



My-Chosen Cafe

Barb Sawatsky

By now it's pretty much a certainty that everyone who frequents My-Chosen Cafe is aware that on July 14, 2023 this iconic Metchosin restaurant was sold to a trio of new owners. The news was greeted with a sigh of relief from loyal customers when they learned that the menu and staff would stay the same. The sale and take-over include the cafe as well as the Sugar Shack and My-Chosen Pizza.

Jason Gray, who grew up across the road from the cafe,

is one of the three new owners. "Taking over from Mike and Shannon is a privilege," he says and his partners, Hollis Turbine and Joe Cunliffe, partners in The Country Rose Pub in Colwood, echo Jason and speak of buying "one of the Island's gems." The Madills worked with the new owners until Friday, July 29 then departed in their new camper to explore the north end of Vancouver Island; a well-earned holiday after all these years.

Mike and Shannon met in 1984 when they were both working at Romeo's Restaurant in

CanWest (now Westshore) Mall. Mike had cooked at the Princess Mary and at Fernwood Bakery, and Shannon had intentions of pursuing a career in nursing. That is, until she met Mike. On one of their dates they rented scooters and Shannon, nervous about riding in traffic, suggested they head out to Metchosin's quieter country roads. They stopped for lunch at the only cafe in Metchosin and watched as the owner walked across the road to Metchosin Store to purchase the necessary ingredients to cook their lunch. They then learned that the cafe



Mike and Shannon can take a well-earned rest. Barb Sawatsky photo

was for sale and thought, "We could do this."

The business had been closed for six months when they made an offer to purchase it. On July 22, 1987 Mike and Shannon opened their first restaurant in downtown Metchosin and it was an instant hit with the community. Humorously, I recall a petition circulating in the community to stop the original restaurant's opening as some parents were concerned that "it would become a hangout." Ultimately, kids weren't those who were hanging out – farmers and other locals were meeting up at the new restaurant, happy to have a place to drink coffee, order a lunch and solve the world's problems.

From humble beginnings, both the business and the family grew. After living in a travel trailer for a time at Weir's Beach Resort, the Madills bought the house and property next door to the original cafe, subdivided, and built the present, larger cafe which opened in 1995. The process of subdividing, rezoning and building

is a story in itself. The Madills were blessed with three healthy children who "came to work here when they were a week old," said Shannon with a chuckle.

After 36 years working long hours, the Madills have now sold their successful, popular business and they are confident and pleased to be leaving it in excellent hands. When they return from their trip up Island this summer, they will stay home in Metchosin for a time while Mike recovers from knee surgery. The news that he had finally made it to the top of the surgical list "was good timing," he said. Dreams further down the road include a cross-Canada trip in the camper, returning via the United States, to see as much of North America as they can fit in.

The *Muse* wishes all the best in the future to Mike and Shannon Madill whose hospitality, food and business formula proved not only that "they could do this" but that they could do it so well.

Editor's note: see "Comments" on page 2.



Outgoing and incoming owners of the My-Chosen Cafe. Left to right: Joe Cunliffe, Shannon Madill, Mike Madill, Hollis Turbine, and Jason Gray. Barb Sawatsky photo

Pearson College UWC Student Wins Gold at the North American Indigenous Games

Pearson College UWC

Pearson College UWC student Nathaniel Stuit was the gold-medal winner in the men's U19 (under 19), 400-metre race at the recent North American Indigenous Games (NAIG) held in Halifax, Nova Scotia in July.

The NAIG brings together Indigenous youth from across North America to celebrate culture, heritage, and athletic talent and is a platform for young Indigenous athletes to showcase their skills, build connections, and foster a sense of pride and community.

Nathaniel, whose family is part of the Dene Deh Cho Nation, will be starting his second year at the international high school in Metchosin this month. Clocking in at an impressive 51.89 seconds in the 400, he also showcased his endurance and versatility by earning a top 10 finish in the men's U19 800-metre run and fourth place in the men's U19 4X400 relay, alongside his teammates.

Nathaniel, who came to Pearson College from Prince Edward Island and whose family now lives in this province, represented B.C. at the games and his efforts helped the teams achieve



Nathan Stuit celebrates on the podium as he prepares to receive his gold medal. Photo credit: isparcteambc/NAI

second place overall in the medal standings. Congratulations Nathaniel!

During the school year, Nathaniel also served as a key leader to his classmates, participating in many

Indigenous-led activities both on and off the Pearson campus, which is situated on the traditional territory of Sc'ianew First Nation.



Nathan Stuit crosses the finishing line first in the North American Indigenous Games U19 400 metres final. Photo credit: isparcteambc/NAI

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SUBMISSION DEADLINE AND HOW TO SEND COPY

All articles and advertisements are due by the 15th of the month. Please send copy as an email attachment using Microsoft Word, text or RTF to: metchosinmuse@gmail.com. Do not send PDFs. Photos should be high resolution and be in jpg or tif format only. Typewritten or handwritten copy may be acceptable if you have no computer access; please call Linda at 250-590-0168 for arrangements. All submissions may be edited for length, style and suitability of content and language. Submissions are accepted on this understanding. Please visit our website for more information: www.metchosinmuse.ca

ABOUT THE MUSE

The *Metchosin Muse* is a local non-profit, arts, interests and activities publication, produced by the *Metchosin Muse* Society. The opinions expressed in articles are those of the authors, not the paper. The *Muse* endeavours to promote respectful and open dialogue in the community and aims to interest a broad cross-section of the residents of Metchosin and Beecher Bay.

CURRENT CIRCULATION

2800

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 past years are there, along with contact information and information for submissions, advertisers, and deadlines.

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We can mail the *Muse* to you each month for \$35 a year if it is to be posted to a Canadian address.

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Comments from the My-Chosen Cafe Owners, Old and New

The Outgoing Owners – Shannon and Mike Madill.

“To our cherished community of Metchosin, and to those from afar, we are thankful for the unwavering support, loyalty, and love that you have showed us over the years.”

“To our staff both past and present, you have become a part of our family and have been the backbone of our establishment. Your commitment, hard work and passion have been a driving force behind our success, and we are forever grateful.”

“Together, we have celebrated birthdays, anniversaries, graduations, and countless other special moments. Our restaurant has served as a meeting place, a source of comfort, and a backdrop for the fabric of this community. The connections within these walls will forever hold a special place in our hearts.”

“As we pass the torch to the new owners, we do so with utmost confidence in their ability to

continue the legacy we have built together. We are confident that they will honor our shared values and provide the same warmth and hospitality that have become synonymous with everything My-Chosen and we wish them continued success!”

“Our hearts are filled with gratitude for the opportunity to have shared this incredible journey with all of you, and now our family is looking forward to the next chapter of our lives.”

The New Owners – Jason Gray

“I grew up across the street from My-Chosen Cafe right here in Metchosin, so when I heard it was for sale, it was exciting! Taking over from Mike and Shannon is a special privilege and a nice homecoming for me.”

Hollis Turbine

“What an amazingly rare opportunity to take over one of the island’s truest gems. The Madill’s have cultivated the most inviting

area for all to enjoy, and their thought and care is obvious in everything they have accomplished. I cannot wait to be a part of this beautiful community.”

Joe Cunliffe

“My-Chosen Café is a special place, and the Madill family are special people! 36 years in the business is an incredible accomplishment that should be celebrated. I am excited to see what the next 36 years brings for this little country gem.”

“Getting to know the Madills and seeing their integrity and the love they have put into the café made it an easy decision for us, we knew right away this was a special opportunity. You can feel it as soon as you walk in the front door.”

“We’re just hoping to carry forward what the Madills are already doing, they have been so focused on quality in everything they do. I know if we can continue their approach, we’ll continue their success.”

Letters to the Editor

The *Metchosin Muse* welcomes letters to the editor, of not more than 200 words. Your letter may be edited for style or length. Please email your letter to metchosinmuse@gmail.com (with electronic signature if possible). An address and telephone number are required but will not be published.

Council News

SEPTEMBER 2023



Regular Business Licence Renewals

Businesses will be receiving their renewal notices in the mail in October for the 2023/2024 businesses licence year (Nov to Oct). Every business operating in Metchosin, including home-based businesses, short-term rentals, etc. require a business licence. Metchosin participates in the regional intermunicipal business licence scheme so that businesses such as contractors and mobile sales based in Metchosin only need one licence to operate in the region.

Please note that if your business licence is two years outstanding, the licence will be terminated, as per Section 14(c) of the Business Licence Bylaw. Reinstatement would then be subject to a new application and inspection, along with an additional fee of \$25.00

Be Bear Aware – and Manage your Attractants

Metchosin is bear country. If you see a bear:

- Remain calm, don’t panic
- Keep away from the bear and bring children and pets indoors
- Never approach a bear and don’t run from it
- Alert others of the bear’s presence without yelling

Once the bear has left, check your yard to ensure there are no attractants such as unpicked fruit, bird-feed, garbage or anything with food residue on it.

Please be proactive against attracting bears and place your garbage at the curb on the morning of pick up and not the night before.

You can let the District of Metchosin know about the bear sighting (date and area) so this information can be posted on the website for information to others.

For more information on bears, please see the link to the Wildlife Resources page on the District website.

Council Meetings

Council and Standing Committee meeting dates and times for the upcoming month. Meetings are held in the Council Chambers at 7:00pm unless otherwise stated. Meetings are subject to change. For updated information please call the Municipal Hall at 250-474-3167 or refer to the website at www.metchosin.ca.

Council Meeting	September 11
Finance Committee Meeting	
Community Planning Committee	
Environment & Natural Areas Committee	
Public Works & Protective Services Committee	
Parks & Trails Advisory Select Committee	September 19
Healthy Community Advisory Select Committee	4:30pm, September 26
Metchosin Environmental Advisory Select Committee	September 26

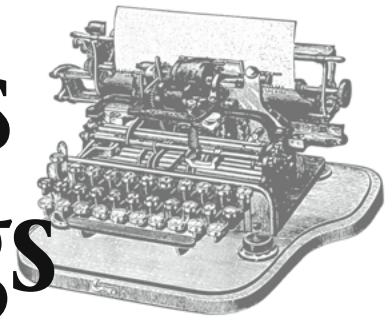
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Editor's Musings

Johnny Carline

This is the first edition I have personally edited since the death of my wife on June 1. I want to thank the *Muse* team for their special support, particularly my co-editor Allen Jones, a very kind man, who relieved me of the responsibility to edit the July/August edition, and the indefatigable Barb Sawatsky, a wonderful friend, who took on writing articles that would normally have been mine to do, and gave me support in so many other ways. Together with family, neighbours and friends, they encouraged me to “get back in the saddle.” But it is not easy. The sparkle has gone.



However, what this edition shows is that the strength of the *Muse* lies not in any one person but very much in the efforts of its many contributors. Not for the first time, the editor's most difficult task for the September edition, after the August break, is to decide what to leave out, as articles submitted for this edition often exceed the space we can afford to provide. The pressure on the editors to write, as well as edit, is thankfully reduced and the result is a full, varied and interesting paper which I trust you will enjoy.

Thank you to all our contributors and to you for reading the *Muse*.

Postscript on language. More and more articles are appearing with the word ‘indigenous’ beginning with an upper case ‘I’, including articles in this edition. Conventional grammar suggests that adjectives derived from proper names, like ‘Canadian’ or ‘Irish’, are capitalized while others, like ‘foreign’, ‘itinerant’, or ‘white’, are not. The word ‘indigenous’ falls in the latter group, but in recent years, particularly in Canada, probably as a mark of respect for, or reconciliation with, people who have been discriminated against, the capitalized version, ‘Indigenous’, has become increasingly common. In the USA the same is happening with the word ‘black/Black’. As editor, I take the view that this is the language in flux and that either the grammatically, strictly correct version or the alternative, socially sensitive version is acceptable. So, I would look for consistency within any one article but accept differences between articles. Just in case grammarians were wondering.

Metchosin Muse Celebrates Thirty Years of Community Service

Allen Jones

Keen readers of the *Muse* may have noted that we have been producing a community publication for 30 years and that the first issue came out in August 1993. You may not remember the 7.0 earthquake that hit New Zealand or the tornado that caused damage in Ontario and Quebec during that month, but the seismic event of launching the *Muse* is remembered fondly by the pioneer team that volunteered to put out Metchosin's very own monthly community journal.

Fortunately, most of the people that have worked on the *Muse* are still around, although editors have changed over the years. Putting together the history of this publication is taking some time and we hope to follow up this article with a fuller version in our October edition. In the meantime, we would be delighted if readers would let us know of their memories over the last 30 years, some of which we would like to publish.

Sustainable Camping Tips

CRD Environmental Services

Camping is a wonderful way to reconnect with nature and enjoy the great outdoors. As responsible campers and outdoors adventurers, it is crucial we adopt sustainable practices to preserve the beauty of our natural surroundings. Here are six conscious choices you can make this summer.

- Pack your meals in reusable containers. One of the easiest and most effective ways to minimize waste while camping is by using reusable containers to store your food. Ditch single-use plastic bags and wraps and opt for durable containers. Containers not only reduce waste but also keep your food fresh and protected during your camping trip.
- Bring reusable plates and cutlery. Disposable plates and

- cutlery generate a significant amount of waste that ends up in landfills if it cannot be composted or recycled. Instead, invest in lightweight, reusable plates, bowls, cups, and cutlery. These eco-friendly alternatives will last you multiple camping seasons as they can be easily washed and reused, saving resources, and minimizing environmental footprint. Remember to bring your biodegradable soap to protect our waterways.
- Keep hydrated without generating waste. By bringing a refillable water container instead of single-use water bottles, you can save money, reduce plastic use and have less to pack and recycle on your way home.
 - Be sure to pack everything back. Waste and organic matter left behind can disturb animals'

- habitat and the surrounding ecosystem like water sources. Packing everything back will help preserve the integrity of natural spaces for future generations to enjoy.
- Dispose of hazardous waste correctly. Camping gear, such as BBQ starters, propane tanks, and cylinders, are considered hazardous waste and should never be thrown into regular waste bins. These items should be taken to appropriate recycling facilities. By disposing of hazardous waste responsibly, you prevent harmful substances from entering the environment and contribute to a safer camping experience for everyone. Not sure where to take your hazardous waste? Hartland depot has an extensive list of accepted household hazardous waste free for all CRD residents.

New to camping? Borrow your gear. There is no need to spend money on items you may not use again. Borrowing from family and friends or buying second hand will help reduce waste while still having the full camping experience.

Camping clean and adopting sustainable practices are not only beneficial for the environment but also enhance our overall camping experience. Let's make the most of this summer by camping responsibly! Want to learn more about hazardous materials and the proper disposal? Visit www.crd.bc.ca/hhw.

Editor's note: Second-hand stores are a great place to find camping dishes. Think vintage Melmac and mismatched cutlery – the thrill is in the hunt!



Sustenance served sustainably. CRD photo

After Thirty Years – Communication and the Value of the *Muse*

Johnny Carline

In her book *It's OK That You're Not OK*, Megan Devine observes that “no one can live your life for you.” So how do we communicate with each other when deep emotions are involved? For example, it is a common occurrence for people, seeing a friend in distress, to say, “I feel your pain.” Taken literally, that statement is not true. Devine is right. We cannot feel each other's pain; we can only feel our own pain. Nonetheless, the statement's intent is profound. It attempts to communicate that your distress and your feeling of pain has been observed and that, consequently, I want to offer comfort to you to help ameliorate that; that I have tried to imagine what my feelings would be in the same circumstances and tried to grasp what the resulting pain would feel like. Nonetheless, I still know that my pain is not yours and, no matter how empathetic I am, that your pain will be more intense and last longer than mine. They are different, personal and private to each of us.

We have similar communications about deep positive emotions. When we see someone joyous over some event that has happened to them, perhaps a new love, we also feel happiness. When we express it, we are trying to show that we share their joy, even though their joy is about their feeling about their new love, while ours is about our feeling about their being happy. They are different and personal to each of us.

What such communication is about is trying to reach across that barrier that makes our innermost thoughts and feelings inaccessible to others; about trying to communicate to people that, despite being unable to feel their feelings for ourselves, they are still not as alone as that innermost inaccessibility might suggest. By doing this, we hope to ameliorate their hurts and fears and reinforce and expand their joys and happiness to make their experience of life better.

However, let's face it, generally our communications are not nearly so profound. They are mostly fairly superficial, talking about the weather, what events are coming up, even plain old

gossip about common acquaintances. Just saying “hi!” and waving a hand are all part of these everyday, even sometimes banal, exchanges. Yet, superficial as they may be, they are vital. They slowly build up a level of familiarity, a mutual comfort level, without which deeper exchanges are unlikely to occur or succeed. People you know well give you comfort even as they struggle to find the right words. People you don't know and who give conventional rote responses rarely have any deep impact.

When we consider this at the community level, a role for the *Muse* starts to emerge. In one sense, the *Muse* is a vehicle for the community to talk to and among itself. Some of that communication is pretty ordinary – what is happening at the Community House, how the cricket team is doing. Some of it might spur a bit deeper thought – what is the latest ArtPod project really trying to get at, how did Council respond to community input on their latest policy issue. And just occasionally an item might reach down into the core of one's feelings and provoke a deeper emotional response – some of my colleagues' human-interest stories do that, as do some obituaries.

As with personal conversations, these different levels of communication each make a contribution. The articles about everyday life are like the day-to-day conversations we have with each other. They help establish a sense of mutual belonging which, no matter how superficial it may be to begin with, paves the way for deeper communications when needed. By doing this for 30 years, the *Muse* has perhaps slowly developed that sense of belonging and established the trust needed for when we address those issues that stir the emotions. And by addressing the latter, sensitively and fairly, we hopefully help enable ourselves, as a community, to come to understand each other better. In this way, all the various articles make a contribution to the *Muse's* success in fulfilling its long-held goal of helping to build true community.

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Pretty Ugly, The Show Where a Felted Orange U-shaped Toilet Mat Is Art



Caroline James, (right) presenting ArtPod member Mary Wulff with one of the three Juror's Choice Awards for the show, *Pretty Ugly*.

Diana Smith

The bursting September back-to-school vibe is alive at ArtPod with a show, two workshops, a call for submissions and more. First, about the show, *Pretty Ugly* ... Why on earth would anyone want to visit an art show called *Pretty Ugly*? Just such a show is what is on offer at ArtPod until October 1. Are we crazy or what? Well, no, there are reasons behind our madness. In designing the show, we were inviting and challenging artists, not to

mention viewers, to explore and embrace the theme, *Pretty Ugly: Art Beyond Beauty*. Artists could reframe what we conventionally think of as ugly to better appreciate unexpected richness. Or they could make artwork that shows the value of having ugly in our world. Or they could make work that has a deeper aim, that has as its raison d'être work which focusses on more than aesthetic appeal. We chose our juror, artist and workshop leader, Caroline James, carefully, knowing instinctively that she would appreciate

what we were trying to do with the show. She is someone who is brave enough to be vulnerable in herself and in her artwork and to recognize these qualities in the work of others. She selected 35 artworks from the many submissions received and has curated a comprehensive show that offers diverse work about this complex notion of all that is ugly or beautiful or beyond. In the show we have everything from a felted u-shaped toilet bowl mat by Wendy Mitchell to, well, whatever is the opposite of that. In other words, there is much to challenge conventional notions of art and beauty. Caroline is not only an artist but also an experienced workshop leader and is offering a one-day, introductory course to *Free Expression Painting* on Saturday, September 9. It is for everyone from seasoned artists to complete beginners. She says that beginners, in fact, might find the workshop easier than experienced artists. She describes it as a way to find and express our creative voice. Materials are supplied and consist of cheap paint, paper and brushes to encourage students to not worry about wasting paint or being constrained. The workshop is designed so that each participant has their easel facing away from all others and no one sees the work, except for Caroline. There is no discussion or criticism of each other's work, which helps take away the fear of not being good enough or as good as others. Caroline has said that when she took a free expression painting course several decades ago it changed her life. Who knows, this introductory course may change yours! Registration details are on our website.

Did you know that the last Saturday in September is World Cyanotype Day? You do now! This year it is on September 30 and one of ArtPod's newest members, Phyllis Schwartz, will be offering a half-day workshop (noon to 4:00pm) on that day to celebrate. This is an all-levels workshop ranging from the curious beginners to those familiar with cyanotype printmaking. It is also a follow-up from the last cyanotype workshop, offered in June, and new image-making techniques will be presented, including methods of toning prints. Cyanotypes are a non-toxic, hands-on photographic printmaking method suitable for image-makers of all ability levels. It is a less intimidating and easier technique that can lead to intriguing and lovely artwork. All details are on our website. September 1 is also the opening of a call for submissions for our last juried show of the year, Small Artworks Winter Show. For the past few years ArtPod has offered a 'Mighty Fine' art and crafts sale in November and December. This year we are focusing on smaller artwork. This still might include jewellery and ceramics, for example, but the work will be chosen for its aesthetic qualities, beyond practical function. Small can be beautiful and, in the case of art, also more affordable. For those with limited space or 'down-sizing' it is also an excellent way of still having art in your life. Details for all of the above, as well as on-going life drawing and portrait painting sessions, can be found on our website: metchosinartpod.ca

Working for our community


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Council Declines Opportunity to Purchase Property in Village Core

Johnny Carline

The property at 4460 Happy Valley Road recently came on the market. Over three acres in size, it sits between the municipal hall grounds and the commercial core of the village. Metchosin residents Chris Van der Water, Carol Johnson, Betty Hildreth and Jane Hammond saw this as an opportunity to facilitate needed seniors housing being developed, as Chris Van der Water put it, "in a grass-roots, made-in-Metchosin style."

Carol Johnson, experienced in such projects, commented that "with current news of provincial government legislation stating that the District may be 'forced' to expand housing, it was prudent ... to be proactive and come up with this land acquisition as a potential use for seniors housing in the 'downtown' core of the village."

After seeking expert advice, the group put in a conditional offer to protect that opportunity from being lost and that offer was accepted. The group then approached Council asking that the District take over the offer and secure the land.

Council met with the group and declined to take over the offer. The *Muse* sought the Council's perspective and, on its behalf, Mayor Little issued the following statement, requesting that it be quoted verbatim. It is set out here with only minor editing for length.

"Council appreciates the efforts of community members. ... The group had been unable to secure private investors for the acquisition and requested that the District of Metchosin take over the terms of purchasing the land for a community initiative. The property at 4460 Happy Valley Road is within the Agricultural Land Reserve (ALR) and any changes to the zoning would require approval from the Agricultural Land Commission. The asking price for the property is \$1.8 million. Currently, there are three properties for sale near the Village Centre. ... The District is not currently in a financial position to acquire the property and there is no specified reserve for Land Acquisition. If the District wanted to borrow money for acquisition of this property, it would require electoral approval ... This process could take up to six months' time. Neither a business plan nor a financial model was presented by the group. Any proposed business case would have to be evaluated along with other priorities identified within the Strategic Plan."

The group's view was that, "The elected officials' view of the process could not pivot fast enough to see that the land acquisition was the essential first step. Focus continued to dwell on the rough ideas put forward in the hastily drafted Prospectus". Without District backing, the group felt they were unable to continue and allowed their offer to collapse.

There is probably a good deal of merit in both perspectives. If we are truly serious about the need for seniors' housing in Metchosin then this site was surely a potentially valuable opportunity. On the other hand, the Agricultural Land Designation does create uncertainty, the District is hardly flush with money, and time would be required for the District to borrow, which also creates uncertainty and could be costly. The District's caution is at least understandable and, given the information they had, maybe correct.

But it does raise questions. If decisions like this have to be based on existing strategies which have already evaluated all the options, then one might expect that developing a strategy for the core area would be top priority. Or, if we think that it is unrealistic to have a strategic plan in place for every eventuality, then developing a process and guidelines that do allow us to "pivot fast enough" when opportunities arise should be the top priority. Little or no visible progress has been made on either of these.

The District's resources are small. Council is hard working. The staff is already heavily burdened. So, this is not a criticism that the District should do more or that this particular decision was necessarily wrong. This Council's emphasis on openness and strategic planning is a laudable step forward.

The worry is that endless meetings devoted to openness and other issues may lead to a loss of focus on the ability to act on what might be higher priorities. The last Council showed, with its purchase of the school, land swap agreement and subsequent standstill agreement on Mary Hill, that it could take bold, sound action when needed. The question for this Council is, does it need to tweak its priorities or procedures so that, when the right opportunity arises, it can do the same?

Thoughts on Mary Hill



DND wanted to be alone. Allen Jones photo

Allen Jones

After attending the meeting that was organised by the Metchosin Learning Group and Habitat Acquisition Trust, at St Marys’ Church on July 26, I realised that not that many Metchosinites knew much about the land on Mary Hill. It is part of the Coastal Douglas-fir ecosystem and contains 15% of the last old-growth Coastal Douglas-fir in the world. Apart from that it contains more species at risk than any other ecological zone in BC. These include the Western Screech-owl, Townsend’s Long-eared bat, the Peregrine falcon, and the Sharp-tailed snake together with rare plants, mosses, and lichens. Furthermore, 33 important archaeological sites have also been discovered on the land. This is not something that people would want bulldozed over by property developers.

For some history on the area, I turn to the invaluable Footprints, a ‘Metchosin School Museum Society’ publication compiled by Marion I. Helgesen. Therein a map dated 1880 shows Metchosin divided up into sectors. Mary Hill was called Buck Hill in those days and Metchosin resident Chris Pratt still recalls playing on Buck Hill as a child. It lies between Pedder Bay and Parry Bay with the William Head Institute located at the point. A lot of Metchosinites will have visited Weir Beach and perhaps driven past Pearson College Drive on the winding road along to the prison entrance with glimpses of the ocean through the trees. Footprints includes an article by Ronald J. Weir that records that one of the first Europeans to arrive in the area was Sub-Lieutenant Manuel Quimper, a Spaniard, who landed at Albert

Head in 1790. It appears that the Spanish had little interest in trading with the Indigenous population and it was left to the British and James Douglas who opened a trading post in 1842 leading to European settlement of southern Vancouver Island. After the Oregon Treaty was signed with the United States, the Hudson’s Bay Company was allowed to advance colonization of the island. This led to an agreement made on May 1, 1850, between the Company and the Ka-Ky-Aaken band purchasing ‘the whole of the lands situate and lying between Point Albert and the inlet of Whoyung (now Pedder Bay) on the Straits of Juan de Fuca and the mountains in the interior, so as to embrace the whole tract or District of Metchosin’. The price paid in blankets was worth just over forty-three pounds sterling. (Readers are warned that property values have risen somewhat since.) The Ka-Ky-Aaken band are said to have moved to the Victoria area eventually dying out. Previously another band, the T’Sokes, about 500 strong, had settled in the Becher Bay area but, in 1820 they were overcome by the Clallams in a ‘terrible massacre’ near the 17 Mile House. Fortunately, relations seem to have settled after that event and some members of the remaining tribe worked with the settlers providing transport using large canoes between Victoria and Sooke as well as being employed to form new trails.

The Indigenous People now settled at Becher Bay are the Sc’ianew First Nation and they were custodians of the land of Mary Hill and the Salish Sea around it prior to its acquisition by the Department of National Defence (DND) in the early 1900s.

From 1939 to 1956 it was the site of a Coastal Defence Artillery installation with three six inch MK24 guns protecting the coast from enemy shipping. A resident near Weir Beach, Bob Scranton, who enlisted in 1963 has told me a bit about the use after that time. He told me that it was a training ground for Canadian troops that were stationed at Albert Head and, due to the steep winding roads, was used for driving instruction.

The DND have determined that the land is surplus to their current needs leading to the initiation of the BC Treaty Process. In order to sustain the economic interests of the Sc’ianew First Nation and their rights to the land, an Indigenous Protected and Conserved Area (IPCA) has been proposed and is now subject to agreement by the First Nation. This will be the first near-urban IPCA in BC and is explained in the website www.maryhillipa.ca as: ‘Guided by Indigenous laws and traditional knowledge, an IPCA is a way to revitalise Indigenous stewardship models and prioritise biodiversity, conservation, and cultural connection.’

I have lived on Mary Hill for eight years and enjoyed many walks along the road from Weir Beach to the Institute, past the 435 acres that have largely been allowed to run wild. Along the road you meet other dog walkers and pass the signs warning of the dangers of trespass. Apart from the staff changing shifts at the Institute and the occasional joy riders, the road is a peaceful and beautiful place to escape the noise of the city. I know there will be changes ahead but hope that the nature of Mary Hill is allowed to continue without major future development.



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How Blue Is Your Night?

Ted White, R.P. Bio Ret.

Our relationship with campfires may date back more than a million years. Staring at fires for that long, in evolutionary terms, has done things to the hominin brain. Melatonin, our major sleep-regulating hormone, is strongly stimulated by warm light colours, such as firelight and the golden light of sunsets. The bluer light of daytime suppresses melatonin production. This makes perfect sense. We need to be alert and active during the day, and we need to sleep during the night. Once we learned to control fire and gained the first artificial light at night, our brains likely evolved a response to such light to help put us gently to sleep.

But oh, how light has changed! Until recently, lighting was provided by making things hot, like a campfire. Torches, candles, oil lamps and even tungsten-filament light bulbs all produce light by heating. Today’s fluorescent lights and LEDs do not. They make light by forcing electrons to jump around inside atoms. We get more light with less heat, hence, better energy efficiency. The designers of such devices can control what colours they produce by choosing which atoms (elements) to excite. Their first tendency was to mimic daylight. Offices were filled with cool-white, cheap-to-run fluorescent fixtures. More recently, it is

the blue-white LEDs. In addition to sleep disruption, there is some evidence linking blue-white light to cataracts, macular degeneration and even cancer. If you wish to dig a little deeper, see Artificial Light at Night (ALAN) at this link: https://www.zotero.org/groups/2913367/alan_db/library.

White or daylight LEDs are often touted as cost savers, since they have a long life and use less energy. Our eyes are most sensitive to yellow-green light (wavelength about 555nm). All other factors being equal, we are about half as sensitive to blue light (around 450nm). So, if your light source is more yellow and less blue, you see better. Moreover, since visual response is non-linear, the energy required for yellow light is many times less than just half that of blue.

So how much light do we really need?

Illumination engineers work to published standards. But even as we learn more about the health effects of artificial light, those standards have increased. Earlier recommendations for normal activities fell in the 100 to 300 lux range. Today, it’s 500 to 1,000 lux. But I am sitting in a house with good natural light during the day. I measure 120 lux reflected from our white walls and 55 lux from my computer screen. The dog and I can see just fine.



Family gathered round the campfire at night. K.T.Pirquet photo

So, what can we do?

Get better informed about your own light environment: Check the colour temperature of your light sources. Look for a device that measures in degrees Kelvin. I use Color Temperature Meter Kelvin (<https://kelvin-meter.contechcity.com/>) on my Android phone. The free version works well. There are many others. For guidance, campfires are around 1,500 K and daylight is 6,500 K. Avoid light sources above 3,000 K. Check how much light is around you. Again, you can get a free light meter app (<https://photo-workout.com/best-light-meter-apps/#5-lux-meter>). Get one that

reads in lux. Try to stay near the low end of the old standards. I am very happy with 100 lux during the day indoors and prefer much less at night.

Check your screens. TV is the bad one, as the standard is 6,500 K and at least some units are not adjustable. But your phone and computers are. Somewhere in your display settings you should find something about light at night. Turn it on. I set mine to 1,500 K at night (I do like a good campfire ...) and have it come on gradually at sunset and off at sunrise. On my phone, I use the app “Twilight” (<https://twilight.urbandroid.org/>). I like it better than the built-in one.

Don’t let your house be smarter than you are. Smart homes with lighting controls were designed to engineering standards, not health standards. And architects place light fixtures for effect (or ego) as much as function. especially for exterior fixtures. There are houses in our neighborhood with up to thirty exterior fixtures that come on automatically, whether they are needed or not. Who knows what’s also happening inside the house? And finally, spare a thought for your neighbours, both human and non-human. If you don’t need the light on, turn it off – particularly if it’s an exterior fixture. We are all in this together.



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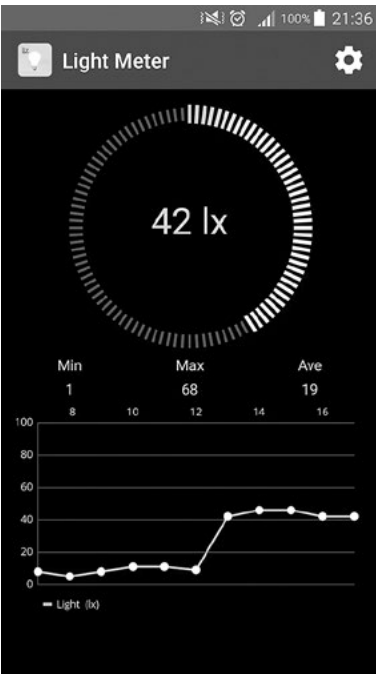
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Android Color Temperature Meter App. Manufacturer’s website



Android Light Meter App. Manufacturer’s website

There’s a lot going on in Metchosin!

For information on local events, please see
Important Dates & Events, p. 15.

Volunteer Recruitment and Retention – Tips for Metchosin Organizations

Councillor Jay Shukin

As Metchosin’s volunteer organizations re-group after the summer break, they may find themselves contending with the eternal issue of finding and keeping new volunteers.

Earlier this year, the question of how to recruit and retain volunteers was put to a group of local organization leaders. Here are the highlights of that discussion:

Just Ask. Sometimes organizations simply need to ask their members to volunteer. Often folks are open to contributing to events or committees, they just need to be asked and shown the specific opportunity. It was also noted that students at Pearson College have community service requirements and the 14 Juan de Fuca Scouts have been involved in a number of great projects in Metchosin.

Welcome volunteers, then tap into their skills, talents, passions. Take three key steps with prospective volunteers: 1) welcome them, 2) find out where their interest and talents lie, 3) find them a meaningful role based on their interests. Ideally, volunteers are also given autonomy to make the role their own.

Make volunteer recruitment a role in your organization. Sadly, there are local stories of eager volunteers contacting organizations only to be met with silence or lack of interest. If your group is seeking volunteers, be ready to welcome them and have

something for them to do. This role is often best filled by a volunteer coordinator. If your organization doesn’t have one, you may be missing recruitment opportunities. Might there be benefits in local organizations coming together to support a community-wide volunteer coordinator? Perhaps this is a matter for your further discussion.

Demographics – who to recruit. Demographics are significant in terms of who is likely to respond to opportunities. For example, the people in leadership positions of many of our community organizations are often retired. Young, working parents may prefer giving their volunteer time to groups supporting children’s activities, offering to coach, fund raise, or serve on parents’ advisory committees.

Who will replace you? Succession planning is often overlooked by volunteer-led group. Community organizations are often led by a handful of people and those groups can be in serious trouble if even a few people decide to move on. You do not want to wait too long to ask this critical question: “Who will step up to lead and sustain the organization that I’ve worked so hard to build?” Watch for new talent and nurture it. In looking to the future, it’s vital that organizations are open to new energy and new ideas.

Metchosin offers a huge number of volunteer opportunities. A ‘key word’ search of the areas in which our volunteer

organizations are involved include raptors, invasive plants, seniors, play space, books, historic resources, chickens, firefighting, environmental protection, local government, reconciliation, parks and trails, emergency response, cut-throat trout, agriculture, gardens, knitting, and singing.

A heartfelt thank you to all of our volunteers. Best of luck to the organizations seeking new people. And to those residents who may be stepping forward to help – congratulations! You’ll be building community connections and learning from others while undertaking meaningful work.

“As you grow older, you will discover that you have two hands – one for helping yourself, the other for helping others.”
– Audrey Hepburn

Found on Facebook ...

Kudos to the thoughtful bacon seed farmer who tried so hard to reunite this apple crumble with its rightful owner. No matter how you slice it, some living creature got to enjoy the tasty treat!

facebook

Metchosin! · 1h · 📍

Who lost their pie on Pears rd? 🤔 Update- no one has claimed this pie....so I'll pop it in the fridge and go complete my evening chores. If it goes unclaimed, my chickens and bacon seeds will devour it. I hope to reunite it with its owner! — 🐼 feeling determined.

You and 6 others · 4 answers

Haha · Comment · Message

Dogs Off Leash in Metchosin (Part 1)

Pattie Whitehouse

Is there anything more fun than watching a dog run free on a beach? Dancing in and out of the water, stopping to sniff, then racing to catch up with you, shaking a piece of kelp to death, rolling in a dead fish – well, maybe not that!

Off-leash exercise has tremendous value for both dogs and their handlers. People have a right under Metchosin’s Animal Control Bylaw to allow their dogs off leash in most of Metchosin’s public spaces (other than Sea Bluff Trail) – but it’s a conditional right.

The condition is that the dog is under control as defined in the bylaw.

This article and a follow-up next month identify the elements of the definition and what complaints led to each element being included, and provides comment on the implications of each for dogs and their handlers.

What Does “Under Control” Mean?

Metchosin’s Animal Control Bylaw states that “under control,” when applied to a dog, means:

- (a) Whether on-leash or off-leash, the dog does not approach other users of a public space, of any species, without explicit permission.

Complaints addressed: Dogs running up to other dogs, jumping on people, barreling into people while playing with other dogs, knocking over children, etc.

Comments: Your dog’s friendliness does not provide permission for them to go near another dog, a person, a horse or any other user of a public space.



If you think your dog might enjoy meeting or playing with another dog, ask the other dog’s handler. Ina Vanderwereld photo

If you think your dog might enjoy meeting or playing with another dog, ask the other dog’s handler. If you think the person smiling broadly at your dog might like to meet them, ask.

If the other person says yes, that’s great! Let your dog approach. If they say no, don’t be offended. The other person is not making a judgement about you or your dog; they are just respecting their dog’s, or their own, particular needs.

- (b) When off-leash, the dog returns immediately to the handler when called and remains with the handler until released, or stops immediately when told to and remains in place until released by the handler.

Complaints addressed: As above, but also dogs in danger of running into traffic or chasing people’s cats or getting too close to someone’s picnic, etc.

Comments: “Returns immediately” means right away, not after you’ve called three times. As soon as you summon your dog, they cease moving away from you and start moving towards you, and they don’t stop until they get to you.

Handlers have the option of telling their dog to sit, lie down or otherwise stay in place until released. This can be very useful in a busy place or when a bicycle or other traffic is approaching.

The key to both these requirements is a reliable recall. If your dog does not return to you immediately when you call, every time, keep them on leash or long line. If you want to be able to allow your dog off leash, seek the assistance of one of Greater Victoria’s many fine professional trainers. Encourage others to do the same.

Maintain the Right

We have all heard about the reactive, restriction-based approach to dog-related conflict recently adopted by another municipality. Metchosin Councils, current and previous, are to be commended for choosing a proactive, solution-based approach that addresses concerns about off-leash dogs directly but fairly.

Keep in mind that if you don’t keep your dog under control, you will contribute to the potential that the right to allow dogs to be off leash will be lost — not just for you and your dog, but for every other handler and their dog as well.

Next month

More about the definition of “under control” and other dog-related elements of the Animal Control Bylaw.

Pattie Whitehouse is chair of the Dogs in Metchosin Working Group, an ad hoc committee appointed by Council to provide recommendations to reduce dog-related conflict in Metchosin. The group’s recommendations included adding the definition of “under control” to the Animal Control Bylaw.

Adventure Meets Beer

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Metchosin Community Day Is Coming

Here are some photos of past years to remind you of how fun it is! Look for the flyer in this issue of the *Muse* for more information about the big day on September 10.

Barb Sawatsky photos



Frank Mitchell wishing he was anywhere but serving corn in the rain.



Above: Event Organizer Violaine (Vio) Mitchell.



Left: Decorated Bike Contest.



Below: Metchosin 4H.



Face Painting.



Left: Eugene Poulin with antique machinery in antique truck.



Darren Brown (left) and Bob Burgis running the corn booth.



Metchosin Community House Cobbler Cafe

Metchosin Gearheads Meet and Greet



A wide range of classic cars attended. Al Gunnarson photo



A great opportunity to show off and talk about interesting cars. Al Gunnarson photo

Al Gunnarson

Metchosin has larger properties, many of which include work-shops where classic and hot rod car owners spend hours on their projects. Colin Williamson and I thought an open get-together would provide an opportunity for the owners of these cars, seen

from time to time on Metchosin roads, to connect with each other. Postings on the Metchosin! Facebook group and posters re-sulted in about 30 Metchosin Hot Rod and Classic car buffs meet-ing outside St. Mary’s Church on Metchosin Road on June 24 and about 40 on August 12.

The cars and trucks that people brought ranged from works in progress and hot rods to com-pleted vintage and classic vehicles. Those who attended appeared to enjoy the gathering and provided their email address to be notified of the next event.

Our next meet is on Saturday, September 9 between 3:00 and 5:00pm at St. Mary’s Church, 4125 Metchosin Road. Anyone with a vehicle (including motorcycles) on the road or in process that is clas-sic, hot rod, or a work in progress is encouraged to attend. It is a

great opportunity to network with fellow “gearheads”. If you would like to be in-cluded on the mailing list for the next meet, contact Al Gunnarson at galmpton@shaw.ca or Colin Williamson at Mustang.colin@gmail.com.

The 2023 Mostly-Annual Apple-Bee Festival Returns (and now with pears)!

Derek Wulff

Apple-Bee Festival
Sunday October 1
11:30am to 3:00pm
Metchosin Community House

The Metchosin Pomological Society (MPS) is back with the annual Apple-Bee Festival – a fall fun day on Sunday, October 1 celebrating all things apple-ishious and bee-mazing from our local community. This year has been a great pear year too, so we’re adding pears to the tast-ing table – awesome! They’ve been hanging around the sidelines for a few years looking forlorn, so they got invited this year, They are welcome as long as they taste good and can be hurled and/or made into a pie.

There will be apple cider making – with tasting of course, and apple sauce making (and testing!) and caramel apple making (with more testing of course), and you can even make your own apple pie (with the gracious help of our local Girl Guides!), with pie shells from the Royal Bay Bakery.

New this year are some cool cooking events with local gourmands teaching how to make exquisite apple dishes. These are not to be confused with dishes made of apples – but are dishes that are made with apples. We’re hoping butter and sugar or honey will also be involved.

There are also those other great pomo-logical activities we do with apples too, such as hurling them with locally made medieval siege engines like catapults and ballistas, and learning more about apple tree pruning from local expert Peter Michaux. Derek Wulff has also offered to give a demonstration on grafting; he’s one of those apple Frankentree guys.

The highlight for many is the apple tasting tent providing taste testing of a wide variety of local and heritage apples, so bring your apples for the community to taste! We’ll have experts on hand to help identify apples too. Thanks Glenda!

On the bee side we will have a dem-onstration hive – with live bees and an extracting demonstration – in case you have never seen how we get honey from the

hives, and tasting local honey – of course! Stings are free (but itchy)! Local experts Karen and Werner Grundlingh will be on hand to answer any questions you have about bees. Bring the kids for that (and, well, all of the cool activities).

Most activities are free, but there is a small fee for making the apple pie, and for the treats in the tea room, if you want to sit and have some apple pie and ice cream.

A classic Metchosin fall event celebrat-ing all things apple where you can learn about ways to ways to crush, spin, eat, drink, bake and throw them!

It is also a Metchosin Farmer’s Market day – so you can get a wide range of locally produced items. There will be a limited number of grafted apple/pear trees for sale – from our spring grafting session.

For more information (or to offer fruit) call Derek Wulff at 250-478-2677.

The MPS gratefully accepts donations for the juice making, by the way. We’ll even come to your house and shake the tree!



Joan and Tess with fresh-pressed apple juice for passersby, in a previous year.



Al Epp, happy as a clam driving for the Metchosin Day tractor ride. Barb Sawatsky photo

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Thank You, Heather



Long time and much-loved MCA office manager, Heather Jenkins, is moving on. Barb Sawatsky photo

Kyara Kahakauwila, President, Metchosin Community Association

On July 31 Heather Jenkins retired as House Coordinator for the Metchosin Community Association (MCA) after serving in the role for 15 years! When getting ready to transition to retirement, Heather reminisced with me about her time with us. When she started, this was a perfect job as she lived down the street from the House, could

take her stepchildren to school and be back for them after their day ended. When Heather moved from Metchosin, she stayed with the House; it become an anchor in her life.

Imagine having a “set of new bosses” each year following the MCA AGM; Heather stayed the course, keeping the day-to-day operations of the House in order. You may have heard from her as we reached out for volunteers for events like the Mighty Metchosin Garage Sale! Maybe you spoke to her about booking a private rental of the House (yes, we do that!) or asked her about one of the programs that was running at the House. A career spanning 15 years, helping our Metchosin community, I couldn’t think of a better job!

You may have noticed our signboard or perhaps a Facebook post indicating we are hiring? Your MCA Board of Directors has formed a hiring committee to receive applications. We are looking for a Metchosin Community enthusiast to become our next House Coordinator; maybe that’s you! Please go to our website (<https://www.metchosincommunityhouse.com>) for more information and updates.

Thank you Heather for your time with us and we wish you well as you embark on your next life adventure ... Retirement!

Community House Renewal Activities

Jim MacPherson

August is usually a slow month at the Community House. Some programs take a pause for vacation before re-starting in September. And the MCA Office is closed for two weeks for the same reason. But this August isn’t a slow month at the Community House.

You might have noticed a lot of furniture piled on the porch of the Community House where public spaces including the kitchen, bathrooms and meeting room are

being given their first fresh paint job in about 15 years. The Board is very pleased with the excellence and speed that Eric Gingras of EGG Renovations has displayed with the painting.

Painting is one of the most obvious renewal activities. The old furnace has been replaced with a heat pump, which will provide both heating and air conditioning. It will also mean a lower energy bill. Gutters were replaced and gutter guards installed. Wifi has been improved. Other upgrades are being considered. When the

renovations are completed, the Community House will offer a fresh environment to our many users, better temperature control during the summer and much improved cell phone service.

Editor’s note: We are advised that a couple of moving dollies have gone missing from outside the Community House. If you happen to have borrowed these, an early return of them would be appreciated.

METCHOSIN COMMUNITY HOUSE HOUSE HAPPENINGS

Hearty congratulations to long-time MCA Office Coordinator Heather Jenkins on her retirement this summer! The MCA Board of Directors acknowledges and thanks Heather for her 15 years of service as the face of the MCA in our community. We wish you well in all future endeavours.

Please welcome the 2023/24 MCA Board of Directors. They’ve got many fresh ideas and are looking forward to a great year at the Metchosin Community House.

Kyara Kahakauwila – PRESIDENT
Barb Sawatsky – VICE PRESIDENT
Kirsten Quealey – SECRETARY
Mojdeh Baghaei – TREASURER
Brian Grant – PAST PRESIDENT
Tamara Ballard
Jim Challenger
Norm Hardy
Christel Kaiser
Jim MacPherson
Heather Showers
Marie Thompson

The new board and volunteers have already had a busy summer cleaning and painting the House and office. In September, the office will be operating on reduced and volunteer staffing. Be assured the House is fully open and ready to serve your rental needs. We are happy to assist with any requests or questions you may have. Please send an email or leave a voice mail and we will get back to you as soon as we can. We look forward to seeing you soon in our shiny, clean premises.

ONGOING PROGRAMMING

Some regular programs have already resumed in the House while others will return in the fall. Of note for September 2023:

- Returning Tuesday, September 5 at 9:30am Drop-In Painters Art Group
- Returning Thursday, September 7 at 10:30am Creative Rug Hooking
- Returning Friday, September 8 at 9:30am Parent and Tot

Please check the MCA website for specific program details and contact information.

EVENTS

Don’t forget to visit us at Metchosin Community Day on Sunday, September 10. The MCA Board and other volunteers will once again be hosting two community favourites:

The COBBLER CAFÉ features fresh Metchosin blackberries and apples home baked in delicious cobblers served with tea, coffee, iced tea, or lemonade. Only \$5/piece with drink. Come get yours between 11:00am and 3:00pm in the Metchosin Community House – and take in the Photography Contest at the same time. Many thanks to organizer Heather Showers.

The CORN BOOTH features fresh, sweet, peaches and cream corn on the cob from Silver Rill Farm in Central Saanich. Only \$3/cob with or without real melted butter! Come get yours between 11:00am and 4:00pm on District Grounds. Many thanks to organizer Bob Burgis.

Metchosin Community House
4430 Happy Valley Road Info: 250-478-5155
mcahouse@telus.net | metchosincommunityhouse.com

Cursive Writing at the Schoolhouse Museum



Cursive writing takes concentration – but it’s worth it. Alexis Silvera photo

Judith van Manen

How do I spell this word? Is it paralel or parrallel? Does this word have one “r” or two, and one “l” in the middle or two?

When I look at it, I am not sure. I write the word cursively with my finger in the air. According to my finger, the spelling is “parallel.” People who learned handwriting as children discover that their hand

“knows” how to spell a word even if their mental memory is uncertain. Writing by pressing buttons on a keyboard lacks the kinesthetic learning of shaping the letters uniquely by hand.

Children rarely see their parents using handwriting. In the Metchosin Schoolhouse Museum, a handwritten timetable is on the chalkboard. Many students visiting the schoolhouse on field trips are unable to read it. In the photo, two students are intently concentrating at the activity centre, carefully dipping pen into ink and trying cursive writing for the very first time! Their faces and bodies show how focused the boys are in forming letters correctly.

Scientific studies suggest that cursive writing contributes to the development of gross and fine motor skills. By forming letters, a child learns to concentrate better, not only during writing lessons, but also in other areas such as in taking notes. Handwriting develops the left and right hemispheres of the brain that are simultaneously involved in executing motor skills, spatial awareness, and in the emotional dimensions of language. Learning to write by hand has definite benefits.

In the early 20th century, most Canadian teachers used the Palmer Method to teach cursive writing, where students carefully practiced a uniform system of cursive writing with rhythmic motions. For example, they filled the paper with circles and strokes or wrote lines of A’s, B’s, and C’s. Sometimes pages included simple sentences in cursive script that students were encouraged to read and imitate.

Students used to be engaged in daily copying and exercising the shapes of letters of the alphabet in their penmanship books until they could form perfect cursive letters that flowed easily, smoothly, and rapidly into one another. Children developed their unique style, so that others often could recognize their cursive script. When you visit the Schoolhouse Museum, take time to look at the samples of cursive writing from Metchosin students in the early 1900s.

In the 1980s, the teaching of cursive writing started to decline in schools. The speed of writing became more valued than the quality and aesthetics of the script. Fluency in handwriting enables writing in cursive style faster than those who write in block letter style. But as typewriters and computers became common, penmanship was lost as an essential habit and professional skill. Today in British Columbia, it is not mandatory to teach cursive writing; it may occasionally be introduced, but usually it is not taught. Many teachers believe that it is a waste of time as chrome book keyboards are used to complete assignments in middle school.

Still, if cursive writing becomes an automatic and fluent skill, it is a positive asset. Students can easily record and generate the ideas that they may be pursuing. In her article, “Why Cursive Handwriting Needs to Make a Comeback,” Hetty Roessingh asserts that “our society impoverishes children if we don’t learn from those who have gone before us. People who learn how to spell and to develop legible, fluent handwriting will have tools at their avail to confidently express themselves and circumvent inconveniences like losing power over one’s digital device.”

A recent article in *Maclean’s* magazine reports that the Government of Ontario has passed legislation to reintroduce cursive writing in September 2023 as a mandatory part of the grade 3 curriculum. The main justification is that cursive writing improves overall literacy as well as writing skill.

The Metchosin Schoolhouse Museum cares about the disappearance of cursive writing. We feature a cursive writing activity by using real ink and dip-pens to practice the tracing and shaping of letters on worksheets. The practice is very popular with museum visitors. So, will cursive writing return to schools in British Columbia? We can hope.



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Hans Helgesen Trial Lunch Program Had Big Impact on One Youngster

Patricia Sharratt

My son, Bruce, age seven, has always been a picky eater and never eats a lot. We saw a pediatrician in his younger years to make sure there was not an underlying health issue causing the low appetite but it was determined that there were no underlying health issues. We decided to try to reduce stress at the table, to not pressure him to eat, in the hope he would develop a healthier relationship with food. Following our doctor's advice, we decided Bruce would choose what to eat, and how much to eat.

When packing a lunch, I would offer a variety of food, but he really only wanted to eat plain bologna sandwiches. We enrolled Bruce in a school lunch program at Vic West Elementary (SD61) but the food always came home in his backpack untouched. So, we withdrew from that program.

When the trial lunch program was offered to Bruce at Hans Helgesen in January 2023, I was very happy to hear that he would be eating in a separate location, and all kids at that location would be eating the same meal – I was hoping he would see his peers eating the food and that he too would be willing to take a chance to try it. I was also happy to hear that the food would be on a monthly rotation, so he would get a large variety of food and would not be stuck with the same food he disliked.

He shares with us every day the food he gets served. He now has favourites: banana bread, perogies, sausages, bread. His favourite vegetables are cucumbers and carrots. But what is most surprising to me is his willingness to try new foods – this is a complete change of behaviour in a very short period of time; so, I must assume it is because of the lunch program.

Now, when I make something for dinner, he will try at least a small bite of everything, without me even prompting him! A couple of months ago he even tried some mussels I had made in a coconut milk sauce – I was shocked that he would try it, and even enjoy it.

I can't explain how impressed I am. He is even modelling good habits to his younger brother – encouraging him to try the new food. It has changed the dynamics at our family table around meal time, reducing the stress greatly, and I will be forever thankful for his participation in this trial.



Bruce has an appetite to play ball! Patricia Sharratt photo

Every Child Matters

The Metchosin Learning Group

September 30 is the newly declared statutory holiday which commemorates the history of the residential school system in Canada. This National Day for Truth and Reconciliation, also known as Orange Shirt Day, honours and shares Phyllis Webstad's story of having her beloved sparkly orange shirt taken from her as she arrived, as a six-year-old, at residential school. If you would like to hear Phyllis tell her story, visit this website: <https://stories.north-ernhealth.ca/stories/orange-shirt-day-phyllis-story>

The Metchosin Learning Group will be selling t-shirts outside the MACCA building on Friday, September 29, from 11:00am–1:00pm, and we will be in front of the Community Hall on Saturday, September 30, also from 11:00am–1:00pm. We'll have orange shirts (\$25) with a design by local artist Bear Horne, as well as a new black version (\$30) in a variety of sizes. All proceeds from the sales will go to the Victoria Orange Shirt Day event organization, <http://www.victoriaorangeshirtday.com>. Questions? Email the Metchosin Learning Group, MetchosinLearningGroup@gmail.com.

An Exchange Program: New Perspectives



Students from Westmont Montessori School and Chief Paul Niditchie School (Northwest Territories) after spending a wonderful and enlightening week together. Evgenia Kolesnikova photo

Westmont Montessori High School students Agneya Pradhan, Alwynn Waddington, Merric Hanton, and Ani VanKoeveringe

This is a story about a remarkable journey taken by students from Westmont High School and Chief Paul Niditchie School (CPNS) in the Northwest Territories. In April 2023, the Westmont High School students visited the Northwest Territories, and now it is CPNS students' turn to explore the landscapes and culture of Vancouver Island.

This trip was a form of truth and reconciliation, and honouring First Nations culture in Canada, admiring and thinking about what is there, and questioning what isn't. For example, picture standing next to a 130-foot-tall totem pole in the capital of British Columbia, and then walking over to the sign which says, "Memento of the nation's infancy, symbol of a proud race, monument to a rare native art, proof of united community interest and the purest form of Canadiana." It was clearly not written by an Indigenous person, but the perspective of a British settler and it represents the lack of broader perspectives on Vancouver Island and across Canada as a whole.

The class of Chief Paul Niditchie School (CPNS) toured around Vancouver Island for the first time. For them, it was an eye-opening experience. On the first day they hiked through Metchosin and visited the mayor, where they learned how an area like Metchosin is governed and about what is required to be successful in politics, communication

and dealing with people being the single most valuable skill.

We (Westmont and CPNS) learned about the memorialization of colonization and its effects on Indigenous perspectives, discrimination, and lack of representation in the Legislature and around downtown Victoria by viewing murals and signs that discussed Indigenous topics. We participated in local activities in Victoria, such as eating local seafood, boating on the Salish Sea and seeing local wildlife including a pod of orca whales.

On Thursday we drove to Royal Roads university and walked out to Hatley Castle. There we relaxed in the sun and reflected on the memorialization of colonization and Indigenous culture. Then, we walked to Juan de Fuca Recreation Centre and went to the Wild Play high ropes course. It is stunning to be up in the treetops of BC's magnificent forests and to fully experience and be immersed in the island's natural beauty. Then, we all sat around a campfire and told stories.

During Friday, we learned about what daily life was like for a student at UVic and what benefits UVic could provide. We were introduced to The First Peoples House, 'A home away from home' for Indigenous students to study, work, and hold traditional events. Later, at the Pedersen's house, we ate tacos and had a wonderful time playing games and socialising.

On Saturday we visited the Malahat Skywalk as a way to see the beauty of Vancouver Island from above the treetops. We

walked on a boardwalk through the trees until we reached the base of the Skywalk and then walked up 20 metres to get to the top. The views were breathtaking, you could see so far. You could stand on a net to see straight to the ground. There was a slide as an option to get back down to the ground, which was fun. We then returned to school to let the CPNS students' bond with their host families and pack for the next day. We had a wonderful dinner of salmon and vegan burgers at the Lang's house, ending the day playing games together such as Avalon and Battleship. The week was slowly coming to a close and many of us were wishing that there were many more full days ahead.

We started our last day having a phenomenal time kayaking in the Gorge Waterway. We saw wildlife, including seals, blue herons, seagulls and crows, and even though the weather was cold and unpleasant, we still had a wonderful time. Back at our school, we had a barbeque lunch with the students, families, and individuals who helped us make this encounter a remarkable experience.

Throughout our week with the CPNS students we continually learned about different perspectives and formed new bonds. Key takeaways included learning about the Indigenous cultures on Vancouver Island and how much of their culture is excluded in historical Canadian literature. This brought home the point that often you have to look for what isn't there, rather than just what is.



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A CELEBRATION OF LIFE

Mary “Jacquetta” Nisbet
September 30, 1928 - June 26, 2023



A lifetime traveller, Jacquetta was born in Malaysia, grew up in Scotland, became a WWII evacuee for 6 years in Massachusetts, finally returning to Scotland. She graduated from Edinburgh College of Art with a fine arts degree, then moved with her husband, Nori, to New York city in the 1950’s beatnik era. Jacquetta ran a pottery studio and taught Crafts at a private all-girls school on the upper east side, Nori became a writer. They moved to San Francisco in time for the 60’s revolution, where Jacquetta’s artistic curiosity led her to textiles, sumi-e painting, woodblock printing and weaving. Combining these ancient art forms, she created complex patterns, constructing large wall hangings, suspended lamps and 3-D pieces. Her clients were many and varied.

Teaching workshops became her lifelong passion. Between teaching ‘gigs’, she travelled the Southwest US by tent and backpack, learning ancient ways from Navajo and Hopi weavers. She studied with Andean weavers, absorbing their techniques from within the context of the culture. Her enthusiasm for weaving was viral, leaving dozens of enthralled students in her wake!

She and Nori emigrated to Canada in 2009, Nori predeceased her in 2014.

Her studio in East Sooke was part of the Stinking Fish Studio Tour for many years and her works were frequently part of the Sooke Fine Arts Show.

Throughout her life, she was a highly respected artist and teacher who adapted ancient techniques to more modern sensibilities, never losing sight of the rigorous and timeless beauty inherent in ancient protocols. Her work could be serious or whimsical, but always finely finished.

A Celebration of Life will be held at the Metchosin Community House on Sept. 30th from 2-4:30, for her 95th birthday and bounteous, enthusiastic life!

IN LOVING MEMORY

Berniece Delbrouck-Burton
July 13, 1949–August 5, 2023



It is with great sadness that we announce the sudden passing of our beloved mother Berniece, while she was visiting friends in Toronto. She leaves behind her two children Cameron (Lisa, Max), Christine, her loving sister Bobbie, brother Brian (Neila), longtime companion Roger and countless family and friends in Victoria and Toronto.

Berniece was born and raised on the Saanich Peninsula, just outside of Victoria, BC. Mom would often reflect on her years growing up on the family berry farm and all of the family pets. She loved to read and was always surrounded by books throughout her life. After high school graduation she moved to England for two years to complete her studies as a Veterinary Technician, leaving behind not only friends and family, but also her beloved Sheltie, Bonnie, with whom she competed at Agility Trials.

Upon returning from England, Berniece met and married Chris. Together they settled in Metchosin, BC and welcomed Cameron and Christine. Berniece was very active in the community both with volunteering at the local Church, and in her children’s schools. She was a loving mother who made many sacrifices in order to give them the very best she could.

Berniece always excelled scholastically. This served her well in both her first career as a Veterinary Technician and later when she returned to school to graduate as a Registered Nurse. Berniece graduated not only at the top of her class, but also top of BC. This was all while working and raising two children.

She loved her career as a Nurse and found her niche working at Victoria Hospice until she retired in 2021.

While traveling, she met her long-term partner Roger. Together they explored their love of travel and visited many countries. With Roger came a second family and many friends in Toronto.

The loss of our mother is deep. Her life will be celebrated with a service at St. Mary’s Church Saanichton, 1973 Cultra Avenue, on September 16, 2023 at 2:00pm. The service will be followed by refreshments in the Church Hall.

In lieu of flowers, the family suggests donations can be made to Victoria Hospice in Berniece’s name.

Metchosin will be kept safer with stronger emergency evacuation and public notification planning

BC Government Media Release

Honourable Minister Mitzi Dean says that people in Metchosin will be kept safer in emergency situations thanks to provincial funding to help local governments and First Nations strengthen their plans for emergency evacuation and public notification planning.

“The better prepared our communities are for disasters, the more people can be kept safe,” said Mitzi Dean, MLA for Esquimalt-Metchosin. “By helping fund communities to improve their public notification and evacuation processes, we’re supporting community safety ahead of such events.”

The District of Metchosin is receiving \$30,000 in funding for public notification planning.

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115-611 Brookside Rd.

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EVENTS at
METCHOSIN *ArtPod*

4 AUG- 1 OCT

PRETTY UGLY:
Art Beyond Beauty

- 9 Sept. Free Expression Painting Workshop w/ Caroline James- all day
- 30 Sept. Experimenting with Cyanotypes Workshop- 4 hour PM





6 OCT- 12 NOV

HOME: the ArtPod Collective Annual Member Show

- 7 Oct . Gala Opening
- 21 Oct. Shore to Shore Pottery Tour - showcasing 5 members' works in clay

17 NOV- 24 DEC

SMALL ARTWORKS
WINTER SHOW

- 1 Sept. Juried Call opens for submissions
- 3 Nov. Call for entries closes



See metchosinartpod.ca for details

Metchosin
ArtPod

METCHOSIN ARTPOD
4495 HAPPY VALLEY RD, METCHOSIN B.C.
METCHOSINARTPOD.CA
#METCHOSINARTPOD

Hours: 11-4pm Fri-Sun

Family Caregivers of BC and Metchosin Senior Resource Centre invite all local caregivers to a FREE caregiver support group.

Our monthly Victoria Caregiver Support Group brings caregivers together based on a mutual experience of caregiving for a family member or friend. This is a time for reassurance, where caregivers can realize they are not alone.

Date/Time: 3rd Thursday of each month, 10–11:30am
Location: Metchosin Seniors Resource Centre
4495 Happy Valley Rd #1047, Victoria, BC V9C 3Z3

Registration: Online via website at:
<https://form.jotform.com/232045954536257>

Information & Questions:
via email at cgsupport@familycaregiversbc.ca

Seniors' Resource Centre

METCHOSIN




Family Caregivers
of British Columbia

Metchosin Muse

CLASSIFIEDS

LOST: Gold-coloured dog cufflink at the Fords & Friends car show or in the Village on July 16, 2023. If found it would be much appreciated if it was returned as it has great sentimental value. Contact Gary Kangas 250-474-3244 or email gkangas@telus.net




“Until the reality of equality between man and woman is fully established and attained, the highest social development of mankind is not possible.”

(Baha'i Writings)

For information on the Metchosin Baha'i Community please call or text:
Mona at (250) 514-1756 / Doug at (250) 858-2053 / Bahai.org

METCHOSIN ARTS AND CULTURAL CENTRE

“Sustaining arts and contemporary culture where most of us experience it.”



Call out to artists.

MACCA is currently building a list of fine art showings for the 2024 year.

Each artist adjudicated into the gallery space is given a two-month period for their show.

The exhibitions will be curated by our new coordinator, Janet Parker. We welcome Janet to the Arts Centre and look forward to seeing her unique approach to displays in the Hallway Galleries.

Please feel free to contact Janet (POC@MACCA) or arrange to meet in person on a Wednesday during office hours.


Current POV Exhibition features the colourful and intriguing art of

DAVID EPP

Everyone is welcome to view these fine arts displays free of charge

Studio Directory

Shaping Spirit Studio	Greg Dow Studio
Shiloh Music	Edison College Canada Faculty of Fine Arts
Do It Yourself (DIY) Community Art Studio	Huber Studio – The Written Word & Indigenous Relations
MACCA Office	Metchosin ArtPod
Point Of View (POV@MACC) Exhibition Spaces	Metchosin Seniors' Resource Centre (SRC)

 Follow us on Facebook today @MetchosinArts

METCHOSIN ARTS AND CULTURAL CENTRE
4495 Happy Valley Road – info@metchosinartcentre.ca
metchosinartcentre.ca

Seniors' Resource Centre

METCHOSIN

Laurie Sthamann, Office Manager

THE VITALS ON ADULT VACCINES
Thursday, September 14, 1:00pm
Metchosin Community House

Jeanette McMillian, RN, of Immunize Now, is giving a talk on suggested vaccines for older adults. Find out why this vaccine is recommended, including how you would catch the disease, how the disease is spread, where to get the vaccine, how much it costs, how it provides immunization, possible side effects and potential risks if you don't get the vaccine. Jeanette will also answer your questions.



Jeanette McMillian, RN, of Immunize Now. SRC photo

METCHOSIN CAREGIVER SUPPORT GROUP
Thursday, September 21, 10:00–11:30am
Seniors' Resource Centre

This new free monthly support group brings caregivers together based on a mutual experience of caregiving for a family or friend. Join us in a safe environment to help lighten your load and share possible solutions. Give yourself a short break where you will find support and relief with others who understand what you are going through and who are dealing with similar issues. Facilitated by Family Caregivers of BC.

Register at cgsupport@familycaregiversbc.ca or phone 250-384-0408.

FRIDAY SOCIAL
Friday, September 29, 1:00–3:00pm
Metchosin Community House

Drop in for coffee and conversation on the last Friday of the month. Hosted by Baha'is of Metchosin and the SRC at the Metchosin Community House.

Please call 250-478-5150 for a ride. Everyone welcome!

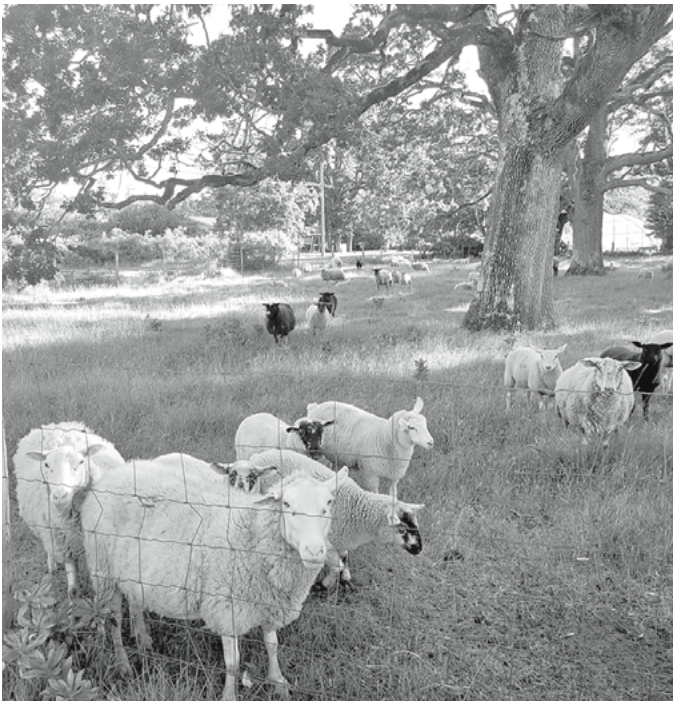
THE ANNUAL FLU CLINIC
October 24 and 25. Details on the SRC website and will be featured in the October *Muse*.



Our sincere thanks to William Head Institution's community connections group, who built these two literature racks and donated them to the SRC. SRC photo

The Metchosin Seniors' Resource Centre is open Tuesday through Friday from 12:00–4:00pm. Staff and volunteers are here to assist seniors and their families with support, resource information, and services.

Metchosin Seniors' Resource Centre (SRC)
1407–4495 Happy Valley Road
250.478.5150 • info@metchosinseniors.ca • www.metchosinseniors.ca



Above: Some of Parry Bay Sheep Farm's flock, just woken up from their Sunday morning sheep-in.

“My grandfather used to say that once in your life you need a doctor, a lawyer, a policeman, and a preacher. But every day, three times a day, you need a farmer.”

– Brenda Schoepp, mentor, speaker, writer and past farmer recognized for global vision on food systems leadership



Right: A farmer's summertime perspective

Lorraine Buchanan photos

RCMP Call-Outs

Brian Kerr, OPS Support, Media Relations Officer, West Shore RCMP | GRC de West Shore

JUNE 21–AUGUST 3, 2023

- Jun. 21

Rocky Point Road – Motorcycle accident, one person injured.
- Jun. 22

Taylor Beach – Report of intoxicated males at the beach, gone when police arrived.
- Jun. 23

Sooke Road – Report of erratic driver, vehicle later involved in an accident where the driver was found to be impaired, investigation continuing.
- Jun. 24

Metchosin Road area – Residential break and enter, one person arrested, investigation continuing.
Happy Valley Road – Hit and run, offending vehicle left scene.
Liberty Drive – Noise complaint, patrols failed to locate source of noise.
- Jun. 26

Albert Head – Loud music, one person given verbal warning.
Sooke Road – Person assaulted, one person arrested, charges pending.
- Jun. 27

Sooke Road – Stolen vehicle located and returned to owner.
Kangaroo Road – Check welfare for possible suicidal person, person found to be all right.
- Jun. 28

Kangaroo Road – Assistance provided to Fire Department for structure fire.
Pedder Bay – Threats complaint, one person given verbal warning.
- Jun. 30

Sooke Road – Vehicle stopped for no valid insurance, driver charged.
Happy Valley Road – Erratic driving complaint, suspect vehicle not located.
- Jul. 1

Sooke Road – Report of suspicious male on highway wearing a goalie mask, not located.
- Jul. 3

William Head Road – Suspicious male, patrols failed to locate.
Kangaroo Road – Report of cows on the road, located and told to “moooove” off the road!
Neild Road – Request from Sooke RCMP for assistance in locating a suicidal person, not located.
Happy Valley Road – Disturbance and assault, suspect identified, investigation continuing.
- Jul. 4

Albert Head Road – Loud music from beach, people gone when police arrived.
- Jul. 6

Glen Forest Way – Ongoing complaint of speeding vehicles. Patrols requested.
- Jul. 7

Albert Head – Loud music, no one located.
- Jul. 11

Sooke Road – Erratic driver, suspect vehicle not located.
Happy Valley Road – Check well-being of a person who was found to be all right.
- Jul. 13

William Head Road – Online fraud complaint reported for information.
- Jul. 15

Sooke Road – Single vehicle accident, driver left scene, still under investigation.
Sooke Road – Single vehicle accident, driver swerved to avoid deer and hit the ditch, no injuries.
Sooke Road – Complaints received regarding loud party, home owner given verbal warning about noise.
Kangaroo Road – Several drunk males noted on
- road, patrols failed to locate.
Duke Road area – Suspicious male observed approaching a residence, patrols failed to locate person.
- Jul. 16

Pears Road – Mischief to private property, suspect identified.
Rocky Point Road area – Landlord/tenant dispute.
- Jul. 17

Rocky Point Road – Youths observed at the school possibly causing damage. Patrols failed to locate the youths or any damage.
- Jul. 19

Lombard Drive – Attempted break-in to a building, window smashed, suspects not identified.
Metchosin Road – One male arrested at a residence for breach of court order, held in custody for court, matter still being investigated.
- Jul. 20

Metchosin Road – Motorcycle accident, one male taken to hospital with injuries.
Sooke Road – Erratic driver, vehicle not located but registered owner given verbal warning.
Rocky Point Road – Assistance provided to Coroner’s Service regarding sudden death.
- Jul. 21

William Head Road – Hit and run, vehicle not identified, damage to private property.
- Jul. 22

Witty’s Beach – Minor assault after argument over a dog running loose, investigation continuing.
Glen Forest Way area – Noise complaint at private residence, one male given verbal warning.
Glen Forest Way – Notification of next of kin

Important Dates & Events

Sept. 9

Metchosin Gearheads Meet and Greet

p. 9

Sept. 10

Metchosin Community Day

see flyer insert

Sept. 29–30

National Day for Truth and Reconciliation T-shirt Fundraiser

p. 12

Sept. 30

National Day for Truth and Reconciliation Scouts Apple Day Fundraiser

Look for them in the village core!

OTHER EVENTS:

Council Meetings

p. 2

Metchosin Community House Programs

p. 10

Seniors’ Resource Centre Events

p. 14

- for Victoria City Police regarding a sudden death.
Witty’s Beach – Person bitten by a dog. Animal Control investigating.
- Jul. 23

Glen Forest Way – Assistance provided to Victoria PD regarding a sudden death.
Albert Head – Person bitten by a dog. CRD Animal Control conducting investigation.
- Jul. 24

Labonne Road – Complaint about traffic concerns on road, patrols requested.
- Jul. 25

Duke Road area – Possible fraud, determined to be a civil matter.
Happy Valley Road – Suspicious female observed near the Community House, patrols failed to locate her.
Metchosin Road – Single vehicle accident, one person taken to hospital, determined the driver was impaired by alcohol, investigation continuing.
- Jul. 26

Lindholm Road – Family disturbance at a residence, suspect not apprehended.
- Jul. 27

Sooke Road – Erratic driver, vehicle not located.
- Jul. 29

Malloch Drive – Report of a person operating an
- ATV on road, patrols failed to locate.
Kangaroo Road – Motorcycle accident, minor injuries to driver.
- Jul. 30

Kangaroo Road area – Disturbance at a residence, everyone found to be all right.
- Jul. 31

Duke Road – Family disturbance at a residence.
William Head Road – Harassment complaint, one person given verbal warning.
Liberty Drive area – Report of a disorientated female wandering on road, patrols failed to locate.
- Aug. 1

Pears Road – Speeding vehicle which patrols failed to locate.
Rocky Point Road – Report of a fraud over \$5,000. Investigation continuing.
Witty’s Beach – Lost wallet, reported for information purposes.
- Aug. 2

William Head Road – Male observed trying to steal a boat from a private residence, investigation continuing.
- Aug. 3

Rocky Point Road area – Residential break in, one person arrested, investigation continuing.
William Head Rd area – Neighbourhood dispute, ongoing issues, both persons spoken to.

Metchosin Directory

Metchosin Fire Department:
250-478-1307

Police (Non-Emergency):
250-474-2264

Military Police Non-Emergency
250-363-4032

District Office (office hours):
250-474-3167

ALL EMERGENCY CALLS

911

• Report a fire

• Report a crime

• Report an accident

• Save a life

• Imminent safety

ORGANIZATIONS

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

ALZHEIMER SOCIETY OF BC
250-382-2052
www.alzheimerbc.org

ASSOCIATION FOR THE PROTECTION OF RURAL METCHOSIN (APRM)
metchosinaprm@gmail.com
FB Metchosin APRM
www.metchosinaprm.org

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

GIRL GUIDES OF CANADA (Metchosin and Colwood)
250-478-5484
tandwcampandcomish@shaw.ca

LA LECHE LEAGUE CANADA
250-727-4384

METCHOSIN 4-H CLUB
metchosin4h@gmail.com
www.metchosin4h.com

METCHOSIN ARTPOD
metchosinartpod@gmail.com
metchosinhall.com

METCHOSIN ARTS AND CULTURAL CENTRE ASSOCIATION (MACCA)
info@metchosinartcentre.ca
www.metchosinartcentre.ca

METCHOSIN BIODIVERSITY PROJECT
www.metchosinbiodiversity.com

METCHOSIN COMMUNITY ASSOCIATION/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 CRICKET CLUB
250-474-4601
www.victoriacricket.com
FB MetchosinCricketClub

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
metchosinequestrian@gmail.com
mesmetchosin.com

METCHOSIN FOUNDATION
contact@metchosinfoundation.ca
metchosinfoundation.ca

METCHOSIN HALL SOCIETY
250-478-6424
metchosinhall.com

METCHOSIN HIKING CLUB
250-478-4778

METCHOSIN INVASIVE SPECIES COOPERATIVE (MISC)
metchosininvasives@gmail.com

METCHOSIN MUSEUM SOCIETY
250-382-1989
metchosinmuseum.ca

METCHOSIN PONY CLUB
250-727-3595

METCHOSIN PRESCHOOL
250-478-9241
metchosinpreschool@gmail.com
www.metchosinpreschool.com

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

METCHOSIN SEARCH & RESCUE
metchosin.sar@gmail.com
www.metchosinsar.ca

METCHOSIN SENIORS' ASSOCIATION/ SENIORS' RESOURCE CENTRE
250-478-5150,
info@metchosinseniors.ca
www.metchosinseniors.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

ROYAL CANADIAN LEGION Branch 91, Station Rd, Langford Ladies Auxiliary
250-478-5484

SCOUTS CANADA
14th Juan de Fuca (Metchosin)
Email: 14thjdf@scouts.ca
To register: go to myscouts.ca and choose ‘14th Juan de Fuca’

SEA CADETS
250-478-7813

TOPS: Take Off Pounds Sensibly
Shelby Quissy
250-474-3812

WEST SHORE ARTS COUNCIL
250-478-2286
info@westshorearts.org
www.westshorearts.org

WESTSHORE COMMUNITY CONCERT BAND
250-474-3999
info@westshoreband.org
www.westshoreband.org

WEST SHORE PARKS AND RECREATION
250-478-8384
www.westshorererecreation.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
Anglican Network
250-590-6736
www.opengatechurch.ca

ST MARYS' METCHOSIN
Anglican Church of Canada
250-474-4119
stmarysmetchosin.ca

WESTSIDE BIBLE CHURCH
250-478-8066
www.westsidefamily.org

WESTSONG COMMUNITY CHURCH OF THE SALVATION ARMY
250-474-5967
www.westsong.ca

This listing is a directory of local organizations. Please email changes to metchosinmuse@gmail.com. Individuals, groups and organizations are invited to submit details on upcoming events which may be included in an upcoming issue. Deadline for submission is the 15th of the month preceding the issue date.



Bert Harrison (right) is happy to conduct visitors (left to right) Tony, Kath, Lyn and John on a tour of the Metchosin Pioneer Museum. Barb Sawatsky photo

Ticket to Ride

Barb Sawatsky

A photo of a stage line ticket and mention of our fair community caught my eye on the Old Victoria Facebook page, with the caption, “How would you like to travel from Victoria to Metchosin for less than a dollar?” Thinking that an item with local historic value should perhaps make its way into the Metchosin Pioneer Museum collection, I messaged John Roberts, who had posted the photo, and asked if he would be willing to donate it to our museum’s collection. He quickly and generously responded, “Most happy to donate it Barb. I could mail it to you, address please.” However, instead of mailing the ticket, John and his wife, Lyn, their friend, Kath, and Tony who was visiting from the Cotswolds and “who loves BC history,” delivered and presented it to Bert Harrison, curator of the Pioneer Museum at the time. To thank John, the group was taken on a private tour of the museum by Bert before they walked across the road with Judith van Manen to the Metchosin School Museum, where they enjoyed a further tour and an enlightening commentary about the students who had attended the old school.

The group ended their day in Metchosin with a stop at My-Chosen Cafe and John remarked that, although they had previously eaten there, they had never driven through Metchosin. They planned to return on July 16 to attend the Fords and Friends car show and, after seeing the picture of Sitting Lady Falls in Old Barn Books, they will also walk to the falls.

How pleasant it was to be part of this positive interaction that began as a post on Facebook and finished with gestures of goodwill in our community.

Heart Garden Created to Honour Residential School Survivors

Lynda Hills

A small but mighty piece of land took on a new purpose on National Indigenous Peoples Day this year. On June 21, the Stewards of Sc’ianew Society, in collaboration with Home Depot Millstream and Satinflower Nurseries created a Heart Garden to honour residential school survivors and lost children. Employees and volunteers from far and wide worked together to dig up a corner of the Home Depot parking lot and replant yew and yarrow plants in the shape of a heart. The partnership between Home Depot and the Society started two years ago when the Society’s director, Christina Armstrong, approached Home Depot with the idea to save distressed plants. The relationship grew from there. The Stewards of Sc’ianew Society is a group of community builders that work with local communities, businesses and individuals to rebuild and restore Indigenous habitat.

The memorial Heart Garden in the Home Depot parking lot on Millstream. Lynda Hills photo



Pride in Our Community

A fine gathering of Metchosinites celebrated the raising of the Pride Flag on June 29.

Allen Jones photo

We ♥ Locals
The Metchosin Muse!