



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

Metchosin Wins in the Federal Election!



Moderator Johnny Carline with, from left to right, David Merner, Frances Litman, Tyson Strandlund, Randall Garrison and Shari Lukens. Brian Domney photo

JOHNNY CARLINE

By the time you read this, the election will be over and we will all know which party “won” federally and who our local elected MP is. But at the time of writing, I have no idea what either result will be. So what gives with the headline?

Well, I am fresh from the All Candidates Meeting hosted by the Metchosin Community Association on October 14, and by the end of that I saw, like never before, just how lucky we are.

First off was the fact that the event occurred at all. I had always taken all candidates’ meetings for granted but it appears that had not happened in Metchosin for a federal election in some time. So I was delighted that, when we realized that Metchosin did not have an all candidates event scheduled, the MCA agreed to step in and organize one.

Then there was the fact that, unlike elsewhere, we invited all five candidates and they all came. Their perspectives ranged from true blue Tory to radical Communist and all the shades of pink, orange and green in between. And that, too, is a good thing. It takes courage to present one’s opinions and ideas for public approval. It is an intensely personal business and the experience can sometimes be very hurtful.

But it is only by being exposed to, and considering

such a range of opinions, that we ourselves can hone our understanding of issues and appreciation of the range of possible solutions. Without that diversity of opinion, there is no democracy. So we are well served by all those who are brave enough to run for office, even those we cannot agree with.

Then there was the audience. This was a last minute effort, after the advance polls had occurred. Would anybody come? Well, Metchosin residents turned out in force. Every chair the Hall owns was occupied and people stood around the sides and back of the hall two and three deep.

They listened attentively, wrote out thoughtful questions to be put to every candidate, and applauded good answers even from candidates that they did not support. Occasional murmurs of dissent quickly subsided. But the golden moment came in the closing comments. The young Communist candidate, with sublime irony, said, to much laughter “I concede that it is a possibility that my party may not form the government on Monday.” And then “... but I thought it was important that I come and present our point of view.” The audience erupted in the loudest and most sustained applause of the evening and even the other candidates joined in.

Think of it. In some other countries he would have been silenced. But here, in Canada,

in Metchosin, though he may not have won many votes, he still received applause. I witnessed that and I knew I lived in a good place.

I hear how our governance system is “broken.” And yes, we could surely do better on important issues like homelessness, climate change and so on. But compare what we have with Syria, Afghanistan or the Democratic Republic of Congo, to name but three. Our governance system is like a performance car that needs a bit of a tune up. There is like a bullock cart where the wheels have fallen off and the bullock slaughtered long ago.

The election matters, of course. That is why candidates and their teams work so hard and why we give up our evenings to listen to their views and stand in line for a good while to cast our ballot. We care about the outcome, and we should.

But the October 14 All Candidates Meeting demonstrated for me that no matter which candidate or party succeeds in the election, we in Metchosin are all winners in the process that determines that.

And I know you would be disappointed if I didn’t mention that the MCA organizing that meeting is just one more reason to call 250-478-5155 and take out – or renew – a membership in this organization that does so much for this community.

Garrison Re-elected in Esquimalt-Saanich-Sooke

BRIAN DOMNEY

Incumbent Randall Garrison of the New Democratic Party was sent back to Ottawa with a comfortable majority on October 19. Of the 89,523 eligible voters in the riding, 68,220 voted, a 76.2% participation rate, significantly higher than in recent elections. Preliminary results for all candidates are as follows:

Candidate	Party	Votes	%
Randall Garrison	New Democratic Party	23,836	35.0%
David Merner	Liberal Party	18,622	27.4%
Frances Litman	Green Party	13,575	19.9%
Shari Lukens	Conservative Party	11,912	17.5%
Tyson Strandlund	Communist Party	136	0.2%

Prime Minister Elect Justin Trudeau has committed to introducing electoral reform with a move to proportional representation, so this election could well be the last when voters are only able to pick just one in a list of strong candidates.

Famous Singing Scientist Visits Metchosin



Scientist/songwriter Tony Turner is interviewed by the media before an impromptu political rally gets underway on Saturday, October 3 in Metchosin. Brian Domney photo

Important Dates

See also the Events listing on the back page, and for ongoing events, the directory of organizations.

- Nov. 1 Daylight Savings Time ends. Fall back one hour!
- Nov. 4 Metchosin Garden Club: Fascinating Fungi p. 2
- Nov. 5 Metchosin Seniors Association AGM p. 4
- Nov. 6 Talk and Walk: Mycoblitz! p. 3
- Nov. 11 Remembrance Day
- Nov. 14-15 School of Stinking Fish Art Show p. 10
- Nov. 17 Metchosin Emergency Program Info Session ... p. 3
- Nov. 20 4H Information and Registration p. 12
- Nov. 21 “Violence Against Women – It’s a Men’s Issue” talk at the Community House p. 6
- Nov. 27 Film Night: *Paul Watson: Eco Pirate* p. 13

Daylight Savings Time ends on Sunday, November 1. Don’t forget to set your clocks back one hour.



Shop Locally

Tell them you saw it in the *Muse*!

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: 2800
(July/August: 3000)

SUBMISSION DEADLINE AND HOW TO SEND COPY

The 15th 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 15th 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

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.

Hey, you in the white pickup!

Please enable me to thank the two gentlemen in the white pickup who assisted me when I crashed my bike on Kangaroo Road last Wednesday afternoon. After 170 kilometres I was down on alertness and dropped my chain on a clumsy shift, ending up on the road tangled up with my trusty velo. Luckily, the bike wasn't damaged and neither was I apart from my pride, but the two gents approaching from the opposite direction came to an immediate halt and offered every assistance. Thanks, guys!

Cyclists have been known to bad-mouth guys in pickups so while I don't want to repeat this specific experience, it's good to have an opportunity to remind everyone that there are good Samaritans out there and their kindness is appreciated.

Dave Macmurchie
Shaunigan Lake

Please pick up after your dog

Unfortunately, the word has spread (like it did with beach fires) that you can run your dog off-leash at Weir's beach. Not only do the dogs run free but owners rarely pick up their dog droppings. The number of dogs has increased significantly in the last couple of years. Here are two incidents that occurred this summer. A dog ran into our yard and chased down and maimed a wild rabbit while I was standing there. That was revolting to see. Another incident resulted in a dog flushing a large buck out of the woods and chasing it onto the beach where it ran straight through beachgoers and ended up in the ocean swimming for its life. Add that to loose dogs fighting and owners yelling at one another to control their dogs and you get the picture.

Why is it that Metchosin does not restrict dogs (and

horses) from Weir's Beach from May to September just the same as every other beach in the Greater Victoria area? It's disgusting to see dog droppings in the sand which is used by beachgoers during the summer season. Is it okay that you might lay your towel down on a smelly pile or, worse still, that little kids playing in the sand come across dog droppings? This situation is an ongoing problem and a serious health hazard. There is scientific evidence that dog feces washed into the oceans cause bacterial infestations and mutations in sea life.

Dogs should be on a leash at all times at Weir's Beach and have restricted access during the summer season. Other animals being harassed is one thing, but will it take a person being the victim of an attack to remedy this situation?

J. Leigh Hughes



Metchosin Garden Club Presents Fascinating Fungi

JUDITH VAN MANEN

Wednesday, November 4
at 7:30 pm, Metchosin
Community House,
4430 Happy Valley Road

Have you ever wondered why fungi are so mysterious? Monks and murderers have turned deadly toadstools to their advantage and artists and authors have fallen for the fascination of mushrooms. But Danielle Stevenson's enthusiasm for fungi is fueled by her interest in how to grow fungal food and medicine in her own garden. She is our speaker at the November 4 Metchosin Garden Club meeting.

In her slide presentation Danielle will highlight three super garden fungi companions: King Stropharia, Elm Oyster, and Shaggy Mane. These beneficial companions can boost plant growth, control pests, and build healthy soil ecosystems. Not only will you learn how to make a mushroom bed but also how to plant mushrooms within your veggie beds.

Fascinating Facts about Fungi

- Genetic studies have shown that fungi are more closely related to animals than to plants.
- Some species of fungi can push up asphalt with a lift of approximately 400 kg.
- The pillow on which you put your head at night hosts (at conservative



King Stropharia (*Stropharai rugosoannulata*)

estimates) 500,000 fungal spores.

- Fungi have long been used as a direct source of food – as mushrooms and truffles, as a leavening agent for bread, and in the fermentation of various food products, such as wine and beer.
- Some magic mushrooms are known for their hallucinogenic effects.
- Fungi have been used for the production of antibiotics.
- In China people brewed alcohol from fungi over 9,000 years ago.
- The largest living thing on Earth is a fungus – a single individual fungus in Oregon spans 3.7 square miles, and is between 1,900 and 8,650 years old.

Danielle Stevenson is a fungi specialist with a background

in permaculture, organic food production, and ecological restoration. She launched D.I.Y. Fungi in order to offer educational workshops to people of all ages.

What better way to unlock the mysteries of fungi but by attending Danielle's presentation? Please join us at our last meeting of 2015 – we won't be back until February 3, 2016.

On the web at www.metchosinmuse.ca

Visit our website! 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



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Deadline: 15th of each month.
Monthly payment in advance. Please call Eileen Carlson 250-478-1036.

Daylight Savings Time ends on Sunday, November 1. Don't forget to set your clocks back one hour.

Attention Metchosin: Are you part of a “POD” in your neighbourhood?

The 5 Ws and an H of Metchosin Neighbourhoods

KATHLEEN SUTHERLAND

Who? Think of each POD as being a little community of people within the larger community of Metchosin. It is people who live near each other and often already know one another, at least enough to say hello when passing on the street.

What? The Neighbourhood Emergency Preparedness Program (NEPP) is a provincially sanctioned program that helps communities be better prepared for emergencies. In the event of a major disaster or event, it could be well over 72 hours before help is available.

In Metchosin a NEPP is a series of neighbourhood streets grouped together, traditionally called “PODS.” It is often as simple as neighbours helping each other by communicating about lost/found pets, cougar/bear alerts and suspicious activities, similar to a Neighbourhood Watch.

Where? Possibly in your very own neighbourhood! Some neighbourhoods already have established PODs but many have not. (Communities with established NEPP/PODs are likely to have a more positive outcome should a significant event occur.)

Why? Although many natural disasters cannot be prevented, we may be able to lessen their impact through preparation. This can be as simple as getting to know each other, keeping eyes and ears open, and being able to communicate with each other, to being more involved by taking courses to learn more about emergency programs (including taking free first-aid training through NEPP), and possibly getting a discount on your house insurance. Neighbourhoods, which are prepared, are more likely to cope effectively during the event and recover more quickly afterwards.

When? The sooner the better as we can't predict when emergency events may happen. With winter coming, now would be a great time to get prepared for a winter storm or high-wind event – being without electricity for long periods at a time can affect us all. We were very lucky this summer to have missed a major fire.

How? If you are interested in being part of a NEPP/POD, or would like more information, please let us know by emailing EOC@metchosinemergencyprogram.ca or calling 250-478-1307.

For more information about Metchosin's Neighbourhood Emergency Preparedness Program: www.metchosinemergencyprogram.ca/nepp/



EMERGENCY PROGRAM INFORMATION SESSION

Metchosin Emergency Program

DAWNE KIRWAN, METCHOSIN EMERGENCY PROGRAM

**Emergency Program Information Session:
Metchosin Emergency Program**
Tuesday, November 17, 7:00 pm
Metchosin Fire Hall

Did you know Metchosin's Emergency Program is made up of five components – EOC, ESS, EmCom, SAR and NEPP?

What do all of these acronyms stand for and how are they all connected? What role does each component play, not just in an emergency, but in the community as a whole? Have you

ever wondered what procedures are in place, in the event of an emergency or disaster? How is Metchosin mobilized to respond and what are the roles of those who do respond?

You will receive an overview of how Metchosin's Emergency Program responds to an emergency. Come have a look inside our EOC – see how it is structured and gain some understanding of how it functions. There are many roles required to keep an EOC functioning and you never know, one of those roles might be for you.

Metchosin Halloween at the Fire Hall

Please join the District of Metchosin and the Metchosin Volunteer Firefighter's Society for the annual fun-filled Halloween event at the Fire Hall. Hot dogs, hot chocolate and coffee, Haunted House, and the Costume Parade. For more information, contact Chief Dunlop at 250-478-1307.

FIREWORKS AND YOUR LIVESTOCK

To help reduce stress on pets and livestock, this year's Halloween fireworks will consist of “no report” fireworks to lessen trauma to your animals. The fireworks will start shortly after 8:30 pm. with a single warning shot, followed three minutes later by the 15-minute show. The start time of the fireworks will depend on the weather.

More exact information on the time frame will be posted on the web at www.metchosin.ca on October 31. Please check this website so that you will have the latest information.

Left: The Metchosin School House Museum in the fog. Photo by Doug Clement

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.

Fall Series



Tuberia punicea Christmas Naucaria, an extremely rare fungus found inside hollow ancient Arbutus trees.

Photo by Moralea Milne

MYCOBLITZ! – Friday, November 6 (Talk)

Our Third Annual MycoBlitz and tenth Talk and Walk on the endlessly fascinating topic of fungi! To date the exact presentation is still a closely held secret but Adolf and Oluna Ceska, BC's preeminent mycologist team, will undoubtedly inform and entertain!

Saturday, November 7 – MycoBlitz! We will meet at the Municipal Hall at 9:00 am and split into groups to set out on an only slightly competitive hunt to find our fungal neighbours. We will return at noon to the Community House for a delightful few hours where we will host a fungal film fest.

Please bring your own bag lunch; we will supply tea and coffee. Double bill: “Know Your Mushrooms” and “Kem and Andy's Fungal Follies.” In the meantime the experts will be identifying the toadstool treasures at the Municipal Hall, ready for the “Reveal,” to take place after the magical mushroom movies.

See you there!

2016 Teasers:

Dr. Jane Watson on Sea Otters, the world's most adorable sea mammals! – Friday, January 15

Co-existing with Carnivores (Bears, Wolves and Cougars, Oh My!) – Friday March 4

Contact moraleamilne@gmail.com for further information about these programs.

Check out the classified ads on page 15.

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WAS THIS MAN STILL GOVERNOR?



Richard Blanshard

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Happy 100th Birthday, Joan Watkins!

WENDY PIGGOTT

Joan's grandfather, George Pears, homesteaded in Metchosin in 1867. Her father, George Wallis McMeakin Pears, was born in 1877 in Metchosin and lived all his life on Happy Valley Road. Joan was born on October 21, 1915, and aside from a few years attending high school in Victoria, and her years of service in England during World War II as a Flying Officer, R.C.A.F. (W.D.) (MID), with No. 6 Canadian Bomber Group, Joan has enjoyed her century of life in Metchosin and continues to reside on a portion of the original Pears property.

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BBB ACCREDITED BUSINESS

Metchosin Seniors' Association (Incorporating SIRC) Annual General Meeting

ANNE RICHMOND, PRESIDENT, MSA

2nd Annual General Meeting
Thursday, November 5 at 2:00 pm
Council Chambers, District of Metchosin

On behalf of the Board of Directors, I am pleased to invite all members and other interested persons to attend our 2nd Annual General Meeting. Come and enjoy a lively presentation by our guest speaker, Sharon MacKenzie, the founder of the i2i Intergenerational Society, on creating intergenerational learning opportunities within the community.

The AGM is an important constitutional meeting of the association, which allows members to hear about the activities and progress of the association and to help set its future direction. It is also an opportunity for you to get directly involved in running the organization.

The AGM agenda can be found on our website: www.metchosinseniors.ca

Immediately after the meeting the draw will be held for the Gourmet Dinner Raffle, so

make sure you have a ticket (obtainable from the SIRC office).

At approximately 3:15 to 4:00 pm refreshments will be served and there will be a chance to mingle with other members and the new Board of Directors.

SIRC Dates for Your Calendar

Saturday and Sunday, November 28 and 29, 2:00 to 4:00 pm at the Metchosin Community House. Facilitator River Chandler of Theatre Works will help members create a short drama illustrating seniors' issues, which will kick off our community consultation day on December 6. All ages welcome.

Sunday, December 6 from 2:00-5:00 pm. After a showing of the drama/comedy(?) on seniors' issues, participate in an all-community discussion on SIRC'S direction in the community.

Refreshments will be served at both events.



COUNCIL NEWS NOVEMBER 2015

NO SOIL PERMIT DELIVERY

Property owners are reminded that from November 1 to April 30 each year, soil delivery is restricted in order to lessen the wear and tear on Metchosin roads during the wet winter months. Limited amounts of fill may be permitted in some areas, depending on the amount and location of your property. Contact staff to find out the requirements for dumping fill during these months.

WINTER ROADS SERVICES

Metchosin's public works is ready for ice control and snow plough service. Salter/sanders have been installed on all four trucks, with salt/sand already loaded for quick response. Call out protocols have been set in place for quick crew response with additional staff on call if needed.

PRIORITY ROADS SERVICE

Please remember that ice control and snow plough service is provided on priority route basis with Happy Valley, Metchosin, William Head, Rocky Point and Kangaroo Roads being top priority. Next are school bus and BC Transit routes, followed by all other roads.

HELP US AND BE PREPARED

Equip your vehicles with good winter tires, carry chains. All-season tires lose their pliability and traction at 7 degrees Celsius.

Avoid parking vehicles on the road or paved shoulders at all times during the winter. Clear snow from your driveway to allow for parking. Roads with vehicles parked on them may not be plowed.

Clear snow to the left side of your driveway (facing in) where it meets the road to minimize the amount of snow pushed back into your driveway when the plows pass.

If you have an urgent medical appointment or are a medical professional needing to get to work, call the Emergency Program Coordinator at the Metchosin Fire Hall at 250-478-1307; or after hours, Langford dispatch at 250-478-9555 and ask for the Metchosin duty officer to be paged.

DISTRICT OF METCHOSIN MEETING SCHEDULE - NOVEMBER 2015

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

Finance Committee,	Nov. 2, 7:00 pm	Parks & Trails Advisory	
Council Meeting	Nov. 2, 7:00 pm	Committee (PTASC)	Nov. 17, 7:00 pm
Planning Committee	Nov. 9, 7:00 pm	Environmental Advisory	
Parks Committee	Nov. 9, 7:00 pm	Committee (MEASC)	Nov. 24, 7:00 pm
Highways and Public		Heritage Advisory	
Works Committee	Nov. 9, 7:00 pm	Committee (HASC)	Nov. 25, 4:00 pm
Council Meeting	Nov. 16, 7:00 pm		

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

Visit the Muse website!

<http://www.metchosinmuse.ca>

How the Metchosin Annual Christmas Pancake Breakfast Came to Be

YVONNE DUCLOS

It doesn't seem over 20 years ago that my kids attended Metchosin Preschool when Mandy was teacher, school photos were taken in a field of Easter Lilies, Dave Nicholls passionately threatened any passerby who dared drive over the speed limit, and we sold Christmas trees to raise funds. The Easter lilies and the Christmas trees are still there, and every year they bring back fond memories of the special people who touched our lives.

Time passed, as it has a way of doing, and seven years ago my husband and I had the privilege to be a part of a small group who came to "plant" a second location for Salvation Army's Westsong Community Church in Metchosin. We hosted several events at the Community Hall in order to introduce our church to our neighbours and residents of Metchosin. Some of you may remember our Barn Dance, Jazz night, Sundae Sunday, our famous chocolate fountains, our great food, the llamas, goats and poultry we brought to Metchosin Days, and our very special night, "Up Close and Personal" with Colin Arthur. We were still in the planning stages, with no place yet to call home, and Christmas was coming. We booked the Community Hall, and were excitedly planning our next event – Breakfast with Santa. With less than a month to go, we were all gathered in our living room to finalize the details, when something drew me to the latest edition of the *Muse*. I casually flipped through the pages, when right before my eyes was the article that changed it all. Metchosin Preschool had submitted an article advertising their annual Christmas tree sale and photos with Santa, and it was on the same day that we had scheduled our event! We pondered how we could, in good conscience, continue with the plans for our event on the same day as the preschool, when a revelation came to us. We could still reach out to the community, and support the preschool at the same time. We contacted the preschool and suggested

that we combine our events. We could collect donations for the breakfast, with all proceeds going to support a preschool that has been such an integral part of our community for so many years. The preschool sold their trees in the usual location outside the school, and referred about 75 hungry appetites across the way for us to feed. A great success – and the buzz was on about our pancakes, served complete with sausages, berry sauce and whipped cream.

The second Christmas came along, and this time we had a place we could call home. St. Mary's Church had graciously opened their doors and allowed us to use their facilities to gather every Sunday afternoon. We were so excited to be able to offer the breakfast again, and, with such wonderful facilities, it only made sense to have the tree sales, Santa, the crafts and baked goods, and breakfast all in one location. Apparently word had travelled far and wide about the Christmas culinary experience in Metchosin, and we served well over 300 eager eaters! All the preschool Christmas trees, crafts and baked goods disappeared. Thanks to everyone's support, Westsong Salvation Army Annual Metchosin Pancake Breakfast was born!

Pencil in Saturday, December 12, 9:30–11:30 am on your calendar and help us support Metchosin Preschool at St. Mary's Church, 4125 Metchosin Road, for pancakes with all the trimmings, have a photo with Santa, buy some yummy baked goods, and do some Christmas shopping at the preschool craft table. Pre-order your luscious live Christmas trees from Metchosin Preschool (250-478-9241). They will be available for pickup from St. Mary's Church December 12 from 9:30 am–1:30 pm.

Thank you again to St. Mary's Church, which has continued to provide the venue for the now "traditional" Westsong Salvation Army Annual Metchosin Pancake Breakfast!

Breakfast by donation, with all profits for sustaining the preschool, an invaluable



George Kogan (on Santa's lap) and Braden Parkinson (as Santa's elf) at the Windsong Community Church Pancake Breakfast.

Photo by Yvonne Duclos

part of our community. Suggested donation \$3.00/person \$10.00/family.

And ... Christmas Dinner update: For those of you who for the past eight years have generously donated your time, food and/or funds (and to those of you who'd like to), Salvation Army's Westsong Community Church Annual Christmas Dinner will be held Sunday, December 5 at 6:00 pm in the auditorium at Our Lady of the Rosary, 798 Goldstream Ave. Westsong has provided Christmas dinners, entertainment and toys to those having a need, whether it be financial, spiritual, or companionship. We have served over 250 dinners each year, and count on your kindness and compassion to make this evening a great success. If you would like to contribute this year, please email Yvonne at yduclos@shaw.ca.

Salvation Army Westsong meets each Sunday at 10:30 am in the Isabelle Reader Theatre at Spencer School, 1026 Goldstream Ave. We'd love to have you join us. We're just real people, with a casual, contemporary, relevant style (and great coffee). Why not consider coming along for our Christmas Eve candle light service from 6:00–7:00 pm?

Please visit our website at www.westsong.ca.

Thank You from St. Mary's Anglican Church

RUTH BENNINGTON

St. Mary's Metchosin Anglican Church wishes to acknowledge everyone who supported and contributed to the success of our Blackberry Festival, especially:

- Royal Bay Bakery for their generous donation of time and expertise in the making of our pastry;

- Glenrosa Farm Restaurant for the wonderful scones; and
- the Pathfinders and Guides of the 1st Langford Troop for serving in our tea room.

Thank you all!



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2015

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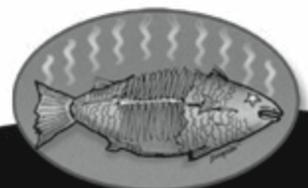
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Tell them you saw it in the *Muse*!

International Day for the Elimination of
Violence Against Women

25 November

Violence Against Women – It's a Men's Issue

MONA MAKHJAVANI-BOSSI

Violence Against Women – It's a Men's Issue video and discussion

Saturday, November 21, 7:30 pm
Metchosin Community House

Jackson Katz is an educator, filmmaker, author and a creator of a gender violence prevention and education program entitled "Mentors in Violence Prevention," which has been actively marketed to the U.S. military and various sporting organizations. On November 21, in recognition of "International Day for Elimination of Violence against Women," you are invited to the Metchosin Community House at 7:30 pm for an evening discussion on one of Jackson Katz' talks.

The topic of the video we will be viewing and discussing is "Violence Against Women – It's a Men's Issue." Come commemorate this special UN-designated day for women and take part in exploring thoughts, feelings and solutions related to this compelling issue in our society. Following the video and discussion there will be refreshments and ongoing discussion. Welcome one and all.

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The Old Folks' Garden

JAN POULIN

Ten years ago John and Daisy Bligh produced and sold \$2000 worth of tomatoes from their property on Metchosin Road – not bad for an 85-year-old woman and a 90-year-old man. They have both passed away. Their granddaughter, Janette Poulin, continues their gardening tradition. Each growing season she prepares the soil there, and plants and cares for numerous varieties of vegetables. She says she feels very close to her grandparents in their garden.

This year she entered some of her produce in the Metchosin Day contest. The results of the contest were printed in October's *Metchosin Muse* and I was given credit for produce which wasn't mine. Our names are similar – Janette Poulin is my daughter, John and Daisy's granddaughter. It was Janette who won first prize for the biggest pumpkin,



Daisy and John Bligh in their garden on Metchosin Road.

the biggest sunflower, the weirdest vegetable (from her grandpa's fingerling potatoes), as well as ribbons for garlic and beans. She received seven ribbons, far more than I did.

The old couple enjoyed harvesting vegetables and digging potatoes from their

beloved Metchosin soil. They would be happy to see their granddaughter following in their footsteps. It is good to see that their zest for this earthy activity in Metchosin has been inherited. Their spirit lives on.

An Inheritance for the Metchosin Museum Society

JIM MACPHERSON

For the first time, the Metchosin Museum Society actually has some real cash.

Upon his death, Eric Clay, long-time resident of Sooke and Metchosin, left bequests to both the Metchosin and Sooke Museum Societies. The Metchosin Museum Society inherited approximately \$114,000.

Mr. Clay pursued a very active interest in the histories of Sooke and Metchosin ever since his father built the Metchosin Corner Store in 1930.

The Metchosin Museum Society operates two museums. Society President Wendy Mitchell calls them Metchosin's Crown Jewels – the Metchosin School Museum and the Metchosin Pioneer Museum. The Metchosin School is 140 years old and requires a

significant amount of work, some of it structural. The Pioneer Museum would benefit from improvements and renovations. There is no shortage of places where the inheritance could be spent.

With its inheritance, the Museum Society now has the ability to access granting agencies for funds to undertake projects. How will the money be used? The Board of the Society is actively pursuing a variety of options.

The Metchosin Museum Society is a voluntary organization responsible for the care and maintenance of Metchosin's museums. The Society invites you to become a member of and contribute to the Society. For further information, please contact Wendy Mitchell by email at wendymitchell@shaw.ca.

The Dedicated Docents of the Metchosin Museum Society

PAT HOLLOWAY

Another active season has ended at the Metchosin School Museum.

More than 400 visitors have signed our guest book since last April and the comments range from "Awesome" to "So neat to see all the past" to "Amazing!"

Many thanks to our volunteer docents who open the schoolhouse to visitors Saturdays and Sundays from April to October. Their duties include assisting visitors in finding family members and friends, answering questions regarding the artifacts and the history of the community, and maintaining the building and grounds. Without them, the schoolhouse could not be open to the public!

A very big thank-you goes out to the following members who have served the community as docents at the schoolhouse museum in 2015: Gini Walsh, Camilla Turner, Bette-Marie Tuckey, Cookie



Bette-Marie Tuckey, a docent for 15 years, attended the school in the 1940s, and has a few stories of those days – just ask her. She is pictured here talking with Simone, Jaelyn, and Micah Marchioro, visiting from Vancouver.

Taylor, Ann Stewart, Andrew Spray, Ardella Russell, Margaret Roper, Jennifer and James Rischmiller, Sarah Richardson, Jan Poulin, Bess Page, Wendy Mitchell, Donna McKenzie, Pat Holloway, Linda and Cy Hemus, John Harris, Dick Gallagher, Werner Faust, Patricia Erwin, Dayna Christ-Rowling, Joannie Challenger, Peter Brown, Donna Brandle and Penelope Arden.

Many of these volunteers support the Metchosin

Museum Society with repairs and fundraising events as well.

You can support the Metchosin Museum Society by shopping for and/or donating books at the Book Barn, located at the Pioneer Museum, open Sundays 11:00 am to 2:00 pm. There is a drop-off book bin for your convenience! Please – no encyclopedias.

Got questions? Want to volunteer? Call Pat Holloway at 250-478-0765.

Metchosin's Corissa Sivorot to compete in the IUKL World Kettlebell Championships

CHRISTOPHER KELSALL, VICTORIA SPORTS NEWS

Metchosin's Corissa Sivorot will be representing Canada at the 2015 International Union of Kettlebell Lifting World Championships in Dublin, Ireland. The competition takes place from November 25 to 29 this year.

Sivorot qualified for Worlds while competing in the Canadian Kettlebell Association (CKA) Nationals that took place in Edmonton on July 18 this year. Sivorot lifts the 16kg (35 pound) kettlebell in the amateur snatch competition. She qualified by lifting 159 times during the regulation time limit of 10 minutes.

The World record is approximately 200 times. Her personal best is 159, and she hopes to lift at least 180 times during the championships.

The 2015 competition is only the second time that Canada is sending a team to compete at the world level.

Sivorot is a kettlebell fitness instructor, working out of two gyms – one in Colwood and one in downtown Victoria.

For comprehensive coverage of local sports news, go to <http://victoriasportsnews.com/met>.



Wild Green Children: Geocaching

MARGARETHA BURNETT

Geocaching makes nature walks with kids fun! Really! It is part treasure hunt, part map-reading, part problem-solving, and part exploration. Geocaching is a worldwide activity, some would say obsession, involving following GPS co-ordinates and clues to hidden containers or "caches" scattered in rural, urban and even aquatic locations throughout the world.

In preparation for a recent hunt with my kids, I went online to geocaching.com where I had already created a free account, and chose three local caches. (I could also have used the free Geocaching app – and in fact, this is what I use out in the field: my phone is my GPS.) When choosing caches, I look for:

- "easy" finds (we are not that good at this yet) on easy to moderate terrain;
- those in a location I want to explore;
- those that have been "favourited" often as these are often scenic/unusual/or memorable;
- those that have been recently found (ones that are years old may be missing or in disrepair);
- those that have favourable comments.

Before we left the house, the kids found small "treasures" which they could bring to restock or switch out with items in the caches we were

looking for. We went to our chosen destination, powered up our devices and started our search. Once we got close to the cache, our app dinged, telling us we were close.

Then we put ourselves in the mind of the person hiding the cache. We asked ourselves "Where would I hide a cache if this were mine?" If the kids started getting discouraged, we read any supplied hint. The pictures online helped too. Though sometimes it felt like we were searching forever, it was always worth it to hear the excited call, "I found it!"

Our first cache was hiding in a crevice that was obscured by salal, only a step off the trail. We had walked by it several times! Another was in the crook of a tree above high tide. A third was beneath a huge nurse log. The boxes are always watertight containers here on the west coast. Inside there is always a small logbook, a pencil plus an assortment of small treasures. Some treasures we have seen include a bouncy ball, some Pokemon trading cards, a Harley-Davidson button, dice, a Harry Potter action figure, the inside of a Kinder Egg (no food!), a Hello Kitty pencil sharpener, crayons. Every cache is different, which is what makes the whole thing so fun. After the kids evaluated which items they could exchange (for equal or lesser value – it is bad form to trade something dismal for something awesome, and very good karma to restock a cache that has been looted), we signed the book, took a commemorative group photo, and packed everything back. As is required, we put the container back in exactly the same place it was originally hidden.

We were lucky, no muggles (non-geocaching folk) were about, so we did not have to be surreptitious. Once home, we logged into geocaching.com, recorded our find(s), uploaded a picture of our awesome geocache hunting party, and made a comment. One of the finds was very wet,



Riley, Albin and Hamish geocaching in Devonian Park. Margaretha Burnett photo

so I noted that online so that the person who originally established the cache could be informed and repair it.

The only downside to Geocaching is that once you start, you won't want to stop. Fortunately, you don't have to as there are over a hundred geocaches in Metchosin, over a thousand in Greater Victoria and just shy of three million active geocaches throughout the world. Join the over four million geocachers who participate in this wonderfully engaging pastime/hobby/addiction! All you need is a GPS receiver or mobile device with the geocaching app downloaded onto it, a prize to exchange with something of lesser value in the cache, and mojo. And of course a wild green child (or at the minimum, a wild green heart).

For more info on geocoins, hitchhiker caches, travel bugs, microcaches, and a list of cool acronyms like CITO (cache in, trash out), as well as places that are banned to physical caches (Parks Canada, private property), check out: <http://adventure.howstuffworks.com/outdoor-activities/hiking/geocaching.htm>. For more information on membership, which gives you even more options including creating custom searches, searching for caches along a specific route, getting pictures of the site to "help" find the cache, and more, go to www.geocaching.com.



One of the geocaches found by the young geocachers. Margaretha Burnett photo

Flu Vaccinations

The Seniors Information Resource Centre (SIRC) and Metchosin Fire Department have arranged three free flu shot clinics for Metchosin residents, friends and family members:

- Wednesday, November 4: 5:30–8:30 pm
- Thursday, November 5: 5:30–8:30 pm
- Friday, November 6: 9:00–11:30 am

You will need your Medical Service Provider number (CareCard).

If you would like more information or require assistance with transportation, please contact Colleen Brownlee at 250-478-5150 or Stephanie Dunlop, Fire Chief and Emergency Program Coordinator, firechief@metchosinfire.ca C 250-883-4472 W 250-478-1307

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Another Sweet Apple-Bee Festival!

October 4, 2015 was a beautiful, warm fall day, perfect for Metchosin's annual Apple-Bee Festival. Many people came out to enjoy both the festival and the Sunday market. Photos by Joan Kew.



Left: Attendees got to make their own pies with the Girl Guides, and then take them home to bake them.



Looking for the queen bee.



The juice table, where they try to give it away as fast as they can press it.



Students from Pearson College prepared and served apple sauce and dehydrated apples.



Gary Kangas explained how apples were transported to the New World in potatoes. First, they had to come here to "discover" potatoes, then they had to take them back to Europe in order to collect the apple shoots!



This is a great opportunity to try the many varieties of apples that grow in Metchosin.



Hurling apples is always a highlight for the kids at heart.



Everyone's favourite – caramel-coated apples.



Organizers Derek Wulff and Dan O'Connell pause for a mini conference during the day.

Below: Many hands make light work. Everybody "chipped in" to press apples, and were rewarded with apples – freshly juiced, sauced, dehydrated, or caramel coated. Some tried their hand at honey extracting.



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

What Is It?

In Metchosin, it's not unusual to come across something a little different. With its history and diverse population, this is a great place to find uniqueness, whether person, place, or thing.

The *Muse* hopes to pull some of these treasures out of Metchosin's closet for your enjoyment. **If you can identify the object below (loonie is for size comparison), send an email to the editor at metmuse@shaw.ca.** The sender of the first email received that correctly identifies the person, place or thing will receive a free regular coffee, compliments of the Broken Paddle Coffee House. We'll let them know to expect you!



sponsored by **The Broken Paddle Coffee House**
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Daylight Savings Time ends on Sunday, November 1.

Don't forget to set your clocks back one hour.

Tell them you saw it in the *Muse*!



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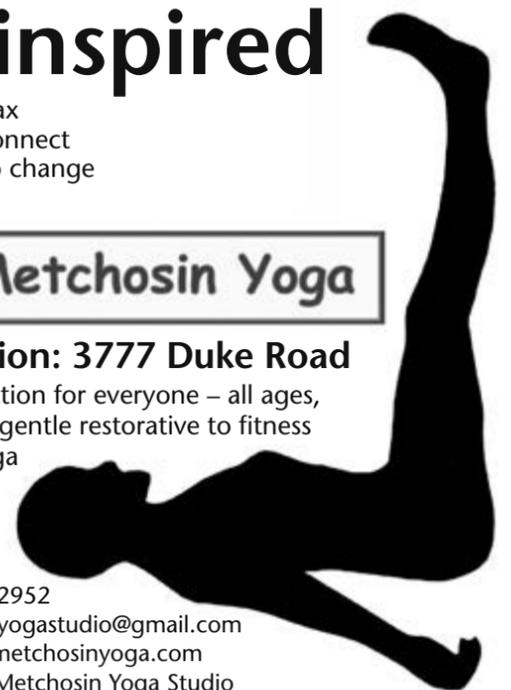


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A School of Stinking Fish, Spotlight on Bling!

MORGAN SADDINGTON

School of Stinking Fish Show

Saturday, November 14 and Sunday, November 15
10:00 am to 5:00 pm both days
West-Mont Montessori School Gym
4075 Metchosin Road, Metchosin

Looking for that one-of-a-kind jewellery piece for someone special? Featured this fall in the School of Stinking Fish Show are two award-winning jewellery artists, Morgan Saddington of Morgan Ann Designs Jewellery and Heather Hamilton of Finely Found Designs.

Morgan has been designing jewellery for over 15 years. Her work is a combination of ancient chain-maille patterns mixed with



Ginkgo Cats Eye earrings by Morgan Saddington

traditional silversmithing techniques, creating modern designs that result in uniquely wearable art jewellery pieces. Morgan received the Best Jewellery Award at the Sooke Fine Art Show in 2010 for her piece titled "Entwined," a necklace that combined two hand-made chains woven together. She has gone on to have her work chosen for many juried art shows, most recently the "Botanically Inspired" Show at the VanDusen Botanical Gardens in Vancouver and the Sidney Fine Art Show in Sidney, BC. Morgan works mainly in silver with touches of natural and hand-coloured copper. Her inspiration comes from the environment that surrounds her. Picking up vegetation on nature walks, poring over photographic images in books and magazines, observing the various textures of materials that are in our daily lives, all play some part in this inspiration. Morgan's specialty is chain

making and her work consists mainly of one-of-a-kind necklaces, bracelets, earrings, and pendants.

Heather designs and creates abstract, sculptural, wearable fine art jewellery combining the magic of metal with her imagination. In 2011, Heather received the Best Jewellery Award at the Sooke Fine Art Show, for a sculptural pendant titled "Internal Reflections." Influenced by the work of Frank Gehry, Frank Lloyd Wright, Picasso, Henry Moore and Mother Nature, Heather's work encompasses fluid creativity in the form of abstract, sculptural, wearable fine art. Heather includes semi-precious stones in her work, usually as a secondary aspect of the designs, adding to the abstract and sculptural nature of her work. Heather considers her designs as "works in progress" and she creates a definite end or she follows the direction in which the metal wishes to take form. Her jewellery includes earrings, bracelets, brooches, necklaces, pendants and scarf rings plus other sculptural items.

You can see more of Morgan's work at www.morgan



Accordion Blues by Heather Hamilton

anndesigns.com, Heather's work at www.finelyfounddesigns.com and Stinking Fish Studio Tour at www.stinkingfishstudiotour.com.

Shop
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you saw it
in the Muse!

Dust off Your Uke!

MARGARETHA BURNETT

There's a new monthly gathering being hosted at Metchosin Community House – a free* ukulele jam! It's a perfect way to end your week – every second Friday of the month from 5:00–6:30 pm. This jam is open to community members of all ages and levels of talent.

Bring a ukulele, capo, tuner, music stand, clip-on light, and a few songs you are willing to share/ lead/ teach others. Please bring some extra copies of appropriate song sheets for others, if your song is not from either of the following suggested songbooks: *Jumping' Jim's Daily Ukulele* (base resource to work from- available through Amazon.ca) or, alternatively, *Diamond Molly's Songbook*. Neither songbook is critical as we have multiple copies and can share, but bring your copy too if you have one.

Please direct any questions to your enthusiastic host (and very beginner uke player) Margaretha at memetopia@shaw.ca, or just show up on our next dates: 13 November and 11 December.

*free, but buying a membership to the community house is appreciated (\$10 for individual membership).



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Music Unites Metchosin – First Friday of Every Month!

ERIN VAN DE WATER

Who doesn't like grooving to a good tune? If you've been to any of the Bandwagon events at the golf course, or to any of the musical events at the Community House, the Hall, St. Mary's Church, or anywhere else within the boundaries of our beautiful Metchosin, you know how much fun it is to have live music close to home. If you haven't yet had the chance to experience this toe-tapping sensation, now is the time to find out what it's all about! Starting

this month, and continuing on the first Friday of each month thereafter, the Metchosin Community Association has organized a different, unique musical talent to be featured.

Starting off the music nights on November 6 is Mbira Spirit, a duo composed of Amy and Tafadzwa, who are artists and educators playing African, reggae, folk, spiritual, and gospel music. While entertaining audiences with their sweet harmonies, joyful dancing, and captivating stories, Mbira Spirit's music, message, and presence

inspires and brings hope and joy to all who participate. It's a cultural experience!

Together, Amy and Tafadzwa promote, celebrate, and recognize the Arts through their Cultural Arts Centres on Vancouver Island and in Magunje, Zimbabwe. They aim to preserve tradition and heritage, and support local and sister communities to build and sustain a sense of community wherever they go. By seeking to improve quality of life by accepting our individual differences as the sources of cohesiveness and

development, Mbira Spirit's "Edu-tainment" has a positive impact through their sharing of culture and diversity, with music that fosters world peace, love, and harmony for all who listen.

If you're interested in a night of uniting this Community through song and dance, see you Friday, November 6 from 7:00 to 9:00 pm at the Metchosin Community House. Tickets will be available at the door only, with a suggested donation of \$7-\$12.

Metchosin Bandwagon Music Night

The next Bandwagon Music night is Friday, November 20 at the Metchosin Golf Course, and will feature the Kicks Band (light rock for your dancing or listening pleasure). Kitchen and Bar open at 5:30 pm. Music runs from 7:00 to 9:00 pm. Admission: \$5 donation goes to musicians.



HOUSE HAPPENINGS

Metchosin Community House 4430 Happy Valley Road Info: 250-478-5155

Email: mcahouse@telus.net Web: 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.

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.

Singalong – Metchosin Rough Voice Choir – The Rough Voice Singers meet at the Community House on the second and fourth Monday of each month from 7:00–9:00 pm. All are welcome to join us at this fun, drop-in group where a "good singing voice" is not a requirement. \$2 donation to the Community House. Contact Barb Sawatsky (250-478-0553).

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.

Knitting Cafe. 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).

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

Community Potluck Lunch – Last Thursday of each month, 12:00–1:30 pm. All welcome.

Fridays

Parent and Tot Program – 9:30–11:30 am. We invite 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 590-2540 or email 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.

Ukulele Gathering – 5:00–6:30 pm, second Friday of each month. Tell all your ukulele-playing students, friends and relatives! Spread the word! Open to community members of all ages and levels of talent! Bring: a ukulele, capo, tuner, music stand, and a few songs you are willing to share/ lead/ teach others with appropriate song sheets for others, if not from songbook below. Suggested songbook: *Jumping' Jim's Daily Ukulele* (as a base resource to work from) if you have it.

Film Night – 7:00–9:00 pm, November 27, Metchosin Community House. Suggestions, comments, please contact Ric at ricnic2@shaw.ca.

Events

Music Night – Friday, November 6, 7:00–9:00 pm. Kicking off the MCA's monthly music nights is Mbira Spirit! Join us Friday, November 6, for this special two-hour concert of guitar, mbira and cultural sharing. Playing African, Folk, Reggae, Spiritual, Country, Blues and more. One World, One Love. No pre sales, pay at door, suggested donation \$7-\$12.

Goosefeather Performance – Wednesday, November 25, 8:00–9:00 pm. Naomi Steinberg is a professional storyteller from Vancouver. She has worked with traditional folk and fairytales for more than 14 years. Come and participate in the art of storytelling by attending a rare and wonderful evening. Naomi will be sharing *Goosefeather* on the last leg of her world tour, here in Metchosin. Aimed at audiences aged 12+. Doors open at 7:45 pm, story: 8:00–9:00 pm. Donations graciously accepted. For more information: www.goosefeather.ca

Pearson College Christmas Concert – Sunday, December 6, 7:00 pm. Metchosin Community Hall, 4401 William Head Road. The choir of international students promises to delight its audience with songs of the season. A delicious dessert raffle and refreshments will be served with the proceeds going to the Metchosin Community House. Admission is by donation. There will also be a food bank donation box for non-perishable goods.

Foot Care Program – The last Monday of each month a foot care nurse offers foot care services. Appointments are half an hour. Appointments are between 10:00 am and 2:30 pm. Please call 250-664-6810 to book.

The Art on the Walls – November: Bonnie Tipton-Rennie and Kimberley Thompson. The works will be on display at the House for the month of November with an open reception on November 7 from 5:00–9:00 pm, all welcome. The House is open Monday–Friday, 9:00 am–1:00 pm for viewing. 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.



METCHOSIN 4H

Metchosin 4H Club – Cloverbuds are back!

MARIE-TÉRÈSE LITTLE

The Metchosin 4H community club is finishing its fifth season of "Learn to Do by Doing" in Metchosin and we are eagerly anticipating expansion of our club into our sixth year, with new projects and four new leaders. By popular demand, the Cloverbuds program (for children aged six to eight years) will run again starting in January.

2015 has proven to be an exciting, fun, stimulating, knowledge-building and event-filled year for the Metchosin 4H members and their parents. A highlight of the summer was that many of our members were able to proudly show their animals and practice showmanship at the Coombs country fair, Metchosin Day and/or the Saanich Fair. The Metchosin 4H kids are eagerly looking forward to our end of year pizza and ice cream wrap-up and awards afternoon on November 21.

The leaders of Metchosin 4H anticipate that the addition of children aged nine to 14 years, proposed by its members for 2016, will offer more agriculture-based projects to children living in our West Shore community. This is also intended to give children and their parents additional opportunities for involvement. It is also meant to cater to those kids who can't or don't want to have an animal at their home. It was proposed that we expand our club to include more vertebrates in addition to human kids, such as horse, rabbit, cavy (guinea pig or *Cavia porcellus*), lambs, chickens and ducks, and for the first time in Metchosin,

invertebrates (bees) and plant and soil projects (agriculture, horticulture, or agro-forestry).

The 4H program provides young people with an opportunity to learn how to become productive, self assured adults who can make their community and country a fantastic place to live and thrive. This is fostered through project and program work, experiences with their other 4H club members and leaders and their participation in district, regional and provincial programs. The overall goal of the 4H program is youth development; the objectives are to inculcate knowledge, leadership, citizenship and personal development.

The purpose of the 4H program is to prepare girls and boys for their future as contributing and engaged adult citizens. 4H stands for Head, Heart, Hands and Health. The 4H organization is dedicated to young people and their parents/grandparents/caregivers who work together for the benefit of youth, family, our community and our nation.

The 4H project consists of numerous "units" that are often progressive in nature; others are specific to the animal or skill being learned. The variety of units within a project allows for plenty of learning and many challenges for both younger and older members. As part of each project, 4H members keep records of their work and animals throughout the year. With the overall mission of 4H to inspire, educate and develop youth into empowered community leaders, our club plans other activities for

children and their parents or caregivers such as demonstrations, judging, building educational displays, public speaking and games. (<http://www.bc4h.bc.ca/>). Metchosin 4H spells OPPORTUNITY for everyone involved in the program.

In 2016, children from age six to 19 years are welcome to join our 4H community club. An information night and registration for the coming year (January to November 2016) will be held at the Metchosin Community House on Friday, November 20 from 6:30 to 8:30 pm. Registration forms including a fillable pdf for 2016 can be found at <http://www.bc4h.bc.ca/resources/publications> (click on the link for 4H Membership Application). The parent handbook is readily available for free at http://www.bc4h.bc.ca/pdf/1925_4HParentsHandbookNov2010_Jan12.pdf. Please include your child's vaccination, health and care history (name and number of primary care physician, care card number and date of the last tetanus shot) or bring it to the information meeting. The cost for 2016 is \$145. The majority of the fee (\$95) is for your child's insurance through BC 4H; the remaining \$50 goes towards the Community House rental and supplies needed to run the program.

Please consider enrolling your children and becoming involved in the Metchosin 4H program in 2016 to help your kids develop community awareness, leadership, communication and other tangible life skills. For additional information, contact Debbie Cooper at Metchosin 4H: metchosin4h@gmail.com



Great Horned Owl

Photo by Christina Carrières

Owls a Fall Feature at Wild ARC

HEATHER SCHMITT

This season has been a record-breaking one for BC SPCA Wild ARC, which saw nearly 30 percent more patients arriving during the summer months than last year. As autumn arrives and the last of the babies are released into their new wild homes, it would seem to signal quieter times ahead for the wildlife rehabilitation centre. Fall brings its share of distressed patients, however, and October typically means many injured raptors – particularly owls – needing a helping hand.

As the days get shorter, folks tend to be heading to work and returning home in the dark. Nocturnal animals like owls are also active at these times, often hunting near roadsides for the small rodents like mice and shrews that make up the majority of their diet. As a result, they are at higher risk from vehicle collisions at this time of the season, and Wild ARC sees a dramatic rise in the number of owls admitted with injuries from being hit by cars, in addition to those colliding with windows.

One such patient currently receiving care at Wild ARC is a Great Horned Owl who arrived last month in critical condition, weak and unable to stand. After several weeks of medical treatment and supportive care, the owl is now able to perch upright

and eat on his own. Time in Wild ARC's outdoor aviaries will provide him with the opportunity to exercise and continue to regain his strength, and rehabilitators feel optimistic for his full recovery. "Cases like these are incredibly rewarding for our team," explains senior wildlife rehabilitator Christina Carrières. "We're very grateful to have the knowledge, the facilities, and the community support that it takes to give these wild patients a second chance to fly free."

An excellent opportunity to support the care of these owls and the other wild patients on the road to recovery is just around the corner! Wild ARC's annual Fall for Wildlife Dinner Auction on November 14 offers an enticing evening of delicious food and a live and silent auction. "We are eagerly anticipating this event," says organizer Sharon Burkmar. "The combination of a great meal and wonderful supporters, paired with a wide variety of items to bid on, makes this an evening not to be missed." The event will be held at the Four Points by Sheraton Victoria Gateway, at 829 McCallum Road (beside Costco). The cost will be \$80/person, or \$600/table of eight, and all ages are welcome. To purchase tickets and to get all the latest news and information, visit bcspca.ca/fallforwildlife.

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NEWS FROM WEST-MONT MONTESSORI SCHOOL

A Glimpse Into the Life of a West-Mont Middle School Student

ARWYN FERGUSON-HILLIARD (GRADE SEVEN), THERESA KEW (GRADE SEVEN), AND KATERINA KURZ (GRADE EIGHT)

Our year is divided into five six-week cycles, one two-week cycle, and one three-week cycle. On the last week of each cycle (except for the two-week cycle) we go on an out-trip which could be to anywhere. Last year we went to Strathcona, Salt Spring (twice), Mount Washington, Parksville, and one where we slept in the classroom except for one night when we went to Vancouver. For the out-trips the grade eights work together to plan them, which includes a cover letter, a packing list, a menu, a shopping list (for food), permission forms, a schedule, and they have to run the potluck that

happens before the out-trip. The first four weeks in a cycle are where we do normal work. The fifth week we have tests to review everything that we learned that cycle. Each cycle has a theme. Last year the themes were: Connections, Exploration, Identity, Systems, and Interdependence. This year the cycles are: Forces, Structures, Power, Changes and Balance. The first cycle is an orientation cycle, and the last one is a synthesis. In orientation the grade eights are paired with grade sevens to mentor them through the process.

Community meeting comes right after PE, which

is first thing at 8:30 am. In community meeting we do music first, where we learn about a song. Then we take attendance. After attendance, we do sharing where we tell others about pets, recent vacations, funny stories, and other things if we want. Acknowledgments come next. That is where we acknowledge people for doing something and thank them for doing it. We can only acknowledge people who are in the room. Then we do jobs where the facilitator (the person who is running the meeting – each student will get a turn) reflects on how we did our jobs at the end of the day. After



Removing invasive species in the school's Garry Oak meadow, one of the Middle School's service learning projects, earned West-Mont students the Volunteer Youth Award given at Metchosin Day this September. Left to right: Katerina Kurz, Rowan Kew, Isaac Van Veen, Theresa Kew, teacher Stacey van de Water, and Samuel Beels. Lucille Knox photo

Film Night at the Metchosin Community House

Paul Watson: Eco Pirate (110 minutes)

Friday, November 27, 7:00 pm, Metchosin Community House

Movie madness – boiling blood, bold vigilantism, all qualities of a bold high-seas captain who dodges boats and bullets from ocean poachers, in his unstoppable, reckless glorious quest to save whales. His organization, the Sea Shepherd Conservation Society, flies the Jolly Roger on its ships and often cites the motto, "It takes a pirate to catch a pirate." He couldn't give a ship.

Poachers are still slaughtering whales today, if you can believe it, and are being chased down by these heroic eco-pirates in international waters where governments fail to police. One such episode was a 110-day, two seas

and three oceans pursuit of the world's most notorious poacher, the *Thunder*.

This film follows Canadian Paul Watson in his early days from saving seal pups with Bridget Bardot, blocking Norwegian ice breakers with his body lying on the ice, to gouging holes in Japanese whaling ships.

Politely put, "Paul and the Sea Shepherd [Conservation Society] use innovative direct-action tactics to investigate, document, and take action when necessary to expose and confront illegal activities on the high seas." This international non-profit, marine wildlife conservation organization has a mission to



end the destruction of habitat and slaughter of wildlife in the world's oceans, and ensure its survival for future generations.

You're gonna love our pirate.

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



As part of their weekly service learning, some of the Middle School students chose to bake goodies for Our Place's Thanksgiving dinner. Left to right: Theresa Kew, Isaac Van Veen, Riley Johnson, and Will Buhr. Lucille Knox photo

that we do Challenge, which could be a math question or a question about places in the world and then Centre (which is our lost and found). The observer (who is watching the meeting and marking down if people misbehave) thanks people who stayed on task. Afterward we have a lesson from our teachers giving us information that we will need to do our work.

One of the things that we do in the West-Mont Middle School is Apprentice Sentence; we are given a sentence and we have to "chart" it. The way we chart it is by breaking

it into different sections and saying what different parts do, like "describing an action" or "introducing a character." Then we have to put the proper grammar symbols over the words. The grammar symbols are: nouns, verbs, adjectives, adverbs, articles, conjunctions, pronouns, prepositions, and interjections. We come up with two or three seed ideas, and write our own draft and a good copy.

On Friday afternoons, the Middle School students participate in a service learning activity, which is both rewarding and fun.

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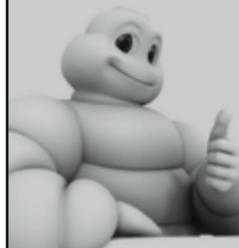
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14TH JUAN DE FUCA (METCHOSIN) SCOUTS CANADA

Out with 14th Juan de Fuca Cubs

SCOUTER TODD

14th Juan de Fuca Cub Group had an awesome fall Cub Camp on October 3 and 4 at Camp Barnard. Saturday was a great day with the hike up Mount Benson and lunch (made by the Cubs themselves) on the top with a great view out over Sooke. As always, going down was a lot quicker than going up with no word of "are we there yet!" Along the way we went over some outdoor safety and general things to think about when out in the forest and hiking.

Back at camp the Cubs played a game or two followed by them organizing and playing a game of capture the flag all on their own. It was nice to see Scouters able to step back and let the youth take control of organizing themselves – good job! That was followed up by some down time sketching interesting leaves while preparations were made for dinner.

The meal plan for this week-end camp was decided upon by the Cubs at Tuesday's meeting and burgers was the chosen meal.

After dinner and clean up we then started going over knife use and knife safety followed by practical use of the knife in building a campfire for campfire building on Sunday. Then Scouter Toby educated the Cubs on the various types of campfires we have in scouting and the various types of songs, skits, and cheers that can happen around the campfire. We then had our formal campfire opening followed by songs, skits, and cheers! The most popular song was Mama Gooney Bird. So if you want to hear your Cub sing, just ask for the gooney bird song.

With the formal campfire over, we then went to the informal campfire and s'mores was the order of the night followed by mug up and then to the cabin for a short sleep. We scouters figured

that if they stayed up late then they would sleep in nice and late Sunday morning. Well, as always, the best plans should have a fall-back plan, and that was the needed coffee in the morning as apparently the cubs decided 6:00 am was a long enough sleep!

Sunday morning, we had pancakes with sausages at 8:00 am and then proceeded to pack gear up from the various corners of the cabin. With the cabin clean we then went over knife safety and use again and the cubs started to whittle in order to build their campfires, with a goal of lighting it with one match and have it burn for at least five minutes. We had a couple of our third-year Cubs manage to complete it and the rest have a good idea on what they need to complete their fire making for next time.

Word was that all the Cubs had a great time and great food!



Mug Up at Camp Barnard.

Toby Voss photo



Scouter Todd cooking burgers.

Toby Voss photo

NEWS FROM HANS HELGESEN SCHOOL

Giving Thanks at Hans Helgesen



Creativity on the beach at Devonian Park.
Debra Stoutley photo

DEBRA STOUTLEY

As school is settled into its routine, we are prompted by our first fall holiday to think about things that make us feel thankful. When students think and write about thankfulness, they usually think of their families and home so this year I asked some of our students (and adults!) what things they are thankful for at Hans Helgesen Elementary. Some of the answers may surprise you and make you smile!

Our sand pile features prominently in the favourites. A new load of sand arrived

this week from our neighbours at Buy the Yard. Many of our students have hours of fun building and creating in the sand box area. It is an area that many ages use together and enjoy.

Some students mention the sports and games that they can participate in at school. Our district is starting European Hand Ball this year. Basketball and Track and Field are also popular. Some students mention playing tag with friends and playing road hockey outside. A visit from our Victoria Grizzlies at the end of the month should be a

memorable activity this year for all the hockey fans here!

For those who aren't sports fans, the clubs and activities make students happy to be at school. A small group of our students attended the Victoria Opera performance of *Otello* last week. Others lead chess on rainy days and this week we will do our first "multi-age grouping" activity. Students will meet in a group with others from each grade and help decide on our school mascot! We anticipate many more activities with our multi-age groups. I've heard from some Hans Helgesen parents that this was a tradition many years ago and they are excited to revive the "Family Groups" they experienced when they were students here!

Several students were thankful for our many food programs. We have a fresh fruit program, a breakfast program and an occasional hot lunch. Students can try new foods and old favourites. Of course, the theme days that accompany hot lunch days are a favourite too – we have had "Crazy Hair Day" and will have "Hat Day" next!

Students spoke and wrote about their friendships at school as well. Having friends who "cheer them up" and enjoy playing tag with them are just two reasons that friendships are important to our students.

Academic pursuits are another aspect of the school; some students shared that

they are thankful for "math and learning how to write." Others are simply grateful for having the best teachers!

Staff at Hans Helgesen echo the sentiments of these students. They are grateful for their colleagues and the working and learning we do together. Some of them spoke of the beautiful setting of Metchosin and how nice it is to work in a small-sized, rural environment. The opportunities to work with children and be outdoors are some things that many of us are grateful for.

Together, we all are grateful for our fabulous community, the parents, and especially our PAC and parent volunteers who come with us on field trips and help fundraise to enhance our learning both inside the school and outside.

We have so many things to be grateful for at Hans Helgesen!



Crazy Hair Day at Hans Helgesen
Debra Stoutley photo

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RCMP Call-Outs SEPTEMBER 2015

BY CPL. BRIAN KERR, CENTRAL SAANICH POLICE

- Sep 01 **Metchosin Road** – Complaint of a deer hit by a vehicle.
Metchosin Road area – Complaint of harassment, ongoing investigation.
- Sep 02 **Metchosin Road** – Complaint of single vehicle accident, one person taken to hospital, driver charged under the Motor Vehicle Act.
Tavane Road – Complaint of speeding vehicle, not located.
William Head Road area – Complaint of a child custody dispute.
- Sep 03 **Sooke Road** – Assistance provided to Ambulance Service.
Kangaroo Road – Complaint of lost/stolen licence plate.
- Sep 04 **Rocky Point Road** – Assistance provided to the Coroner's Service.
- Sep 05 **Happy Valley Road** – Complaint of vehicle passing on double solid line.
Cook Road – Complaint of a cougar being observed in the area.
- Sep 06 **Metchosin Road** – Complaint of attempt break/enter to a business, no entry gained, still under investigation.
Happy Valley Road area – Complaint of log splitter being stolen from a residence.
- Sep 08 **Happy Valley Road area** – Complaint of a person being threatened, still under investigation.
Pears Road – Complaint of lost/stolen licence plate.
Farhill Road – Complaint of vehicles driving erratically and doing donuts, patrols failed to locate them.
Metchosin Road – Complaint of theft of tires from a residence.
Metchosin Road – Complaint of theft of boat motor from a boat parked at a residence.
Liberty Drive area – Complaint of a safe being found in a ditch, damaged, still under investigation.
Pears Road – Complaint of sheep being attacked by a dog, still under investigation by CRD animal control.
- Sep 10 **Happy Valley Road** – Complaint of erratic driver.
- Sep 11 **Happy Valley Road** – Complaint of single vehicle accident, vehicle into the side of a residence, no injuries, still under investigation.
- Sep 12 **Sooke Road** – Complaint of a break in/possible home invasion, one person taken into custody, possible firearm involved, still under investigation.
Happy Valley Road area – Complaint of breach of court order, one person arrested.
Metchosin Road – Complaint of possible impaired driver, vehicle stopped and driver found to be sober.
Rocky Point Road – Complaint of single vehicle accident possible roll over, attendance made and found that the vehicle left scene.
- Sep 13 **Happy Valley Road** – Complaint of road flagger being hit by vehicle, still under investigation.
Mathews Road – Complaint of loud music.
Glen Forest Way area – Complaint of person refusing to leave a residence, one person intoxicated.
Rocky Point Road – Complaints received of loud music.
- Sep 14 **Rocky Point Road area** – Complaint of break and enter, tools stolen from construction site.
William Head Road area – Complaint of harassment, one person given verbal warning.
William Head Road – Complaint of pressure washer stolen from a residential property.
Happy Valley Road – Complaint of speeding motorcycles.
Happy Valley Road area – Complaint of harassment, still under investigation.
- Liberty Drive** – Complaint of theft of truck, stolen from residential property, not yet located.
Happy Valley Road – Complaint of a person possibly being in possession of stolen property, still under investigation.
- Sep 15 **Sooke Road** – Complaint of erratic driver, passing on double solid, patrols failed to locate vehicle.
- Sep 16 **Rocky Point Road** – Complaint of erratic driver, vehicle not located.
Brookview Drive – Complaint of bear on the property. Conservation office notified.
- Sep 17 **Metchosin area** – Complaint of rural mail boxes possibly being broken into.
Happy Valley Road – Complaint of stolen/lost licence plates.
- Sep 18 **Kangaroo Road** – Vehicle stopped by patrol vehicle, driver arrested for driving while prohibited.
Weir's Beach – Complaint of military flare being found on beach.
- Sep 19 **William Head Road** – Complaint of an erratic driver, vehicle not located.
- Sep 20 **La Bonne Road** – Complaint – Noise bylaw.
Sooke Road – Complaint of suspicious vehicle, not located.
Sooke Road – Complaint of attempted break and enter to residence, reported for information.
- Sep 21 **Taylor Road** – Complaint of youths causing disturbance on beach.
Sooke Road – Assistance provided to Fire Department for structure fire, still under investigation.
Happy Valley Road area – Complaint of assault, no injury, still under investigation.
Rocky Point Road area – Complaint of domestic dispute, no assault.
- Sep 22 **Sooke Road** – Complaint of erratic driver, vehicle not located.
- Sep 23 **William Head Road area** – Complaint of stolen licence plate.
Metchosin Road – Complaint of speeding vehicles in school zone, further patrols requested.
Sooke Road – Complaint of erratic driver, vehicle stopped, driver found to be in medical distress, taken to hospital.
Happy Valley Road – Complaint of suspicious vehicle, located and driver identified.
- Sep 24 **Rocky Point Road area** – Complaint of harassment, reported for information.
Metchosin Road – Vehicle stopped for excessive speed in school zone, vehicle impounded.
- Sep 26 **Happy Valley Road** – Complaint of single vehicle accident, no injuries.
Rocky Point Road area – Complaint of people with fire crackers.
Aquarius Road – Vehicle stopped and driver found to be impaired, vehicle impounded.
- Sep 27 **Happy Valley Road** – Complaint of possible impaired driver, vehicle not located.
William Head Road area – Complaint of theft of tires from a residence.
Kangaroo Road – Complaint of vehicle in the ditch, vehicle gone on arrival.
- Sep 28 **Albert Head** – Complaint of a lost wallet.
- Sep 29 **Neff Road** – Complaint of a stolen motorcycle, recovered, investigation continuing.
Kangaroo Road – Complaint of an erratic driver. Warning given to registered owner of the vehicle.
- Sep 30 **Clapham Drive** – Complaint of prowler on residential property, patrols failed to locate anyone.
Clapham Drive – Complaint of residential break, enter and theft. Several items stolen from the residence, investigation continuing.

Fire Dept. Call-Outs

SEPTEMBER 2015

FIRE CHIEF STEPHANIE DUNLOP

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

- Sep 01 **Clapham Drive** – Medical
Malloch Road – Medical
- Sep 02 **Kangaroo Road** – MVI
- Sep 03 **Rocky Point Road** – Open Burn
Kangaroo Road – Medical
- Sep 04 **Tiswilde Road** – Medical
- Sep 05 **Matheson Lake Park** – Medical
Taylor Beach – Beach Fire
- Sep 07 **Taylor Beach** – Beach Fire
Albert Head Road – Alarm Bells
– Commercial
- Sep 08 **Happy Valley Road** – Medical
- Sep 09 **Albert Head Road** – Alarm Bells
– Commercial
Albert Head Road – Alarm Bells
– Commercial
- Sep 11 **Happy Valley Road** – MVI
Taylor Beach – Beach Fire
- Sep 12 **Taylor Beach** – Beach Fire
Rocky Point Road – MVI
- Sep 14 **Harold Road** – Assistance – BCAS
- Sep 17 **Ferncliffe Place** – Open Burn
Derrien Road – Alarm Bells
- Taylor Beach** – Beach Fire
- Sep 18 **Clapham Drive** – Medical
- Taylor Beach** – Beach Fire
- Sep 19 **Weirs Beach** – Beach Fire
Taylor Beach – Beach Fire
- Sep 20 **Albert Head Road** – Alarm Bells
Albert Head Road – Alarm Bells
- Sep 21 **Sooke Road** – Structure Fire
Happy Valley Road – Open Burn
Happy Valley Road – Open Burn
- Sep 22 **Sooke Road** – Medical
Kangaroo Road – Open Burn
- Sep 23 **East Sooke Road** – Medical
- Sep 25 **Neild Road** – Open Burn
Neff Road – Open Burn
Chapel Heights Road – Medical
- Sep 26 **Metchosin Road** – Open Burn
Rocky Point Road – Open Burn
Taylor Beach – Beach Fire
- Sep 29 **Happy Valley Road** – Medical

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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 pick up.

LESSONS

FOODSAFE – LEVELS 1 AND 2, MARKETSAFE AND WH-MIS – 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.

Events

Film Night: *Return of the River*, October 30, 7:00 pm at the Metchosin Community House.

Halloween at the Fire Hall, Saturday, October 31, 6:00–9:00 pm.



Metchosin Bandwagon Music Night – Friday, November 20 at Metchosin Golf Course. Presenting the Kicks Band (light rock for your dancing or listening pleasure). Kitchen and Bar open at 5:30 pm. Music runs from 7:00–9:00 pm. *Admission:* \$5 donation goes to musicians.

Winter Birds of Wittys, November 29, 10:00 am–12:00 pm. Guided Walk, 9 years+. Metchosin, Witty's Lagoon Regional Park. For more information, please see: <https://www.crd.bc.ca/about/events>

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

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 15th of each month, as should any amendments or additions to this list.

AIR CADETS
www.848royalroadsaircadets.com
www.facebook.com/848aircadets
 250-590-3690
848air@cadets.gc.ca

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)
tandwcampandcomish@shaw.ca,
 250-478-5484

LA LECHE LEAGUE CANADA
 250-727-4384

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 4H
 250-478-4677
Metchosin4H@gmail.com,
www.metchosin4h.com

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
 Kathleen Sutherland
 250-474-3966

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



MY-CHOSEN CAFE

Presents
the 9th Annual
Breakfast with Santa
Thursday, December 24
Three Seatings: 9:00 am, 10:30 am or 12:00 noon



We will be closed for business Dec. 24, 25 & 26 to provide our staff with very important family time.

Featuring our homemade pancakes, topped with strawberries and whipped cream, two pieces of bacon and coffee, tea or juice

Children \$10, Adults \$15
100% of monies collected will benefit Westshore Foodbank. All staff are volunteering their time for this great event!

Tickets go on sale starting at 10:00 am, November 23. Purchase by phone (250-474-2333) or in person. Purchase a *Helping Hand* for \$2 and make a difference!

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



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



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 9:00 pm
 Sunday – 8:00 am to 9:00 pm

VISA, Mastercard, Interac

Phone & Fax: 250-478-2405

The above is a directory of organizations only. Please submit changes to this information to 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.

Tell them you saw it in the Muse!