



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

MCA Service Auction Was a Side Splitter

JOHNNY CARLINE

In my strictly personal view, the MCA organizes three events which vie with Metchosin Day for being the "most enjoyable Metchosin event of the year."

Two years ago it was the Pearson Christmas Concert that won my vote. The humour, the musical talent and above all the vibrant camaraderie of these young international students brought a packed house to its feet, wanting more.

Last year, it was the inaugural MCA "next generation" pre-Metchosin Day dance that surely was a winner. It had the community a rockin' and a rollin' to some wonderful music, including a surprise, disguised Metchosin genuine star. I was on the door as people left in the wee hours. So many people exclaimed, "Best Dance Ever!" with such joy that I quite forgot to say "hush!"

Although this year has a long way to go, for me the April 7 Service Auction has already laid claim to the 2016 title. Generous donors and willing bidders laid the foundation and the MCA owes them all a great debt of thanks, because this is a major



Auctioneers Stacy Ross and Mike Van de Water. Barb Sawatsky photo

fundraiser. I find local businesses support this community to an outstanding degree and they perhaps don't get all the recognition they deserve. So here is a big thank you to them from the MCA.

But it was the off-the-cuff repartee between veteran auctioneer, local wit Mike van de Water, and Metchosin's TV newscasting star Stacy Ross that kept the event just bubbling with mirth all night. Mike's enthusiastic

commentary on the personal qualities of the donors he knew was ongoing fodder to Stacy's spontaneous and hilarious quips. How could you not bid for the services of a back-hoe operator who is "a great conversationalist," or a masseuse who "we're sure would wear a fencing mask if you asked her"?

And you just had to be there to fully enjoy the show-stopping Marilyn Monroe-like coaxing by Stacy to persuade one gentleman to take the last and most valuable item over the \$1,000 mark. The guy never stood a chance – but I reckoned that he enjoyed every second!

Thanks to Dawn Boshcoff and Heather Gargus, the new online bidding process got a real boost and the addition of wine and cheese at the start of the evening (thanks to Penny McCulloch-Barratt) set a very pleasant atmosphere for the event.

Obviously not all of Metchosin's population could fit into the Community House. However there were still a surprising number of chairs left vacant for the event. Maybe it was because we tried a Friday night and there may have been other conflicting events. Or perhaps people still think of this as a dull, conventional charity auction rather than the evening of side-splitting entertainment it has become. Either way, this event was just too good to have missed. If you have a 2017 calendar, you might want to make a note already, in the April section, to look out for the MCA Service Auction. We'll be working hard to have Stacy and Mike return and, once again, it just might be the most enjoyable event of the year.



Penny from The Wine Maker with MCH president Bob Burgess. Barb Sawatsky photo

My Favourite (Garage Sale) Things

JOHNNY CARLINE

Lampshades and picture frames. And candlestick holders. Tea sets and train sets. And Grandad's tin soldiers. Royal souvenir tea towels Auntie sent in the mail. Donate them all to the Mighty Garage Sale.

Fur coats and cloche hats. And a fuchsia feather boa. Look simply outré. When you're pushing your mower. Hockey gear and GI Joes that your kids have outgrown. These are the things that you don't need to own.

When your cupboard's full
When the garage is stuffed
When there's no room for a mouse
Clear it all out and bring it all down
To the Metchosin Community House.

Saucepans and whirring fans. And a scary meat slicer. Mom's embroidered sayings. That could not have been nicer. Things that don't fit in your house anymore. May be what someone needs for their new chic décor.

That toaster that still works. You just want one newer. That smart but tight jacket. Would fit a lad less mature. The Mighty Garage Sale is where they belong. They will bring someone pleasure for the price of a song.

Now you've donated lots.
Now you're feeling good.
Now all your shelves are clear.
Better come to the sale and buy lots of stuff.
So you can do it all again – next year!

The Mighty Garage Sale is many things: old fashioned "sustainability" where one person's potential waste becomes someone else's resource; an opportunity for folk to find something affordable; the most important fundraiser for the Metchosin Community Association, enabling the MCA to maintain the Community House and host so many programs enjoyed by this community; a treasured tradition where this community comes together and enjoys a weekend of bargain hunting and meeting and catching up with old friends.

Donations to the garage sale can be made at the Community House parking lot from May 21 to 27. The actual event will take place on May 28 and 29.

We ask you to support this event in any way you can. Donate. Buy. And if you could spare an hour or two as a volunteer, please call Heather at 250-475-6944.

Thank you.

Important Dates

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

May 4	Garden Club Meeting	p. 6
May 6	Concert: Shauna Janz and Martin Matychuk	p. 8
May 13	Concert: All You Need Is Love	p. 13
May 14	Garden Club Plant Sale	p. 6
May 15	Deadline: Local Producers Issue	p. 2
May 19	Talk: Climate Change Fore and Aft.	p. 10
May 20	Metchosin Museum Society AGM	p. 6
	Talk: Lichens, Chimeras, and Superorganisms	p. 3
May 20-27	Garage Sale donations accepted	p. 11
May 23	Victoria Day	
May 28/29	Metchosin Garage Sale	p. 1
May 29	Metchosin Foundation AGM	p. 8

Metchosin Muse

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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.

CURRENT CIRCULATION: 2800
(July/August: 3000)

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
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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.

A Belated but Heartfelt Thank you, Metchosin!

Sunday, February 28 saw the Metchosin Community Hall a buzz of activity as piles of towels, socks and toiletries grew and more and more people arrived with donations, ready to assist in making towel/toiletry bundles for Our Place. Thanks to the generosity of those participating, we were able to make 163 towel bundles and 21 packages with socks and toiletries for the daily bath program offered at Our Place. Representatives from Our Place came and shared the important function that the society plays in assisting those who are homeless to get back on their feet with the variety of resources provided. After the packages were completed everyone was invited to share in a finger-food feast and enjoy the upbeat and joyful music of Mufaro marimba band. Dancing was certainly an option.

If you have other ideas of ways that we can be of further assistance to our community, please contact us for a consultation on how we might pool our resources to contribute to a need that you see. We would welcome this opportunity for collaboration (lsametchosin@hotmail.com).

In the meantime, we are grateful for your help with the Towel Bundle project. When we work together we can do great things. Thank you Metchosin for your generosity and support.

Nan Hsieh

Rough Voices – and WFIPOS

Some years ago I worked on a social welfare research project where the effects of two types of service delivery on multi-problem families were carefully monitored and reported. One social worker was very concerned that there should be some indication in the reports of what he called the "Warm Feeling in the Pit of the Stomach" – WFIPOS – which he hoped was being generated and was of great importance. Interesting discussions ensued and eventually resulted in a scale and a chart.

Well, if we measured the WFIPOS in participants at Rough Voices, the bi-monthly sing-along program at the Community House, I am sure it would go right off the chart. This program is such fun, the participants are so friendly, and I am beginning to think there should be a name change! We are not "rough" – we sound great.

Rough Voices started with one hard-working piano accompanist, Leslie Spray, but as the program evolved, all sorts of talented people emerged and Leslie was able to retire. There are now four pianists – Lois Weins, Cheryl Barlow, Carol Hunt and Chris Van de Water. Chris also alternates with playing the accordion.

In addition we have the Barn Cats and the Barn Rats. The names reflect the fact that these "ensembles" rehearse in Sharie and Al Epp's barn in the studio which Al built

in the upper storey. The Barn Cats are Sharie and her brother Dallas Hansen plus Emma Robbins, who also includes some of her own songs in the repertoire. These three are experienced musicians, playing uke, banjos, and guitars with contributions from harmonica player Jeannette McMillan. The Barn Rats, Nic Carlsfeld, Charlotte Robinson and Barb Sawatsky, still qualify for "L" plates as Shari is teaching them to play the ukulele and have now reached the stage where they are prepared to play in public.

At the final session of this season, Barb thanked everyone who has made Rough Voices such a success, including the "back room" workers: "techies" Maureen Glanfield, Charlotte Adams and Doug Sawatsky, "roadie" Al Epp, and Deena Hansen, who looks after the program board.

There is a lot of hard work which goes into this program and this letter is to record my appreciation of the pleasure I have had at Rough Voices. Singing together has deepened existing friendships and brought about new ones, and I would like to thank everyone who has participated – and a special thanks to Barb for the idea and enthusiasm she puts into the Rough Voice sing-along group.

Laura Farquharson

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in the *Muse*!

Final Call to Local Producers

If you are a local producer, and want to be included in the Local Producers issue, please send us an email by May 15 to metmuse@shaw.ca to ensure you're on our list. We'll get back to you with guidelines for what information we need from you.



EMERGENCY PROGRAM INFORMATION SESSION

The First Hours

DAWNE KIRWAN, METCHOSIN EMERGENCY PROGRAM

**Emergency Information Session:
Transportation and Roadways**
Tuesday, May 17, 7:00 pm
Metchosin Fire Hall

A disaster has struck ... now what? Some of us will know what to do or, at the very least, find out where to get the information on what to do. Unfortunately, others will be completely ineffectual.

What are your coping mechanisms? Are you resilient? Are you in any way prepared? Have you tapped into Metchosin's Emergency Program? Are you part of your neighbourhood's POD?

Learn how to work within your POD to be most effective during those first few hours immediately after the emergency. Come to this Emergency Information Session and learn the answers to questions such as: "Who do I contact?"; "Where should I go?"; and "What do I do in the event of an injury?"

Metchosin to Have a Village Square?

BARB SAWATSKY

One comment on the Metchosin Mamas and Papas Facebook page about the *Muse* story on Metchosin moms wishing to have a sunny meeting spot in the downtown area was all it took to get the ball rolling. On April 1, Shannon Carmen called an informal meeting on the lawn of the Community House to talk over possibilities of a space and some benches.

Attended by eight young moms and four other participants, volunteers offered to research aspects of this idea prior to presenting their proposal to Mayor and Council. Councillor Kyra Kahakauwila, heading the committee for the district, organized a well-attended open house on Sunday, April 24 to discuss the initiative.

Because the thread of the Village Square on the Mamas and Papas Facebook site has become so popular, Shannon started a new Facebook page, Metchosin Village Square, to post pictures, thoughts and developments. Log on to it



Village Square Mamas – Back, L-R: Beth, Nina, Shannon (with baby Lucy), Rachael, Morgan. Front, L-R: Julia, Michael, Otilie.

to read her summary of the April 1 meeting and to find the latest on this great idea

which would change the face of the downtown area, making it more family friendly.

Metchosin Mamas and Papas

BARB SAWATSKY

When Julia Breese and her family moved to Metchosin three and a half years ago, they knew no one in the community and, unlike their urban homes they had lived in previously, they didn't often run into their neighbours. With their families living in Holland, combined with Metchosin's large acreages and distance between people, she felt relatively isolated. However, Metchosin was an affordable option to living in Victoria. They love it here and thus the idea of forming a Facebook site to connect with other people around the same age was hatched.

Julia, working in social media, laughs and says that for a long time the group only had a couple of people in it because she didn't know anyone. But now, three years later, it has become somewhat of a rallying site for young families, most recently in regards to the playground initiative which was written up in the March 2016 issue of the *Muse*. One of the moms, Erika Z., read the article, commented on Mamas and Papas, and within two days the thread had grown by over 60 positive comments and suggestions. This idea, which began with three young moms chatting one morning, has taken life and will be presented to council: stay tuned.

Set up three years ago, and originally called Metchosin Moms, the site is now Metchosin Mamas and Papas, which Julia feels opens it up to most of the community. It focuses on



From the Metchosin Mamas and Papas Facebook page.

family-related events and questions and has been a very useful tool for people with children to meet up and to exchange information. For new young families moving to this community Julia has brought a means for people to find others who have children of the same age. Messages between people looking to find playmates for their kids, and then meeting up, are heartwarming. She has especially given younger families of Metchosin a valuable tool to ward off isolation and loneliness, which often sets in when home alone with young ones, knowing no one close by. Metchosin Mamas and Papas is a good, clean site with newsworthy, pertinent and polite postings. Well done, Julia.

TALK AND WALK

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



Cladonia and *Cladina* species

Moralea Milne photo

Do you know how to pronounce chimera, do you have any idea what it is? Join us on Friday May 20 for our last Talk of this season:

LICHENS, CHIMERAS, AND SUPERORGANISMS: Life On the Borderlands between Species and Ecosystems – Friday May 20 with Kem Luther

This talk will be the Metchosin launch of Kem Luther's new book, *Boundary Layer* (Oregon State University Press, 2016). Drawing from sections of his book, Kem will talk about the problems encountered by traditional ideas of species in a world increasingly populated by organisms that are packaged ecosystems.

Metchosin local Kem Luther has had a diverse academic career encompassing philosophy, computer science and college administration. He has gone on to publish a number of books and penned a series of natural history essays. Kem is also a critical component of the BioBlitz/MycoBlitz organising team.

Saturday May 21 "Walk": meet at the Devonian Park parking lot at 10:00 am in a search for lichens.

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



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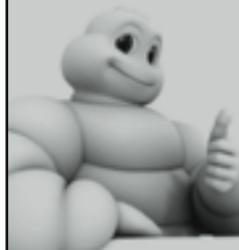
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Mighty Metchosin Garage Sale!
May 28/29, 2016**

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COUNCIL NEWS MAY 2016

2016 DRAFT BUDGET HIGHLIGHTS

Highlights of the 2016 budget include the purchase of a new Public Works' five-ton dump truck, replacing an older ten-ton truck. This item was brought forward from last year as we were unable to complete the purchase in 2015. There are various small paving projects in the 2016 capital plan – located throughout the Metchosin area and also putting the final touches on the new garage building for storage of our Search and Rescue Society's emergency vehicle. Council will be considering adoption of the draft five-year financial plan at its April 25 meeting. The plan shows a 2.1% increase in property taxes for the current year.

2016 PROPERTY TAXES

Metchosin residents should expect to receive their 2016 property tax notices by June 1. If you have not received your notice by June 1, we recommend that you contact the municipal office to obtain a duplicate copy. Taxes are due on July 4, 2016 – penalties will be levied on the following day and cannot be waived, even if you have not received your tax notice.

2016 VICTORIA WHEELERS CYCLING CLUB RACE – MAY 25, 2016

Victoria Wheelers Cycling Club will be having a one hill climb time trial along Neild Road on Wednesday, May 25 starting at 6:30 pm. The race will last approximately one hour and will be an individual time trial where the participants ride alone against the clock, starting at one-minute intervals. The proposed route is up the hill on Neild Road starting west of the intersection with Hibbert Lane, past the houses on this part of the road. There will be approximately 20 to 50 riders.

2016 ROBERT CAMERON LAW CYCLING RACE – JUNE 4, 2016

Russ Hay's Racing Cycling Club will be having a cycling race on Saturday, June 4. Setting up for the race will begin at 5:00 am, race starting at 8:00 am and finishing at 1:00 pm. The cleanup after the race will be until 2:00 pm. The race will begin at Rocky Point Road near Hans Helgesen Elementary School and will then proceed to Liberty Drive, La Bonne Road, Barrow Road, Kangaroo Road and finish back at Rocky Point Road. The course will partially be closed to traffic. There will be approximately 200 racers.

HEALTHY COMMUNITIES ADVISORY SELECT COMMITTEE (HCAC)

Our Healthy Communities Advisory Committee supports community activities that seek improvements in all aspects of living in Metchosin which reflect on our health, well-being and happiness while strengthening our sense of community. HCAC was very successful helping the Senior Information Resource Centre (SIRC) get on its feet and has been on a bit of a break looking for new directions to take the committee. The interests of young families and children is a direction HCAC would like to look into. New volunteers are needed for the committee.

The committee usually meets every other month, or at the call of the Chair. Meetings are in the evenings for 1–2 hours, a small amount of time that can make a big difference in your community. If you are interested, please submit a letter of interest addressed to Mayor and Council to the Municipal Hall.

HERITAGE ADVISORY SELECT COMMITTEE (HASC)

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

DISTRICT OF METCHOSIN MEETING SCHEDULE – MAY 2016

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

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



2016 May Free Fitness Month
Hey all you wonderful mums*...come and join us for a month of unlimited Jazzercise classes in Metchosin or Sooke...FREE – no strings! If you love it much as WE do...then we'll also offer you June, July & August – ALL for only \$129.
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or find us on facebook!

Ladies of Metchosin

JOSEPH BARSS



Audrey Jenkins



Ursula Legg

One afternoon in February, I chatted with some ladies at the Seniors' Information and Resource Centre (SIRC). Their names were Rona Leduc, Ursula Legg and Audrey Jenkins. It was a great pleasure to talk to them and learn about their long lives, and I am glad that I can pass on some of their reminiscences. Something that interested me was the number of experiences that the ladies had in common.

All three of them were keen on sports in their youth. Mrs. Leduc was very fond of baseball: "I remember that once I'd gone to school I started playing ball; playing baseball was my favourite by far. I couldn't wait for the bell to ring so we could run out and play ball," she said.

Mrs. Legg preferred cycling and roller skating: "I used to love cycling on my bike. We

lived in a suburb, in an area which was close to the forest, so you could take your bike and go out quite a long way and get out of town. I used to love roller skating too – we had nice smooth roads, and in those days there weren't many cars around, so we could roller skate on the roads and I had fun."

Mrs. Jenkins rode a horse every day: "I grew up in Saskatchewan, and rode horseback two and three-quarter miles to the little country school."

By the time the ladies finished school, the Second World War had broken out.

All their lives, of course, were affected by the war. As Mrs. Leduc told me: "I was still nursing in the hospital where I was working in Hamilton, Ontario, and the war had broken out by then and I met a fellow I knew from

when I grew up; he was in Hamilton going to McMaster University to learn how to fix one of the precursors to radar that allowed you to see long distances from an airplane. He learned how to fix the airplanes and he went overseas in 1942, but we got married first."

Mrs. Jenkins was living in Saskatchewan at the time: "Telegrams started coming in from Ottawa; it was wartime and they were desperate for stenographers and what have you, so I got a telegram asking me to report to a certain building in Ottawa by a certain time. I didn't expect my mother would agree to my going, because I was an only child, but she did."

Mrs. Legg, on the other hand, lived in Germany: "I was born in Breslau. That was in the eastern part of Germany, which is now

Poland. I lived there until I was 19 years old. I went to school there, and we had to leave there because the war came. We were told to leave because they were defending the city; we went to the west of Germany to stay with some relatives. Eventually, because I learned English at school, I was able to work for the British forces who were occupying the northern part of Germany at the time, and I was employed as a typist and an interpreter."

All the ladies eventually came to Metchosin. Mrs. Legg and her husband moved from Britain first to Montreal, and from there to the west coast, living in Vancouver, Salt Spring Island, Courtenay, and Nanaimo before settling in Metchosin. Mrs. Leduc arrived in Metchosin only two years ago, and lives on a property with two of her daughters and a grandson. Mrs. Jenkins, after living in Alberta, moved to Metchosin and has been here ever since: "We moved out to BC and came to Metchosin; we had the corner store here. We had never done groceries before, and I said, 'Well, that sounds too big; we should start smaller and work up.' My husband said, 'When strangers take over, the business always drops off. Anyway, the clerks that are there will handle it well, and we'll learn.' Well, everyone came to see who these new people were, and they just kept coming! We felt like we had a tiger by the tail! Business was good. We were there for 13 years."

Mrs. Jenkins has many stories about running the corner store: "Upstairs in the store, there was one room where the flooring wasn't very good, so one time my son Scott and his friend were upstairs after school. They were supposed to be doing homework, but the friend decided he was going exploring. Scott told him, 'We're not supposed to go in there – it's not very safe!' Well, the friend went in anyway, and he went right through the floor and landed right behind the tills! Oh, the dust and the mess! And right

at five o'clock when everybody was coming home from work and the store was as busy as it could be."

The store was also broken into: "My older son was sleeping at the store then, and he heard the man when he walked up the stairs. He looked in, but my son knew he was there and pretended to be asleep. The fellow saw there was a body in the bed, so he just tore down the stairs and out. Scott looked out the window but couldn't see who it was or anything about him."

One thing all the ladies share is a love for Metchosin. Mrs. Leduc is happy about Metchosin's support of older people: "It's the one part of the Victoria area that encourages people to live at home, instead of going into care. Metchosin wants people to know that it believes in people staying home."

According to Mrs. Legg, "Metchosin is a beautiful spot to live because it's quiet and still rural. I just like the atmosphere here. I like gardening, I like being out in the fresh air."

And Mrs. Jenkins says, "I'm so thankful we came to Metchosin. I just think it's such a great place to be."

I think Metchosin is a great place to be, too. I was glad that these three ladies shared their stories with me, and I enjoyed the visit very much. I think the SIRC is a valuable community resource for Metchosin seniors.

Joseph Barss is a 15-year-old homeschooler who has been a resident of Metchosin since he was three. He lives on Happy Valley Road with his parents and two younger brothers. Joseph enjoys opera, fencing, cycling, math, and thinking about architecture and urban design. He began volunteering at the Metchosin SIRC as part of his work toward the Duke of Edinburgh Bronze Award, and has really enjoyed getting to know some of our community's elders. This is the first of two articles about the ladies of Metchosin he has met.

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You won't want to miss the third Annual Parisian Café, on Saturday, June 14 from 10:00 am–12:00 noon at the SIRC Courtyard. Come and chat with your friends and neighbours, enjoy a cup of coffee or tea, and delicious French pastries. Be entertained and watch Plein Air artists in action. Everyone welcome!

Volunteer Drivers Needed

SIRC is looking for volunteer drivers to help our seniors get to medical appointments or the grocery store. If you are interested in learning more about our volunteer driver program, please contact us at 250-478-5150. Every lift helps!

SIRC May Have the Man for You

If you need a plumber, electrician, or capable handy man (or woman), call the SIRC office

at 250-478-5150. We keep a directory of recommended service providers and would be happy to pass along their contact information to you.

Ongoing at SIRC

MAHJONG

Every Thursday from 10:30 am to 12:30 pm. Join "majh" coach Martha Haylor and have fun with this ancient game similar to Rummy. No previous experience necessary.

SPANISH

Spanish lessons got underway in April. Please call SIRC, 250-478-5150, for more information.

GEEKS AND GEEZERS

SIRC is pleased to offer one-on-one sessions to help you with your computer or other electronic device. Call 250-478-5150 to set up an appointment.

Visit the Muse website!

<http://www.metchosinmuse.ca>



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Have you hugged your ladybug today?

Joan Kew photo

The Bug Lady to the Rescue

JUDITH VAN MANEN

Metchosin Garden Club Meeting
 Wednesday, May 4, 7:30 pm
 Metchosin Community House

Our next Metchosin Garden Club meeting is devoted to the lowly but mighty BUG. Just think: “bug” is just a three-letter word but it can be found in 837 quotations, 117 phrases, and 131 definitions, listed in the authoritative *Oxford English Dictionary*. Yes, bugs can “bug” us. That is why we use phrases such as “don’t bug me,” “bug off,” “bug out.” The term “bug” names some of the tiniest creatures that rule the world of gardeners. The coffee bug destroys the coffee bean; the green bug refers to aphids that infest grasses and crops; and the kissing bug is a blood-sucking insect that may infect a person’s lips while sleeping. Obviously, the little bug can do much damage, but also much good.

There is an English nursery rhyme that goes like this: “Ladybird, Ladybird, Fly away home, Your house is on fire, And your children are gone.” But really we should not invoke this nursery rhyme at all, because the problem is that our roses are covered with aphids, which the ladybugs are feeding on. In truth, the lovely ladybugs come to our rescue.

Now there is a wonderful speaker who has offered to come to our rescue: she is Beth Close, sometimes referred to as the “Bug Lady.” She will present a talk, “Integrated Pest Management,” for gardeners like us who are dealing with bugs on our plants, flowers, vegetables, and trees. Anyone who has tried to successfully grow vegetables and flowers has encountered and become frustrated with deadly pests. No, it is not only our dear deer,

but these destructive small creatures such as aphids, whitefly, spider mites, thrips, and fungus gnats!

Beth will discuss the application and use of commercially available beneficial insects (also known as beni-bugs) and provide valuable advice on how to attract these wild beneficials into our yards and gardens. She will also outline cultural methods we can use to control pests without chemicals.

Beth Close is the sales manager of Applied Bio-nomics, a local company founded in 1980. The company produces 11 species of beneficial insects that are used to control major greenhouse pests.

Beth has a degree in biology from the University of Lethbridge, and she has been working with applied bio-nomics for eight years.

So, to learn all about the fascinating world of beni-bugs, don’t miss our next meeting!

The Metchosin Garden Club welcomes Beth Close as our speaker at 7:30 on Wednesday evening, May 4 at the Community House.

Garden Club Plant Sale

In addition to our regular Garden Club meeting on Wednesday, May 4, we will have our annual plant sale, social, and raffle on Saturday, May 14. There will be many plants for sale that are locally grown in the gardens of Metchosin Club members. Selection includes perennials, annuals, and vegetable starts.

Of course, the sale would not be complete without coffee and goodies baked by our own members and an exciting raffle draw, at Metchosin Community House, 4430 Happy Valley Road, from 10:00 am–2:30 pm.

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Metchosin Museum Society AGM

Friday, May 20, 7:00 pm
 Metchosin Community House

Our guest speaker will be Fern Perkins, who will speak about “My Relations – The Story of the Métis People.” Elections and refreshments to follow.

A picture of a different Metchosin meeting:



Conservative picnic in 1913 at Sandy Bay, now known as Weir’s Beach, on Dominion Day, now known as Canada Day.
 Photo courtesy of the Metchosin Museum Society

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

METCHOSIN VOLUNTEERS

Metchosin Fire Department

JIM MACPHERSON



The firefighters spend a lot of time maintaining vehicles and equipment to ensure that they are in tiptop shape, ready for any situation
Photo by Brian Domney

Once upon a time, a volunteer fire department was looked upon as something like a glorified old boys' club.

Those days are long gone, and the Metchosin Fire Department shows just how out-of-date that old cliché is. Today's volunteer firefighters are very well trained, do a variety of jobs, are committed, and willing to take a call at 2:30 in the morning.

Today the Metchosin Fire Department has 34 volunteer firefighters and if the six new

recruits work out, the Department will have reached its full complement of 40 volunteers. Quite a few, you say, but the Metchosin Fire Department takes in Pearson College, the Beecher Bay First Nation, William Head Institution and military sites, as well as the residents and businesses of the district.

Two full-time positions are responsible for call response, department administration and maintenance duties such as taking care of vehicles,

generators and other equipment to make certain they are ready to go when needed. All other Metchosin firefighters are volunteer.

Volunteers have to be physically fit of course. Volunteers are something like Type "A" personalities whose adrenalin charges at the next call. And maybe it doesn't hurt to have just a little touch of the kid looking forward to driving that big red fire truck.

After that it's all work. It will take maybe two years before a volunteer is sent to take an active part in controlling a fire. Before that happens, a new recruit will complete an application, pass written tests and interviews and then proceed through an extensive training program. And before a volunteer is sent to his or her first fire, that volunteer will have worked and trained with other more experienced firefighters so that there is complete trust between all volunteers, a complete understanding that each person knows what to do, how to do it and to do it safely.

Standards for firefighters are set by the Office of the Fire Commissioner of BC and follow regulations of the National Fire Protection Association. Basic courses are taught by certified instructors through the Justice Institute. Once a volunteer has completed this basic training program, he or she will be able to take any of several optional training programs covering everything from medical response to hazardous materials, to auto extraction, to large animal rescue, and everything in between. Volunteers often take several of these courses. This cross-training is important, especially in smaller municipalities like Metchosin, where opportunities for specialization are limited.

So ... what do Metchosin's volunteer firefighters do? There is a long list: fighting fire and medical emergencies are at the top of the list, but then there are duties such as building inspections, evacuations, continuing training and skills upgrading, team organization and practice, and learning how to work seamlessly with other fire departments as part of mutual aid programs.

Then there are education programs undertaken through community events such as Metchosin Day, Christmas and Hallowe'en parades, and even special events such as the periodic birthday party.

Because they are volunteer, Metchosin's firefighters have their day jobs, many of which are outside the district. Three volunteers work for the District's Public Works Department and they can be available during the day when needed. Other firefighters, though, may not be available during the day and that is one of the reasons why we need quite a few fighters, so that someone is available to take calls during the day. Having mutual aid agreements with neighbouring municipalities also helps ensure that enough firefighters are available to do the job.

Metchosin volunteers are paid a small stipend. The district, through the Fire Department budget, pays for a firefighter's equipment, boots and uniform.

Metchosin's volunteer firefighters put in a lot of time, often about two days per week spread across weekends and evenings. This is in addition to working full time. What the fire fighters get out of it all is experience, excitement and challenge, a brotherhood with other firefighters, community service and maybe most important of all, a résumé which shows a career path for someone who wishes to become a professional firefighter.

There are some other perks to the job for those interested. Some Metchosin firefighters belong to Firefighters Without Borders and have travelled to Peru to offer firefighting training. For these activities, volunteers must pay their own way. Some provincial and national skills competitions are similar. And like most volunteer organizations, fundraising to pay for these "extras" always seems to be necessary.

Got feedback?
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Training is a regular part of the volunteer firefighters' life
Photo by Brian Domney

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Check out the classified ads on page 15.

Metchosin Fire Department Call for Big Rigs

BARB SAWATSKY

Fire Chief Stephanie Dunlop will be hosting a Big Rig Rescue Symposium on the weekend of August 6 and 7. This will be a first training exercise for very large equipment and will be open to all fire departments on the south island. "Big rig stuff needs specialist equipment to right them," says Chief Dunlop. "We need donated 'junkier' backhoes, tractors, cement trucks, tractor trailers and big farm equipment, not passenger cars and trucks, and they don't have to come with engines." "Think logging truck rollovers on Sooke Road requiring cranes to lift them and you get the idea of the size of vehicles we need for this symposium to take place."

The vehicles will be tipped onto their sides, cut open with torches, mangled, then sent to their final rewards. The Fire Department will arrange for towing, so if you have something that meets the above requirements, contact Metchosin Fire Department on the non-emergency line, 250-478-1307, or firechief@metchosinfire.ca.

Veteran Journalist to Speak at Metchosin Foundation AGM

CAROL CARMAN



Jo-Ann Roberts

Metchosin Foundation AGM
Sunday, May 29
St. Mary's Anglican Church
4215 Metchosin Road

Award-winning veteran journalist Jo-Ann Roberts will be the featured speaker at the 2016 Annual General Meeting

of the Metchosin Foundation. The public meeting will be held on Sunday, May 29 at 7:00 pm at St. Mary's Anglican Church at 4215 Metchosin Road.

Jo-Ann Roberts was most recently a candidate for the Green Party of BC in the last federal election. She is an award-winning, veteran journalist who for 20 years hosted CBC Radio programs, including the well-received All Points West. She is an expert on Public Broadcasting, has taught at the university level, and provides workshops on media literacy.

Born in PEI, Jo-Ann has been living on Vancouver Island for 12 years. She continues to work on issues affecting climate change and housing, as well as on policies affecting democratic and income inequality. She is the Community Relations and

Advancement Consultant with The Threshold Housing Society and a board member of Literacy Victoria.

Jo-Ann is married to Ken Kelly and they have four children and one grandchild. For further information, please contact Carol Carman at ccarman@shaw.ca.

The Metchosin Foundation has been a registered charity since 2009. It has three overarching goals: to encourage and support the rural nature of the district, to support and maintain a harmonious community, and to preserve, safeguard, and educate about the flora and fauna of its unique ecosystems for the benefit of all Canadians. The Foundation focuses on supporting nature covenants. For the AGM agenda, please watch our website at www.metchosinfoundation.ca.



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House Concert: Shauna Janz and Martin Matychuk

ERIN VAN DE WATER

Mark your calendars! The next house concert at the Community House will be on Friday, May 6 from 7:00-9:00 pm, featuring Shauna Janz on guitar and Martin Matychuk on cello.

Music has never been far from Shauna Janz's heart, although her love affair with the guitar remained unrequited for the majority of her life, until the two had a chance encounter in 2005. She soon discovered a natural and very intuitive gift for the instrument.

She is "perhaps something of an unusual combination in the music business - a grief support worker and educator who found music as a method for creative release, but turned it into an upstart and promising career" (*Nanaimo Daily News*, August 2015). The passion she has for her work translates into her songs in themes about the strength of the human heart and resilience of the human spirit - about reaching into the rough and beautiful places as a catalyst for transformation and love.

As a self-taught guitar player, her unconventional approach and folk-soprano voice has garnered her appreciative audiences and quick recognition ever since. Her first single in 2010, "Simple Beautiful," turned heads as far as the US market. Following that, in 2012 she released the album *Divinity*, recorded within the folk duo Vital Hands, which also received



Shauna Janz, appearing at the House on May 6.

attention in the Vancouver film industry, and her song "Redwood" was nominated Song of the Year at the 2015 Vancouver Island Music Awards. Her full length studio album is set to be released this June 2016, recorded at yourSOUNDSCAPEstudio in Victoria and mastered at Gotham City Studios, Vancouver (Sarah McLaughlin, Heart, Delirium).

Receiving vocal training from various soprano and folk/pop teachers, most recently at the Victoria Conservatory and Yanik Giroux Performing Arts Studio, her indie-folk sounds are described as "lyrical, soulful, warm" and "stunning and memorable; a unique voice that combines folk with soul." Audiences can expect fascinating guitar tunings, haunting finger-picking

melodies punctuated by driving rhythms, and set amongst both ethereal soprano sounds and strong spirited vocals. She will be accompanied by Martin Matychuk on cello.

Also, my sincere apologies to anyone who showed up at the House on April 1 in anticipation of an evening of music. The band for that night had cancelled due to illness, yet the event had already been advertised in the *Muse's* House Happenings. Consider it an accidental April Fools joke? And hope to see you May 6. I promise there will be music! And possibly wine tasting.

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Taking on Cancer – A Metchosin Connection

JOANNIE CHALLENGER

Cancer affects almost all of us at some point in our lives. It may be when a close friend receives the unhappy diagnosis of the disease, it could be a mom, a cousin, even ourselves. Many now win their battle with cancer, though some do not. When you think back to the days of Terry Fox and his cross-Canada run to raise awareness about cancer more than 30 years ago, you realize what advances have been made in understanding and treating the disease. Many people who would have died of cancer 20 years ago, or even 10, can now look forward to surviving the same diagnosis. Recent news about cancer research breakthroughs here in BC have made world news lately. But there is still more to learn about this challenging disease.

In England, at the Kennedy Institute of Rheumatology at Oxford University, Dr. Nathan West continues his work as a research scientist. Raised here in Metchosin and earning his PhD at the University of Victoria in 2012, Nathan has spent the last three years gaining greater understanding of the disease. "My areas of focus are studying inflammation in colorectal cancer, and identifying new molecular pathways that promote inflammatory bowel disease (chronic intestinal inflammation). We want to inhibit cancer cells from taking advantage of the body's natural defenses."

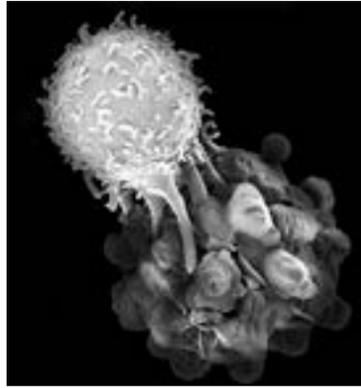
"We've uncovered a new mechanism by which a person's immune system can actually promote survival of cancer cells, and resist attempts to eradicate the cancer." In layperson terms, this means that the cancer uses the body's own immune system

to grow, which is a bad thing. "Our immune system is normally our guardian, but it sometimes can be a double-edged sword. It can fight cancer cells, but can also get hijacked by the cancer cells and used to promote their growth."

Researchers in BC have been studying how T-cells (the body's fighter cells) can be used to fight the cancer. Nathan's research looks at the problem from a different perspective; rather than focusing on creating an army of fighter cells, his research is studying how the pathways that the cancer has taken over can be intercepted. "The objective is to deliver targeted intervention that can disrupt the cancer cells' progress and their ability to resist therapies. It's a precision approach to fighting a specific target, rather than the 'sledgehammer' approach of chemotherapy, which kills the good with the bad."

"It's an exciting time," Nathan noted, "with significant strides being made in cancer research. For example, patients with metastatic melanoma used to survive only months with conventional therapy, whereas new immune therapies are dramatically improving prognosis, with some patients possibly cured."

"We used to hope for one cure, but we now realize that cancer is not one, but hundreds of different entities. Tumour biology is now moving ahead in leaps and bounds. We are developing the ability to characterize different tumours in detail, identify their weak points, and use this information to design new therapeutic strategies. Surgery still has a role in fighting the disease, but effective medical



An electron micrograph depicts a T-cell (above) attacking a cancer cell. Photo courtesy of Dr. Nathan West.

treatments are critical to prevent cancers from returning. It's not just about designing new drugs, but tailoring the drugs we already have to treat a specific cancer. Some of the drugs that have been around for years are still being used, but used more effectively."

Nathan's work day can be exhausting – long hours with lots of meetings and lab work, where he designs and executes experiments, later analyzing the data he finds. "It's interesting work, though; it's encouraging to work in a field that can be of benefit to patients."

When asked what message he could pass along to the Metchosin community, Nathan ended our interview on a positive note. "People in BC can take pride in the knowledge that the research and medical care being provided in BC has enabled our province to have one of the best survival rates in the world." Encouraging words, which we need to hear in the face of such a daunting disease.

Another Successful Poultry Swap

April 10 was another successful poultry swap in Metchosin! It was well attended by locals, small farmers and backyard hobbyists from the West Shore, Duncan, Saanich, and Sooke and Victoria. There were lots of animals for swap, sale, and browsing, from quail, ducks, chicks, chickens and even some baby goats.

Backyard and local food production is gaining momentum and popularity, and Metchosin has a lot of experts! It is a great place to connect with other poultry enthusiasts, get ideas, advice, new birds or have fun seeing all the cute animals.

The poultry swap is held on the second Sunday of each month from March through October, 11:00 am–1:00 pm in the field up from the Metchosin Farmers

Market at 4440 Happy Valley Rd. For more information, contact Theresa Sutton, metchosinpoulterswap@gmail.com. See you there!

Chickens aren't the only ones at the Poultry Swap these days. Quail, ducks, goat kids – even people kids – join in the fun.





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MCA GUEST SPEAKER SERIES

Climate Change Fore and Aft: Where on Earth Are We Going?

MCA Speaker Series, Thursday, May 19, 7:00 pm at the Metchosin Community House, 4430 Happy Valley Road

RIC PERRON

Yet another amazing speaker coming to us. Tom Pedersen, Professor of Paleoclimatology and Marine Geochemistry at UVic, School of Earth and Ocean Sciences.

Paleoclimatology? Okay, I admit to googling it – “the study of past climates.” Those words really reverberate in me: past climates, like a dreamscape of a parallel world. Since it is not possible to go back in time to see what climates were like, scientists use imprints through organisms (like diatoms, pollen, charcoal), ice cores, tree rings, and sediment.

Tom says, “fossil fuel combustion, particularly coal, and associated release of carbon dioxide to the atmosphere is warming Earth. The warming is particularly profound in high northern latitudes but its impacts are global, ranging broadly from insults to human health to distortions of world food

prices to an increasing frequency of deluges and floods. Moreover, carbon dioxide emissions are acidifying the sea with serious pending consequences for marine life including coral reefs. We have a small window of opportunity to slow such changes; a first step must be to remove coal from our energy diet. This is not hard to do: the technology exists and examples will be offered. But it won't happen if we collectively continue to waffle, duck and dither.

“The good news is that acting now – seizing the challenge of the next industrial revolution – will generate new economic activity and a cleaner, more climatically stable environment.”

Tom has a remarkable history. Dean of Science at UVic for six years and in 2009 was appointed the founding Executive Director of the new Pacific Institute for Climate

Solutions, established at UVic via a \$90 million endowment from the Province of British Columbia. Before coming to UVic, he was the Associate Dean, Research and Faculty Development at UBC. He is now writing a book about BC's climate-action history and experience. As a member of British Columbia's Climate Leadership Team, he will guide us through an amazing presentation.

He's a great person to talk with, grounded, and believe it or not, fun.

Did You Know?

On April 18, 2016, 49 maximum temperature records were broken in BC, according to estimates by Environment Canada. Victoria's new record of 24.3°C beat the old record of 19.4°C set in 1934. (Records date from 1914.)

Rare Opportunity to Visit Race Rocks

JANE HAMMOND



Because of the high tidal currents, which is the reason for its name, Race Rocks is home to a wide variety of species, and is the northernmost birthing colony for the Northern Elephant Seal, with males reaching up to 2,500 kilograms (5,500 pounds). There is evidence that suggests that Race Rocks played an important role in local Coast Salish culture for centuries. The lighthouse on Race Rocks was built in 1860 with granite blocks, cut and numbered in Scotland, and shipped here as ballast. Photo by Ric Perron

The KULE Foundation's fundraising and immensely popular boat ride to Race Rocks is once again taking place this spring.

We invite you to join in a unique opportunity to visit this ecological site. Race Rocks is under the stewardship of Pearson College and not open to the general public.

The Metchosin community has a good record of supporting KULE, particularly in its efforts to build the library of a secondary school in rural Kenya and supply books for it. The funds raised this year will go towards constructing two classrooms for a nursery/primary school project in the same village.

The trip to Race Rocks is approximately two hours in length and costs \$100 per person.

All those interested can contact Jane Hammond at jh5447@shaw.ca or Geoffrey Tindyebwa (250-391-0258), the founder and director of the KULE Foundation (www.kulefoundation.org). Geoffrey is also a long-serving faculty member at Pearson College.

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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.

Buddies – 2:45–4:30 pm. Last session for the season is May 9. The program will restart September 19. Buddies offers Reading and Math tutoring as well as help with homework for Metchosin students grades K–6. Students receive a half hour, one-to-one tutoring session with an adult or teen volunteer. Registration forms are available at Hans Helgesen School or call MCH at 250-478-5155 or the coordinator, Nancy Evans at 250-642-4613.

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. The program is finished for the season but will return 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.

Singalong – Metchosin Rough Voice Singers – The Rough Voice Singers meet 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. \$2/person. Contact Barb Sawatsky (250-478-0553). Finished for the season and will return 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.

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.

Wednesdays

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

Garden Club Meeting – 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 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.

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 refreshments.

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. 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.

Pearson Student Teatime Drop-In – 2:45–4:30 pm. Enjoy a cup of tea and conversation with international students from Pearson College. The program is finished for the season and will return in September.

Ukulele Gathering – 5:00–6:30 pm, second Friday of each month. Last session is May 13. Will restart in September. 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: *Jumpin’ Jim’s Daily Ukulele* (as a base resource to work from) if you have it.

Film Night – Friday, 7:00–9:00 pm. PREEMPTED THIS MONTH. Film night is normally the last Friday of each month.

Events

Concert – Shauna Janz (guitar, vocals) and Martin Matychuk on cello. May 6, 7:00–9:00 pm. Audiences can expect fascinating guitar tunings, haunting finger-picking melodies, punctuated by driving rhythms, and set amongst both ethereal soprano sounds and strong-spirited vocals. No pre sales, pay at door; suggested donation \$7–\$12.

Guest Speaker – Tom Pederson. Thursday, May 19, 7:00–9:00 pm. See p. 10.

Mighty Garage Sale – Donations start May 21. We need your unwanted “stuff” ... including antiques, collectibles, clothing, books, furniture in reasonable condition, small appliances in reasonable working order, tools, sporting goods, china and household goods.

Donations can be dropped off at the tents beside the Community House daily, starting Saturday, May 21 through to Friday, May 27 from 10:00 am to 2:00 pm.

Please no mattresses, exercise equipment, TVs, pillows, old shoes, soiled clothing, microwaves, typewriters, BBQs, large appliances, old computers, ski equipment, cribs, car seats or magazines.

For more information, call 250-478-5155. The Garage Sale is May 28 and May 29, 9:00 am–3:00 pm. Sale both days and Auction on Saturday. Come and browse through the big tents for furniture, electronics, sporting goods, yard goods, tools, housewares, collectibles, antiques and “mystery stuff.”

Be sure to participate in the silent auction inside the Community House for a chance to get some of the choicest donations. Items will be auctioned off on Saturday.

LOCAL KIDS CAN EARN SPENDING MONEY. Hey Kids – why not earn some coin to help fund your summer holidays? Pocket some cash in exchange for those old toys, e-games, cartoon videos, volumes of nursery rhymes, stacks of comics, Hot Wheels, Barbies, Braats and books! The Metchosin Community House is holding its 2016 Garage Sale on May 28 and 29. As an incentive to our Metchosin youth, we are offering a section of the yard to local kids ages 12 to 18 who would like to set up a sales table (or tarp) on Saturday for FREE. Bring your own table (or tarp), cash float, and the items to sell – it has to be YOUR STUFF not your parents’ things. All items must be organized and in reasonable repair – you will have to take away whatever is not sold. You want your stuff to sell, so don’t bring junk.

Entry to the garage sale is by cash donation at the gate. All proceeds from the event go to support the Metchosin Community Association.

If you are interested in being part of this fun event and have some free time to volunteer, please call the MCA office at 250-478-5155 to join in!

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.

Art on the Walls – Coming in June: Arlene Welch. The works will be on display at the Community House for the month of March. Viewing times are Monday–Friday, 9:00 am–1:00 pm.

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.

**Save the date! Metchosin’s Annual
 Mighty Garage Sale is May 28 and 29!**

Tick-ed Off in Metchosin

BARB SAWATSKY

Lucky to be living in this community surrounded as we are by nature, we are aware that we sometimes have to be a little careful of bears, cougars, angry deer and an insect the size of a sesame seed.

After working on his property for two or three hours in early April, Bob Gramigna noticed what appeared to be a small scratch-like lesion on the left side of his abdomen. The next morning the spot had grown to about half an inch in diameter, the centre was dark red to black and was surrounded by a ring of white and a ten-inch, red elliptical rash. The second morning, the area was larger with red spots multiplying upwards and down to the side forming a very large patch. Although it was not painful or even very itchy, it was annoying, but he also complained of a dull headache and achy muscles. At this point Donna, his wife who is a nurse, sent him to a clinic to seek medical attention. Although not confirmed by a blood test, because of his

symptoms he was diagnosed with Lyme disease, started on a 21-day course of antibiotics twice a day and advised to see his family doctor in five days. His doctor told him that he was fortunate to have been treated by a physician who had moved here from Ontario and who had seen cases in eastern Canada. He added that many doctors still do not believe it has reached the island and that patients have been misdiagnosed because it is not prevalent here. Luckily within a day of starting the antibiotic, Bob's rash and headache symptoms began to resolve and although he still has some tiredness, Donna said it may be due to the antibiotics.

So don't dismiss tick bites as just an annoyance. Go to a clinic or make an appointment with your doctor. If you remove the tick yourself, put it into an empty pill bottle or other small container and take it with you to a doctor who will send it to a lab to be analyzed.

Lyme Disease and West Nile Virus in BC



Kyna, a red and white border collie, is having fun romping through the camas in Devonian Park, but she gets checked on a regular basis for ticks. At least one Metchosinite has recently been diagnosed with Lyme disease (see "Ticke-ed Off in Metchosin," right), so be vigilant. Southern Vancouver Island has been designated "optimal" range for the disease by the BC Centre for Disease Control.

If you go out in the woods today ... wear a hat!

And while you're thinking about insect-borne disease, why not find all that standing water around your home – whether in buckets, rain barrels or ruts in your driveway – and get rid of it? West Nile disease is now in British Columbia, and it is carried by mosquitoes, many of which lay their eggs in standing water. The pesky critters don't go too far from where they emerged, so if you get bit by a mosquito around home, chances are, it came from around your home.



Deer tick

Actual size: similar to a sesame seed

To protect yourself against tick and insect bites:

- Walk on cleared trails wherever possible when walking in tall grass or woods.
- Wear light coloured clothing, tuck your top into your pants and tuck your pants into your boots or socks.
- Put insect repellent containing DEET on all uncovered skin. Reapply as frequently as directed on the container.

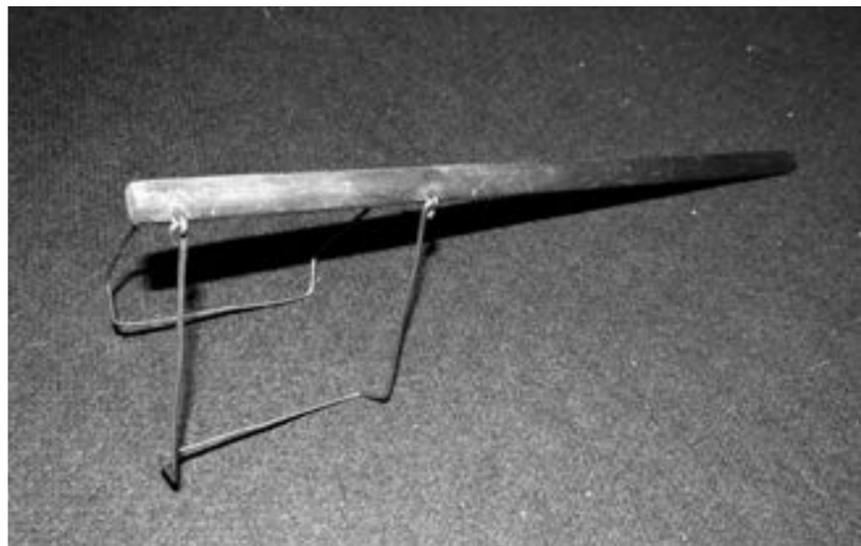
- Check clothing and scalp (covered or not) when leaving an area where ticks may live.
- Check in folds of skin. Have someone help you check hard-to-see areas. When a tick is located, remove it immediately. Check the whole body! Don't stop when you find one tick. There may be more. Make sure the lighting is good so that you will not miss seeing the ticks.
- Regularly check household pets for ticks.

– from <http://www.bccdc.ca/health-info/>

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 in a 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 item featured below, 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 coffee of their choice, compliments of the Broken Paddle Coffee House. We'll let them know to expect you!



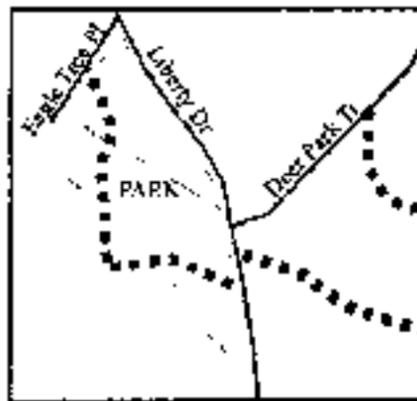
Congratulations to Eila Zylak for being the first to identify April's object: a [Turkish] coffee grinder. Thank you to everyone who responded!

sponsored by **The Broken Paddle Coffee House**
4480 Happy Valley Road, Metchosin

Take a Hike!

This trail map is from the Metchosin Parks and Trails brochure on the District of Metchosin website. To find more trails, please visit: <http://district.metchosin.bc.ca/content/parks-and-trails>

Buckbrush Swamp Trail



Easy trail loop, suitable for all users. Access from Liberty Drive & Eagle Tree Place.

Visit the *Muse* website!

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<http://www.metchosinmuse.ca>

Seen Out and About



Margaretha Burnett found Josh LeBlanc and Ryan McGuire heading out from a local beach to set some crab traps. Good nutrition for when they're on a Metchosin Search and Rescue assignment.

Photo by Margaretha Burnett

1970s – All You Need Is Love

ALL YOU NEED IS LOVE
Sooke Community Hall
Friday, May 13, 8:00 pm,
Saturday, May 14, 8:00 pm
or Sunday, May 15, 2:00 pm

Tickets are \$15 available in Sooke at Shoppers Drug Mart, The Stick in the Mud or at the door.

So many of us sang the words to 70s songs without ever really thinking about their origins. "Seven Bridges Road," made famous by The Eagles, was written by Steve Young during a trip to Montgomery, Alabama. According to Young "a group of friends showed me a road that led out of town ... after you crossed seven bridges, you found yourself out in the country. Spanish moss hung in trees ... there were old farms with

old fences ... churches and streams." You will almost be able to see the imagery when you hear the Sooke Community Choir perform.

The choir's upcoming concert will showcase music from the 1970s, considered the most creative decade of popular music in the Western world. There will be selections from The Beatles, Billy Joel, Queen, ABBA, Neil Young, John Denver, Stephen Sondheim, Simon and Garfunkel and Carole King. We are certain you will find some favourites in this mix.

The choir's artistic director, Bruce Ruddell, will conduct the concert and you won't want to miss the solo piano performance of 70s movie scores by accompanist Kathy Russell. Special guests will be Victoria musicians Al Sabourin on guitars, Steve Duben

on bass and Malcolm Cooley on drums. Brush up on your lyrics and warm up your voices for a sing-a-long.

Don't miss the 1970s – *ALL YOU NEED IS LOVE* concert at the Sooke Community Hall on Friday, May 13, 8:00 pm; Saturday, May 14, 8:00 pm; or Sunday, May 15, 2:00 pm matinée. Tickets are \$15 available in Sooke at Shoppers Drug Mart, The Stick in the Mud or at the door. In support of youth and the arts, anyone under the age of 29 is admitted free. For elevator access, please arrive early.

Check out our new website, sookecommunitychoir.com, email info@sookecommunitychoir.com or call 250-642-3566. "Like" our Facebook page "Sooke Community Choir" by May 1 for a chance to win four tickets to the show! Great door prizes as always.

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Pearson College students tour West-Mont School on April 22, sharing their experiences and observing the Montessori method of education.

Danny Buchanan photo

**14TH JUAN DE FUCA
(METCHOSIN) SCOUTS CANADA**



Curtis Becker photo

14th JdF Scouts Celebrate Earth Week

SANDRA MEYER

The 14th Juan de Fuca Scouts celebrated Earth Week by very enthusiastically clearing 240 metres of broom along Buckbrush Swamp Trail which runs alongside Liberty Drive (see "Take a Hike," p. 12). The invasive plant was removed in order to let the native habitat flourish. Bat houses will be next in this area as part of a conservation awareness program for these energetic youth!

14th JdF at UBC

MARKUS MEYER

On April 9 and 10, the 14th Juan de Fuca Scout Troop and Venturer Company partook in Nite Hike, over at UBC. Our scouts had the opportunity to conduct a number of tasks at several different stations throughout the night, starting at 7:30 pm and wrapping up at roughly 5:30 in the morning. The participants were scouts Alysha Becker, Steven Meyer and Elliott Cove, while Markus Meyer and Cameron Quinn represented the Venturers. There was an abundance of other participating groups at this event, and it's safe to say that our group had a great time, and slept well once they returned home! This year's participation comes on the heels of top 15 finishes for both the Scouts and Venturers at last year's event.

'Grandma Charles' Has Carved Her Own Niche at Hans Helgesen

CHARLA HUBER

Watching Beecher Bay Elder Lee Charles share her language with students is something that warms my heart.

The first time I met Lee, I drove to Hans Helgesen early in the morning even before my work day had begun. It was circa 2008 and I was a reporter for the *Goldstream News Gazette*. I met Lee in the multi-purpose room of the school where she sat with duo-tangs and a group of students from Beecher Bay First Nation. Young children from kindergarten to Grade 6 opted out of playground fun before the bell to learn their language. I watched her eyes light up as the children repeated words and asked questions. At this point I did not have any children, but I knew if I did I would want this opportunity for them.

In 2011 I came back to the small Metchosin school again to interview Lee. This time

her teaching was incorporated into the Grade 5 curriculum. I spoke to students who told me that the language was dying and it wasn't fair that the First Nations were losing their language when other languages are alive and flourishing. I could tell Lee was teaching much more than words. She was teaching them about inequality, compassion and real-life struggles of First Nations people and their fellow classmates. I also spoke to students from Beecher Bay who said they felt proud helping their classmates with the language. They liked seeing the other students learning the language and taking it seriously. It made them feel good to be an expert in something that their peers came to them for help with.

Now I have a daughter of my own who is in kindergarten at Hans Helgesen. Shortly after she started

school, I started hearing about "Grandma Charles." I was pleasantly reminded of the Elder who had touched my heart a few years back. I found out now Lee teaches her language to the entire school. What a great opportunity for my daughter and all the other children. My daughter loves "Grandma Charles" and comes home eagerly each week with new words. She repeats them to me and tries to stump me and find a word I don't know.

Through adoption and being at the tail end of the 60s scoop, I never had an opportunity to learn my culture. Recently my daughter and I learned we are from the Athabaskan Chipewyan First Nation. "Grandma Charles" fills a void for our family and brings the teaching of a First Nation Elder to my daughter. She relishes the opportunity every week.

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

Fire Department Call-Outs MARCH 2016

FIRE CHIEF STEPHANIE DUNLOP

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

- | | |
|---|--|
| Mar 01 Briarwood Road – Hydro – Tree on Lines | Happy Valley Road – Hydro – Lines Down |
| Mar 03 Lombard Drive – Assistance – RCMP | Mar 14 Park Drive – Alarm Bells – Residential |
| Rocky Point Road – Assistance – RCMP | Lindholm Road – Medical |
| Rocky Point Road – Assistance – General Public | Hackamore Road – Alarm Bells – Residential |
| William Head Road – Medical – C | Mar 15 Pearson College Road – Alarm Bells – Residential |
| Mar 04 Sooke Mutual Aid – MVI | Farhill Road – Vehicle Fire |
| Grant – Mutual Aid – SFRes* – Smoke/Smell in Structure | Mar 17 Dallimore Road – Medical |
| Mar 05 Happy Valley Road – Medical | Rocky Point Road – SFRes – Smoke/Smell in Structure |
| Sooke Road – Medical | Clapham Road – Fire – Misc Fire |
| Happy Valley Road – MVI | Lindholm Road – Assistance – Public Works |
| West Coast – Mutual Aid – SFRes | Lindholm Road – Vehicle Fire |
| Mar 06 Derrien Place – Medical | Mar 18 Walse – Mutual Aid – Sooke – SFRes |
| Mar 08 Beach Fire | Beach Fire |
| Derrien Place – Medical | Mar 19 Rocky Point Road – Open Burn – General |
| Beach Fire | Mar 25 Beach Fire |
| Mar 09 Sooke Road – MVI | Beach Fire |
| Mar 11 Pears Road – Medical | Kangaroo Road – MVI |
| Mar 12 William Head Road – Medical | Mar 26 Happy Valley Road – Medical |
| Centremont Road – Open Burn – General | Happy Valley Road – Open Burn – General |
| Mar 13 Rocky Point Road – Hydro – Lines Down | Mar 27 Leefield Road – Medical |
| Arden Road – Hydro – Lines Down | Mar 28 Sooke Road – Open Burn – General |
| Gemini Road – Assistance – Public Works | Beach Fire |
| Happy Valley Road – Assistance – General Public | Mar 29 Rocky Point Road – Medical – C |
| Metchosin Road – Hydro – Tree on Lines | Mar 30 Rocky Point Road – Open Burn – General |
| Brookview Road – Hydro – Lines Down | Kangaroo Road – Assistance – General Public |
| William Head Road – Hydro – Tree on Lines | Parry Cross Road – Alarm Bells – Residential |

* SFRes = Structure Fire Residential

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RCMP Call-Outs MARCH 2016

BY CPL. BRIAN KERR, CENTRAL SAANICH POLICE

- Mar 01 **Sooke Road** – Complaint of a drunk female, located and returned home.
Kangaroo Road – Complaint of gun shots heard, patrols failed to locate anything.
- Mar 03 **Rocky Point Road** – Complaint of a woman screaming, patrols failed to locate the female.
Olympic View Drive – Complaint of suspicious vehicle, located and everything found to be all right.
- Mar 04 **Kangaroo Road area** – Complaint of possible criminal harassment, person warned.
- Mar 05 **Kangaroo Road** – Complaint of suspicious vehicle, patrols failed to locate vehicle.
Happy Valley Road – Two vehicle collision, no injuries, one driver charged for crossing centre line.
- Mar 06 **Metchosin Road** – Complaint of a suspicious person, later located and no problem.
- Mar 07 **Metchosin Road area** – Assistance provided to Coroner's Service regarding a sudden death.
Sooke Road – Complaint of a possible impaired driver, vehicle not located.
- Mar 08 **Sooke Road** – Complaint of suspicious occurrence, patrols failed to find anything.
Happy Valley Road area – Complaint of person being assaulted, one person taken to hospital, suspect arrested and charged with aggravated assault,

- investigation continuing.
- Mar 09 **Rocky Point Road** – Complaint of theft from a road sign stand.
Happy Valley Road – Complaint of found purse, later turned over to owner.
Rocky Point Road – Complaint of speeding vehicles in the school zone. Patrols requested.
Sooke Road – Single vehicle collision, vehicle into a rock face, no injuries, vehicle towed from scene.
- Mar 10 **Happy Valley Road** – Complaint of person breaching court order, investigation continuing.
- Mar 11 **William Head Road** – Complaint of possible disturbance, suspect departed prior to police arrival.
Metchosin Road – Complaint of possible impaired driver, vehicle stopped and driver found to be sober.
- Mar 13 **Metchosin Road** – Complaint of tree down across road during storm.
Sooke Road – Complaint of single vehicle collision, minor damage to vehicle.
- Mar 14 **Sooke Road** – Complaint of disturbance, two people having a dispute.
Happy Valley Road area – Complaint of person breaching court conditions, still under investigation.
- Mar 15 **Arden Road** – Complaint of possible theft of licence plates.
- Mar 16 **Harold Place** – Complaint of residential break,

- enter and theft. Several items stolen.
Kangaroo Road area – Complaint of threats regarding domestic situation, still under investigation.
Rocky Point Road – Complaint of person breaching court order, still under investigation.
- Mar 17 **Lindholm Road** – Complaint of vehicle on fire, assistance provided to Fire Department.
Lindholm Road – Complaint of gravel spilled onto road surface causing hazard.
- Mar 18 **Kangaroo Road** – Male suspect arrested by Street Crime Unit on outstanding Criminal Code warrants.
Duke Road – Complaint of mischief at residence.
Sooke Road – Complaint of erratic driver, vehicle stopped in Langford, driver found to be under influence of drugs, vehicle impounded.
- Mar 19 **Happy Valley Road** – Complaint of suspicious vehicle, vehicle stopped and impounded for improper insurance.
Metchosin Road area – Complaint of person operating vehicle without a drivers licence.
Rocky Point Road – Complaint of suspicious vehicle, not located.
Pedder Bay Marina – Complaint of suspicious vehicle in parking lot, owner spoken to.
- Mar 20 **Kangaroo Road area** – Complaint of loud party, disturbance, owner of home spoken to.

- Mar 21 **Happy Valley Road area** – Complaint of a vehicle being driven erratically, patrols failed to locate it.
La Bonne Road – Complaint of suspicious vehicle, vehicle located and no problems noted.
- Mar 22 **Sooke Road** – Complaint of erratic driver, patrols failed to locate vehicle. Registered owner contacted.
- Mar 23 **Bennett Road** – Complaint of male acting in a suspicious manner near the Goose Trail, patrols failed to locate him.
- Mar 25 **Kangaroo Road** – Complaint of collision involving a motorcycle, one person taken to hospital, investigation continuing.
- Mar 26 **Metchosin Road** – Complaint of theft of a golf cart from the golf course during the night, investigation continuing.
Happy Valley Road – Complaint of a dog being left in a vehicle, patrols failed to locate the vehicle.
Metchosin Road – Complaint of two vehicles racing, patrols failed to locate vehicles.

- Mar 27 **Sooke Road** – Complaint of suspicious persons, not located.
Lomax Road – Complaint of attempted theft from vehicle during the night, window smashed, nothing taken.
William Head Road area – Complaint of neighbourhood dispute.
Metchosin Road area – Complaint of harassment, one person spoken to.
- Mar 28 **Albert Head** – Complaint of youths with a camp fire, located and asked to leave the beach.
Happy Valley Road – Complaint of youths on skate boards causing traffic hazard.
Kangaroo Road – Complaint of vehicle being driven erratically, patrols made.
- Mar 29 **East Sooke Road** – Complaint of vehicle in the ditch, no one around it, attempts being made to contact registered owner.
- Mar 31 **Rocky Point Road** – Complaint of a person in breach of court order, still under investigation.

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.

HELP WANTED

SEA BLUFF FARM is looking for experienced, full-time farmhands who enjoy hard work. \$12.50/hr plus veggie benefits. Résumés to: seabluffbusi@gmail.com

WANTED

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

SEEKING HOME FOR RENT in Metchosin. Retired professional couple, 30 yrs+ Metchosin residents, with mid-size very friendly and compatible dog, seek home to rent in Metchosin or vicinity. We value our home (yours?) and surroundings and will keep it to a high standard. Excellent references. June 1 or ??? Contact jmoehr@uvic.ca or canglin@show.ca or phone Chris at 478-9572.

EQUESTRIAN OPPORTUNITY – Looking for a companion home or light riding for a sweet, gentle, 22-yr-old gelding. Phoenix is a 17hh, TB/WBx and is an easy keeper who loves being around people. He has spent the last few years in a field with only occasional light trail riding. He is very safe on trails and can even be ridden bareback.

Phoenix gets along with everyone (both mares and geldings) and is happy to be one companion or in a herd. Shots and worming up to date. He is currently located in Merville. Phone Brenda, 778-677-7941.

LESSONS

FOODSAFE – LEVELS 1 & 2, MARKETS SAFE & 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.

THE GRATEFUL POOCH GROOMING AND DESIGN Trims/Bath and Brush/Nails/Ears/Certified CCST1 int. 598 Parry Rd. Please call 250-508-1777 for appointment. thegratefulpooch.ca and Facebook.

HANDY MAN – Yard and house maintenance int/ext painting, power washing, lawns, small construction, fences, decks and yard clean-ups; call Scott 778-922-3635.



Seen on the Galapagos Islands in April, the *Muse* is competing with the *Guardian* as the most internationally read periodical. Photo by Jeanette McMillan

Events

Metchosin Bandwagon Music Night: Friday, May 20, Bijoux du Bayou is back by popular demand! Kitchen and Bar open at 5:30 pm, Music 7:00–9:15 pm. \$5 donation plus tips all go to musicians. Metchosin Golf Course, 4100 Metchosin Road. Visit the band's website at: <http://bijouxdubayou.com/sounds.htm>

Metchosin Mighty Garage Sale. Donations can be dropped off at the Community House from Saturday, May 21 through to Friday, May 27 from 10:00 am to 2:00 pm. Garage Sale May 28/29.

CRD Parks events:
Sandy Shore Explore – Guided Walk – All ages. May 21, 10:00–11:30 am. Meet at Witty's Lagoon Regional Park.
Bear Necessities – Guided Walk – All ages. May 28, 1:00–2:30 pm. Meet at 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, please see "Important Dates," page 1.

Directory of Organizations

The following is contact information for not-for-profit organizations. 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)
tandwcampanandcomish@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 4-H
 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, a parent-run cooperative
 250-478-9241,
metchosinpreschool@gmail.com,
www.metchosinpreschool.com

METCHOSIN PRODUCERS' ASSOCIATION
metchosinfarmersmarket@gmail.com
 Facebook: Metchosin Farmers' Market

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
 Audrey 250-478-1352
 Marni 250-999-6757

SWANWICK CENTRE
 A centre for spiritual inquiry
 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.westshorererecreation.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

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Appointments can be arranged in Metchosin.

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 Fax: 250-658-9316
 Email: sandyhiggins@telus.net
www.sandyhiggins.ca



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 Georgia 250-391-0497 • Email georgia@bellayoga.ca


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 598 Parry Rd www.thegratefulpooch.ca - Facebook!

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.