (L to R): Alyssa Fu, Ya-Ping Huang, Rae Gallimore, Ashley Green, Nelly Tian, Leo Phanichphant.

Photo by Rick Robinson

On April 25 the annual Sooke Philharmonic Don Chrysler Concerto Competition for Young Musicians took place at the University of Victoria, and at the end of the night, it was Rae Gallimore who took home first prize. In October, the Sooke Philharmonic Orchestra will be presenting the Bartók Viola Concerto, with Rae Gallimore as soloist.

Rae Gallimore is no stranger to Sooke and Metchosin audiences. She placed second in last year's concerto competition; she also played the Telemann Viola Concerto in G last November with the Sooke Philharmonic Chamber Players, in the Warming to Winter concerts.

Second prize, Saturday night, went to the two pianists of the evening: Ya-Ping Huang, who played the

Mendelssohn Piano Concerto No. 1, and Alyssa Fu, for her performance of the Shostakovich Piano Concerto No. 2.

Four of the six competitors – Leo Phanichphant, Ya-Ping Huang, Ashley Green and Rae Gallimore – were competing for the second year in a row, and they impressed the audience with their levels of improvement. Adjudicators Linda Gould, Lanny Pollet and Dolores Vann did not have an easy choice.

The audience was invited to vote for their favourites, and they preferred Nelly Tian for her performance of Saint-Saens' Violin Concerto No. 3. Ya-Ping Huang came second. Third place in the audience's estimation went to Alyssa Fu. The three others were tied. Leo Phanichphant played the Krommer Clarinet Concerto,

and Ashley Green (cello) brought us Tchaikovsky's Rocooco Variations.

The Sooke Philharmonic Society named this competition, now in its tenth year, in recognition of the extraordinary support that Don Chrysler gave to the orchestra during his lifetime. His wife, Janette Chrysler, is the former principal cellist of the Sooke Philharmonic.

The Sooke Philharmonic Society expresses sincere thanks to Long & McQuade for their generous donation of the prizes, sponsored by Michael Aarsen (Manager) and Shaun Wilson (Assistant Manager). The competition is supported by numerous donors, and the fundraising campaign is ongoing to ensure a financial base in future years.

Please come to our final concert of the 2014–15 season, the Philharmonic Fling, a FREE Pops in the Park family concert with special guests and soloists: Sunday July 12, 2:30 pm (gates open 1:00 pm), Ed Macgregor Park, 6751 West Coast Road in Sooke, just a few blocks west of the Otter Point Road lights. We hope to see you there!

For more information about the competition and the Sooke Philharmonic Orchestra, please contact info@sookephil.ca / 250-419-3569.

A fundraiser for the  
*Sooke Philharmonic Society*

**TICKETS AVAILABLE AT THESE LOCATIONS**

**SOOKE**

- Shoppers Drug Mart
- Peoples Drugs
- Stick in the Mud
- Little Vienna Bakery
- Shirley Delicious
- Westburn Garden Centre

**VICTORIA & AREA**

- Lynne's Little Elf Garden Centre  
1062 Goldstream Ave
- Garden Works  
1859 Island Highway  
4290 Blenkinsop Rd  
1916 Oak Bay Ave
- Dig This  
1990 Oak Bay Ave  
# 480 – 777 Royal Oak Dr
- Down to Earth  
1060 Derrien Pl

**TICKET | MAPS**

- \$20 per person
- Children 10 and under Free (accompanied by an adult)

For information contact  
Margaret 250.508.1704  
Sue 250.642.1397

## SOOKE SECRET GARDEN TOUR

11 GARDENS  
PLANT SALE  
CLASSIC CARS  
ARTISTS/ARTISANS  
REFRESHMENTS  
MUSIC IN THE GARDENS

**SUNDAY, JUNE 7**  
10-4 Rain or Shine!

[sookesecretgardens.com](http://sookesecretgardens.com)

# ISLAND SOLES...

## SHOP LOCAL. LACE UP LOCAL.

**Come in and get professionally fitted.**

We have the largest selection of walking and running shoes on Vancouver Island! We stock shoes from extra narrow to extra wide and sizes 5 to 17.

**FRONTRUNNERS**

VICTORIA 1200 Vancouver St. T 250-382-8181  
LANGFORD 123-755 Goldstream Ave T 250-391-7373  
[www.frontrunners.ca](http://www.frontrunners.ca)

*Locally Owned,  
Community Driven,  
Since 1988!*

# Film Night at the Metchosin Community House

*Journey On The Wild Coast*, 90 minutes.  
Friday, May 29 at 7:00 pm

This is a real departure from films of energy, environment, or eco-justice, but it's a chin-dropper. A young couple's epic attempt to journey from Seattle to Alaska by foot and rubber dinghy turns into a four-thousand-mile slog. They began their trek in June; and by the time they reached Prince Rupert, it was December and snowing. They dealt with rapids, sandstorms, glacial ice, blizzards and massive bear scares as they bushwacked to the Aleutian Islands.

Hardcore minimalists, this married couple traveled with only their dinghy, a flysheet, one spoon, and a small camera. With no spare shoes, they wore their duct-taped runners through shore-frozen streams, and suffered hypothermia caused by the massive flash-freezing ice-clots engulfing their wet legs.

Either you do it, or watch it with us. It's wonderfully homemade with nine "Best of ..." awards. Come have some popcorn. It's on us.

Suggestions, comments, please contact Ric at ricnic2@shaw.ca.



## Get in on the Action at the MCA AGM

JOHNNY CARLINE

Are you a member of the Metchosin Community Association and want to have some input (and maybe renew your membership at the same time)? Are you not a member and would like to see what the MCA is about first hand before making up your mind to join? In either case, do you have suggestions on what you think the MCA should do more of, or less of? Or are you interested in what others have to say about that?

If your answer is yes to any of these questions, then this is notice that the Annual General Meeting of the Metchosin Community Association is to be held on Wednesday, June 24 at the Metchosin Community House, 4430 Happy Valley Road, beginning at 7:00 pm.

This is a great opportunity to observe and get involved with this dynamic community group, learn about its programs and the Board for the coming year and participate in elections for the latter if they are required.

Community support for the MCA is vital to its success. Do consider dropping in on this important annual event. For further information, please call 250-478-5155.



## HOUSE HAPPENINGS

**Metchosin Community House** 4430 Happy Valley Road Info: 250-478-5155  
Email: [mcahouse@telus.net](mailto:mcahouse@telus.net) Web: [www.metchosincommunityhouse.com](http://www.metchosincommunityhouse.com)

### Ongoing Programs

#### Mondays

**Vancouver Island Health Authority Adult Day Program** – 9:00 am–3:30 pm. Contact Mobile program coordinator Ken Hillicke at 250-213-2440.

**Pearson College Students Outreach** – 3:00–4:30 pm. Helping seniors and youth in our community. Invite Pearson College students to visit or help with a project. Particularly aimed at Metchosin seniors, but call 250-478-5155 and leave a message for Jane Hammond or John Hollemans, to see if you might be eligible. Finished for the season but will restart in September.

**Knitting Café.** On the first and third Mondays monthly, 7:00–9:00 pm, knitters of all skill levels, including beginners, are welcome to this informal and friendly get-together. For information call Laura, 250-478-1197, email [laura.farquharson@shaw.ca](mailto:laura.farquharson@shaw.ca).

**Singalong – Metchosin Rough Voice Choir** – The Rough Voice Choir meets at the Community House on the second and fourth Monday each month from 7:00–9:00 pm. All are welcome to join us at this fun, drop-in sing-along group where a "good singing voice" is not a requirement. \$3/person; \$5/family. Contact Barb Sawatsky (250-478-0553). Finished for the season but will restart again in September.

#### Tuesdays

**Drop In Painters Art Group.** This friendly and supportive group of artists and hobbyists meets Tuesday mornings 9:30 am–noon at the MCH. Everyone is welcome. Finished at the end of June and will restart in September.

**Knitting Café.** On the second and fourth Tuesdays monthly, the Knitting Café has afternoon sessions from 1:00–3:00 pm. See the Monday listing for contact information.

**Games Afternoon.** Every third Tuesday of each month from 1:00–3:00 pm. Bring a game of your choice, bring a friend and a snack if so inclined and prepare to have some fun. Everyone is welcome.

#### Wednesdays

**Vancouver Island Health Authority Adult Day Program** – 9:00 am–3:30 pm (see Monday for details).

**Metchosin Garden Club Meetings** – 7:30–9:00 pm. Our enthusiastic and informative club features a guest speaker on relevant garden topics on the first Wednesday of every month (except June, July, August, December, January). Membership is \$10/year or \$2 for drop-in visitors. For more information call Suze Bowen (250-298-7877) or email [suzebowen@shaw.ca](mailto:suzebowen@shaw.ca).

#### Thursdays

**Creative Rug Hooking** – First and third Thursdays, 10:30 am–1:30 pm, led by Sheila Stewart, certified Instructor of Traditional Rug Hooking. Beginners are welcome, but should contact Sheila (250-595-6406, or email to [blueheronstudio@telus.net](mailto:blueheronstudio@telus.net)) to discuss needed supplies. Experienced rug hookers are invited to bring their own projects. Bring a bag lunch; tea and coffee available. No fees but donation jar available to cover refreshment costs. Last session May 7. Starting again, September 3.

**Community Potluck Lunch** – Last Thursday of each month, noon–1:30 pm. All welcome.

#### Fridays

**Parent and Tot Program** – 9:30–11:30 am. Calling all Metchosin tots! The Parent and Tot Drop-In Program invites moms, dads, caregivers and their young children to join us Friday mornings for our community Parent and Tot Program. Children will enjoy our new toys, books and craft opportunities. Parents will enjoy our relaxed, supportive environment, parent resource library and opportunities to connect with other parents and kids. We look forward to seeing you and your little ones. For more information please call Nina at 250-590-2540 or email [dalenina@shaw.ca](mailto:dalenina@shaw.ca)

**Pearson Student Teatime Drop-In** – 2:45–4:30 pm. Enjoy a cup of tea and conversation with international students from Pearson College. Finished for the season but will restart in September.

**Film Night** – June 26, 7:00–9:00 pm (see also "Film Night at the Community House," this page, for May's film if you read this in time!)

### Events

**MCA AGM** – June 24 at 7:00 pm at the Metchosin Community House, 4430 Happy Valley Rd.

**Art on the Walls** – July: Juan de Fuca Arts and Crafts Guild. The Art on the Walls program offers the House as a wonderful venue for artists to show and display their works. For more information please call the MCH at 250-478-5155.

**RASC Star Party** – Metchosin Cricket Field, August 21, 22 and 23.

**MCA at Metchosin Day** – Sunday, September 13. Watch for notices announcing the friendly competitions sponsored by the MCA: Pie Baking Contest / Cake Baking Contest / Photo Contest. Come visit the Metchosin Community House-sponsored Corn Booth for a steaming and delicious cob of Island-fresh corn. When you are ready for rest and refreshment in a quiet setting, wander over to the Community House Tea Room. Each year the Metchosin Community Association is integrally involved in Metchosin Day.

We are looking for an hour or two from volunteers who may be willing to assist in coordinating or to helping man some of these activities:

- Set up and/or take down
- Strawberry Tearoom
- Photo Contest
- Pie and Cake Baking Contest
- Dinner Dessert Sales
- Corn Booth
- Rest Area canopy

It is always great fun being involved in helping to make this community event the special day we've come to enjoy.

Check out the newly created Metchosin Day website at [metchosinday.ca](http://metchosinday.ca) or contact the Metchosin Community House Office at 478-5155. **See you at the Fair!**

**Foot Care Program** – The last Monday of each month a foot care nurse offers foot care services. Appointments are half an hour and cost \$40. Appointments are between 10:00 am and 2:30 pm. Please call 250-478-5155 to book.

# MJCL Ready For Second Season

THE METCHOSIN CRICKET CLUB

Metchosin Junior Cricket League (MJCL) will open their second season of play on June 10, following the success of last year's inaugural season. New players are always welcome and the program has increased its capacity to accommodate the projected demand. A new school program at Sangster Elementary, as well as the long-standing program at West-Mont, are expected to provide an influx of new talent.

The MJCL is a development league, operating under the umbrella of the Metchosin Cricket Club. Girls and boys aged six and up are encouraged to come out and give cricket a try. Players are coached by seasoned local cricket players and no experience or equipment is necessary. Already we have had two 14-year-olds from last season move up to the Metchosin Mackerels in the adult 2nd Division. Since the club's inception in 1976, no less than five junior players from Metchosin have gone on to represent Canada in international cricket. We are building the next generation today!

All sessions are held at our beautiful cricket pitch behind the Municipal Hall. Practices will be Wednesdays from 5:00–6:00 pm, and game days will be Sundays from

9:00–11:00 am before it gets too hot! We will also travel once into Victoria to play the Victoria United Cricket Academy and once to Vancouver to play the Dolphins Cricket Club, which narrowly defeated us last year.

The league is grateful to be sponsored once again by Saunders Subaru, and this year they are joined by My-Chosen Pizza as our local sponsor. The MJCL was recently picked up by Cricket Canada as a recognized youth development league, and will be receiving coaching and equipment support. Thanks to our sponsors, the registration fee is only \$45 per child for the season, with additional discounts for siblings. All fees are used to pay for insurance and to help with equipment purchases.

Cricket is a very social and friendly game; it is a perfect way to teach patience, teamwork and good sportsmanship. In cricket there are no strikes, no stealing and no foul-balls! If you have a child, a relative, a friend or neighbour who is looking for a new sporting challenge, summer cricket at Metchosin is the perfect activity. Please email [met.jr.cricket@gmail.com](mailto:met.jr.cricket@gmail.com) or contact Coach Rick at 250-588-2490 for more information.

# Two New High Schools for Sooke School District

JOANNIE CHALLENGER

Even if you don't have children in school, you are probably aware of the new high school being constructed on the site of the former gravel pit at Royal Bay. It is one of two new secondary schools which will open this September in Sooke School District. For many years there has been talk of the need for a new high school as Belmont High School aged and the student population grew. It finally became a necessity, both because of the age of the school and the fact that Grade 9 students will now attend high school, as is the case in other BC school districts. The need for one high school has grown into two.

After finishing Grade 5 at Hans Helgesen School, most Metchosin children will head to Dunsmuir Middle School for Grade 6, 7 and 8, then finally to Royal Bay High School for Grades 9 to 12. Some students may choose to attend one of the academies being offered at the new Belmont High School, which is located on the former site of Glen Lake School, off Langford Parkway. So what is being offered, and where?



Royal Bay High School

At Belmont School there will be a hockey academy, as well as cosmetology courses which give students basic theory and hands-on practical experience in basic hair design and esthetics techniques. The community theatre at the new school will be a wonderful asset for drama students, providing a great place to hone acting skills and participate in putting on a theatre production. The school will also boast the biggest gym on Vancouver Island, at least twice the size of a regular gymnasium.

If you're thinking that the new high schools will look the same as the schools you attended in the past, you might be surprised when you take a "virtual tour" of the schools found on Sooke District's website. The "floating staircase" at Royal Bay is an interesting feature, as is the concept of a great hall. "Instead of classrooms joined by hallways, there will be lots of different areas for students to work, study and socialize; it will seem more like a college campus," noted District Superintendent Jim Cambridge. "There will be lots of natural light, with an emphasis on bringing the outdoors in." Public relations consultant Lindsay Vogan added, "Some classrooms have large glass doors that open like garage doors to access the outdoors or hall areas."

Royal Bay High School is a LEEDS gold standard project, which promotes high environmental standards. One of the interesting aspects about the new schools' construction is that some of the current Belmont students have been employed to help with both projects. The students are enrolled in the ACE IT carpentry program (Accelerated Credit Enrolment in Industry Training). Through an ACE IT program, students take courses that give both high school graduation credits and a head start towards completion of an apprenticeship program. It is truly hands-on learning.

After the new schools open in September and the students have a chance to settle into their new surroundings, there are plans underway for an open house to be held in late September or October when the community can visit and get a first-hand look at the new additions to our community.

In the meantime, check out the "virtual tour" online or learn more about the projects by visiting the website [www.sd62.bc.ca](http://www.sd62.bc.ca) and clicking on the link "New Schools." It is well worth a visit!

In addition, Belmont will house Pacific Centre Family Services' daycare facilities, as well as offering courses given by Camosun College instructors.

Royal Bay will offer academies for dance, soccer and even equine studies, where students learn about maintenance, care and business management of all things related to horses. There will be a teaching kitchen which is connected to food services training offered at Camosun College. Other special features at Royal Bay are a rooftop basketball court, a rubberized running track and an artificial turf field for sports.

Being connected to the community in which the schools are located is an important part of both new schools. They will house a neighbourhood learning centre which can be accessed by the whole community. Westshore Parks and Recreation plan to occupy space at both schools.



The new Belmont High School, on the former site of Glen Lake Elementary School

## Improve Reading and Learning

Does your child have difficulty with reading or learning? Help them succeed with our fun and effective reading programs.



One in ten children has reading difficulties that often go unnoticed or unaddressed. You can help your child succeed at school. Our programs are scientifically proven to bring slow readers up to speed.

*Not sure if your child has a reading problem?*

Contact us for a free assessment.

**Marlene Lewis, MA, RSLP**

Registered Speech-Language Pathologist

[www.access-speech-language.com](http://www.access-speech-language.com)

**250-474-6368 or [mmlewis@shaw.ca](mailto:mmlewis@shaw.ca)**

## 'CHOSIN POTTERY

Robin Hopper & Judi Dyelle  
250-474-2676



4283 Metchosin Rd., Victoria  
Weekends 10am - 5pm Weekdays call ahead  
[www.chosinpottery.ca](http://www.chosinpottery.ca)



- Full hospital facilities
- Dentistry
- Dietary management
- On-site laboratory, examinations & surgery
- Extended hours

**John Basterfield, DVM**  
**Margaret Cairns, DVM**  
**John Gayfer, DVM**

**250-478-0422**  
EMERGENCY 250-386-8422  
2244 Sooke Rd.,  
Hatley Park Plaza

Shop  
Locally

# RCMP Call-Outs APRIL 14-MAY 14, 2015

BY CPL. BRIAN KERR, CENTRAL SAANICH POLICE

- Apr 14 Happy Valley Road** – Complaint of found horse, owner later took him home.  
**Rocky Point Road** – Vehicle stopped for excessive speed, vehicle impounded, driver charged.
- Apr 17 Sooke Road** – Complaint of vehicle driving erratically, registered owner given a warning.  
**Happy Valley Road** – Single vehicle accident, no injuries, vehicle hit a fire hydrant.  
**Sooke Road** – Complaint of possible impaired driver, vehicle not located.  
**Kangaroo Road** – Complaint of possible disturbance.
- Apr 18 Farhill Road** – Complaint of check welfare, person found to be all right.  
**Sooke Road** – Two vehicle accident, one person taken to hospital, extensive damage to vehicle.
- Apr 19 Duke Road area** – Complaint of person riding unlicensed motorcycle, warning given.  
**Olympic View Drive** – Complaint of garbage being dumped into the ocean.
- Apr 20 Happy Valley Road** – Complaint of deer hit by vehicle.
- Apr 21 Metchosin Road** – Complaint of suspicious vehicle, found to be broken down.
- Apr 22 Happy Valley Road** – Complaint of vehicle speeding in school zone, still under investigation.  
**Rocky Point Road** – Complaint of vehicle passing down solid line, driver given verbal warning.
- Apr 23 Glen Forest Way area** – Complaint of harassment, still under investigation.  
**Kangaroo Road area** – Complaint of possible disturbance, one person arrested.
- Apr 24 Happy Valley Road area** – Complaint of unwanted persons in a residence, gone on police arrival.
- Apr 25 Rocky Point Road** – Complaint of intoxicated male, patrols failed to locate him.  
**Lindholm Road** – Complaint of erratic driver, vehicle located in the ditch, driver charged with travelling too fast.  
**Glen Forest Way area** – Complaint of harassment, ongoing complaint, one person arrested, investigation continuing.
- Apr 27 Sooke Road** – Single vehicle accident, vehicle swerved to miss deer, one person taken to hospital.  
**Metchosin Road** – One person arrested on an outstanding warrant, held in custody for court.  
**Happy Valley Road** – Complaint of possible impaired driver, vehicle not located.
- Apr 28 Liberty Drive area** – Complaint of lost/stolen license plate.
- Apr 29 Kangaroo Road area** – Complaint of family dispute, one person spoken to.
- Apr 30 Metchosin Road** – Complaint of vehicle doing donuts and causing damage to a private property, vehicle not located.  
**Sooke Road** – Complaint of vehicle driving erratically, vehicle stopped and driver charged with using an electronic device while driving.

- Rocky Point Road area** – Assistance provided to the Coroner's office regarding a sudden death.
- May 01 Lindholm Road** – Complaint of disturbance, complainant heard a woman screaming, patrols failed to locate anyone.
- May 03 Metchosin Road** – Complaint of injured raccoon which was hit by a vehicle.  
**Happy Valley Road area** – Complaint to check welfare of a person, found to be all right.  
**Albert Head Lagoon** – Complaint of disturbance, youths located with fire at beach, given warning and fire extinguished.
- May 04 Neild Road** – Complaint of suspicious vehicle, vehicle located, no problem.
- May 05 Tiswilde Drive** – Complaint of deer hit by vehicle.
- May 08 Happy Valley Road** – Two vehicle accident involving gas truck, one person to hospital, driver of car charged for turning in front of the truck.
- May 09 Pearson College Drive** – Complaint of theft of computer.  
**Sooke Road** – Complaint of erratic driver, vehicle not located.
- May 10 Ferncliffe Place** – Complaint of intoxicated male, located and given ride home.  
**Rocky Point Road area** – Complaint of suspicious male, located and found to be hitchhiking.
- May 11 Rocky Point Road area** – Complaint of suspicious male, located nearby hitchhiking, no problem.  
**Liberty Drive** – Complaint of dump truck knocking down hydro pole/lines.

## CLASSIFIEDS

\$10 per 25 words to go in this monthly paper which is mailed to every Metchosin household. Envelopes for submissions and payments are provided at Metchosin Country Store.

**Deadline for submissions is the 15th of each month and can be dropped off at Metchosin Country Store.**

## WANTED

**COOKIES CRITTER CARE** is collecting beverage containers, dog food, leashes, collars and toys for animal rescue. Call Cookie @ 250-415-9335 for pickup.

**LAND** – Would anyone like to lease their farmland, greenhouses, hayfields etc? Small parcels okay. Phone Chris Van De Water 250-474-1304 or e-mail cvandy73@hotmail.com now for 2016 tax breaks.

## LESSONS

**FOODSAFE – LEVELS 1 & 2, MARKETSAFE & WHMIS** – Classes taught by certified instructors. See website www.hospitalitytrainingplus.com for information or contact Evelyn for on-site group classes. Call 250-474-5596.

## SERVICES

**COOKIES CRITTER CARE** – Metchosin's Professional Pet-Sitter and Dog-Walker since 2006. Fully Insured, Bondable and First Aid Certified. Cookie 250-415-9335. Comes Highly Recommended and Recognized.

**HANDY MAN** – Yard and house maintenance int/ext painting, power washing, lawns, small construction fences, decks and yard clean-ups. Call Scott, 250-532-8379.

Tell them you saw it in the *Muse!*

## CAN DO!

- Quality High Speed Colour Copies
- Blueprints • Typesetting
- Rubber Stamps
- Laminating
- Business Cards
- Public Fax Service

**MONDAY TO FRIDAY:**  
8:00 am–5:30 pm  
**SATURDAY:**  
10:00 am–5:00 pm

**250-478-5533**

2811 Jacklin Rd.  
(near Goldstream)

SINCE 1988



RACE ROCKS AUTOMOTIVE

**Repairs to All Makes & Models**  
**Full Service Automotive Repairs**

Rick Pettillon - Certified Mechanic, 20 yrs exp.

- Warranty Approved Scheduled Maintenance
- Computer Diagnostics
- Brakes, Steering & Suspension
- Engine Mechanical
- Clutch & Axles
- Pre-purchase Inspection
- Designated Inspection Facility

**Phone: 250-478-1920**  
**1057B Marwood Avenue**  
Hours: Mon-Fri 8:00-5:30  
We accept Visa, MasterCard & Interac

SHORELINE DESIGN

specializing in water access  
over steep and rugged terrain

Peter Christenson  
Phone 250 858 9575 • peterc@shoredesign.ca • shoredesign.ca

DEAN STRAITH
Landscape Design

Excavation,  
trucking and  
tractor services.

Slate, flagstone,  
sand, gravel  
and soil.

Water features.  
Garden design.  
Deer-proof nursery.

**250-589-6599**  
**sam@straihs.com**

Project and Property management.

OVER 30 YEARS OF SERVICE ON THE SOUTH ISLAND.

## My-Chosen Cafe

*Come in and experience our  
quaint country atmosphere and  
enjoy our hearty portions of  
great home cooked foods!*

OPEN: Mon.- Fri. 10am-9pm, Sat. & Sun. 8am-9pm

**250-474-2333**

Corner of Happy Valley and Metchosin Road

MY-CHOSEN PIZZA

Pickup after noon, delivery after 4pm

OPEN: Mon.-Wed. 3-9pm, Thurs.-Sun. 11am-9pm

**Phone 250-474-5576**

# Should I Stay or Should I Go?

JOHNNY CARLINE

Are you in the twenties to fifties age group? The MCA has been *Under Pressure* from you and the message was *Don't You Forget About Me. It's a Sin* there is nothing for us.

Well, the MCA Board wants you to know that *We Care A Lot* and it has given the go ahead for a special eighties style event on Friday, September 11, as a curtain raiser to that weekend's Metchosin Day celebrations.

We intend to turn the Metchosin Community Hall into a *House of Fun* just for you and *Nothing's Gonna Stop Us Now*. Great food, lots of local alcoholic and non-alcoholic beverages and we'll *Pump Up The Volume* with live music that has lots of *Jump!* This may be a *Once In A Lifetime* experience for Metchosin. We intend to *Rock The Casbah*.

Where will the tickets be for this unparalleled night of *Atmosphere?* The answer is

*Everywhere*. They will be sold through a social network system so check yours *Time After Time* to find out who's got tickets. They will be limited. *The Magic Number* is one fifty. And if you miss out it's going to be a *Blue Monday*.

So save the date, Friday night, September 11 and keep your eye on the tweets and the MCA website and Facebook page to see who's got tickets to sell.

## Directory of Organizations

*The following is contact information for not-for-profit organizations, but fuller descriptions are given in the "Directory of Metchosin," available at the Municipal Hall and the Community House. Brief articles highlighting special events should be mailed to metmuse@shaw.ca by the 15<sup>th</sup> of each month, as should any amendments or additions to this list.*

### AIR CADETS

250-590-3690

### ALZHEIMER SOCIETY OF BC

250-382-2052,  
www.alzheimerbc.org

### ASSOCIATION FOR THE PROTECTION OF RURAL METCHOSIN (APRM)

250-478-1197, www.aprm.ca

### BADMINTON

Women's 250-478-9648

### BILSTON WATERSHED HABITAT PROTECTION ASSOCIATION

250-478-2387,  
ikmcken@islandnet.com,  
www.bilstoncreek.org

### 'CHOSIN CHATTERS TOASTMASTERS

info@chosinchatters.org,  
www.chosinchatters.org

### CRD PARKS

250-478-3344,  
crdparks@crd.bc.ca,  
www.crd.bc.ca/parks

### GIRL GUIDES OF CANADA (Metchosin and Colwood)

tandwcampanandcomish@shaw.ca,  
250-478-5484

### LA LECHE LEAGUE CANADA

250-727-4384

### METCHOSIN 4H

250-478-4677  
Metchosin4H@gmail.com,  
www.metchosin4h.com

### METCHOSIN COMMUNITY HOUSE

250-478-5155,  
mcahouse@telus.net,  
www.metchosincommunityhouse.com

### METCHOSIN COUNCIL

250-474-3167,  
mayorandcouncil@metchosin.ca,  
www.district.metchosin.bc.ca/meetings

### METCHOSIN EMERGENCY PREPAREDNESS

250-478-1307, ham operators call in on 146.550. POD members can call FRS (Family Radio Service) radios: Channel 1 with "0" privacy tone

### METCHOSIN EQUESTRIAN SOCIETY

250-391-7511,  
exchanging@shaw.ca,  
www.mesmetchosin.org

### METCHOSIN FOUNDATION

metchosinfoundation@gmail.com,  
http://metchosinfoundation.ca

### METCHOSIN GARDEN CLUB

250-298-7877

### METCHOSIN HALL SOCIETY

250-478-6424,  
http://metchosinhall.com/

### METCHOSIN HIKING CLUB

250-478-4778

### METCHOSIN MUSEUM SOCIETY

Pioneer Museum, 250-382-1989,  
School Museum, 250-478-5447

### METCHOSIN PONY CLUB

250-727-3595

### METCHOSIN PRESCHOOL

250-478-9241,  
metchosinpreschool@gmail.com,  
www.metchosinpreschool.wordpress.com

### METCHOSIN SEARCH & RESCUE

250-478-2210

### MT. MATHESON CONSERVATION SOCIETY

250-642-0238

### POD LEADERS

250-474-6145,  
mgidney@shaw.ca

### ROUGH VOICE SINGERS

September to April  
250-478-0553

### ROYAL CANADIAN LEGION Branch 91, Station Rd, Langford

Ladies Auxiliary  
250-478-5484

### SCOUTS CANADA

14thjuandefuca@victoriascouts.ca

### SEA CADETS

250-478-7813

### SENIORS' INFORMATION RESOURCE CENTRE (SIRC)

250-478-5150, msirc@shaw.ca

### TOPS: Take Off Pounds Sensibly

Brian 250-474-1665  
Marni 250-999-6757

### SWANWICK CENTRE

A centre for spiritual inquiry  
538 Swanwick Road  
250-744-3354  
programs@swanwickcentre.ca  
www.swanwickcentre.ca

### WEST SHORE ARTS COUNCIL

250-478-2286,  
info@westshorearts.org,  
www.westshorearts.org

### WEST SHORE COMMUNITY BAND

250-474-3999

### WEST SHORE PARKS AND RECREATION

250-478-8384,  
www.westshorerecreation.ca

## CHURCHES

### BAHA'I FAITH

250-514-1757

### GORDON UNITED CHURCH

250-478-6632  
www.gordonunitedchurch.ca

### HOLY TRINITY REFORMED EPISCOPAL CHURCH

250-727-3722

### OPEN GATE CHURCH

250-590-6736  
www.theopengate.ca

### ST MARYS' METCHOSIN

Anglican Church of Canada  
250-474-4119  
stmarysmetchosin.ca

### WESTSIDE BIBLE CHURCH

www.westsidefamily.org  
250-478-8066

### WESTSONG COMMUNITY CHURCH OF THE SALVATION ARMY

250-474-5967  
www.westsong.ca

## Events

**IACDI PICNIC.** Meet members of the Intermunicipal Advisory Committee on Disability Issues, Friday, June 19, 6:15-8:15 pm at the Metchosin Community House, 4430 Happy Valley Rd. Beverages and BBQ items provided; bring chairs, munchies, dessert. No alcohol; dress casual. Wheelchair accessible. Weather permitting, picnic will be held outside. All welcome. RSVP by June 10: 250-474-5939 or iacdisabilityissues@gmail.com

**Explore the Arts: MISSA 2015.** The Metchosin International Summer School of the Arts takes place at Pearson College June 20 to July 3. Dozens of workshops in ceramics, mixed media, painting, printmaking, jewellery making, even haiku, and a mentored studio residency. The public is welcome at our popular evening lectures. Visit [www.missa.ca](http://www.missa.ca) for information, or call 250-391-2415.

*For more on events of interest to Metchosinites, see "Important Dates," page 1.*

## TIMBER HAWK HOMEBUILDERS LTD.



CUSTOM HOMES  
RENOVATIONS  
CARPENTRY  
DESIGN  
GENERAL CONTRACTING

(250) 888-9645

TIMBERHAWK@GMAIL.COM

ANGUS STEWART

CHRIS FRANG

METCHOSIN OWNERS



ENERGY STAR QUALIFIED BUILDERS



Fishing licenses • Phone cards • Movie rentals • Galloping Goose sausage • Locally made meat and fruit pies • Bakery items • Fresh produce and cut flowers • Hardware and Grocery • Prepared sandwiches • Fresh brewed coffee • You need it, we have it!

OPEN

Monday to Friday - 6:30 am to 9:00 pm

Saturday - 8:00 am to 9:30 pm

Sunday - 8:00 am to 9:00 pm

VISA, Mastercard, Interac

Phone & Fax: 250-478-2405



Stillpoint Therapies

Helen Peacock CHSIP, CCST

Cranial Sacral Therapy

Hellerwork Structural Integration

Myofascial release  
Craniosacral rebalancing  
Movement re-education

(250) 744-7927

[helen-peacock@shaw.ca](mailto:helen-peacock@shaw.ca)  
[www.hellerworkvictoria.com](http://www.hellerworkvictoria.com)

The above is a directory of organizations only. Please submit changes to this information to [metmuse@shaw.ca](mailto:metmuse@shaw.ca). Individuals, groups and organizations are invited to submit details on upcoming events, to be included under "Events" on this page. Deadline for submission is, as always, the 15th of the month preceding the issue date.