

Metchosin Muse

A NON - PROFIT COMMUNITY PUBLICATION

Coastal Cliffside Habitat Restoration to Benefit Witty's Lagoon

Alanah Nasadyk, Community and Development Coordinator, Habitat Acquisition Trust

Andy MacKinnon is known by many in the community as an author, forester, and a Metchosin councillor. This year Andy can add Habitat Steward to his titles. As part of local nature conservation organization Habitat Acquisition Trust's (HAT's) Good Neighbours program, Andy is teaming up with HAT staff and volunteers to enhance and restore natural habitat on his shoreline property.

"HAT is a critically important conservation organization in our region," says Andy, adding, "I've been involved with HAT's Good Neighbours Program for some years. Metchosin community and Council are very supportive of HAT's programs."

On his land, Andy sees a lot of wildlife: Saw-whet, Great-horned, Barred, and Pygmy owls, as well as bats. The large Douglas-firs on his land have the thick openings in their bark that some species of bats enjoy.

Andy has already been planting salal on the ocean-facing cliffside of his property as part of stabilizing the banks. He chose salal because it is an evergreen shrub that helps deflect rain during the winter, which would otherwise wash soil away. The salal has been very slow-growing here in the marine clays, and Andy jokes, "it's the only place in Metchosin that it doesn't grow!"

The MacKinnons have also planted 11 other native plant species, including: Oregon grape, red-flowering currant, dogwood, kinnickinnick, bracken fern, alder, maple, bitter cherry, ocean spray, and sword fern to stabilize the slope. Sword fern is especially helpful because its rhizomes physically hold soil in place while its leaves, that last all year-round, deflect rain. Andy also plans to plant cottonwood trees at the base of the cliff with advice from habitat restoration professional Dave Polster. Employing a clever technique, Andy's wife Mairi has also placed old nylon stockings at the base of the plantings to better hold water for these plants.

Through the HAT Good Neighbours Program, participants receive a property prescription that provides advice

for managing the land such as how to deal with issues like erosion, as well as selecting and sourcing naturally occurring plants to provide wildlife habitat. In Metchosin, HAT is helping by recommending and providing native plants suited to shoreline slope stabilization at the MacKinnons' property. Volunteers and HAT staff are also removing invasive Himalayan blackberry and Daphne laureola plants that are creeping their way onto the land and threaten to smother native species.

"HAT's got people that are keen to do this work and we're keen to help them," explains Andy MacKinnon.

This backyard stewardship project is significant to the community because, if too much of the slope has sloughed away too quickly, this could alter Witty's Lagoon. Whether you value the shoreline for its recreation and nature-based learning potential, or for its importance to fishery and food-chain alike, it's a relief to know that it is being looked after by a friendly up-shore neighbour.

By working with private land stewards like the MacKinnons who voluntarily choose to become habitat stewards, HAT seeks to connect natural areas with naturalized backyards. By improving the availability of habitat, wildlife can find food, shelter, and water beyond parklands.

This is part of the sensitive slopes development permit area in Metchosin. The area is managed by the District to ensure there is still sand that feeds onto Witty's Beach, which could otherwise wash away without enough replenishing sediment. Shorelines such as these are living landscapes, and every action we take in the watersheds above them can drastically change their ability to provide for wildlife and public enjoyment.

"We are trying to maintain the slope as stable as we can. We are not armouring the bottom, with the goal of maintaining the natural processes. We like to keep as much natural vegetation on this as we can," says Andy.

When it comes to the Good Neighbours Program's focus this year on keeping Metchosin's shoreline natural, Andy remarks, "It's really important from a process point of view. Witty's Lagoon has a popular



Above: The slope below the MacKinnon home, which slid a few years ago, is being re-stabilized with a variety of native plants. Below: Habitat Steward Andy MacKinnon. Photos by Brian Domney

sandy beach. The sand comes from the slope and is transported down. The whole structure of the beach is maintained by the onshore drift, pulling the materials away. If you go down the beach just a little bit, you can see where the slope is falling away and is entirely unvegetated, closer to Taylor Beach. We want to maintain a stable slope here, in part because our house is at the top of it. There are also lots of forage fish here, and some of the beaches are breeding spots for sand lance and surf smelt. The shoreline is important private land and it's owned by a whole bunch of different people, so we need it to be maintained by lots of people. It's got to be a team effort."

Just like many of us who grew up on the coast, we have experienced the shoreline as a place of learning. "In the month of June, the last month of the school year, classes all over Victoria bring their students to Witty's Lagoon. It's quite extraordinary. Hundreds, and over a week, thousands of school kids go down to the beach for some of their earliest exposures to marine life. It's very much like HAT's Goldstream Chums program, in that they pick up a bit of beach ecology while chasing crabs among the rocks."

A visit to the beach at Witty's is sometimes a child's first learning experience where they can really put the names to wildlife like limpets

and sculpins, and examine tidal pools deeply. With the Habitat Acquisition Trust Good Neighbours Program, landowners like Andy can opt to become stewards that contribute to the overall well-being of their community and provide buffers for nearby parks like Witty's Lagoon.

This project is funded by the Metchosin Foundation, BC Gaming Commission, Ecoaction, and donations from the public. For more information visit hat.bc.ca, call 250-995-2428 or email hatmail@hat.bc.ca.



Remembrance Day Community March

Shelly Donaldson

Please join our community in the annual Remembrance Day March on November 11. We will gather behind the Metchosin Fire Hall at 10:30 am and form a line behind the colour party and uniforms. We depart at 10:45 am and march through the village toward the St. Mary the Virgin Cenotaph on Metchosin Road. The service starts at 11:00 am. If you have a wreath to lay, or a poem or song to recite, please contact us and we will be sure to put you on the agenda.

Please park in the Municipal Hall parking lot or the Farmers' Market. Do not park behind or beside the Fire Hall as these spaces are reserved for volunteer firefighters should there be an incident.

Metchosin Road will be closed between Pears Road and Happy Valley Road, and Happy Valley Road will be closed between Metchosin Road and Rocky Point Road, during the march. Upon our return march to the Fire Hall, you are invited to stay for refreshments served by the local 14th Juan de Fuca Scout Group.

Everyone is welcome! For more information or if you are interested in laying a wreath, please contact Shelly at 250-474-7303.

Daylight Savings Time ends on Sunday, November 5. Don't forget to set your clocks back one hour.



Metchosin Muse

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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 Beecher 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, East Sooke Grocer, Royal Bay Bakery, Willow Wind Feed & Tack, and at the Juan de Fuca and Goudy branches of the Victoria Public Library.

CURRENT CIRCULATION: 2800

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.

Gnome Homeless

To whomever helped themselves to a lovely little gnome house that was in the oak wood at Tower Point Park – kindly put it back! It was put there as a piece of whimsy to amuse passers-by and encourage imaginations as well as to possibly shelter some poor homeless gnome. If you put it back ASAP, no questions will be asked and you will not incur the wrath of the

Metchosin gnome community. However if you fail to do so, only you will be responsible for your own ensuing bad luck.

The Metchosin Gnome Enforcer



Pie Plate Blues

Hi. I am a lost, nice glass pie plate. I contained a blueberry pie with a lattice topping at the baking competition at Metchosin Day. I was bought, but my buyers couldn't read the name on the tape on my bottom.

I really want to get back to you. Please call 250-478-0954 if you are my true owner.

*Thanks, Carla Smirfitt,
on behalf of Pie Plate*

FILM NIGHT AT THE COMMUNITY HOUSE

Freedom Under Load

(58 minutes)

Friday, November 24, 7:00 pm
Metchosin Community House

Ric Perron

"Every great dream begins with a dreamer."
– Harriet Tubman

Perhaps this is a film for the aging? How to age "gracefully"? Or not allowing age to diminish your passion? These old porters (sheesh they're old) of Slovakia are examples of how to age with rigor; they're still pulling their weight.

"A lone porter makes his way through a blizzard in the High Tatras Mountains of Eastern Europe. The wind roars. All is blinding white, the mountain unforgiving. We are swept into the timeless world of the porter, whose manual labour is a cross between extreme sport and walking meditation. Intrepid filmmaking brings us up close and personal, step by step. Hearty men in their 60s and

70s draw energy from the mountain as they climb, carrying loads of 120 kilos on ladder-like frame packs. Crisp archival footage places them in a lineage of dedicated climbers and caretakers who supply and maintain mountain huts. Lyric interludes feature aerial shots of rugged peaks plus a haunting score, with cello played by one of the porters. An old man is meant to walk slowly, with dignity; these porters do that and more. Their service gives them health, calm, self-reliance, solitude, and the power and beauty of nature."

With massive loads on their backs they are facing storms, blizzards, and deep snow. Their craft is not only a profession, but also their way to calmness. In the documentary *Freedom Under Load*, a film by Pavol Barabas, we get to know the oldest generation of the porters in the High Tatras, Slovakia, who climb with supplies to the mountain huts everyday. We discover why they have chosen this way of life, and why they remain the last of their kind on the European continent. Just maybe we will find out something about our own load.

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

EMERGENCY PROGRAM INFORMATION SESSION

Understanding Metchosin Search and Rescue

Charla Huber,
Metchosin Emergency Program

Understanding Metchosin Search and Rescue

Tuesday, Nov. 21, 7:00 pm
Metchosin Fire Hall,
4440 Happy Valley Road

Based on 26 years of working in search and rescue, Craig Barlow says the most important thing is for people to be prepared when going out into the wilderness. Extra clothing, proper footwear, extra water and a fully charged GPS and cell phone can make all the difference.

"People go to East Sooke Park and plan to spend one or two hours, but it's easy to get turned around in there," said Barlow. "You also need to tell people where you are going and leave a note in your car. Many people become reliant on their cell phone to save them if they get lost, but we all know there isn't always service."

Metchosin Search and Rescue (MSAR) members are on call 24 hours a day, 365 days a year, working in all types of weather conditions.

Over the years Metchosin Search and Rescue has expanded its search areas to span eight municipalities within the Capital Region. The group also provides mutual aid to other SAR groups needing assistance, primarily those in the Capital Region, however, it is not uncommon to assist SAR groups outside of the CRD.

"These boundaries aren't arbitrary, they are set by Emergency Management BC," said Barlow, one of the group's search managers. "We don't limit ourselves and we will search for people anywhere. If required, MSAR can request the assistance of certified and specially trained teams, such as rope rescue for extremely steep terrain."

Barlow has been a member of Metchosin Search and Rescue since 1991 and said some years they may participate in

up to 30 searches and other years less.

"We search for elderly people with mental illness like Alzheimer's who may have walked away from their homes, we search for young kids, we search for lost mountain bikers, and everything in between. We even do evidence searches for the police," Barlow said.

When the team is called out, it is typically by the police who have issued a request for SAR assistance through the Provincial Emergency Coordination Centre. SAR cannot respond to calls directly from private citizens. Metchosin Search and Rescue also provides valuable support to the Metchosin Emergency Program during local emergencies.

To learn more about Metchosin Search and Rescue join us at the Metchosin Emergency Program info session on November 21 at 7:00 pm at the Fire Hall, 4440 Happy Valley Road. For more information call 250-478-1307.

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
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Or you can email us at: metmuse@shaw.ca



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So Hibernate, Already!

Brian Domney

2017 has been a particularly challenging year for the Conservation Service in Metchosin. A record number of sheep have been killed, initially thought to be by one clever and elusive bear, now thought to be by a few, and recently several people in the Labonne/Liberty area have had their chicken coops broken into by one or more bears, which then killed many chickens. Another shed was destroyed by a bear going after the contained compost in it. In one case, after the folks bolted a pallet over the door the bear had destroyed the night before, it decided to go in through a window, tearing it out of its frame. A beloved rooster was lost, fighting no doubt to protect the hens.

Many people in Metchosin accept and often appreciate the fact that we share this special place with bears, cougars, wolves, racoons and yes, even deer and grey squirrels ... The Conservation Service works tirelessly to educate residents about how to live with wildlife, and how to ensure human behaviour does not "spoil" these animals so they have to be put down to ensure public safety. Most people deal appropriately with compost, garbage and farm stock.

This year, however, there seems to be a move among some animals to test our limits. When a bear is willing to break down a well-constructed door on a chicken coop to get at the contents, things are getting serious and the authorities have to get involved. At the time this piece was written, a residence on Liberty has a bear trap set and either relocation or a more permanent solution is probably in store for the wayward bruin.

Most years in Metchosin, sheep kills are attributed to cougars or occasionally dogs, but the Parry Bay Sheep Farm has lost over two dozen sheep to bears this year, and several smaller operations have suffered heavy losses of livestock. Small farms with a few sheep can often provide secure protection for their animals; leaving them out overnight is an invitation for trouble. But an operation as large as Parry Bay is pretty vulnerable with as many

Report Bear Sightings and Livestock Loss

The more information Conservation Officers have about sightings, locations, and in particular kill locations, the better they will be equipped to determine how to proceed. Please call them at 1-877-952-7277.

sheep as they run, and no indoor space for them.

The Conservation Branch reports that 2017 has been a very busy year for human/wildlife interactions, with well over 20,000 reported, over 14,000 of them being with black bears. A good explanation for the increase in bear activity will no doubt come, from the experts on such things. Is it because of the long, dry summer causing poorer than normal food sources? Some people reported a very poor apple crop this year, while others had bumper crops; blackberries were prolific. Is it a population boom in bears? Many people report that the bears they see appear to be younger. Are our bears developing new tastes? Animal behaviourists have documented a number of cases of animals discovering new food sources and teaching their young to use them.

Regardless of all this, there are many people in Metchosin hoping that our furry friends finally decide it's time to kip out and head for their dens. Until that happens, just do what you can do:

- Make sure you aren't tempting bears to make fatal mistakes; don't leave food sources available to them; put out garbage for pick up at the last minute, and secure livestock (including chickens);
- Make bears feel unwelcome, whether with bear bangers, loud air horns, or simply lecturing them firmly from a safe place. Bears generally will retreat from uncomfortable situations, and if you can get them to do that, you're doing everyone a favour, including them.
- Please report bear sightings and any losses of livestock to the Conservation Officers. They are doing their best to help get this under control and there may be bears people are sighting that aren't killing livestock. Knowing where they are can help to determine if that's the case.

The more information the Conservation Officers have about sightings, locations, and in particular kill locations, the better they will be equipped to determine how to proceed. Please call them at 1-877-952-7277.



When a bear is willing to break down a well-constructed door on a chicken coop to get at the contents, things are getting serious and the authorities have to get involved.

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 2017 Series



Morel mushroom

Friday, November 3: VENTURING BEYOND BASIDIOMYCETES, THE WONDERFUL WORLD OF ASCOMYCETES

The 5th Annual Metchosin MycoBlitz will host Roo Vanderrgrift, world-renowned xylariologist (now there's a word for the Scrabble obsessed). Roo is an engaging speaker who will deliver a riveting presentation on Ascomycetes, the less well-known spore-shooting sac fungi, which includes the aptly named dead man's fingers and candlestick fungus (*Xylaria polymorpha* and *Xylaria hypoxylon*), as well as the highly coveted morels, and other fascinating species. Not to be missed! Visit the BioBlitz website at metchosinbiodiversity.com.

Saturday, November 4: MYCOBLITZ!

Meet at the Metchosin Municipal Hall, 4450 Happy Valley Road (just behind the Fire Hall) at 9:00 am. We will return to the same place by noon. At 12:10 pm, guests are invited to attend a mini-film fest on mushrooms in the social room of the nearby Fire Hall. Bring a brown bag lunch (coffee and tea will be provided) and eat it while you watch a collection of Kem's and Andy's best internet clips on mushrooms. After the film, walk back to the Council Chambers and see the immense bounty of Metchosin fungal species that the experts have laid out and labeled for our Metchosin inventory of species.

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



Metchosin Foundation's Nature Cards Make Great Christmas Gifts for Kids and the Whole Family

Metchosin Foundation, in consultation with several of the District's naturalists, teachers and photographers, has developed a boxed set of 50 Nature Cards. The cards have pictures and easy-to-read descriptions of the most common plants that young people are likely to find on walks through the forests and fields of Southwestern BC.

Printed on water-proof, tear-resistant, heavy stock paper, these 4" x 6" cards can withstand the rigours of outdoor weather and use by many hands. Boxes of the cards would make great Christmas gifts for children who want to learn more about their local natural environment. Cards appropriate to the blooming

season, for example, could be used on family hikes to create treasure hunts for local flora. Since each card introduces and defines a basic botanical term (such as corm, deciduous, and ligules), the cards can be organized as drill and quiz learning tools.

Nature Card sets are available for \$35 at Mountain Equipment Coop or through the Metchosin Foundation. Descriptions and ordering information can be found on our website at www.metchosinbiodiversity.com/tools.

Happy Holidays from the Metchosin Foundation!



We look forward to continuing to help constituents with federal government departments, programs and services.



Randall Garrison, MP ESQUIMALT-SAANICH-SOOKE
Critic for National Defence and LGBTQ

2904 Tillicum Rd, Victoria, BC V9A 2A5 / M-Th, 10-4 or appt
250-405-6550 / Randall.Garrison@parl.gc.ca
www.randallgarrison.ndp.ca

Metchosin Online – Promoting Small Business in Metchosin

Gwen Nowlan

There's a new service focusing on businesses located in Metchosin. Metchosin Online strives to be a resource for all residents of Metchosin who wish to shop locally and support local businesses. It offers a free listing on the website for any business, from roadside stands and small home-based businesses to bigger, more well-known establishments. These listings include a link to contact information and any social media links a business wishes to include.

Metchosin Online was delighted with the response received from Metchosin residents when it launched on May 5, 2017.

With over 200 local businesses listed so far, organizers know there are many more unique businesses out there that people need to know about. They hope to have the community share with them

their favourite "Shop Local, Shop Metchosin" places.

Metchosin Online's goal is to be the go-to resource for Metchosin businesses, organizations and events.

The three organizers, Gwen, Jessica, and Terri, want to support local business and saw a need for a service that could promote small business and also share this information with other Metchosinites. There are smaller home-based businesses that don't have an online presence and are often overlooked or unknown to the majority of our residents.

"Shop Local Shop Metchosin" is so important – studies show that when someone buys from an independent and locally owned business it strengthens the economic base of the community. As Gwen says "When we shop, eat and play locally, it helps keep our community at home and contributes to the distinctive

character we all know as Metchosin."

We are fortunate that the District of Metchosin supports home-based businesses and the number of listings on our site is a real testament to this. Jessica, Terri and Gwen put their thinking caps on and went to work gathering as much information as they could. They independently purchased a new domain and made it live for everyone to use. They have a Facebook page that allows real-time information and a place to promote the businesses in our beautiful little corner of the world; from a business that creates gear for live-action role players, U-Pick flowers, rubber stamps, t-shirts, and cake decorating supplies, to the roadside stands that sell their goods and services.

Check out the website at metchosinonline.com. You'll be amazed at what you find.



A little "scarecrow" from 2016? Brian Domney photo

Halloween at the Fire Hall

Please join the District of Metchosin and the Metchosin Volunteer Firefighters' Society on October 31 for the annual fun-filled Halloween event at the Fire Hall with hot dogs, hot chocolate, coffee and a costume contest. Doors open at 6:00 pm, costume judging at 7:00 pm and fireworks to begin immediately after sunset.



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COUNCIL NEWS NOVEMBER 2017



VICTORIA FAMILY COURT AND YOUTH JUSTICE COMMITTEE APPOINTMENT

If you are interested in representing Metchosin on the Family Court and Youth Justice Committee, please submit a letter of interest to the Council at the Municipal Hall or by email to info@metchosin.ca. For more information check their website at <http://www.victoriafamilycourt.ca/>

WINTER ROADS

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, and carry chains. All-season tires lose their pliability and traction at 7° 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.

IS YOUR CIVIC ADDRESS VISIBLE?

Help emergency services find your home in the dark months of winter by making your civic address sign visible from the roadway. The best signs have large reflective numbers. Be sure that trees, brush, snow and other obstructions are cleared away.

DISTRICT OF METCHOSIN MEETING SCHEDULE

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

Healthy Communities Advisory Committee	Nov 1, 7:00 pm	Planning Committee	Nov 20, 7:00 pm
Finance and Environment Committee	Nov 6, 7:00 pm	Parks and Trails Advisory Committee	Nov 21, 7:00 pm
Council Meeting	Nov 6, 7:00 pm	Council Meeting	Nov 27, 7:00 pm
Highways and Public Works Committee	Nov 20, 7:00 pm	Heritage Advisory Select Committee	Nov 22, 7:00 pm
Parks Committee	Nov 20, 7:00 pm	Environmental Advisory Committee	Nov 28, 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.metchosin.ca. Thank you.

SIRC SENIORS' INFORMATION AND RESOURCE CENTRE

Weekly Fall Programs

Mondays 2:00-4:00 pm	Seniors and Students Inter-Gen Connect Geeks & Geezers Learning Lab
Wednesdays 1:00-3:00 pm	Tea Time / Coffee Chat – All welcome
Thursdays 2:00-4:00 pm	Please call to BOOK your GEEK SESSION!

Fall–Winter Hours of Operation

SIRC is open weekly from noon–4:00 pm Monday through Thursday. We are closed Friday through Sunday and during holidays.

Email and telephone access for Better at Home volunteers and caregiver support, KIT (RCMP Keep In Touch program), Westshore Community Response Network (WS CRN), and service pro referrals, remains active at all times. Please leave a voice-mail at 250-478-5150 or email info@metchosinseniors.ca. We check messages regularly and will do our best to respond within 48 hours. For all emergencies, please dial 911.

Log on, Learn and Play Anytime at SIRC's Open Computer Lab

SIRC has free wifi, laptops, desktops, printers, readers, tablets, Macs, smart phones etc., for our members to learn on and borrow. You can also book your personal Geek Session for up to one hour.

Seasonal Happenings

Join us for a light lunch, while learning about crime prevention for seniors, elder abuse and prevention of neglect and self-neglect of vulnerable adults. Take part in this important community dialogue with SIRC and Westshore Community Response Network, in partnership with the RCMP. Contact SIRC for information.

Winning Draw at SIRC on November 15 at 2:00 pm

Last Chance to win a six-course GOURMET DINNER for eight! Get your 2017 Dinner Raffle Ticket now from SIRC for MSA's annual Dinner Raffle! Enjoy a dining

experience with eight of your finest friends. "Entertainment that is elegant, effortless and enjoyable!" Tickets \$20 each.

SIRC's Ho-Ho-Holiday Open House

Saturday, November 25, 11:00 am–4:00 pm

Please join us at Metchosin's Old Elementary School, with our neighbours and the "new" Old School House Gallery for refreshments, holiday shopping and merriments.

Happy Holidays: Note: SIRC will be closed throughout Christmas and New Years from Fri., Dec. 22, 2017 through Sun, Jan. 7, 2018.

Save these Dates for Drive and Dine!

There is no cost to attend and all ages are welcome! We drive and dine monthly to Metchosin Community House potluck lunches and to Gordon United Church community suppers. Please call SIRC to RSVP or volunteer.

Potluck Lunches at Metchosin Community House on November 30 and January 25; Gordon United Community Suppers on November 20, December 18, and January 22.

2017–2018 Health and Vaccination Series

SIRC, Metchosin Fire Department and our IDA Latoria Pharmacy are partnering again this year to offer you vaccinations and information sessions to benefit your health and wellbeing.

Flu Vaccination at the Metchosin Fire Hall Tues., Nov. 7 and Wed., Nov. 8 from 10:00 am–2:00 pm and 4:00–7:00 pm, and Thurs., Nov. 9 from 10:00 am–2:00 pm.

Pneumonia Vaccination and Medication Review: Thurs., Dec. 7 by appointment only at SIRC.

2018 Medication Review Mondays: Throughout

January by appointment only. Pharmacist Mohamed Zeid will provide an individual consultation either at SIRC or in the privacy of your own home, to review your prescription medications.

Tetanus Vaccination: Thurs., Feb. 15 at SIRC by appointment only.

Please call SIRC 250-478-5150 to book your appointment.

Better at Home Volunteer Support and Services at SIRC

Metchosin's Better at Home program is funded by the Government of BC and managed by The United Way.

SIRC welcomes new volunteers throughout the year! Bring your talents and spend some time helping us to help others.

Driving volunteers will pick up and deliver local seniors to medical appointments, grocery shopping, errands, and outings.

Companionship teams will spend time with seniors either on the phone, or in person—perhaps hosting or attending our weekly tea, providing friendly check-ins, or joining seniors at "drive and dine" meals or outings.

Geeks technology support is provided to seniors who want to tackle challenges with devices and learn how to use computers to become better connected.

Program and event assistants keep us going at SIRC with day-to-day operations, projects, website and office administration.

If you have an hour or two to spare, on occasion, weekly or monthly, please contact SIRC. We will provide co-op credits to students in high-school, college and university! All ages are welcome.

ENCORE! SIRC's Seasonal Newsletter

Our 2017 Fall/2018 Winter newsletter is now available! Please drop by to pick up your copy or to enquire about programs, services and volunteer opportunities. We are located at 4495 Happy Valley Road in the old Metchosin Elementary School building on the main level. Call us at 250-478-5150 to subscribe or follow us on Facebook @SIRC – Seniors Information and Resource Centre.



All Sooke Arts & Crafts CHRISTMAS CRAFT FAIR

Friday, November 17, 1:00–8:00 pm
Saturday November 18, 10:00–5:00 pm
Sunday November 19, 10:00–5:00 pm

Sooke Community Hall,
2037 Shields Road, Sooke, BC

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There's a lot going on in Metchosin!

For information on local events, see **House Happenings** on page 11, and **Important Dates and Events** on page 16.

Be Bear and Cougar Smart! For information about staying safe around wildlife, please visit the district website: www.metchosin.ca/content/wildlife-resources

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 Donations gratefully accepted to the
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2017

*Find The Metchosin Farmers' Market on Facebook
 Email the Metchosin Producers Association at metchosinfarmersmarket@gmail.com*

Conservation Covenant on the Calypso Woods Nears Completion



Headwaters of Bilston Creek in the Calypso Woods.

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Carol Carman

Nearly six acres of ecologically sensitive environment, bordering Sooke Hills Wilderness Park, will be preserved in perpetuity thanks to the generosity of Nitya and Scott Harris, and the collaborative support of the Metchosin Foundation, the Habitat Acquisition Trust (HAT) and the Cowichan Land Trust.

"Scott and I call this area Calypso Woods because of the profusion of exquisite calypso orchids that come up every spring," says Nitya. "After nearly four years of coordinated work with partners, the Conservation Covenant is presently being registered in the land titles office." This Douglas-fir forest acreage holds the headwaters of Bilston Creek that eventually flow over Sitting Lady Falls into Witty's Lagoon, serving as a safe corridor for large carnivores, elk and other wildlife moving through the area.

The Harris land covenant is the latest result of the Metchosin Foundation's mandate to protect land, native

wildlife and plants, many of which are globally at risk, for future generations. Since its incorporation as a charitable society in 2008, the Foundation has worked with several landowners, contributing both financially and in-kind to create legacies of ecological sustainability in Metchosin.

A Conservation Covenant is a legal tool and an enforceable promise that has been widely utilized by property owners in partnership with the Metchosin Foundation to protect their land's ecological legacy for future generations. The most important aspect of a Conservation Covenant is that it stays with the land in perpetuity. Any individual or party who purchases or inherits the land also takes on the original promise.

In BC, a number of land conservancy organizations act as covenant holders to ensure the terms of the agreement are being followed. In this municipality, the Metchosin Foundation works with the Habitat Acquisition Trust (HAT) and the The Land Conservancy (TLC). Each covenant can be

tailored to suit the unique attributes of an individual piece of property and the requirements of the owner who grants the covenant. One might, for example, limit land use to organic farming or to sustainable forestry. Another option might make sure that undeveloped land stays undeveloped. Landowners, especially those involved in estate planning, should consider using this legal tool to seal their bond with the future.

For anyone beginning to consider Christmas gift donations to the Metchosin Foundation in the names of close relatives or friends, unique gift cards will be available. These will feature visually striking photos by Beverley Hall of our region's natural beauty and will state that: "I have made a donation to the Metchosin Foundation on your behalf of \$___" (CRA Charitable Status Number 81576 1556 RR0001).

For further information, check our website at www.metchosinfoundation.ca.

Metchosin Foundation Nature Cards Available at Mountain Equipment Co-op

It's not every day a home-grown Metchosin product can be found in a "real" store, but Metchosin has done it again! The Metchosin Foundation's Nature Card set is available at Mountain Equipment Co-op (although not online). Written in a simple, jargon-free prose that most intermediate students should be able to read, the cards introduce local flora and fauna, and define 50 important botanical terms.

For more information on how to obtain your own set – an excellent stocking stuffer? – see the Foundation's ad on page 3.



Metchosin Foundation photo

Community at the Core of Apple-Bee Festival Fun



Will O'Connell puts the squeeze on local apples at the October Apple-Bee Festival at the Community House.
All photos by Brian Domney



Derek Wulf and Sarah Richardson extol the virtues of the Metchosin Apple, a new variety introduced by Fiona Chambers, of Metchosin Farm, a few years ago.



Want to try an apple you've never tasted before? Robert Byers was "the man" at the festival.

Regional Days at Pearson College UWC

Luisa Vasquez

Regional Days are special days throughout the Pearson College UWC year that celebrate the cultures of our international student body. Students present workshops and performances.

For the purposes of our Regional Days, the world is divided into six regions. During a single academic year, there are normally three regional days celebrated. Two have already passed but there is still a chance to come and see our performances this year! The last regional day this year is:

Middle East and South Asia Regional Day
Saturday, November 25, 7:00 pm
McConnell Theatre, Max Bell Hall
650 Pearson College Drive

Regional Days are not only days of fascinating learning – they have become days to explore, savour and honour our differences!

For any events open to the community please check Pearson College's Facebook page or look in our website at <https://www.pearsoncollege.ca/> where you can find our calendar: http://www.trumba.com/calendars/lester_b_pearson_college

Visit the Muse website!

www.metchosinmuse.ca

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Ark Launch A Success

Dan MacIsaac launched his book of poetry, *Cries from the Ark*, at the October MCA Guest Speaker Series Lecture. A full Community House heard Dan and four "celebrity readers" read poems from *Cries from the Ark* and were entertained by The Lake Men, a very talented acoustic group from the Victoria area.



MCA GUEST SPEAKER SERIES

Three Hours to Anywhere: The Future of Air Travel

Ric Perron

"Lovers of air travel find it exhilarating to hang poised between the illusion of immortality and the fact of death."

— A. Chase

Three Hours to Anywhere
with Dr Parvez Kumar,
Thursday, November 16, 7:00 pm
Metchosin Community House

We are pretty excited to have Dr. Kumar back again. The evening before his appearance here, he will be presenting this same talk at the Mary Winspear centre.

Dr. Kumar is one of our returning speakers at the Community House, having talked four times over the years on such subjects as aerodynamics and design, aviation and flight testing, life in space, climate change, microgravity sciences, earth observation, space technologies, and spinoffs from space.

This lecture, "Three Hours to Anywhere: The Future of Air Travel," takes a deep look into the future of

aviation, when new designs – new means of propulsion and flights in near-space – will impact air travel with greener, meaner, and leaner aircraft. Concorde was the first, and only passenger jet to achieve supersonic speed. The era of quiet supersonic flights will usher in the new and environmentally acceptable technologies, acceptable in terms of noise. Truly, in the future, it may take just three hours to get anywhere in the world!

But progress is also being made in short distance transport, like air taxis. Autonomous vehicles will open up a future that will be technological fact, and not fiction. This lecture will also provide information on slow speed air travel!

Dr. Parvez Kumar, an Aeronautical Engineer, worked for 40 years in aviation and space at the University of Victoria and Carleton University. He was later recruited by the National Research Council of Canada to help establish the Canadian Space Station Program, allowing him to apply his aeronautical experience towards the challenges of space flight.

METCHOSIN VOLUNTEERS

Volunteering in Metchosin

Jim MacPherson

Over the last number of months, I have highlighted the place of volunteers in several volunteer groups in Metchosin. Volunteer groups generally reflect the interests of the membership. This makes a lot of sense because volunteers are not paid; they volunteer their time, energy and resources to something they believe in – from hobby interests to the environment to animal welfare to personal growth to community health.

The number and diversity of volunteer groups in Metchosin do so much for the community and contribute to what we think is special about living here. And yet many volunteer groups are crying out for volunteers. So what is going on?

As a volunteer in a few groups I think maybe I can add a perspective on this. It seems to me that there are two aspects to the issue: one is the need for more members to participate in the affairs of the group; the second is the need for volunteers in the groups to take up key positions in the groups.

As for the need for new members, there are many reasons why some hesitate to join groups. People are busy, especially those people in the workforce who have enough on their plate to balance work, children, and home life. The prospect of yet another commitment is just too much. For some, joining a group is just the kind of involvement that represents the "rat race" and everything about modern society that they don't want. Just leave me alone, thank you. In other cases, the interest is there but prospective volunteers just have not got around to joining. And I know of other prospective volunteers who looked into volunteering but came away feeling that the group was too much of a clique and not really interested in them.

Getting volunteers to take up positions in the group is another matter. Here we have the volunteers but maybe a concern that they can't do

"You know what you are interested in, committed to. So join in. They are waiting for you."

the job as well as the current office holder, or maybe a feeling that they don't have the knowledge, or that they don't have the time to put into the position.

As I look around, it seems that some of the same people are involved in more than one organization. And, just like the rest of Canadian society, we are all getting older. We are all getting a little tired. We need some new blood, new ideas.

So we come back to new volunteers. All of the groups and organizations I spoke to expressed the need for volunteers and their energy, ideas and vision. Speaking of my own experience, volunteering may be a commitment but it has not been especially time-consuming and demanding. There has always been someone else there if I needed help. There has always been someone there to cover for me if I could not make it. Volunteers are a pretty supportive lot.

To me the point of volunteering is in doing something, in giving back. However small I sometimes feel my contribution is, I also know it is important. I feel wanted and feel that I am adding something. Being part of a group is also not being alone, isolated, but social, and a great way to find out what is going on in Metchosin, a way to connect and make new friendships.

So I encourage you to volunteer. You know what you are interested in, committed to. So join in. They are waiting for you.

Doing the Bird Walk



A group of hardy bird watchers were treated to the expertise of Dr. David Bird and Ann Nightingale (yes, the names are correct!) on the October Walk component of Talk and Walk.
Photo by Brian Domney

Metchosin Hall Society

Christmas Craft Fair

November
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2017

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Everything Is New Again at the MCA

Johnny Carline

The need to transition to the new *Society Act* spawned a number of changes at the recent annual general meeting of the Metchosin Community Association (MCA).

First, to comply with the requirements of the new act, the constitution was stripped of anything that wasn't the name of the association and its purpose statement; that was easy.

Secondly, the association's bylaws were completely revamped. The previous category of non-voting "Member at Large" was removed and the number of (voting) Directors was increased from eleven to fifteen. The duties of the Directors and, especially, the Executive were spelled out in more detail – partly to reflect the new act and partly

to ensure that those willing to serve in these capacities knew exactly what they were getting into.

Finally, the new act even intruded on the process of electing a new Board – always the highlight of any AGM. Under the rules of transition to the new act, the revised bylaws could not come into effect until the transition had been filed with the Province – and that could not take place until after the AGM. How could the MCA elect the new Board of 15 members if the bylaws creating a Board of 15 members would not be in effect until the Province had formally certified that the new bylaws had been filed with the Province? It seemed all very whereasinine.

However, the MCA was up to the task. Consistent with both the old and new bylaws,

it elected 11 Board members. Then it directed the Board to use its powers under the new bylaws (when certified) to appoint four new directors identified at the AGM. Filing of the new constitution and bylaws were subsequently certified by the Province and the Board duly appointed the four new members at its first formal meeting on October 12.

Johnny Carline, Heather Showers and Bob Burgis return as President, Treasurer and Past President respectively. The new Executive is rounded out by Barbara Methvin (Vice President) and Sharie Epp (Secretary).

Returning Board members Dawn Boshcoff, Brian Dorney, Barrett Fullerton and Erin van de Water are joined by former President Jim Challenger and new Board members Aileen Fisher, Michelle

Jones, Charlotte Robinson, Barb Sawatsky and Anamaria Gomez Upegui.

Phil Meyer, who was originally slated to be nominated as a director, was rendered temporarily incapacitated by, according to his story, "going ass over tea kettle on a newly washed and slippery hospital floor," sustaining a severely fractured leg. Never an organization to turn aside a willing volunteer, no matter what shape they are in, the MCA promptly identified Phil as the non-voting "Alternate Director," ready to step in the moment any other director desired to step down. The nominating committee was warned, however, that in future it should exercise more caution in its limb-twisting tactics used to obtain volunteers (read "victims") to run for office.

On the evidence of the first Board meeting, the blend of experience and "new blood" has generated a lot of new energy and enthusiasm, promising an even more successful year for the MCA. If you are not a member, now is a good time to join or renew by calling 250-478-5155.

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

Horse Rescue and Protection in British Columbia

Bev Bacon

Horse Rescue and Protection in BC: A Talk
Metchosin Community House
4430 Happy Valley Road
October 30, 7:00 pm
Refreshments will be served.

You are invited to come to the Community House to meet Craig Daniell, CEO of BC-SPCA. Craig will talk about what BC-SPCA has done, is doing, and is planning to do for horses in distress. He will also talk about standards of care enforced by BC-SPCA for horses and other farm animals. You will be touched by some examples of horses that have been rescued, brought back to health and rehomed. The purpose of this evening is to raise awareness and funds for the important work being done for horses and other large animals.

- Did you know that BC-SPCA now has two large animal facilities?
- Did you know that BC-SPCA now has a veterinary hospital?
- Did you know that BC-SPCA spends only 9% of funds on administration?

This event is sponsored by Metchosin Equestrian Society.

If you would like to donate, but will not be attending on October 30, you can send your donation to: Bev Bacon, #296, 108 – 800 Kelly Rd. Victoria, BC V9B 6J9, or call Bev at 250-474-7202. Cheques should be payable to: BC-SPCA – Horse Care. Charitable tax receipts issued by BC-SPCA.

Thank you for your support.



Before – A horse apprehended by BC-SPCA, and After – what some BC-SPCA TLC can do.



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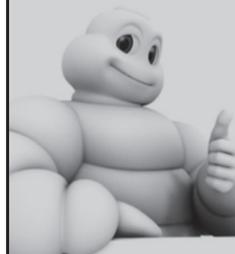
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Is It Christmas Already?



Elaine Geno, Mairi MacKinnon, and Ric Perron prep the pastry at last year's session.

Nicole Lalonde

As I sit to write this article, a fresh batch of mincemeat is simmering on the stove, filling my house with the sweet smells of Christmas. It is the time of year when dedicated volunteers come together to produce delicious mincemeat pies for the annual MCA fundraiser.

Rumour has it that the new owners of the Royal Bay Bakery, Brad and Ashley Kiss, are delighted to be a part of this timeless tradition. Amidst their busy schedule they will welcome a small group of us to share in the joy of mixing, rolling, and cutting hundreds of pie crusts, under the expert eyes of mentors David Groves and Gwen Snyder.

Everyone wants a piece of the fun, even the Pearson students, who will spend part of their project week peeling and chopping pounds of apples that were generously donated once again by Ron and Pat Tenove. The apples will be added to the final mince, and pies will be assembled and creatively decorated by a group of enthusiastic volunteers. Once the pies are done and the laughter subsides, we sit and share a bowl of hot homemade soup, content and grateful to have been a part of this excellent community activity.

Pies are frozen, ready to be baked and can be ordered from the Community House at 250-478-5155 or email mcahouse@telus.net. There is a limited number of pies to be sold for \$12 each, and a small offering of canned mincemeat for sale at \$5/pint. They will be available for pick up at the Community House, 4430 Happy Valley Road, starting Tuesday, November 14, until all are sold. Evening pick up for pre-orders will be Thursday, November 30, 5:00-8:00 pm.

Place your order early if you wish to fill your house with the delicious smell of Christmas baking. A wonderful gift-giving idea for family and friends, in support of the Metchosin Community Association.

The Muse Traveller



The October issue of the *Metchosin Muse* travelled to Quinta da Regaleira in Sintra, Portugal with frequent *Muse* contributor Barb Sawatsky (we know you're back there, Barb!).

Photo by Taunya Sawatsky

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Tell them you saw it in the *Muse*!

CHEK-TV Comes to Rough Voice Singers



Veronica Cooper interviewing Sharie Epp.
Barb Sawatsky photo

Barb Sawatsky

Metchosin's Rough Voice Singers returned to a full House on September 11 after the summer holiday. It was standing room only and the atmosphere was electric as people met up again, many of them bringing treats to share at the half-time break. The second session on September 25 was definitely a night to remember when Jeanette McMillan, dressed as the ultimate hippie and her friend, lovely flower child Betty Ann Snyder, sang "We Are the Chosen from Metchosin," composed by Jeanette about hilariously living in Metchosin. So enthusiastically received, by popular demand it was sung again at the end of

the evening. A little later, as Lois Weins on piano began to play Yellow Polka Dot Bikini, Nick Zethof, towel wrapped around his shoulders, brought the House down when he ran to the front of the room wearing a YPD bikini top, setting off gales of laughter with his antics.

It is said that "happiness is ever-increasing satisfaction." This being the case, then pure happiness can be measured by the volume and power of the music and by the number of people who sing together at the Community House to the accompaniment of 12 local musicians. Word of this group's popularity reached CHEK-TV's Veronica Cooper, so on October 23 she and cameraman Mark drove to Metchosin to film an evening of Rough Voice. The feature was aired on October 1 in a segment of Vital People which is sponsored by the Victoria Foundation. It can be viewed on both the CHEK-TV and the Metchosin Community House Facebook sites.

If you watched the show (or not) and want to join in the fun, come to the MCH, 4430 Happy Valley Road, on November 13 at 7:00 pm. Following on the heels of Remembrance Day, we will feature some songs from the years around the two World Wars. On December 11, join us for a night of favourite Christmas songs.

The last two Rough Voice Mondays in 2017 will take place on November 27 and December 11, after which we take a break until January 8, 2018. If you have any questions about this truly fun drop-in singing group, please phone Doug or Barb at 250-478-0553. There are no auditions and no practices and every session is a surprise (sometimes even to the organizers!).



Betty Ann Snyder and Jeanette McMillan,
accompanied by Lois Weins on piano.
Barb Sawatsky photo

Did You Miss Your Muse?

If you don't receive your *Metchosin Muse* on the last Thursday of the month (or the first Thursday of the month if the first day is on a Wednesday or Thursday) – and there's not a postal strike – please let us know! You can email the editor at metmuse@shaw.ca, or call 250-474-3966, and we'll try to make sure it doesn't happen again.

In the meantime, see page 2 under "*Metchosin Muse*" for a list of locations where you can pick up a copy.

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



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 – Program discontinued until further notice.

Pearson College Students Outreach – 3:00–4:30 pm. Helping seniors in our community. Invite Pearson College students to visit or help with a project. Particularly aimed at Metchosin seniors. Call 250-474-0634 to participate.

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, or 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).

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).

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 (email blueheronstudio@telus.net, or call 250-595-6406) 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.

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 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.

Pearson Student Teatime Drop-In – 2:45–4:30 pm. Enjoy a cup of tea and conversation with international students from Pearson College.

Music Night – 7:00–9:00 pm, second Friday of each month. **November 10: Jazzalele Duo.** See page 12 for more information.

Ukulele Gathering – 5:00–6:30 pm, first Friday of each month. Tell all your ukulele-playing students, friends, and relatives! 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 Nights: *The Last Cavemen* (51 minutes). Friday, October 27 at 7:00 pm. ***Freedom Under Load*** (58 minutes). Friday November 24 at 7:00 pm (see page 2 for more information).

Events

MCA Guest Speaker Series: Dr. Parvez Kumar will speak on "Three Hours to Anywhere: The Future of Air Travel" on Thursday, November 16, at 7:00 pm (see p. 8).

Metchosin Community House Christmas Craft Fair: Tuesday, November 14, 10:00 am–3:00 pm, 4430 Happy Valley Road. Hosted by the Metchosin Art Group, Knitting Café, and Rug Hookers.

Art on the Walls: 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.

For more on what's happening at the House, please visit their website: sites.google.com/site/metchosincommunityassociation//calendar-of-events

MCA House Concert: Jazzalele

Erin van de Water

The Community House will be feeling all kinds of jazz on Friday, November 10 when the MCA welcomes the Jazzalele Duo. Mixing rhythms from various genres, Jazzalele's sound is heavily influenced by Motown, Jazz and Latin American rhythm, and has a sultry tropical feel that audiences find appealing. Jazzalele performs in both the concert venues with Tropical and World Jazz, and dance venues with more of an R&B and Rock sound.

Bandleader Anna Acevedo Lyman, B.Mus., originally from Detroit, is a Latin American Jazz Singer from

Motown. Anna comes by her Latin flair honestly – she is half Mexican from her father's side, and has family ties to Mexico, Puerto Rico, and Brazil. Anna also writes tantalizing original music. "She has a voice like melted chocolate ..." (*The Harbour City Star*). The award-winning Jazzalele Duo is composed of Anna on vocals and concert ukulele, and Steve Sutton, B.A. Assoc. Mus., from Victoria, on double bass and electric bass. This popular group likes to perform and interpret a wide variety of genres, and perform everything from Brazilian Bossa Nova, Jazz, R&B and Pop. Anna studied with Hawaiian Master, Ben Chong, who

performed on guitar and ukulele in Don Ho's band in Hawaii. Anna has twice been interviewed by the CBC, and Jazzalele has performed at The Pender Harbour Jazzfest, the Victoria International Jazzfest, the Winecountry Ukulele Festival in California's Napa Valley, and more. In 2012 they won the Vancouver ukulele Festival "Ruby's Ukes" cover song competition with Anna's arrangement of "Blue Monk" by Thelonius Monk.

This musical evening will surely not disappoint. Please join us from 7:00–9:00 pm on Friday, November 10 at the Metchosin Community House; suggested donation \$7–12.



Steve and Anna, the Jazzalele Duo Stock photo



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Community-Minded Bakers Hang Up Their Aprons

Nicole Lalonde

For Gwen Snyder and David Groves, this year will mark their 23rd Christmas at the helm of a successful and well-loved local business. Sadly, it will also be their last as owner/operators. The rumour is true ... the iconic Royal Bay Bakery has been sold, and the community of Metchosin felt it was time to recognize this dynamic and generous husband-wife team by writing a piece about them. So I ambled up to the bakery on a sunny Saturday, as I have done on several occasions since I purchased my electric vehicle. Few of you may be aware that David and Gwen have hosted the popular EV (electric vehicle) club since its inception, as a meeting place for the many enthusiasts of renewable energy.

As I sat down in front of a steaming bowl of homemade soup and a cup of hot coffee, the two of them joined me for a chat, friendly and hospitable as ever, despite their busy schedule. Here is a little of what I learned.

David and Gwen moved from Ontario in 1995, looking for a food business to operate while raising their two sons, aged three and five at the time. Joan Mendham, a Metchosin resident and friend, turned them on to the Scandia Bakery. The bakery was originally opened in 1963 in Edmonton by the Rasmussen family, and then relocated to Vancouver Island in 1974. When David and Gwen arrived they immediately fell in love with the area and became the proud owners in December of that year. Sons Julian and Tim were soon attending Sangster, Westmont, Dunsmuir and Belmont schools. They grew the business and took the leap to turn organic 10 years ago once they were able to source out their main ingredient, organic flour. They continued to expand their offerings with as many local ingredients as became readily available, raspberries from the Knights of Columbus, blackberries from View Royal, and eggs from Colwood and Metchosin.



David and Gwen, great friends of Metchosin Photo by Nicole Lalonde

When asked what prompted their retirement, both David and Gwen felt it was time for a new generation to take over the business. They are proud of what they have accomplished and happy to leave it in good hands when it is thriving and, judging by the crowds during my visit, very much on the upswing. David and Gwen believe serendipity is what brought Bradley and Ashley Kiss to their door. Both left successful careers in Edmonton (how synchronous is that?) to embark on this new adventure with their two young children Lincoln and Quinn – you guessed it – aged three and five! The new master bakers are gently easing into the business under the expert guidance of David and Gwen until the end of October. Then roles will reverse as Ashley and Bradley take charge, with Gwen and David in the background to help navigate the busy Christmas season. In the new year David will stay on part time and Gwen, a trained singer, will pursue her singing interests and continue to grow their

permaculture garden. David is passionate about alternate energy. He has been a part of the EV and solar revolution and he will continue to play his part in raising the awareness around renewable energies.

What will they miss most after retirement? Gwen will miss developing new products, socializing and being a part of the community. David says he has made a lot of friends in 22 years and he will miss seeing them on a regular basis. Both have enjoyed growing the business and watching the West Shore as it develops. As for us Metchosinians, we will continue to enjoy the fruit of their hard labour, delicious organic breads and pastries, as we wish them a much deserved rest and a good night's sleep.

"David and Gwen we bid you farewell, we wish you every success in your future endeavours, and more importantly we express our sincere gratitude for all your generosity of time and expertise during our many fundraising events" – from all of us in the community of Metchosin.

Working for our community



Mitzi Dean
MLA, Esquimalt-Metchosin

Mitzi.Dean.MLA@leg.bc.ca / MitziDean.ca

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Jordan River Reborn: The Metchosin Connection

Jim MacPherson

Many of us know Metchosinite Ken Farquharson for his long-term commitment to the APRM. What many of us probably do not know about is the pivotal role Ken played in the Jordan River clean up and the return of its salmon run.

Today Teck Resources Ltd. is preparing a rehabilitation program to restore an almost dead Jordan River to a productive salmon river. That such a rehabilitation program is being planned is due in no small measure to Ken Farquharson's commitment and determination.

But first, a little background. Much of Jordan River's pollution history can be viewed in a *BC Outdoors* article, "Jordan River Restoration." The Jordan River story also made the *Globe and Mail* in an article by Mark Hume on October 16, 2016. Suffice to say that for most of the 20th century, the Jordan River watershed has been logged, mined and dammed. Logging has been a continuous activity for over a hundred years and is still pursued by Western Forest Products. Mining, with an initial focus on gold but turning to copper, began at the beginning of the 20th century and ended in the 1970s. The Vancouver Island Power Company began construction of three hydroelectric dams on the Jordan River in 1911. Eventually, these facilities were acquired by BC Hydro. Much of this historic economic activity

occurred at a time when there was much less understanding of the impacts of industrial development on streams than there is now.

Jordan River had once been a most productive salmon stream with an historic run of 5,000 to 10,000 salmon. By the 1970s, salmon had disappeared from the Jordan River. Salmon stocks had declined for many years, and logging and water control contributed, but the disappearance of salmon was attributed to pollution from waste mine rock and tailings from a closed copper mine.

It is with BC Hydro that Ken's story starts. BC Hydro has a Coastal Fish and Wildlife Compensation Program which deals with fish and wildlife issues and opportunities associated with each of the watersheds where there is a BC Hydro facility. The Jordan River is one of these watersheds. On the Board of this Compensation Program are two members of the public; Ken Farquharson was a Board member from 2006 through 2016.

The Pacheedaht First Nation began efforts to restore the river, beginning by collaborating with BC Hydro which, in 2008, began water releases to ensure steady flow. Slowly, the first few chum and coho salmon returned to the lower reaches of the river. Pink salmon did not return, however, because they had to navigate further upstream, away from salt water, and into reaches of the river where contaminants killed young

fry. Ken asked why more was not being done to restore the river. Everyone he talked to told him about the chronic pollution problem, that the mine had long closed and it was not clear who was responsible. Ken determined to find out who owned the mine.

He began by calling a friend, Calvin Sandborn of the University of Victoria's Environmental Law Centre, and asked if he would know of someone who could follow the complex paper trails to rediscover the responsible companies. Sandborn, in turn, asked Law Centre student, Matthew Nefstead, to take on the challenge. Several months later Nefstead reported his discovery: Cominco was the owner during mining operations and Western Forest Products the current land owner. Teck Resources eventually bought Cominco and all of the liabilities associated with the Jordan River mining operations. Teck in due course returned all claims back to the Crown. The upshot of it all: Teck Resources and Western Forest Products bore legal liability for the Jordan River mess in accordance with Contaminated Sites legislation.

With Sandborn, Ken drafted a letter to Teck Resources. Teck, although surprised, readily acknowledged their share of the responsibility. Teck then asked Ken to set up a meeting with the Ministries of Environment and Mines. Reluctance from the Ministry of Mines to participate ultimately led Ken to appeal to John Horgan, MLA

for the Jordan River area and sitting member at the time for Metchosin. John subsequently and successfully met with Bill Bennett, Minister of Mines, to encourage the Department's participation. In the meantime, Teck Resources had already started to scope out the problem. Subsequently, the Ministry of Environment requested that Teck undertake a Risk Classification study for the site. The study was completed in 2016 and it revealed that the site was ranked as High Risk. As a result the Ministry, without speaking to Teck, ordered the company to prepare a site remediation plan by June 1, 2017.

Ken is no longer a member of the Board of BC Hydro's Fish and Wildlife Compensation Program. He resigned in 2016 after 10 years of service on the Board but continues to follow the Jordan River story. Ken anticipates that Teck Resources will submit rehabilitation options in the spring of 2018, after which a preferred option will be selected and on-site clean-up and rehabilitation begin.

Ken expressed how impressed he has been with Teck Resources for accepting responsibility for the site and for the willing involvement of the company to restore the Jordan River to its former condition. And in the meantime, we can all be thankful for the pivotal role Ken Farquharson played in the restoration of the Jordan River. There will be salmon there yet!

Notice to Local Artists and Crafters

In the December issue of the paper, the *Muse* intends to carry a summary of local artists and crafters who produce items that would be appropriate as Christmas gifts. That issue should be in mailboxes on November 30.

If you are interested in being part of that initiative, email metmuse@shaw.ca by Friday, November 10. A format with pertinent information required will be forwarded to you.



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14TH JUAN DE FUCA (METCHOSIN) SCOUTS CANADA

Alysha Becker Awarded the Gord Reimer Memorial Youth Award

Yvonne Becker

Gord Reimer was a very active volunteer in our community. Not only was he a dedicated member of the Metchosin Search and Rescue group, he was also a respected member of the Scouting association. When he died, his wife June created the Gord Reimer Memorial Award in 2002. This is an award that is nominated and voted on by the Scouting youth, for the member who has shown exceptional leadership, spiritual, service and personal qualities throughout the year not only in Scouting but in the entire community.

We are very pleased to announce that our latest recipient of the Gord Reimer Memorial Youth Award is Alysha Becker, Venturer Scout. Alysha has been an active member of the 14th Juan de Fuca Scouting organization since she was five. She has participated in almost every local scouting event, and is an

active volunteer in the community. She was the Venturer president of her company and she certainly leads by example. She is thoughtful and kind to everyone. This award is proudly displayed in the Metchosin Municipal Chambers.

Congratulations, Alysha!

Right: Alysha Becker



14th Juan de Fuca Scouts

Join Metchosin Scouts this year! It's lots of fun. Beavers (ages five to seven years old) meet weekly Wednesdays from 6:30 to 7:30 pm at Hans Helgeson Elementary School on Rocky Point Road. Cubs (ages eight to ten years old) meet weekly on Mondays, 6:30 to 8:00 pm at Metchosin Community Hall on William Head Road. Scouts (ages 11 to 15), meet Wednesdays, 6:30 to 8:30 pm at Metchosin Community Hall on William Head Rd. Venturers (ages 16 to 18) meet at various locations. Please contact us for more information and details. We are also always looking for leaders and volunteers to keep our program exciting and fun.

Feel free to drop in and explore our exciting groups. Contact Bill Schulte for more details: 250-881-3845.

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Check out the classified ads on page 15.

NEWS FROM HANS HELGESEN SCHOOL



Cross Country at Hans Helgesen

Deb Stoutley Photo

Debra Stoutley, Principal

It has been a wonderful startup for Hans Helgesen Elementary School! Our school has grown to almost 200 students and we have nine classrooms. Each September has its own energy and this year the large number of primary students ensures a lively start!

We also have six new staff members joining us, which makes for a great combination of new ideas and fond traditions. It's my pleasure to share some of the news of our school community with you.

As with most years, we started out with our Terry Fox activities. Students at HH were asked to "do a chore for

Terry" in order to earn some money (a loonie or toonie) to donate to cancer research. This year we raised more than \$220, which is at least one dollar for every child and adult in our school. That was our goal! The daily runs we have not only make us think of Terry but also help us train for the cross country races and keep fit!

Soon after the Terry Fox Run we had Orange Shirt day. This is a newer event which teaches students about the experiences many students had in residential schools. The story of Phyllis is a child's recollection of having "not mattered." Ms. Coombes' class, under the direction of our music teacher Mr. Epp, did a wonderful drama performance based on Phyllis' words. Our whole school enjoyed this experience and was an excellent listening audience.

One of the district traditions and first signs of fall is the district Cross Country Races at JdF. Our school had a fantastic turnout for the races. Even though the growing district meant that only grade two to five students could participate this year, we had the largest number of students participating ever! I am proud of the children's participation and commitment to healthy activity. Several of our students improved their place in the race from one week to the next and from their place last year. Thank you to Mrs. Wakelin and Ms. Lee, our

primary teachers who led these runners.

We continue with our Pizza Day and Spirit Day traditions this year. We have "Wacky Hair Day" with our first Pizza Day coming on October 12. I am excited to report that PAC parents led by Amanda P. are going to also have hot dogs, spaghetti, Subway sandwiches and perhaps White Spot lunches to choose from this year as well! Keep your eyes out for popcorn sales on Fridays as we strive to fundraise with fun and healthy choices for students. Watch for a school Halloween dance this year as well!

Soon we'll begin work with the Habitat Acquisition Trust in their "Green Spots" program. We will be removing invasive species, spreading mulch under our arbutus trees to help them live longer and planting wildflowers. All our classes are interested in participating in this stewardship action. We also expect to repeat our "Growing Young Farmers" work this year as well. Students learn all about the growing of food and the enjoyment of the process.

You may see more work around the safety of our road for students at Hans Helgesen. We have been working with the CRD in the Active and Safe Routes to School program and will soon be looking for community members who are interested in being "Pace Cars" to drive the speed limit through our community. Watch for further

news on that in the next weeks, or contact me at the school.

As I close today, I would like to end with some words of thanks. We have been very fortunate to receive many gifts from local service groups and merchants. It is fantastic to have such support from our community. We recently had sand delivered from Buy the Yard and were given a generous discount! The Saunders Group (of Saunders Subaru) gave \$300 to our school's breakfast fund this year. We also had a \$300 gift from the local Lions Club. This money is targeted for library books. Our parents, on the PAC especially, are always supporting the school with donations and their time. The bottle drives are an excellent example of that – the next one is November 17. Finally, thank you to all the staff who support all the learning and extra-curricular activities of our students. We have a fabulous group of educators at Hans Helgesen who all do special things to enable students to experience teams, clubs, field trips and exceptional learning activities. I would also like to say thank you to the Metchosin community, for reading our news and for your interest in Hans Helgesen Elementary!

Please don't hesitate to contact me at the school if you have questions (dstoutley@sd62.bc.ca).

There's a lot going on in Metchosin!

For information on local events, see **Important Dates and Events**, p. 16.

Calling All Preschool Children – The Strongstart Program

Debra Stoutley, Principal

One of the programs that has been operating all around the Sooke School District is Strongstart. This is a learning program for children aged newborn to five years. The BC government has recognized that children are more successful in school when parents have opportunities to learn with their preschool-aged children, and has been funding this program all around the province. The Sooke School District is happy to support this program for our future students.

At Hans Helgesen, we have a program two days per week (Tuesday and Wednesday) from 8:45 to 11:45 am. An Early Childhood Educator (ECE), Sharon Collyer is the leader of our program and organizes the learning activities each week. Parents attend the program on a drop-in basis for no charge. A birth certificate is all that is needed to register. In fact, you do not need to live in the area of the Strongstart that you wish to attend. Our district has Strongstart programs in several schools – enough for you to attend every day of the week if you wish!

Parents and students who attend this program are given time to interact with their children in a variety of ways. They might listen to stories, take part in a variety of activities (puppets, sand, water, for example) and have a snack together. In our program, they also have access to the gym in Hans Helgesen for a fun playtime each week as well! Each Strongstart has slightly different activities offered.



In the coming weeks, our Strongstart program will be doing some field trips or outreach activities in the community for our members. They begin with a trip to Eagle Ridge on November 1. Children and families will have an opportunity to play in this large facility with Sharon's guidance and leadership. This is like a very large gym day for children!

On November 8, the group will be going to the Beecher Bay Day Care Building and will be joined by Aboriginal role model and Inuit storyteller Michael Arvaarluk Kuskak for his "Very Cool Stories." November 15 will find the group travelling to Taylor Beach for an outdoor day. November 22 will be a swimming day at West Shore Recreation Centre and November 29 will have them at the Westshore Mall play area!

We hope you can join us for these Strongstart Fieldtrips. Please feel free to contact me at the school if you need any information.

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Change at Old Barn Books

Jim MacPherson

Over the course of the last few weeks, you may have noticed some construction behind the Pioneer Museum and beside Old Barn Books. What you are seeing is the construction of an insulated, heated shed that will be used to store books donated to Old Barn Books.

Most of this construction has been done by volunteers.

The most recent work has been the roof. Here the Metchosin Museum Society thanks Dan Perrier of Perrier Roofing for contributing the metal roof and labour for this new book storage unit. This is a very generous gesture and much appreciated.

In yet another piece of construction news ... remember the installation of a bank of 16 solar panels on the roof of

the Pioneer Museum? Thanks to the District of Metchosin and electrical contractors Ric Perron and Peter Pardell for them. These panels are helping to offset our hydro expenses.

The new book shed.
Jim MacPherson photo



RCMP Call-Outs SEPTEMBER 2017

Constable Alex Bérubé, West Shore RCMP | GRC de West Shore

- | | |
|--|---|
| Sept 1 Sooke Road – Complaint of possible impaired driver. Driver located, not impaired. | Sept 15 Barrow Road – Report of theft of licence plates. |
| Sept 2 Happy Valley Road – Abandoned 9-1-1 from an American line. Unable to trace caller. | Sept 16 Pedder Bay Drive – Investigation into a hit and run. |
| Sept 3 Sooke Road – Complaint of an erratic motorcycle. No plate obtained. Motorcycle not located. | Sept 17 Metchosin Road – Investigation into a vehicle that crashed into a hydro pole. |
| Sept 4 Witty's Beach – Report of found bones. Forensic examination deemed the bones as non-human. | Sept 18 Sooke Road – Report of a single vehicle MVI. No injuries. |
| Sept 5 Sooke Road – Report of traffic complaint. Vehicle not located. | Sept 20 Kangaroo Road – Responded to a disturbance at a home. |
| Sept 6 Dupree Drive – Abandoned 9-1-1 call. Confirmed false. | Sept 21 Chalister Court – Responded to an alleged domestic dispute and mischief. |
| Sept 7 Metchosin Road – Report of a MVI. Rear ender. Driver charged for following too close. | Sept 22 Shooting Star Place – Report of an injured deer. Deer deceased upon attendance. |
| Sept 8 Metchosin Road – Alarm received to a business. Police called off prior to attendance. | Sept 23 Metchosin Road – Received a driving complaint of a tailgating vehicle. |
| Sept 9 Kangaroo Road – Report of injured deer. Police attended but deer was gone on arrival. | Sept 24 Wootton Road – Checked on the wellbeing of an individual high on drugs. Individual arrested. |
| Sept 10 Rocky Point Road – Report of a MVI. Driver issued a ticket for unsafe u-turn. | Sept 25 Rocky Point Road – Request to assist in locating an individual. |
| Sept 12 Rocky Point Road – Report of an injured deer. Police attended and put the deer down. | Sept 26 Sooke Road – Report of an injured deer. Deer was not located. |
| Sept 13 Sooke Road – Driving complaint about a vehicle tailgating. Registered owner spoken to. | Sept 27 Sooke Road – Report of a noise complaint with regards to fireworks. |
| Sept 14 Wild Cherry Drive – Report of a single vehicle MVI. Driver was charged under the <i>Motor Vehicle Act</i> . | Sept 29 Kangaroo Road – Report of a single vehicle MVI, driver transported to hospital. |
| | Sept 30 Rocky Point Road – Report of a bear going through garbage. BC Conservation advised. |
- MVI: Motor Vehicle Incident

Fire Department Call-Outs SEPTEMBER 2017

Fire Chief Stephanie Dunlop

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

- | | |
|--|--|
| Sept 1 Sooke Road – Medical – D | Sept 18 Metchosin Road – MVI |
| Sept 3 Happy Valley Road – Community Event | Otter Point – SFComm – Smoke/Smell in Structure |
| Sooke Road – Brush/Grass – Fire | Sept 20 Hibbert Lane – Medical – C |
| Sept 4 East Sooke – Assistance – Misc Complaint | Sept 22 Impala Road – Open Burn – General |
| Sept 5 Dupree Drive – Medical – C | Barrow Road – Medical – D |
| Sept 6 Kangaroo Road – Assistance – RCMP | Sept 23 William Head Road – Medical – D |
| Sept 8 Metchosin Road – MVI | Sept 25 Derrien Place – Medical – C |
| Happy Valley Road – Hydro – Fire | Hibbert Lane – Medical – C |
| Sept 9 Malloch Road – Open Burn – Camp Fire | Pears Road – False Alarm Bells – Residential |
| Sept 11 Malloch Road – Assistance – BCAS | East Sooke – Medical – C |
| Duke Road – Medical – D | Sept 26 Sutiicum Road – Medical – B |
| Sutiicum Road – Medical – D | Sept 27 Derrien Place – Medical – D |
| Rocky Point Road – Assistance – Public Works | Sept 28 Duke Road – Medical – D |
| Sept 14 Wild Cherry Drive – MVI | Pears Road – Medical – C |
| Sept 16 Sooke Road – Medical – C | Sept 29 Kangaroo Road – MVI |
| Brush/Grass – Smoke Smell / Sighting | Sooke Road – Open Burn – General |
| Sooke Road – MVI | |
- MVI: Motor Vehicle Incident
BCAS: BC Ambulance Service

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Thank you!



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

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.

MANDALA PLACE – Metchosin's sacred space in a tiny home. Acupuncture, counseling, coaching, Bodytalk, Buddhist meditation. Offered by husband (Registered Acupuncturist) 226-748-7897 and wife (Ph.D. Clinical Psychology) 778-587-7468 team. Over a decade of experience.

POSITIVE PSYCHOLOGY GROUP on happiness and

meaning. Join Vibeke Vaerum (Ph.D. Clinical Psychology) November 16, 23, 30 and December 7, 6:00–7:45 pm at Mandala Place (off Kangaroo Rd.) Send email to vnvaerum@gmail.com for information and to register.

WANTED

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

HOUSE SITTING – We are a couple looking for a place in Metchosin to house sit while our house is being renovated mid November to mid December. Excellent ref. 250-882-7938

Important Dates and Events

- Oct. 27 **Film Night at the Community House:**
The Last Cavemen, 7:00 pm p. 11
- Oct. 30 **Horse Rescue and Protection in British Columbia: A Talk** p. 9
- Oct. 31 **Halloween at the Fire Hall** p. 4
- Nov. 3 **Talk and Walk: *Beyond Basidiomycetes*** p. 3
- Nov. 5 **Daylight Savings Time Ends at 2:00 am.**
Remember to set your clocks back one hour.
- Nov. 10 **MCA House Concert: Jazzalele** p. 12
- Nov. 11 **Remembrance Day March** p. 1
- Nov. 14 **Metchosin Community House Christmas Craft Fair** this page
- Nov. 16 **MCA Speaker Series:**
Three Hours to Anywhere p. 8
- Nov. 21 **Emergency Program Information Session:**
Metchosin Search and Rescue p. 2
- Nov. 24 **Film Night at the Community House:**
Freedom Under Load p. 2
- Nov. 25 **Middle East and South Asia Regional Day at Pearson College** p. 7

For ongoing events at the Metchosin Community House, please see p. 11. For Council meetings, please see p. 4.

CRD Nature Events take place throughout the year in Metchosin. For details, go to crd.bc.ca/parks-events.

Clip and save this listing!



Metchosin Community House Christmas Craft Fair

Nov. 14, 10:00 am–3:00 pm
4430 Happy Valley Road
Hosted by: Metchosin Art Group, Knitting Café, and Rug Hookers

This will be a great opportunity to see what creative minds and busy hands have

produced throughout the year at the Metchosin Community House. Drop by and pick up some homemade baking and locally crafted, unique gifts for all those special people on your Christmas list. Bring your Christmas spirit and your voice and join us as

we gather around the piano mid-afternoon for a seasonal singalong with Lois Wiens and the Rough Voices.



Directory of Organizations

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)

250-881-8280
Facebook: Metchosin APRM

BADMINTON

Women's 250-478-9648

BILSTON WATERSHED HABITAT PROTECTION ASSOCIATION

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

CRD PARKS

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

FREE RANGE SINGERS

250-478-3319
<https://www.facebook.com/MetchosinFreeRangeSingers/>

GIRL GUIDES OF CANADA (Metchosin and Colwood)

tandwcampandcomish@shaw.ca
250-478-5484

LA LECHE LEAGUE CANADA

250-727-4384

METCHOSIN 4-H CLUB

metchosin4h@gmail.com
www.metchosin4h.com

METCHOSIN ARTS AND CULTURAL CENTRE ASSOCIATION (MACCA)

info@metchosinartcentre.ca
www.metchosinartcentre.ca

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

250-478-2374
tammyberry269@hotmail.com
www.mesmetchosin.com

METCHOSIN FOUNDATION

metchosinfoundation@gmail.com
<http://metchosinfoundation.ca>

METCHOSIN GARDEN CLUB

250-298-7877

METCHOSIN HALL SOCIETY

250-478-6424
<http://metchosinhall.com/>

METCHOSIN HIKING CLUB

250-478-4778

METCHOSIN MUSEUM SOCIETY

Pioneer Museum, 250-382-1989
School Museum, 250-478-0765

METCHOSIN PONY CLUB

250-727-3595

METCHOSIN PRESCHOOL

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
<http://www.metchosinsar.ca>

METCHOSIN SENIORS' INFORMATION & RESOURCE CENTRE/METCHOSIN SENIORS' ASSOCIATION

250-478-5150, msirc@shaw.ca
www.metchosinseiors.ca

MT. MATHESON CONSERVATION SOCIETY

250-642-0238

NEIGHBOURHOOD EMERGENCY PREPAREDNESS PROGRAM (POD Leaders)

Kathleen Sutherland
250-474-3966
neighbourhoodpod@gmail.com

PACIFIC CENTRE FAMILY SERVICES ASSOCIATION

345 Wale Road, Colwood
250-886-2481
www.pacificcentrefamilyservices.org

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

TOASTMASTERS 'CHOSIN CHATTERS

info@chosinchatters.org
www.chosinchatters.org

TOPS: Take Off Pounds Sensibly

Audrey 250-478-1352
Marnie 250-478-9637

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 CONCERT BAND

250-474-3999
info@westshoreband.org
www.westshoreband.org

WEST SHORE PARKS AND RECREATION

250-478-8384
www.westshorercreation.ca

WESTSHORE RUGBY FOOTBALL CLUB

U14.U16.manager@gmail.com
westshorerfc.com

FAITHS

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.opengatechurch.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

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

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

250-474-2333

Corner of Happy Valley and Metchosin Road

MY-CHOSEN PIZZA
Pickup after noon, delivery after 4pm
OPEN: 11am-9pm seven days a week
Phone 250-474-5576

METCHOSIN Country STORE

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 listing is a directory of organizations only. Please submit changes by email to metmuse@shaw.ca. Individuals, groups and organizations are invited to submit details on upcoming events, to be included under "Events" on this page, or possibly as a separate article. Deadline for submission is the 15th of the month preceding the issue date.