



Metchosin Muse

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Farmers Gather to Celebrate Adoption of Agriculture Plan



Farmers celebrate the new agricultural plan with a feast at Sea Bluff Farm. Robin Tunnicliffe photo

Robin Tunnicliffe

Metchosin's farmers feasted together in celebration of our Agriculture Plan being adopted by Council on September 9. It's been over ten years in the making, and we couldn't be happier to see the process through to completion.

Last year, the Agriculture Select Committee finally secured the money from Metchosin Council to hire a consultant.

We were fortunate to work with Ione Smith and her team at Upland Consulting. This top notch agriculture planner has completed over thirty plans for communities across BC. We all benefited from her collaborative approach. One of her strategies was to bring us all together twice: first to share in the information gathering process, and then again to read over the draft to ensure that we were engaged and empowered to carry out the work.

We need this plan to be eligible for funding from the Ministry of Agriculture and the Investment Agriculture Foundation. Over a potluck feast at Sea Bluff Farm we put our heads together about what we need first. Ideas that circulated were shared tools and infrastructure, like mowers and cold storage for fruit. We talked about the abattoir and how best to support its longevity. Some folks wanted to invest in marketing: promoting our

Metchosin Grown label, having community events and hiring a chef to create value-added products like ready-made meals from Metchosin Grown ingredients using the existing Food Hub in Esquimalt.

We have a whole winter of dreaming ahead of us, but we owe our thanks for this great start to our forward thinking Metchosin Mayor and Council.

Provincial Election Final Voting Date: October 19

Allen Jones

It is that time again when citizens decide who will represent them in the provincial government. You can get ready by making sure your voter registration is up to date and finding your new electoral district by looking at the website www.elections.bc.ca. Registered voters will get a Where to Vote card from Elections BC. You are advised to take it with you when you vote to help make voting faster and easier.

New voting processes will be used to administer the 2024 provincial election. This includes using networked laptops instead of paper lists to look up voters and cross them off the voters list. Electronic tabulators will be used to count paper ballots. These tabulators are supposed to be accurate, secure and efficient. What could possibly go wrong?

With a final voting day of October 19 and, for those who register, advance voting on October 10-13, 15, and 16 with a break for Thanksgiving Day, the final count will be October 26-28.

There will be new electoral districts for the 2024 provincial

election and Metchosin is located in the district of Juan de Fuca-Malahat. This was explained in an article in our September issue.

With new boundaries, there will be new candidates. At the time of writing, David Evans (BC Green Party), Dana Lajeunesse (BC NDP), and Marina Sapozhnikov (Conservative Party) are confirmed candidates in our district. However, nomination of candidates closed on September 28 which followed our deadline for publication. There will be no incumbent in Juan de Fuca-Malahat.

One of the candidates not standing is Mitzi Dean, MLA for Esquimalt-Metchosin. She issued the following statement: "I am officially withdrawing my name from consideration for the BC NDP nomination for the riding of Esquimalt-Colwood. This has been one of the most difficult decisions of my life because of how much I value the role of representing the people of my community. However, I must put my health and the wellbeing of my family first. The personal challenges of this past year have taken a significant toll on me and

as I reflect further, I must put my full focus on my health. Thank you to all those in the BC NDP and our caucus for their continued support and, most of all, thank you to the people of Esquimalt, Metchosin, Colwood and View Royal for the honour of my life." The *Muse* wishes her well.

News Extra!

The *Muse* is trying to sponsor a Candidates Meeting before the election. St Mary's Church, 4125 Metchosin Road, has kindly offered their facilities for this important event. Please note the capacity is limited to 200 people but it is a fully accessible space. We will advertise the date and time on social media and our website as soon as the details have been finalised.

Please note that it is possible to vote early at Juan de Fuca-Malahat District electoral office, 4495 Happy Valley Road. Check your Where to Vote card or visit wheretovote.elections.bc.ca for the dates they are open.

Pearson College alumnus bikes 8,000km across Canada

Allen Jones

Folk musician and Pearson College alumnus Aengus Finner biked 8,000 kilometres across Canada, celebrating the rich cultural tapestry of Canada through music. He began his journey on June 15 in St. John's, Newfoundland, and arrived in Metchosin in mid-September, in time for the College's 50th anniversary.

"This coast-to-coast musical ride has been very restorative. Ambition and idealism can lead us to overextend ourselves ... this journey has been about giving myself lots of space," says Finner. "I'm excited to end my 8000km trek at Pearson. The College has been a seminal space for so many brave and beautiful dreamers who know there is a more compassionate and connected world if we truly know each other."



Pearson alumnus Aengus Finner completes his coast-to-coast 8,000km bike ride in Metchosin. Pearson College UWC photo

Metchosin Muse

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\$15 for up to 25 words per edition. Deadline: 15th of the month. Payment in advance preferably by e-transfer. Contact Linda at amuselinda@gmail.com or 250-590-0168.

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

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.

A different view

I am a 44-year resident of Metchosin and was very disappointed in the reading of the article from Councillor Grey on Public-Private Partnerships in September's Muse.

In his article, Councillor Grey did not provide one solution or other alternatives for the District, he did not research or mention where Public-Private Partnerships are successful, he just criticized.

I sure hope we will not see future articles like this from this Councillor. Criticizing, without providing any solutions does nobody in our community any good. Hoping for better in the future issues,

Sasha Kubicek

Editor's note: The opinions expressed in articles are those of the authors not of the Muse.

A Worthy Recognition

Thank you Metchosin Council and especially Councillor Sharie Epp for putting my name forward as Volunteer of the Year for my involvement at the Community House Metal Bin. It is nice to be recognized and honoured.

I would like to acknowledge some of the many people in our

community for their assistance at the bin because it is more than a one-man job: Don Rimmer, "the other Doug," Ed McLean and his grandson, Troy Carlson, and the group known as The Heavy Metal Dudes: Mike Pretty, Dave Wilmshurst, Haydn MacLean, Richard Gardner and Terry Chepalis. There isn't room here to include all of the others, many of whose names I do not know, who have helped clean up without having been asked when they see work is needed to be done.

I would also like to acknowledge and thank Williams Metal Recycling, a great company with the most accommodating employees. Thank you to everyone who helps to keep this popular resource in our community.

Douglas Sawatsky

PPPs: Paying for a new Fire Hall?

In the March issue of the Muse, Mayor Little is cited in "Fire Hall Causes Fire Storm" as having said that partnering with a developer is one of the options that may be looked at in order to finance a new fire hall. In the last issue of the Muse, Councillor Gray expressed the view that such a public-private partnership (PPP) "... would pose unacceptable risks for our small community,

including our ability to contain future tax increases."

The University of Toronto has undertaken a review of PPPs. Some PPPs have been successful. But some, for example light rail, hospital and school projects, have been disasters. "A key lesson ... is that any procurement model is only as effective as the people delivering the projects." (U of T, Ontario 360)

"... PPPs have started to fall out of favour in Canada ... , because of cost overruns, delays, poor service quality, lack of flexibility, a loss of control over community assets, and frayed relationships among partners." (U of T, Ontario 360)

Senior levels of government have had many difficulties with PPP's; imagine how Metchosin would fare. Metchosin does not have the capacity, experience, competence, resources, time, knowledge, and expertise to control and manage a public-private partnership.

Jim MacPherson

E-Comm-9-1-1

Residents should be informed that, effective April 1, 2025, Metchosin, along with nine other Island municipalities, will be

Letters continue on page 3

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.

Muse Subscriptions

We welcome subscriptions for the Metchosin Muse (11 issues/year), which can be mailed to Canadian addresses for \$35/year. Extra postage will be added to the cost for addresses outside Canada.

Please contact Marie Thompson, phone 250-391-8792, email mariethompson200@gmail.com, and include full address, email and phone number. If this is to be a gift for another person, please give the necessary contact information.

Payment can be made to the Muse Treasurer by e-transfer to amuselinda@gmail.com, or by cheque made out to the Metchosin Muse, c/o Linda Spiller, 4741 Lisandra Road, Victoria, BC V9C 4G1.



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Council News

OCTOBER 2024



FireSmart Chipping Pile

The Metchosin FireSmart Program Chipping Pile located behind the Fire Hall closes October 1, 2024. There is no more chipping after that date. Please email firesmart@metchosinfire.ca for other FireSmart opportunities.

Business Licence Renewals

Businesses will be receiving their renewal notices by mail in October for the licence year of businesses (Nov. to Oct.). Every business operating in Metchosin, including short-term rentals and home-based businesses, requires a business licence. Metchosin participates in the regional intermunicipal business licence scheme so that businesses such as contractors and mobile sales, based in Metchosin but operating in other municipalities, obtain one licence to operate in the region. Please note that if your business licence is two years outstanding, licences 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.

Halloween in Metchosin

Join Metchosin Fire Department for the Annual Halloween Celebration on Thursday October 31; doors open at 6:30 pm. Hot dogs, coffee, and juice will be available free of charge. Costume contest will start at 7:30 pm. Enjoy the largest bonfire on the West Shore! Sorry, no fireworks this year.

Council Meetings

The 2024 schedule for regular Council Meetings and Standing Committee Meetings is posted on the website: www.metchosin.ca > Meetings > Meeting Schedule.

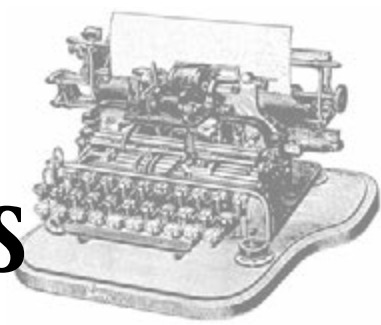
See below meeting dates and times for September. Meetings are held in the Council Chambers at 7:00 pm unless otherwise stated. Meetings are subject to change. For updated information please call the Municipal Hall at 250-474-3167 or check the website at www.metchosin.ca.

Finance Committee.....	October 7
Council Meeting	October 7
Parks & Trails Advisory Select Committee.....	October 15
Community Planning Committee	October 21
Environment & Natural Areas Committee.....	October 21
Public Works & Protective Services Committee	October 21
Healthy Community Advisory Select Committee.....	4:30 pm, October 22
Metchosin Environmental Advisory Select Committee	October 22
Council Meeting	October 28

Metchosin Municipal Hall

www.metchosin.ca • 250-474-3167 • info@metchosin.ca

Editor's Musings



Allen Jones

It is fall time in Metchosin and the trees are shedding their leaves for another year. Our summer birds are migrating and wild animals are preparing for the chill of winter.

In this issue we look back to the joy of Metchosin Community Day. Last year it successfully transformed into a reduced format due to limited car parking availability. All the old favourites were still there: the competitions for baking, produce and photography, kids' games, equestrian display, pet show, hayride, digger, corn cobs, Cobblers Café, concert performance, award presentations, lamb and salmon dinner, and much more. Thanks go to all the organisers and volunteers who made the occasion a memorable one.

Metchosin festivities continue towards Christmas with a bonfire at the Fire Hall on October 31 and a Halloween Dance at the Community Hall on November 2. Nonetheless, all is not happiness in Metchosin and it was reported that two young people died

and two were hospitalised due to a drug overdose in the carpark at Taylor Beach on August 30. Our rural idyll is not safe from this life-threatening problem.

Next month we get to vote in the provincial election and, with boundary changes, new candidates, retirement of long-serving members, and the decline of the BC United ex-Liberal party, it looks like a new period of provincial government is about to start. Be sure to make your vote count.

Lastly, we hear that the Beecher Bay band is deciding whether or not to have a Sc'ianew Tribal Park on Mary Hill and we expect to provide details of that decision in our next edition of the *Muse*.

P.S. In order to have letters and articles considered for the November issue, please note our deadline of October 15.



Pacific Swift, built 1986, moored off Weir Beach during the Classic Boat Festival last month. Photo Allen Jones

Metchosin Housing Initiative: Rules of the Game Meeting

Anne Richmond

The HIC's meeting on September 17 focused on wastewater, septic and related topics with expert input from HIC Ellen Frisch and a Registered Onsite Wastewater Practitioner (ROWP). A report will be available on the HIC Facebook page and in the next *Muse*. Meanwhile, mark your calendars for Tuesday October 22, 7:00–8:30 pm in the DIY room at MACCA for an interesting session where we will unpack many of the land use and planning

rules raised as questions in our July meeting. We'll be bringing information on topics including:

- The Agricultural Land Reserve and how its rules and processes impact on housing planning and decision-making.
- Zoning and land use rules and how they apply in different potential housing scenarios.
- Bylaws and building permits: how they are created and amended and what they cover in terms of housing options in Metchosin.

- The legal system and enforcement as it applies to the above points: how it works and what consequences there are.

As always, the HIC focus is on providing information to help Metchosinites participate in constructive and informed ways on discussions and consultations that may be occurring in Metchosin, the region, and the province on the critical issue of housing. Contact us through our Facebook page or by sending an email to metchosinhic@shaw.ca.

Letters to the Editor

continued from page 2

required to fund their respective E-Comm 9-1-1 Service. In 2019, the funding for this service was transferred from local RCMP operational communication centres to E-Comm 9-1-1. However, the federal and provincial governments have now decided to transfer the cost for this service to the 10 municipalities on the south Island. Service to other municipalities will continue.

A letter of protest was sent from the mayors of the ten municipalities on December 21, 2023 to the Minister of Public Safety protesting this decision but no response has been received to date.

Colwood is on record saying that this could cost the municipality \$500,000 or

at least 2% of a tax increase. While the potential cost for covering this service must appear in the 2025 budget for Metchosin, it does not address the issue of transparency, or lack thereof, and the fact that not only residents but also council were not cognizant of this possible cost until now. Obviously, it has the potential of adding significant costs to Metchosin's already high taxes.

Kathleen MacPherson

Editor's note: As Mayor Little was presumably party to the letter of protest, it seems odd that councillors were apparently not 'cognizant of this possible cost'.

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Metchosin Author Says New Mystery Novel Will be the Last One

Allen Jones

It's not that Ken Merkley is unhappy with his seventh Tim Murphy mystery novel, *All Crimes Considered*. In fact he believes it might be the best one in his long-running and successful self-published crime series. Nor is it a lack of plot ideas that have led to his decision. It's simply that time and recent health problems have caught up with him and he feels it might be time to "retire".

Like all his novels, Ken's mysteries are based on combining factual criminal news items into fictional stories that allow the reader to follow unfolding criminal events in an informative yet entertaining way. Ken was inspired to write about his concerns with the very troubling societal impacts associated with the illegal sale of fentanyl drugs in BC and across Canada, including alarming increases in overdoses and deaths. At the same time, new and significantly alarming crimes have recently made their appearance in the province, including "smash and grab" retail outlet robberies, mass shoplifting attacks, off-shore sex-trafficking and overseas car theft and smuggling. Ken combines these stories by profiling a fictional criminal gang on the Westshore that corners the Vancouver Island market for the production and distribution of fentanyl-based drugs and uses the resulting lucrative profits to finance these other unfolding crimes.

Ken obtains much of his inspiration from the ideas and cooperation he has received over the years from various police officers associated with the crimes as well as from the news media, the internet



Local author Ken Merkley. Bernadette Merkley photo

and his own ideas about what "might have been". After a multi-varied career as a senior air force officer, college political science lecturer and management training company president, Ken retired from regular paid employment to become a very active volunteer with the Kidney Foundation as well as to play golf and, of course, write novels.

The novel will soon be available in various Victoria book stores and hopefully the GVPL. In the meantime the book can be purchased directly from the author by following his contact information on his website at www.merkleybooks.ca.

The Profound Lessons of Indigenous Law

Nan Hsieh

Indigenous Law Presentation
Wednesday, October 2, 7:00 pm
Metchosin Arts and Cultural Centre
Event Room (upstairs)
4495 Happy Valley Road

On October 2 at 7:00 pm the Metchosin Learning Group will screen a video presentation by Dr. John Borrows celebrating the launch, four years ago, of a joint degree program in Canadian Common Law and Indigenous Legal Orders at the University of Victoria. This is the first program of its kind in the world and its first students graduated this year. Dr. Borrows (an Anishinaabe academic and jurist who is a member of the Chippewas of the Nawash First Nation) is one of Canada's most prolific and celebrated legal scholars and was instrumental in setting up this program.

Indigenous laws are considered to be sacred, come from the Creator and the Land through ancestral teachings and creation stories, and have been maintained consistently over time.

The Truth and Reconciliation Commission of Canada considers understanding and implementing Indigenous law as an essential part of the reconciliation and healing process. Its call to action #50 recommended that "the federal government, in collaboration with Aboriginal organizations, fund the establishment of Indigenous law institutes for the

development, use, and understanding of Indigenous laws and access to justice in accordance with the unique cultures of Aboriginal peoples in Canada."

In the video, Borrows, a law professor at the University of Victoria, describes the difference between common law and Indigenous law, with the latter looking to nature and to the land to provide principles of law and order and ways of creating peace between peoples. This is compared to common law which refers to old cases in libraries to decide how to act in the future.

The Indigenous law program will be supported and located in a new Indigenous Legal Lodge, which is currently under construction at the University of Victoria and will house the Joint Law and Common Law program as well as the Indigenous Law Research Unit.

On October 2 join us as we view this film and observe students navigating this four-year program which includes the study of Canadian law, Indigenous legal traditions, governance and environment. We will see students participating in field schools where they learn from community experts and work with the community on law-related projects. The film provides an opportunity to explore the diversity of Indigenous legal traditions and observe first-hand the ways Indigenous legal processes are

being used today, as well as how the students are developing the skills needed to practice with Indigenous legal orders, within the Canadian common law system.

Following the film, we will have opportunity for discussion and questions to further expand our understanding and learning of Indigenous law. We have reached out to the Indigenous Law Program and are hoping to have a student from the program attend to answer questions.

This event will take place in the Event Room (upstairs), Metchosin Arts and Cultural Centre, 4495 Happy Valley Road and all are welcome to attend. Unfortunately, this room is not wheelchair accessible.

Please note that our November presentation takes place on Monday, November 25 in the Metchosin Community House at 7:00 pm with a speaker from Southern Vancouver Island Reciprocity Trusts. This non-profit organization provides new ways to recognize our relationship as homeowners, business owners, and relative newcomers, on Indigenous land. We invite you to join us as we learn more about avenues that Reciprocity Trusts is developing to provide us with ways we can say thank you for the privilege of living, working and owning property on Indigenous lands.

Thoughts from Farmers Welcome

Don Plank sent in a June 2024 letter to the *Muse*. He has not heard from enough Metchosin farmers to share any meaningful thoughts and after reading the "Met. Agri. Area Plan-2024," discovered several local organizations that are good resources for our farmers.

Don wants to write about them in our November issue and he would appreciate Metchosin farmers contacting him via his email address: Don Plank, an42jo104gb@earthlink.net or PO Box 28063, Victoria, BC V9B 6K8.

An Earth-shaking Presentation

Allen Jones

On a Tuesday night in August a number of curious Metchosinites attended one of Fire Chief Stephanie Dunlop's occasional information sessions in the fire hall on Happy Valley Road. The subject matter was earthquakes that have been predicted in the locality. The attendees, including Councillors Epp, Gray and Shukin, were informed by a panel of knowledgeable volunteers who had formed an interest in emergency management under the guidance of our Fire Chief. Experiencing an earthquake is not new to Stephanie as she had been in Peru some years back during a major disruption.

Stephanie took the audience through the critical stages from the initial tremors and calls to 9-1-1 to activating an Emergency Operations Centre (EOC), setting up a Reception Centre, and declaring a State of Local Emergency. She was assisted by volunteers: Linda Payne (emergency communications director), Bruce McCall (deputy emergency communications director), and Kathleen Sutherland (POD coordinator).

Safety matters were a priority concern and attendees were cautioned on how to proceed after experiencing an earthquake, noting that there is also the possibility of aftershocks. So, when safe to do so, we are expected initially to check the welfare of family, pets, neighbours, and relatives. Next, look at services, in particular those that could cause a fire such as gas, electric, and wood-burning stoves. A walk around the house inside and out looking for damage, structural cracks, dangerous trees and embankments should be carried out. After assessing our own homes we need to make contact with our neighbours who may need assistance. The advantages of being within a neighbourhood pod were highlighted at this point in the meeting.

At this stage you may consider communicating with responders, if you have an emergency, or the world in general if you want to know what is happening elsewhere. If cell phones are working you could call 9-1-1 for



Bruce McCall and Linda Payne show their communications skills. Allen Jones photo

an emergency. Otherwise, there is social media on the internet, TV and radio, and for a few people ham radio and satellite communication. Calls to services such as BC Hydro will probably be unavailable due to the volume of callers. The next worry is the availability of responders and the services available. Stephanie had to remind the attendees that some of the buildings planned for emergency use may not be standing after an earthquake. Nonetheless, we were informed of the procedure related to operations, logistics, planning, and finance.

The Reception Centre at St. Marys' on Metchosin Road would provide food, shelter, heat, rest, comfort, and information if a major event occurred. We were told that hotels would be used if only a few households were affected. Metchosinites could volunteer their help but provision of food was not requested due to health concerns. The other building that would be used is the old elementary school on Happy Valley Road which has a useful gym for the installation of sleeping cots, together with kitchen and bathroom facilities. First Responders would use the fire hall as an Operations Centre and the Community House for rest purposes.

After the ham radio operators gave a demonstration of their procedures, questions were requested from the attendees during which councillors present made sure that they knew how to declare a state of emergency, if needed.

An extract from the last Annual Report of Council gives further information:

"We have augmented our resources with additional equipment, including a mobile Emergency Operations Centre trailer, laptops, and state-of-the-art portable response technology. Our quarterly municipal stakeholder meetings have been crucial in fostering collaboration among local organizations, ensuring alignment in support and response priorities. Additionally, our Emergency Operations Group convenes monthly to coordinate programs and refine response protocols. A notable accomplishment includes the execution of a municipal-wide emergency notification exercise and collaboration with Emergency Support Services to establish a Reception Centre, thereby increasing public awareness and preparedness. During major emergencies or disasters, EOC staff will oversee resource management, plan for future operational needs, coordinate with other agencies, and maintain records of expenses, documentation, and agreements. In 2023, the EOC Management team made significant progress through cross-training initiatives and emergency drills, updating equipment and resources via grant funding, and rigorously testing emergency protocols. We have also appointed a training coordinator to develop policies, set training standards, and create operational guidelines. In 2023, our volunteers logged over 430 hours in weekly check-ins, transmitting over 1,000 messages. The acquisition and installation of state-of-the-art HF radio equipment, funded by provincial grants, signify our commitment to technological advancement with 47 Point of Distribution (POD) radio operators and over 100 licensed responders within the municipality."

Lastly, an earthquake early detection system has been activated to provide the public and infrastructure managers in British Columbia with tens of seconds of warning ahead of a potentially harmful tremor. This alert will be transmitted via cellphones, radios, and television. Be prepared!



Fire Chief Stephanie Dunlop engages the audience. Allen Jones photo



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**Volunteer Opportunity
Capital West Accessibility
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Council is inviting expressions of interest from the community to represent the District of Metchosin on the Capital West Accessibility Advisory Committee.

The Capital West Accessibility Advisory Committee is composed of the City of Colwood, City of Langford, District of Highlands, District of Metchosin, District of Sooke, Town of View Royal and Township of Esquimalt.

The Committee will assist the partner municipalities in improving livability, inclusivity and accessibility in our communities. One representative from each community will be appointed to the Committee.

If you are interested in improving accessibility in your community, please submit a letter of interest and a brief resume of knowledge and experience no later than Friday, October 25, 2024 at 4:00 pm to:

District of Metchosin
4450 Happy Valley Road
Victoria, BC, V9C 3Z3
fax: 250-474-6298

email: mayorandcouncil@metchosin.ca

For more information, please contact the Municipal Hall at 250-474-3167 or view the District of Metchosin website at www.metchosin.ca.



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Pickleball comes to Metchosin

Carol Voyt, Metchosin Pickleball Club

Pickleball was invented in 1965 and it continues to be a multi-generational sport played throughout North America, with more than 50,000 Canadian members, in over 200 clubs. Pickleball is a paddle/racquet sport with combined aspects of tennis and ping pong, played on a badminton-sized court with a net roughly the height of a tennis net. It is played with graphite or fibreglass composite paddles and a perforated plastic ball.

This sport is easy to learn, can be played inside or outside, as singles or doubles, by all ages, and by almost everyone. Pickleball can be played at any level of intensity and with players of mixed skill levels. As players improve, strategy adds an entirely new dimension to the game. At all levels it hones physical skills and improves reflexes. Calling the score (a series of three numbers in a doubles game) also sharpens the mind. Playing pickleball gets your heart pumping, it burns calories and it releases feel

good endorphins. It improves muscle tone, agility and balance. It is a highly social game and the personal connections it fosters improve mood and mental health.

Soon, the recently formed Metchosin Pickleball Club (MPC) will be offering beginner lessons in the old school gymnasium at 4495 Happy Valley Road. Adult introductory pickleball sessions will be held on Wednesday, November 6 from 1:00–2:30 pm and Friday, November 8 from 1:00–2:30 pm. The cost of \$6 per person includes the use of equipment. All players must become members of the MPC in order to have the public liability insurance cover which is required by the District of Metchosin. Joining MPC is easy, affordable, and done in minutes online. If you would like to try your hand at pickleball email the club, metchosinpickleball@gmail.com, to reserve your spot. Details on how to join MPC will be forwarded if you are interested. Please leave your full name, email address and phone number and indicate if you would like to join us on Wednesday or Friday.



From left to right: Sheila Mitchell, Barb Hawes, Georgene Perrin, Kathy Cornett, Estella Arlott, Suszanne Oxley, and Dianne Darby. Carol Voyt photo

Metchosin Golf Club's Men's Open Tournament



Club Captain Bernie Ash with winners Bill Quin (left) and George McDonald (right). Shannon McClymont photo

playing with no handicap) was Bill Quinn with scores of 67 for each of the two days (4 under par for 36 holes).

At the age of seven, Bill started out as a junior member at Metchosin Golf Course, where he learned under former head pro Bill Wakeham. From 2004 to 2009 Bill worked at Metchosin on the grounds crew and is now the Superintendent of Bear Mountain Golf Course. "I won before in 2017, but wasn't sure if I'd be able to win another time. Winning this event means a lot to me," Bill noted. "I also enjoyed playing alongside my old boss!" Congratulations, Bill!

Our low net winner (which means playing with a handicap) was George McDonald. George, at 88 years old, scored a net 130 (scores of 75 and 82 over the two days). "I felt pretty good about winning the event," said George. Since he joined the golf course back in 1987, he has won many golf tournaments throughout the years but had never won the low net at Metchosin Open ... until now. He came out on top of a field of 75 people. Congratulations, George!

A big thank you to Mike Hodgetts and his crew for their hard work and dedication in having the course in such great shape!

Shannon McClymont

On August 10 and 11, 75 golfers tested their skills at Metchosin Golf Club to see who would become the next champion of the

Metchosin Men's Open. It was quite the battle over the two day tournament, which involved 18 holes each day, par 69.

In the end, two men prevailed. Low gross winner (which means

Metchosin Community Day Field and Garden Contest Results, 2024

Judith van Manen

This was the year of the zucchini at the Produce Contest. Residents entered 12 zucchinis in all shapes and sizes. Suzanne Tremblay won the best vegetable entry with her gigantic Red Cabbage while Doug Carlow won the best fruit entry with his large Rescue Pears. Lyn Witt created the winning floral arrangement while Judy and Joel Roper presented the best entry of the show with their garden produce mixed basket.

We thank our very knowledgeable and impartial judge Derek Wulff, a real connoisseur of fruits and vegetables.

We congratulate the following ribbon winners of the 2024 Metchosin Community Day Field and Garden Contest:

VEGETABLES

- Beans**
1st Lori Pater
2nd Sheila Moulton
- Longest Bean**
1st Wayne Ingalls
2nd Dorothy Elias
3rd Johnny Ranns Jr.
- Beets**
1st Carly Ingalls
2nd Wayne Ingalls
3rd Vienna VanDeWater
- Carrots**
1st Brian Downey
2nd Brian Downey
3rd Carly Ingalls
- Cabbage**
1st Suzanne Tremblay
- Cucumbers**
1st Johnny Ranns Jr.
- Garlic**
1st Jay Shukin
2nd Alida VanDeWater
- Kale**
1st Sheila Moulton
- Onions**
1st Jeanette McMillan
- Peas**
1st Max McArthur
- Peppers**
1st Brian Domney
2nd Steve Lee
3rd Carly Ingalls

- Hot Peppers**
1st Johnny Ranns Jr.
2nd Carly Ingalls
3rd Brian Domney
- Potatoes**
1st Gillian Hammond
2nd Lori Pater
- Largest Potato**
1st Bill Parker
- Shallots**
1st Brian Domney
- Squash**
1st Gillian Hammond
2nd Carly Ingalls
3rd Bill Parker
- Tomatoes**
1st Doug Carlow & Maki Ujii
2nd Carly Ingalls
3rd Doug Carlow & Maki Ujii
- Cherry Tomatoes**
1st Johnny Ranns Jr.
2nd Johnny Ranns Jr.
3rd Bill Parker
- Zucchini**
1st Travis Rogers
2nd Travis Rogers
3rd McArthur family
- Zucchini (Youth)**
1st Ada Guffey
2nd Jake Keda
- Longest Zucchini**
1st Brett Vokes
2nd Travis Rogers
3rd Brett Vokes
- Weirdest Vegetable**
1st Suzanne Tremblay (carrot)
2nd Jess & Mike Marchand (potato)
- I haven't seen that before!**
1st Robert O'Connor (pineapple)
2nd Stephanie Spinney (Wild Pacific Island Ginger)
3rd Gemma Keda (Romaine Lettuce)
- Garden Produce Mixed Basket**
1st Roper family
- Garden Produce Mixed Display (Junior)**
1st Freya & Max McArthur
- FRUIT**
- Apples**
1st Dorothy Elias
2nd Brian Domney
3rd Doug Carlow & Maki Ujii
- Blackberries**
1st Gemma Keda
- Raspberries**
1st Joanne McMillan

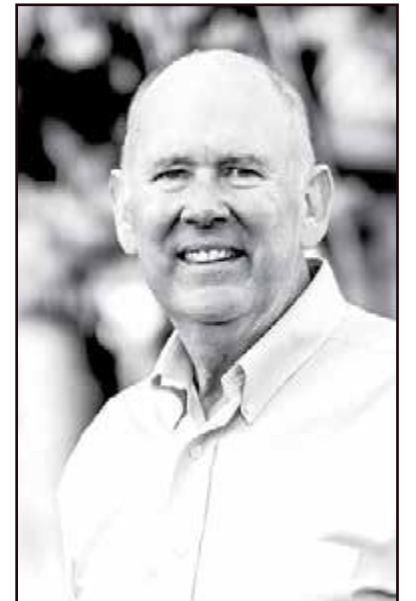


Winning mixed garden basket. Judith van Manen photo

- Pears**
1st Doug Carlow & Maki Ujii
2nd Dorothy Elias
- Jams & Jellies**
1st Jeanette McMillan
2nd Travis Rogers
3rd Travis Rogers
- Cut Flower Arrangement**
1st Lyn Witt, Quail Hill Farm
2nd Roxan Shanks
3rd Jeanette McMillan
- BEST CUT FLOWER ARRANGEMENT**
Lyn Witt
- BEST FRUIT ENTRY**
Doug Carlow & Maki Ujii (Rescue Pears)
- BEST VEGETABLE ENTRY**
Suzanne Tremblay (Red Cabbage)
- BEST IN SHOW**
Roper Family (Garden Produce Mixed Basket)

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Flower arrangements. Judith van Manen photo

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Metchosin Day Photos

Page 8, clockwise from top left:

Lauren Kief wins the photo contest. Barb Sawatsky photo
Bob Burgis getting the corn cobs ready for service. Allen Jones photo
More prizes won in the baking contest. Barb Sawatsky photo
The Metchosin Hay Ride. Deirdre Chettleburgh photo
Pearson students give a colourful display of dancing. Barb Sawatsky photo

Page 9, clockwise from top right:

Ukrainian dancers entertain the crowd. Barb Sawatsky photo
The lamb BBQ. Allen Jones photo
Dinner is served for 250 hungry visitors. Allen Jones photo
Kids join in the fun at the Fire Hall. Barb Sawatsky photo
Goats are the pet of choice for these sisters. Barb Sawatsky photo
4H display their poultry. Barb Sawatsky photo
SRC informing visitors. Allen Jones photo

osin Day!



Metchosin's Got Talent

Judy Roper

On November 16 from 7:00–9:00 pm, St. Marys' Church, 4125 Metchosin Road, is holding a talent show to celebrate the youth in the Metchosin and Sc'ianew community. We are still looking for some talented youth between the ages of 10-18 years and have extended the deadline for submission to Oct. 15. This is a great opportunity for us to come together and celebrate the accomplishments of our community. If you are interested in participating please see the information below.

We are accepting performance acts, displayed visual art pieces and video montages.

- All video and performance talents need to be shown within three to four minutes.
- All performances to take place within a 10 ft. by 10.ft. stage.
- How each talent is presented will depend on how many and types of acts that are submitted.

All submissions need to be family friendly.

You can apply via email at metchosinsgottalent@gmail.com by October 15. In your email please state:

1. Your age
2. Your talent (Performance, Display or Video Montage)
3. A brief description of your act
4. Any additional set up requirements beyond a basic sound system and piano.

Nostalgic Visions – Classical Music from Alexandra Tchernakova



Alexandra Tchernakova prepares to perform. Allen Jones photo

Allen Jones

On 17 August, St Marys' Church welcomed Alexandra Tchernakova back to perform an early evening concert. It was well attended by music-lovers from all over the West Shore. Alexandra last performed here back in August 2022, playing piano alongside baritone Leonardo Cremona in the "Let Beauty Awake" concert.

Since her last performance in Metchosin, Alexandra has performed at prestigious festivals including 'Superspectives' in Lyon, Torino Jazz Festival, and Piano City in Milan where she is currently based. She has also contributed to projects in the Barbican, London and La Biennale, Venice.

This concert featured music by Alexander Scriabin, Isaac Albéniz and Alexander Tcherepnin, as well as living composers Fazil Say and her father, Gavin Bryars (an English composer and jazz bassist

married to Alexandra's mother, film director, Anna Tchernakova).

The concert started with *Preludes (Opus 11)* by Scriabin, a Russian virtuoso pianist who actually built pianos to understand how they worked. The selection was from his First Period which followed the romantic traditions. He later developed a more dissonant musical language transcending the usual tonality.

Before the interval Alexandra played *La Vega* (the plain), a composition for solo piano by Isaac Albéniz, who was a Spanish virtuoso pianist. He intended *La Vega* to be the second movement of a symphonic suite called *Alhambra* after the palace in Granada, Spain. Albéniz completed only *La Vega* and the first 16 bars of *Generalife*, part of the intended six-piece composition. The score was written in piano solo format, and *La Vega* was later orchestrated. The orchestral version of *La Vega* was never published however, but the composer did publish the piano solo version.

After a short break the appreciative audience settled again before being captivated by the playing of *Black Earth for Piano*. This piece was composed by the Turkish child prodigy Fazil Say in 1997 when he was resident in New York.

The 1910 work *Ramble on Cortona* in nine parts by Gavin Bryars followed. Alexandra's father is a prolific composer and his work includes five operas, numerous instrumental pieces, and a large body of vocal and choral music. His presence in the audience must have further enriched the performance.

Returning to another Russian pianist and composer, Alexander Tcherepnin's *Eight Pieces for Piano* was the last item on the program. Tcherepnin had an interesting life, living through two World Wars and the Russian Revolution. He was living in Paris during the Second World War before moving to Chicago in 1948. This brought on a resurgence of creative energy that produced the series of pieces played by Alexandra filling the audience with delight. He composed three operas, four symphonies, and six piano concertos before dying in Paris in 1977.

Sadly the night was drawing to a close but not before an encore, the introduction of Gavin Bryars to the audience, and the tantalising playing of a miniature grand piano. A rewarding night of exceptional quality for all who attended.



A small encore to the delight of the audience. Allen Jones photo

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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.

Migration Time at Rocky Point



The banding station at Pedder Bay. Rosa Munzer photo

Rosa Munzer

This year the Rocky Point Bird Observatory Society (RPBO) is celebrating 30 years of influencing and informing ecological management practices and conservation of migratory birds in western North America through monitoring, scientific research, and public education. RPBO's data is shared with government, educational institutions, and researchers to provide insight into the important role birds play in healthy ecosystems.

There are many ways to monitor birds. RPBO uses several of these methods – a standardized daily census along an established transect, observations by experienced birders, and bird banding. New methods, such as the use of geolocators and satellite transmitters and the analysis of stable isotopes in bird feathers are being added to strategies for monitoring birds. Each strategy has its purpose and together provides more information about bird populations than any of these methods could alone.

RPBO has been operating a migration monitoring station in Metchosin since 1994 in order to better understand landbird populations in North America. The song bird banding and the Northern Saw-whet Owl banding programs are currently underway at both the Pedder Bay Marina and the Rocky Point banding stations. Data collected at the banding stations is used to estimate the annual abundance and productivity indices, and the study of migration ecology of landbirds.

The public is welcome to drop by the Pedder Bay Marina banding station any morning until October 18 to watch the song bird banding. Visits to see the owl banding are very popular, so visitors must pre-register at rpbo.org. All bird banding is done by licensed banders and birds are released unharmed. You can also join one of our volunteers on a guided bird walk that ends with a visit to the banding station. The walk starts at 9:00 am in front of the Pedder Bay Marina Café on Saturdays and Sundays during the song bird banding season.

RPBO also has three other annual bird monitoring programs. The Hummingbird Project citizen science team monitors and studies hummingbirds' migratory, breeding, and behavioural patterns from March to July. The Monitoring Avian Productivity and Survivorship (MAPS) program takes place from May 31 to August 8. The SeaWatch Program monitors bird health and migration monitoring in the Salish Sea all year round.

RPBO's Our Education & Outreach program consists of school programs for grades K-7, and a community-based public outreach program. Our community programs include: leading bird walks and tours; attending community events such as Metchosin Days, and delivering online and in person presentations to community groups, schools, clubs, and other organizations throughout Greater Victoria and Southern Vancouver Island.

Anyone wanting to learn more about birds and birding might enjoy one of our "Be a Better Birder" courses which feature classroom and outdoor components. RPBO members get email notifications about educational activities and on-line presentations. Events are also posted on several event calendars, including: CHEK, What'sOnDigest, Seniors101, Downtown Victoria Business Association, and Tourism.

We know you love birds and the world we share with them and adopting an owl, hummingbird, or song bird is a powerful way to show it. With your gift*, you'll provide funds for RPBO's critical science, education, advocacy, and on-the-ground conservation work. You'll be protecting

birds and the places they live. The recipient will receive a certificate, colour photo of the chosen species and, if your bird is ever recaptured, RPBO will notify them and provide an update.

RPBO is a volunteer-run registered charity and it relies heavily on the time and commitment of our members, donors and volunteer workforce. RPBO is looking for enthusiastic, self-motivated,

committed individuals to help further our mission in a wide range of roles including bird banding, research and science oversight and leadership, fundraising, photography, maintenance, net repair, administration, and finance (the Treasurer's role is available).

*To adopt or donate please visit www.rpbo.org.

Bird of the Month: The American Robin



Dapper-looking American Robin. Allen Jones photo

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Ready for Halloween?

Erin Van de Water,
Metchosin Preschool

Get ready, Metchosin! The Metchosin Preschool is excited to announce that our annual Halloween Dance fundraiser is coming! Mark your calendars for Saturday, November 2 from 7:00 pm to midnight at the Metchosin Community Hall on William Head Road. We have booked the band Kooler for what is sure to be a spooktacular time, and the fundraising team is also looking to secure a DJ. Tickets are \$25 each and can be purchased through a preschool family or from the Metchosin Corner Store. There will be costume prizes, door prizes, food, drinks, a silent auction, 50/50 and more. You won't want to miss it!

The preschool is settling in nicely to our new home at the Old Elementary School. The teachers have done an amazing job setting up the space and the kiddos are enjoying exploring their new classroom and school grounds. There are still a few spaces in both the 3's and the 4's classes if you know any families who might be interested in joining this sweet little cooperative preschool. For more information, please email: metchosinpreschool@gmail.com.

The fundraising team has some great ideas brewing so stay tuned for more opportunities to get engaged and to help support this wonderful preschool community. For now, get those costumes ready, grab your ticket, and we'll see you on the dance floor on November 2!

132'-Long (and Counting) Community Painting: The Ways of Water

Dyan Marie

Along with the obstacle course for pet chickens at Metchosin Day (a yearly festival here since 1967), the sheep shearing demonstration, giant zucchini races, dog show, and competitions for the cutest pig, biggest cabbage, strangest carrot, dance, music, and goodwill, we added another 42 feet to our Ocean Art Parade painting at the ArtPod station. Overall, the artwork now stretches 132 feet and aims to be the longest painting on Vancouver Island. At Metchosin Day, community families and friends contributed by painting continuous long lines of marks, representing water currents, waves, ripples, and whirlpools, to reflect on the circulation of water and the majestic, mysterious ocean that surrounds our island.

The Ocean Art Parade is a series of arts events unfolding over the coming months, culminating in a parade from MACCA to the ocean at Witty's Lagoon in 2025. The parade will pass through the village, follow rural roads, cross farmland, wade across the beach, and hike through forest trails. The Ocean Art painting, still in progress, has had over 200 community members participate so far. Over the following year, it will transform into an exhibition at MACCA's Point of View Gallery for the month of April to mark Earth Day. It will be reconstructed as banners and wearables for the parade and then used as

sitting carpets for storytelling and interpretive talks by local leaders.

This follows earlier painting events including *The Ways of Water* at ArtPod exploring a single drop of water, an Ocean Art welcoming event for the Sc'ianew Tribal Journey Landing, *Water Ways* at MACCA's Festivus Festival, *Making Waves* with Sc'ianew Youth in Beecher Bay, and *Falling Water, Paint a Stream* at MACCA's Summer Makers Market.

Additionally, we have begun making Wayfinding Flags to animate upcoming events, and we invite you to join us for our Flag-Making Party in November at the MACCA Event Space. Flags created will be part of the *Peace/Joy Squared* exhibition, with flag banners installed from November 15 to December 15 with ArtPod. A *Peace/Joy Parade* will feature a flag-waving walk-through parade throughout MACCA to celebrate the season, and finally, the wayfinding flags will enhance the parade route to the ocean in summer 2025.

Opening October 4 until November 10 is the exhibition *SLEEPLESS: Art from the Midnight Hour*, with works that examine what keeps us up at night. The opening event, free to all, will have many of the exhibiting artists attending to give short talks about their work and welcome your questions. In this age of anxiety, we are simultaneously being inundated with research about how important sleep is. One of the Sleepless curator team,

Diana Smith, reminds us, "What keeps you up can also be the joys of life, as well as the worries."

An Altered Book workshop is accompanying the show. Given by Victoria artist Elizabeth Carefoot, the half-day workshop is part bibliovandalism and part mixed media collage. Participants will cut, fold, paint, glue, and otherwise transform a recycled hardcover book into something meaningful to them. The workshop is on Saturday, October 26, 12:00-4:00 pm in the Events Room at MACCA.

Peace/Joy Squared, running from November 15 to December 22, presents the square as a foundational shape symbolizing unity, stability, and connectedness, showcased through a diverse collection of artworks in various media. Each piece is created in a square format. Installed together, they build a cohesive pattern and a visual metaphor for the hopeful and celebratory season that brings people together. Peace and joy are what we aim to share.

Metchosin ArtPod: Exhibitions are free, all welcome. More information about exhibition, art invitational opportunities and community workshops: metchosinartpod.ca

Ocean Art Parade: The Ocean Art Parade is an evolving arts and ecology project by artist Dyan Marie, with MACCA, ArtPod, Sc'ianew Youth, the CRD, and the Metchosin community. Updates at civicstudies.ca/ocean-art/



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METCHOSIN ARTS AND CULTURAL CENTRE

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October 2024

Free Little Library

Check out the new free little library at the Metchosin Arts and Cultural Centre! We are thrilled to join the worldwide free little library movement to build community, inspire readers and expand book access 24/7. We are grateful to William Head Institution Community Connections Group who built and donated it. The little library will be maintained by MACCA. Excess books will be donated to the Museum Society's Old Barn Books.

Point of View Hallway Gallery

Features: **Dwight Lockhart**

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From 3D drywall murals, landscapes, nature, and motifs to cars, pinstriping, and comic books.

Dwight Lockhart will be offering a Pinstriping Workshop on October 13 at 1:00 pm including brushes, acrylics, two slick-surfaced paint boards and expert tutorial.
Max 10 participants, \$200 each



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EVENTS at METCHOSIN ArtPod

4 OCTOBER - 10 NOVEMBER

SLEEPLESS: art from the midnight hour

• Guest artist and juror: Elizabeth Carefoot
SAT 5 Oct 2-4pm: Show Opening Celebration
See what makes artists toss, turn, and count sheep in a variety of mediums and styles!



SAT 26 OCT: 12-4pm
WORKSHOP: ALTERED BOOKS:
part biovandalism, part mixed media collage!
With Elizabeth Carefoot

PEACE + JOY SQUARED

15 NOVEMBER - 22 DECEMBER
4 OCT - 1 NOV: Open call to artists
SAT, 16 NOV 2024, 2-4 pm:
Opening Celebration

- Exploring Peace and Joy in creative and stimulating ways, in SQUARE format!
- early DEC- date TBC- Christmas Card workshop/ drop-in/ BYO supplies 2 share

See metchosinartpod.ca for details



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Hatching Ideas inside William Head Institution

Jeni Luther

Have you ever wondered how plays come to life? Where the initial ideas originate and how they evolve into a full-fledged production? Imagine a play that's created and performed within a Federal Institution by incarcerated men.

Welcome to *Hatched*. This is a play about the process of creating a play in prison—where ideas spark and take on a life of their own. A story about the cyclical journey of creation gestation that leaves you wondering if the hatching is the end of one story or the beginning of another?

William Head on Stage (WHoS) returns for the 2024 season! For 43 years, WHoS has been producing theatre behind bars as Canada's only theatre company run by incarcerated artists. Public audiences are invited to purchase tickets, pass through security, and enjoy the fall performance in the gymnasium theatre, where the men inside bring their production to life.

The therapeutic impact of the arts within institutions has long been a compelling narrative. A space that fosters imagination and vulnerability should never be underestimated. In a world where individuals often build walls for

survival, this environment allows them to lower their defenses, finding laughter and connection through creativity. Together, they confront stage fright, memorize lines, construct sets, hang lights, and respond to countless reminders to "articulate!" "project!" and "trust the process!"

By attending the show, you become part of this transformative journey. Your attentive presence and enthusiastic applause contribute to the restorative justice of the experience.

We look forward to welcoming you to our performance this year!

Hatched

Directed by Kate Rubin
Produced by WHoS and Full Spectrum Arts Society. Created and performed by the men of William Head on Stage and outside artists.

WHoS is Located inside a Federal Correctional Facility. **YOU MUST PRINT AND BRING A PAPER COPY OF YOUR TICKET. TO BE ADMITTED YOU MUST HAVE THE TICKET PRINTED AND YOUR GOVERNMENT ISSUED PHOTO ID. LATECOMERS WILL NOT BE ALLOWED ENTRY.**

You are entering a correctional facility. You must be 19 or older, have valid government-issued photo ID, and your pre-paid ticket. You cannot bring in any personal items, including wallets, purses, cell phones, smart watches, money, credit/debit cards, smoking products, medicines, candy, cough drops/lozenges, Kleenex (exceptions may be made for potentially life-saving medicines). You may be subject to a non-intrusive search. You must buy tickets in advance and have a printed copy. No tickets are available at the door.

PUBLIC PERFORMANCES:

October 11, 12, 18, 19*, 25, 26*; November 1, 2

*October 19 and 26 also have a Matinee Show.

Evening shows: Gates open at 6:15 pm. Gates close at 7:15 pm. Show begins at 7:30 pm.

Matinees: Gates open at 11:45 am. Gates close at 12:45 pm. Show begins at 1:00 pm.

TICKETS NOW ON SALE at www.whonstage.weebly.com.

METCHOSIN COMMUNITY HOUSE HOUSE HAPPENINGS

ONGOING PROGRAMMING

Mondays

Vancouver Island Health Authority Adult Day Program. 10:00am–2:00 pm. Contact Mobile program coordinator Ken Hillicke at 250-213-2440.

Knitting Café. 7:00–9:00 pm on the first and third Mondays monthly. Contact Heather at 250-478-6590. Knitters of all levels are welcome.

Tuesdays

Drop-In Art Group. 9:30 am–12:30 pm weekly. Contact Arlene at 250-391-7905.

Knitting Café. 1:00–3:00 pm on the second and fourth Tuesdays monthly. Contact Nance at 250-478-7708 after 11:00 am. Knitters of all levels are welcome.

Wednesdays

Vancouver Island Health Authority Adult Day Program. 10:00 am–2:00 pm (see Monday for details).

Thursdays

Weights and Measures. 8:30–10:00 am weekly. Weights and Measures is a weight loss and healthy lifestyle support group for anyone in the community. Contact Nancy at 250-478-7487.

Creative Rug Hooking. The first and third Thursdays monthly, 10:00 am–1:30 pm. Contact Sheila (250-595-6406, email: blueheronstudio@telus.net) to discuss supplies needed. Experienced rug hookers are invited to bring their own projects. Looking for help with an interim program lead. Contact Sheila or the MCA Office if interested!

Fridays

Parent and Tot Program. 9:30–11:30 am. Calling all Metchosin tots! The Parent and Tot Drop-In Program invites moms, dads, caregivers and their young children to join us Friday mornings for our community program.

Friday Socials. The last Friday of each month from 1:00–3:00 pm. Drop in for coffee and conversation. Hosted by Baha'is of Metchosin and the Seniors' Resource Centre. SRC offers drives to anyone who needs a ride; call 250-478-5150 or email SRC. All ages, everyone is welcome! Details: <https://metchosinseniors.ca/friday-socials/>

Ukulele Gathering. 5:00–6:30 pm, third Friday of each month. Contact Margaretha, memetopia@shaw.ca.

Sundays

Rough Voices 2:00–4:00 pm. The ever-popular community singing group featuring 1940–60s singable songs accompanied by musicians with lyrics projected on the screen. All ages and everyone welcome to join! Third Sunday of every month. Contact Dale at 250-642-0583.

SPECIAL EVENTS

FILM NIGHT. Friday, October 25, 7:00–10:00 pm. Join Samuel Perez de Leon, Faculty Member, Pearson College, for an exciting new showing: *Non-Aligned: Scenes from the Labudović Reels* – 100 min.

ART ON THE WALLS. Viewing all month at the Metchosin Community House we are featuring the art of Arlene Welch our very own Drop-in Art Group program lead!

Please check the Metchosin Community House website (metchosincommunityhouse.com) for specific program details and contact information.

Metchosin Community House

4430 Happy Valley Road Info: 250-478-5155

mcahouse@telus.net | metchosincommunityhouse.com



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250-405-6550

Randall.Garrison@parl.gc.ca

www.RandallGarrison.ndp.ca

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4480 Happy Valley Road brokenpaddle.ca

250-474-2999

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paul.farkas@rbc.com
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Let's gather as a community to pray for peace

Come and be part of a community pancake breakfast followed by prayers, inspirational sayings and messages of peace.



Who: Open to everyone. All are welcome.



When/Where: 10am first Sunday of the month at the community house.

Sponsored by the Metchosin Baha'i community.

For Info call Mona at (250) 514-1756 / Doug at (250) 858-2053

Recipe of the Month: Stifado

Allen Jones

This is a traditional Greek dish ideal for colder weather. You can use rabbit or beef as the meat and serve with pasta or, my favourite, potato wedges fried in olive oil.

- | | |
|--|-------------------------------|
| Ingredients for 4 servings: | Marinade: |
| 1500 grams / 3 lbs stewing beef, cut in chunks | 125ml./ half cup dry red wine |
| 24 baby onion or shallots, peeled | 4 tbsps. red wine vinegar |
| 4 tomatoes or 440g can of chopped tomatoes | 3 cloves garlic, sliced |
| 4 tbsp. olive oil | 1 stick of cinnamon |
| 1 tbsp. tomato paste | 1.5 tsp. allspice |
| | 6 cloves |
| | 3 bay leaves |
| | 1 tsp. dried oregano |
| | 2 tbsps. tomato paste |

Method
 Marinade the meat overnight in a non-reactive bowl.
 Sauté the onions for 5 mins. in a large pan. Remove and set aside.
 Take the meat out of the marinade and sauté in the pan for 10 mins. to brown on all sides.
 Return the onions to the pan and add the marinade, tomatoes, tomato paste, and enough water to cover the stew.
 Season generously with salt and black pepper. Bring to boil and simmer for two hours.
 Serve with pasta and grated Parmesan or fried potatoes.



Stifado. Allen Jones photo

Metchosin's Flu and COVID Clinic

Seniors' Resource Centre

Metchosin's annual Flu and COVID Vaccination Clinic will take place on Saturday, November 2, in the Old School Gym, Happy Valley Road, from 8:00 am to 4:00 pm.

The clinic will be a collaborative effort of Shaddi Geris, (pharmacist, Metchosin Pharmacy), Fire Chief Stephanie Dunlop and the Metchosin Fire Department, the Metchosin Seniors' Association, and many volunteers.

For more information about this year's vaccinations, please contact Shaddi Geris at Metchosin Pharmacy, 778-265-0122. To arrange a ride to the clinic, call the Seniors' Resource Centre, 250-478-5150.

Editor's note: Health Canada has approved the latest SpikeVAX vaccine that targets the KP.2 variant of COVID.

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Seniors' Resource Centre

M E T C H O S I N

Yvonne Cottrell, Office Manager

Below are some upcoming events at the Metchosin Seniors Resource Centre:

AGEING IN PLACE WORKSHOP
 Debra Swain: Seniors Helping Seniors Health and Wellness Institute

Thursday, October 10, 12:00-1:00 pm

Most older Canadians would prefer to stay in their homes as they age, but only one in four feel confident they will be able to do so. Ageing in place has advantages and presents challenges. To help you create the preferred lifestyle you envision, this workshop offers nine checklists of critical aspects to consider as you plan today, for the future you want to live tomorrow.

HEARING HEALTH PRESENTATION – EARS TO YOU

October 16, 11:30 am-12:30 pm

Concerns regarding hearing can cause hurdles in managing day-to-day tasks. Navigating through social interactions can prove to be a tedious task. Learn about hearing health, and the options available to you with this mobile Hearing Clinic.

ICBC

October 17, 1:00-2:00 pm

This presentation provides an overview of the impacts that ageing has on driving. They will be sharing information on what to expect at age 80, the Enhanced Road Assessment, and offering safe driving tips and other resources.

MOBILE HEARING CLINIC

October 30, 10:00 am-3:00 pm

Ears to You is offering a free hearing clinic for those who are concerned about their

hearing and may benefit from hearing amplification. They will also provide a complimentary hearing aid clean and check with a hearing aid specialist.

Please contact SRC at 250-478-5150 to register. Space is limited

METCHOSIN CAREGIVER SUPPORT GROUP

Thursday, October 17, 10:00-11:30 am

This free monthly support group brings caregivers together based on a mutual experience of caregiving for a family member or friend. Facilitated by Family Caregivers of BC. Register at cgsupport@familycaregiversbc.ca or phone 250-384-0408.

FRIDAY SOCIAL

October 25, 1:00-3:00 pm
 Metchosin Community House
 4430 Happy Valley Road

Drop in for coffee and conversation. Hosted by Baha'is of Metchosin. Please call SRC 250-478-5150 for a ride. Everyone welcome!

SRC offers a Better at Home Program which assists older adults to live independently in their homes and remain connected to their communities by providing simple, non-medical support services. Visit the Centre or call us to find out more.

The Seniors' Resource Centre in the Metchosin Arts and Cultural Centre is open Tuesday through Friday from 11:00 am-3:00 pm. Staff and volunteers are here to assist seniors and their families with support, resource information, and services.

Metchosin Seniors' Resource Centre (SRC)
 1047-4495 Happy Valley Road

250-478-5150 • info@metchosinseniors.ca • www.metchosinseniors.ca

Fire Department Call-Outs

AUGUST 2024

Fire Chief Stephanie Dunlop

- | | | |
|--|---|-------------------------------------|
| Aug. 1 Witty's Beach – Smoke sighting | Aug. 15 Kangaroo Road – MVI | Aug. 25 East Sooke Road – Medical |
| Kangaroo Road – Medical | William Head Road – Rescue | Happy Valley Road – MVI |
| Aug. 3 Winfall Road – Medical | Sooke Hanger Drive – Alarm bells | Ferncliffe Road – Public assist |
| Winfall Road – Alarm bells | Aug. 16 Witty's Lagoon – Open burn | Sooke Road – Medical |
| Aug. 4 Happy Valley Road – Medical | Aug. 17 Metchosin Road – Open burn | Kangaroo Road – MVI |
| Aug. 5 Kangaroo Road – MVI | Sutiicum Road – RCMP assist | Aug. 26 Sooke Road – Medical |
| Aug. 7 William Head Road – Medical | Aug. 18 Matheson Lake – Medical | Duke Road – Medical |
| Aug. 8 Sooke Road – MVI | Duke Road – Medical | Rocky Point Road – Hydro lines |
| Sooke Road – MVI | Aug. 19 Albert Head Road – Hydro lines | Aug. 27 Sooke Road – MVI |
| Aug. 9 Labonne Road – Alarm bells | Meridale Road – Open burn | Sooke Road – MVI |
| Labonne Road – Alarm bells | Aug. 21 Duke Road – Medical | Sooke Road – Medical |
| Pedder Bay – Medical | Rocky Point Road – Medical | Aug. 28 Sooke Road – Medical |
| Kangaroo Road – Medical | Aug. 22 Happy Valley Road – Public assist | Aug. 30 Taylor Road – Medical |
| Aug. 10 William Head Road – Medical | Farhill Road – Hazmat | Chapel Heights – Alarm bells |
| Aug. 11 Metchosin Road – Medical | Aug. 23 Graceland Drive – Medical | Glen Forest Way – Medical |
| Lindholm Road – Medical | Aug. 24 Pearson College Drive – Alarm bells | Aug. 31 William Head Road – Medical |
| Aug. 12 Kangaroo Road – MVI | Aquarius Road – Hydro lines | |
| Aug. 13 Matheson Lake – Medical | Metchosin Road – Medical | |
| Aug. 14 Becher Bay Road – Smoke sighting | | |

MVI: Motor Vehicle Incident

RCMP Call-Outs

AUGUST 10–SEPTEMBER 9, 2024

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

- Aug. 10 **Rocky Point Road area** – Report of loud noise coming from a private property, home owner given verbal warning.
- Aug. 11 **Metchosin Road** – Report of a disorientated male. Patrols located the male and he was transported back to his residence.
Lindholm Road – Report of several gun shots heard, extensive patrols failed to locate anything.
- Aug. 12 **Kangaroo Road** – Single vehicle accident, driver left scene prior to police arrival, still under investigation.
Rocky Point Road – Suspicious male observed lying in the bush off the trail, male located and identified with no issues.
Sooke Road – Check welfare of a male on the highway, patrols located a homeless male who was given a ride into Langford.
- Aug. 14 **Sooke Road** – Check welfare of a female who was located and found to be in good health.
- Aug. 15 **Pedder Bay** – Report of a domestic dispute, male/female located and spoken to, no charges.
Kangaroo Road – Single vehicle accident, one person taken to hospital and vehicle towed from scene.
Metchosin Road – Complaint of a person littering from a vehicle, located and given verbal warning.
- Aug. 16 **Sooke Road** – Erratic driver complaint, registered owner given written warning.
- Aug. 17 **Happy Valley Road** – Possible impaired driver, patrols failed to locate vehicle.
Albert Head – Report of disturbance, intoxicated male located at scene and arrested for being drunk in a public place.

- Aug. 18 **Sooke Road** – Vehicle stopped by Traffic Unit for no valid vehicle insurance and driver with no valid driver's licence, driver charged under *Motor Vehicle Act*.
- Aug. 19 **Albert Head** – Disturbance on beach, several people found with a campfire, removed from the area.
Happy Valley Road – Single vehicle accident, vehicle driven into a fence on private property, no injuries.
- Aug. 22 **Sooke Road** – Possible impaired driver, vehicle not located.
Farhill Road – Report of a suspicious vehicle, male driver located and taken to hospital under the *Mental Health Act*.
- Aug. 23 **Duke Road area** – Assistance provided to the Coroners Service regarding a sudden death.
- Aug. 24 **Tiswilde Road** – Report of a suspicious vehicle, vehicle located and driver spoken to. No issues.
- Aug. 25 **Happy Valley Road** – Motor vehicle accident involving a motorcycle. One person taken to hospital.
Sooke Road – Check welfare of a person who was located and taken to hospital under the *Mental Health Act*.
Kangaroo Road – Single vehicle accident, no injuries, vehicle towed.
- Aug. 26 **Sooke Road** – Report of a male in distress, located and taken to hospital by ambulance.
Metchosin Road – Report of mischief to a vehicle.
Boblaw Place – Rural mailbox broken into and items stolen, no suspects.
Sooke Road – Complaint of a suspicious vehicle which was located. Driver found to be impaired, issued with driving suspension and vehicle towed.

- Aug. 27 **Albert Head** – Vehicle broken into and several items including jewelry stolen, no suspects.
Sooke Road – Single vehicle accident, vehicle flipped onto roof, driver fled scene, investigation continuing.
Neild Road area – Check welfare of a person who was located and transported to hospital under the *Mental Health Act*.
Sooke Road – Report of a male on the highway in distress. Located and transported to hospital under the *Mental Health Act*.
- Aug. 29 **William Head Road** – Complaint of an on-line attempted fraud, reported for information purposes.
Happy Valley Road – Traffic Unit stopped two vehicles for no valid vehicle insurance. Both vehicles towed and drivers charged under the *Motor Vehicle Act*.
- Aug. 30 **Taylor Road** – Assistance provided to the Coroners Service regarding two sudden deaths with two other people taken to hospital in critical condition. Still under investigation.
- Aug. 31 **Metchosin Road** – Check welfare of a person who was found to be in hospital.
Clapham Road – Reports of shots fired, patrols failed to locate anything.
Sooke Road – Report of a possible impaired driver, patrols failed to locate the vehicle.
Pears Road – Report of an erratic driver, vehicle not located, registered owner given verbal warning.
Elna Road – Report of a loud party, homeowner given verbal warning.
Lindholm Road area – Complaint of theft/possible fraud. Still under investigation.

Important Dates & Events

- Oct. 2 **Metchosin Learning Group: Indigenous Law Presentation** p. 4
 - Oct. 8 **All Candidates Meeting** (to be confirmed)..... p. 1
 - Oct. 14 **Thanksgiving** (statutory holiday)
 - Oct. 15 **Deadline for Metchosin's Got Talent** p. 10
 - Oct. 25 **Film Night: Non-Aligned: Scenes from the Labudović Reels** p. 13
 - Oct. 31 **Halloween at the Fire Hall** (doors open at 6:30 pm)
- Other events:**
- Council Meetings** p. 2
 - Metchosin Community House Happenings** p. 13
 - Metchosin Farmers' Market**
4450 Happy Valley Road. Sundays, 11:00am–2:00pm
 - Seniors' Resource Centre Events** p. 14

- William Head Road** – Report of a speeding vehicle described as a green Porsche, vehicle not located.
- Sept. 1 **Sooke Road** – Report of possible impaired driver, vehicle stopped in Langford and driver found to be sober.
Neff Road – Check well-being of a person who was not located.
- Sept. 2 **Duke Road** – Deer hit by a vehicle.
- Sept. 3 **Sooke Road** – Report of an erratic driver, vehicle not located.
Rocky Point Road – Assistance provided to the Coroners Service regarding the sudden death of a person.
- Sept. 4 **Rocky Point Road area** – Assistance provided to Victoria Police to try and locate a person who could not be found.
Rocky Point Road – Rural mailbox broken into, no suspects.
- Sept. 5 **Matheson Lake** – Report of a suspicious male in a vehicle, vehicle checked and male located.
Sooke Road – Check well-being of a person who was found to be in hospital.
Rocky Point Road area – Complaint of threats being made, neighbourhood dispute.
- Pears Road** – Report of a loud party, homeowner given verbal warning and no further complaints received.
Metchosin Road – Report of mischief to a vehicle. Owner discovered a window broken on her vehicle, no suspects identified.
- Sept. 6 **Kangaroo Road** – Request to check well-being of a person who was located and taken to hospital.
Pears Road area – Complaint of an on-line fraud, still under investigation.
- Sept. 7 **Sooke Road** – Report of a vehicle in the ditch with the driver possibly impaired, patrols failed to locate the vehicle.
- Sept. 8 **Kangaroo Road area** – Assistance provided to the Coroners Service regarding the sudden death of a person.
- Sept. 8 **Metchosin Road** – Disturbance at a private residence, one youth taken to hospital.
- Sept. 9 **Kangaroo Road area** – Patrols and traffic enforcement requested due to ongoing problem with speeding vehicles.
Pears Road – Complaint of a market place fraud.
Taylor Beach – Report of person letting off fireworks, patrols failed to locate anyone.

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
bilstonwatershed@gmail.com
bilstonwatershed.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.4hbc.ca/clubs/view/4-metchosin-4-h-club

- METCHOSIN ARTPOD**
metchosinartpod@gmail.com
metchosinartpod.ca
- 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**
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 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
- WEIGHTS AND MEASURES**
250-478-7688
- 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
wspr.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
saconnectionpoint.ca

This listing is a directory of local organizations. Please email changes to the editor at 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, unless otherwise noted.

A Ring Full of Pets – from Tortoise to Rabbit!

Deirdre Chettleburgh

Over 60 talented pets and their handlers spilled into the ring for the Metchosin Community Day Pet Show. There were dogs galore, chickens, rabbits, goats, a sheep, a long snake and a 40-year-old

tortoise! Every pet was special and received a ribbon. Warmest congratulations to all!

Thank you to our Marshall, Bev Bacon, and to all our judges – Pattie Whitehouse, Jane Denny, Jane Griffin, Erin Ronsse and her children, Jean-Paul, and Joie,

Danielle Eilertsen, Sachi Ihara and Sophia Bingham. Special thanks to Willow Wind Feed and Tack who generously donated small bags of treats for all the pets.

All photos by Jane Edwards Griffin



4H chicken.



Above: Vonu the 40-year-old escape artist tortoise, with owner Travis Makofka, who was awarded Most Unusual.



Above: Best Costume was awarded to Nugget dressed as a shark, seen here with handler Lavinnia Shepit.

Left: Reserve Most Unusual was awarded to Leilani Jonas's Ssssocrates, a ball python.

Below: Neela and Georgie with their young goats Fuzzy Heart and Fudge, who were awarded Most Rural.



Below: Best in Show Aphrodite the Black Shepherd understands German, English and Greek and is being trained to be a search and rescue dog.



The *Metchosin Muse* welcomes volunteers who would like to help out with the community newspaper. Please send an email to metchosinmuse@gmail.com if you are interested.