



Metchosin Fire Department Leads Life-Saving Mountain Rescue



Incoming! Metchosin Fire Dept photo.



Cooperative rescue on difficult terrain. Metchosin Fire Dept photo.

Metchosin Fire Department

A complex, high-stakes rescue unfolded on June 4 when a 25-year-old climber fell approximately 30 metres down a steep rock face on Sugarloaf Mountain. The Metchosin Fire Department, supported by regional partners, led the multi-agency response that ultimately saved the climber's life.

At 2:19 pm, Metchosin Fire was dispatched following reports of a climber with unknown injuries at the base of a climbing pitch. Metchosin Rescue 8 arrived at the trailhead by 2:31 pm and assumed command. One of the climber's companions met with responders to guide them to the patient's location.

Firefighter/paramedic Windsor, alongside Firefighters LeJour and Campbell, began the hike with medical gear. Recognizing the terrain and complexity of the incident, additional support was immediately requested from Metchosin's technical Rescue Team, Sooke Fire Rescue, Metchosin Search and Rescue (MSAR).

Officers Grivel, Lamb, and B Strugnell responded with the technical trailer to supply rope gear, medical equipment and stretcher; Lt C Strugnell and firefighters Wells, Joel, and Dupuis responded with the All-Terrain Rescue to the staging area. Crew priority was

reaching the patient and locating alternate access routes.

After roughly 80 minutes, crews reached the injured climber and found him in critical condition at the base of a steep 60-metre slope. A fellow climber was providing aid when responders arrived.

Upon assessment, it was determined the patient had suffered multiple traumatic injuries and was rapidly deteriorating. A rope-assisted evacuation was deemed too time-consuming and risky given the terrain and the patient's condition. A request was made for aerial extraction.

Firefighters initiated patient care and packaging, providing advanced medical support including pain management, application of a pelvic binder, cervical collar, and measures to prevent hypothermia. Thanks to the specialized training of Firefighter/Paramedic Paul Windsor, the team was able to go even further by administering intravenous fluids and tranexamic acid (TXA) to help control suspected internal bleeding. This level of pre-hospital care, particularly the use of TXA in the field, is a rare and critical intervention typically reserved for hospital settings.

With stabilization underway, rescue teams coordinated with BC Emergency Health Services, MSAR, and Fire Dispatch to request a hoist-capable

aircraft. A CH-149 Cormorant from the Royal Canadian Air Force's 442 Transport and Rescue Squadron at CFB Comox was deployed.

The Cormorant's ability to hoist in challenging terrain and land directly at Victoria General Hospital was critical in delivering the patient to definitive care with minimal delay.

Windsor provided the aircrew with a complete medical report, GPS coordinates, and comms details. Crews then moved the patient 100 metres to a safe hoisting zone within a forest clearing.

At 6:05 pm, the Cormorant arrived. SAR Technicians Sergeant B Rasmussen and Master Corporal C Mosienko were lowered to the site, received the medical handoff, and completed the hoist operation. The patient was airlifted directly to Victoria General Hospital, arriving less than ten minutes later.

The RCAF flight crew included Aircraft Commander Captain J Livingston, First Officer Stanway, Flight Engineer Warrant Officer Jean, SAR Techs Warrant Officer N Dentakos, and Corporal N Guertin.

After the extraction, all crews regrouped and began the demanding hike out, completing the operation with a structured debrief at 9:00 pm.

"This rescue highlighted the strength of inter-agency collaboration,

sound decision-making, and timely action in a challenging environment," said Metchosin Fire Chief Stephanie Dunlop. "The advanced care provided on scene, along with the coordinated aerial response, played a critical role in ensuring a positive outcome for the patient."

In the days following the rescue, the trauma doctor responsible for the patient's

care at Victoria General Hospital reached out to our team to learn more about the advanced treatment provided on the mountain. Dr. M. Vu, an anesthesiologist with the Trauma Services team at the Vancouver Island Health Authority, emphasized that the pre-hospital interventions - such as warming the patient, administering medication, pelvic binding to slow internal bleeding, and fluid resuscitation - were likely lifesaving. He credited both the quality of care delivered on scene and the timely involvement of 442 Rescue Squadron as key reasons the patient is expected not only to survive, but to make a full recovery. Dr. Vu also underscored the critical role of inter-agency collaboration in successful outcomes, praising the coordinated efforts between responders and air rescue personnel.

Metchosin Muse

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All articles and advertisements are due by the 15th of the month. Please send copy as an email attachment in Microsoft Word, text or RTF to: metchosinmuse@gmail.com. Do not send PDFs (ads excepted). Photos should be high resolution and be in jpg or tif format only. 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.

Council News

SEPTEMBER 2025



Municipal Grounds and Metchosin School Fields

Event Calendar is available online.

To find out more about what outdoor events and activities are taking place on the Municipal Grounds or Metchosin School field contact: Municipal Grounds.

Metchosin Community Association: 250-478-5155.

www.metchosincommunityhouse.com

Metchosin Community Grounds Events Calendar.

Metchosin School Field.

District of Metchosin: 250-474-3167.

www.metchosin.ca

Regular Business Licence Renewals

Businesses will be receiving their renewal notices in the mail in October for the 2025/2026 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 need only one licence to operate throughout the region. Business licences that are outstanding one or two years on payment will be receiving a letter.

Manage your Bear Attractants

A reminder to manage your attractants to help reduce human / wildlife conflict:

- Store your garbage in a secure location until the morning of garbage collection day.
- Pick your fruit and any windfall.
- Use a well maintained electric fence around livestock and orchards.
- Clean your barbeque after use.
- Birdfeeders are also an attractant.

For more information on bears please see Wildlife Resources page under Community > Environment & Wildlife on the District website.

Subscribe to Receive Updates from the District

The District of Metchosin hosts several Council and Committee meetings throughout the year. Be the first in the community to review the agendas at the time they are published by subscribing through E-updates on the District of Metchosin website - Metchosin.ca> Council > Council Meetings > Agendas & Minutes > SUBSCRIBE

In addition to meeting agendas, you can receive the most recent News & Notices to stay informed on important matters in the community –

Metchosin.ca > [Municipal Hall](#) > [News & Notices](#) > [Subscription Sign Up](#)

District of Metchosin Meeting Schedule – September 2025

The 2025 Schedule for Regular Council Meetings and Committee of the Whole meetings are posted on the website: www.metchosin.ca>Meetings>Meeting Schedule

See below meeting dates and times for September 2025. Meetings start 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.

Council Meeting.....September 15.

Parks & Trails Advisory Select Committee.....September 16.

Healthy Community Advisory Select Committee.....4:30 pm September 23.

Metchosin Environmental Advisory Select Committee.....September 23.

Metchosin Municipal Hall

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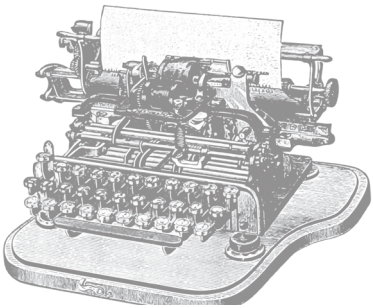
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Editor’s Musings



Allen Jones

Our lead article this month highlights the work of Metchosin’s fire crew. They come out to help the community day-in and day-out. The dangers of losing our fire department are obvious to all of us and we should support the necessary moves to provide these volunteers a safe facility to replace the existing crumbling structure. Council have had over twenty years to discuss this matter and now is the time to act. The estimated costs are over \$20m for this project and an application to BC Government for the maximum of \$7m is being processed. This may be helped by the Minister of Infrastructure, Bowinn Ma, visiting the Firehall in August with our MLA, Dana Lajeunesse. The Muse will continue to follow this important topic.

Canada Post has threatened further industrial action, and we are hoping that this will not

affect our publications. We apologise for any postal delays and remind you that the Muse can also be found at many local establishments and online at www.metchosinmuse.ca.

Our thanks to all who have supported the Muse over the past three decades including our loyal advertisers! We welcome new advertisers to help balance our teetering budget. A particular thanks this month goes to Bob Burgis who kindly volunteered to pay for the binding of our latest set of folio records. Financial donations from Metchosinites has ensured the Metchosin Muse carried on for thirty years.

Happy Metchosin Community Day!

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



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Letters to the Editor

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Oil Spill Concern

I am a concerned and environmentally conscious, Victoria resident. Since I have seen nothing about the oil spill near Port Angeles in our local news, I am passing this along as there has been extensive coverage of it across the border.

The Elwah River flows directly into the Juan de Fuca Strait directly across from Metchosin and East Sooke Park. At first, it seemed that Port Angeles would have some serious water problems but apparently such is not the

case. Nonetheless, it will definitely have long lasting and devastating repercussions for the river, salmon, wildlife, the Indigenous community and its effect on the health of the strait has yet to be determined. I trust/hope that the local news teams will make it their business to look into this story and keep southern Vancouver Island residence up-to-date on the clean-up efforts etc.

Miché Shepherd W

Firehall Consideration

Johnny Carline’s article (last issue) about the Firehall was well-reasoned and wise. He concluded that we need a new Firehall; the most cost effective and reasonable approach will necessitate borrowing money, and this should be done over time to spread out the cost to taxpayers.

Tying morality to an issue, that one point of view is good, the others bad, while it can be a genuinely held opinion, is also a time-worn method of biasing a debate. We hear about the community being proudly debt-free. We haven’t heard until now that the Firehall was not being adequately repaired. Doing this properly years

ago may have necessitated borrowing money but, being a no-no, was not done. It is not always prudent/good to not borrow money. Sometimes borrowing is the sensible option. Rigid thinking, such as having a never-borrow rule, is not useful.

Another strategy to bias discussion is to exaggerate the consequences and instill fear about other positions. There are ways to carry out this Firehall project thoughtfully, in a well-researched way, and with proper due diligence. Most of Council who voted in favour of proceeding with a new Firehall can and will, I believe, proceed that way.

Diana Smith

For information on local events, please see **Important Dates & Events**, p. 11

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2025 Official Community Plan and Land Use Bylaw Housing Updates

To meet new provincial housing requirements, the District of Metchosin is undertaking a housing focused review and update of its Official Community Plan and Land Use Bylaw and is reaching out to the community to participate in this process. This update will ensure our housing policies meet our community housing needs and align with the District’s Housing Needs Report.

Project Overview and Scope:

The provincial government has implemented [new housing legislation](#) under [Bill 44: Housing Statutes \(Residential Development\) Amendment Act, 2023](#), requiring local governments to update their Official Community Plan (OCP) and Land Use Bylaw to align with their [Housing Needs Report](#) by December 31, 2025. These mandatory updates must include housing policies that respond to each class of housing needs identified in the Housing Needs Report (updated in 2024).

Because of the provincial deadline for this legislated requirement, the project scope is limited and focused on housing and is targeted to:

1. Meeting new provincial housing requirements.

- Incorporate the findings of the Housing Needs Report into the OCP (i.e. 20-year housing needs).
- Inclusion of housing policies that address each class of housing needs included in the Housing Needs Report.
- Review policies addressing short-term rental in residential areas and temporary housing options for farm workers as other potential types of local housing needs.
- Revise the Land Use Bylaw to align with the OCP and Housing Needs Report.

2. Housekeeping amendments. This includes correcting outdated legislation references, ensuring maps are current, and adding in new legislated requirements.

How To Get Involved

The District is seeking the help of residents to give us a better idea of the current and future housing needs in the District. A reminder that a **HOUSING SURVEY** is open from July 3 until noon on September 8, 2025. To complete the survey, scan the QR code, or visit www.metchosin.ca. Paper copies are available at Municipal Hall.



A community drop-in event to be held at Metchosin Community Day, on Sunday September 7, from 11:00 a.m. to 3:00 p.m.

Feedback from this first phase of public engagement will be compiled into a “What We Heard” summary report to be presented to Council in mid September and will be used to help inform draft revisions to the bylaws, to be presented to Council in early October 2025.

A **Housing Policy Open House** is scheduled to be held at Metchosin Municipal Hall (4450 Happy Valley Road, V9C 3Z3) on **Thursday, October 16, 2025**, between 4:00 p.m. and 8:00 p.m. This will be a drop in, open house, to learn more about the housing update project, ask questions, and to review and provide feedback on draft housing policies.

There will also be a Public Hearing held in late November or early December, to receive additional community feedback.

For more information and project updates, please visit www.metchosin.ca or contact the District by email: info@metchosin.ca or phone: 250-474-3167



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Planning for the future: District of Metchosin Fire Hall

Mayor Marie-Térèse Little

The current District of Metchosin Fire Hall no longer meets modern standards for essential emergency infrastructure. This aging structure includes an administration building that was constructed in the 1950s and 1960s, and an apparatus bay completed in 1993. Serious deficiencies exist in both buildings. The Metchosin Fire department is staffed 24/7 by dedicated volunteers, ensuring emergency coverage at all hours for the community. This incredible commitment from firefighters warrants a safe, healthy, functional space that aligns with current safety standards for the benefit of the entire community. The Fire Hall feasibility study commissioned by Council included a building audit completed by qualified and experienced architects, engineers and environmental hazards professionals. It concluded that there are many deficiencies that need to be addressed including: seismic upgrades to meet post-disaster standards, BC building code infractions, upgrades to meet current envelope and energy standard, fire rescue related programmatic deficiencies, and mechanical and electrical system upgrades.

The BC Building Code now requires post-disaster standards for protective service buildings to ensure that they remain functional during major emergencies. Our Fire Hall does not meet this standard. The Code has become more stringent with time given greater scrutiny on buildings used to house first responders. WorkSafeBC regulations continue to evolve, with increased focus on firefighter health and safety through improved decontamination spaces, living/workplace separation, and improved air quality. These are essential safeguards and vital for the long-term health of our first responders.

In mid-June, Council voted to move ahead with a recommended option that will meet the needs of the community now and into the future. This was generated in a process involving the Fire Hall Steering Committee and an architectural firm that has extensive experience in designing all sizes of Fire Halls.

This option includes a new two-storey administration building and a new apparatus bay on land adjacent to the Fire Hall. As noted by the architects, “the extent of structural upgrades to keep the existing apparatus bay as part of the redeveloped Fire Hall will be extensive due to increased seismic requirements under the current 2024 BC Building Code. The cost of these upgrades is anticipated to be significant and

could very well approach the cost of a new (replacement) building serving the same purpose”. Repurposing the existing apparatus bay for another use that doesn’t need to be built to post-disaster standards could be considered.

The next phase of the feasibility study includes a cost estimate which will guide Council’s future decisions. Although it has been known for years that the Fire Hall will need to be replaced, there are insufficient funds in our reserves to replace the Fire Hall. Thus, we will look at alternate revenue sources. The Strategic Priorities Fund offered by the Federal and Provincial governments is available to local governments and is intended to support infrastructure and capacity-building projects. Successful grant applicants may receive up to 100% of net-eligible costs of approved projects to a maximum of \$7 million. A grant application for this major infrastructure project is being prepared.

If the District is not successful with its proposal, then Council will consider alternative options such as prioritizing the replacement of the administration building and/or a phased-in building approach. The decisions made by Council to date are preliminary and are not final; Council is nimble and resilient enough to change directions guided by our financial position and community support.

Our Chief Financial Officer will provide Council with an update on our reserves and a summary of our financial options including borrowing a modest amount of funds, as is done in many municipalities for large infrastructure projects. Should borrowing be pursued, repayment would be planned responsibly over time to minimize the impact on taxpayers.

With prudent fiscal management and strategic planning, the current Council has continued to add to the reserve funds to enable contributing to the cost of construction of a Fire Hall. If we are not successful in securing major infrastructure grants, then Council will pivot to alternate options to replace the much-needed Fire Hall to meet both current safety standards and the long-term needs of the community. It is wise to plan for this building – the community’s single most important building for today and for tomorrow for the benefit of the community at large.

For more information see www.metchosin.ca/municipal-hall/fire-protection/proposed-firehall-project

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Catalyzing, Connecting, and Collaborating

Valerie Jaeger

The 2025 Annual General Meeting of the Metchosin Foundation was held at the Community House on June 18. Reports and discussion focused on how the Foundation lives its mission to support healthy lands and waters as the foundation for a healthy community through acting as a catalyst, connector and collaborator. Members and friends met to celebrate the achievements of the past year and reflect on upcoming challenges and opportunities.

Since the Metchosin Foundation recognizes the importance of agriculture in Metchosin, it invited as its guest speaker Ione Smith from Upland Consulting, whose achievements include authorship of the Metchosin Agricultural Area Plan and directing efforts of the BC Farmland Advantage Program, amongst others. She provided guided us through definitions of regenerative agriculture, explanations of the Farmland Advantage Program as a complement to the Environmental Farm Plan and Beneficial Management programs and descriptions of ongoing Koksilah River Watershed Restoration Work.. Ione’s presentation was well received. In a year of many successes reported on at this year’s AGM, three stand out; one in each of three different areas – land conservation, youth outreach/education and organizational development.

In the area of land conservation, Morgan Yates gave an update on the recent acquisition of 51 exquisite acres, now referred to as Hummingbird Hill, in the corridor between Mary Hill and Roche Cove. He acknowledged with gratitude BC Parks Foundation for providing the lion’s share of the funding and also the opportunity that this provides to Rocky Point Bird Observatory for a secure base of operation. A three-minute video is now on the Foundation website about this truly biodiverse newly-protected property. The creation of two land corridors for the preservation of biodiversity in Metchosin remains an aspirational goal of the Foundation that is becoming closer to reality.

This year Metchosin Foundation support of youth outreach and education reached

heights not seen in many years. Erin Ronsse, ably assisted by her children Jean-Paul and Joie, provided one of the most engaging and well received presentations of the evening. With financial and enthusiastic moral support from the Foundation, Erin has worked with NatureKidsBC throughout 2024 to bring innovative nature-based programs within easy reach of Metchosin families. In less than a year, membership in the Westshore Kids group of NatureKidsBC has grown to over 30 families. These families have enjoyed Explorer Day events such as a forest mushroom hunt, winter solstice celebration and a birding excursion.

The position of Director Emeritus was created by the Board of Directors in 2024 to provide a way to acknowledge past directors and continue to learn from their wisdom and expertise. All past directors who were invited have agreed to join this group. This is good news for Foundation organizational memory and strength. It is anticipated that the Directors Emeriti will meet with current directors a few times a year to foster community and productive conversation. The first such meeting took place at The Broken Paddle on July 16.

The AGM welcomed Tara Fenwick as a new director. Individual directors reported on developments in their project areas all of which remain actively supported by the foundation: Moralea’s Meadow, scholarships, and research. The Foundation’s financial position remains sound; future land acquisition will require continued growth in our direct funding and joint venture relationships.

Opening and closing remarks focused on the fact that nothing the Foundation does is done without collaborating with somebody else; the ‘somebody’ may be an individual or a large organization. In all cases, we have worked to build trust and move at the speed of trust. Trust takes time to develop yet it is only trust which gets us where we need to go. The Metchosin Foundation is grateful for the trust that has been placed in us by our members and the Metchosin community.

Tomato Salad Challenge between the Mayors of Metchosin and Langford will start at 3:00 pm.

There will be an afternoon of music, including the wonderful Pearson College students. Metchosin Community awards will be presented, and the day will finish with the traditional lamb and salmon barbeque.

There will be some parking on site, and also a shuttle from St Mary’s Church.

This event doesn’t just happen, it requires volunteers to set up, run and take down, so please consider helping! Contact: info@metchosinday.ca

It also requires sponsors, so huge thanks to MACCA, West Shore Arts Council, District of Metchosin staff and council, Thrifty Foods, and L.A. Limousines for their support.

For more information and contest rules, check out our website: <https://metchosinday.ca>

Metchosin Community Day 2025

Jill Peterson

It’s almost here! Metchosin Community Day 2025 is on Sunday, September 7, starting at 11:00 am. At least 25 local non-profit organisations will have updates on what they do in our community, and how you can help them if you wish. Local kids will be selling their handiwork.

The Sunday Farmers’ Market is on as usual, the Community House will be running the Cobbler Café, and there will be activities in the riding ring and in the Firehall. The results of the photography, produce, and baking contests will be on display. Throughout the day, the pet show, kid’s games, zucchini races, chicken poo bingo, hayrides, digger rides, sheep shearing, and piglets will be happening. The Great

HICs Support Community Engagement on Housing

Anne Richmond

Metchosin’s Housing Initiatives Collaborative (HICs) met more than a year ago to encourage robust community engagement, discussion, learning and creative exploration of housing options that reflect our rural community’s character and its current and future needs. We were glad to see Metchosin Council’s initiative to include a survey and community events as part of an engagement strategy to draw on the views of community members in developing a revised Official Community Plan as required under the provincial housing mandate.

The survey period included three drop-in events to allow community members to learn more about the provincial housing changes, the housing-focused OCP review, to ask questions and take the survey. The last event is on Metchosin Community Day, September 7, 11:00 am to 3:00 pm and the survey closes on September 8.

HICs have a number of observations that may be of interest to Metchosin residents.

We are concerned that there may be some myths and fears circulating about the intent of the survey and the potential for negative impact if the OCP’s provisions on housing are amended. Over the course of the past year of discussions at HICs sponsored meetings we have heard a number of innovative and positive ideas for addressing a range of housing issues that respect and reinforce Metchosin’s rural and agricultural character.

Lastly, we note that while any public engagement survey has challenges, it offers a real opportunity for people who may otherwise be hesitant to speak up and share their opinions to help shape the future for Metchosin. We encourage active participation in the survey. The more Council is aware of your specific needs and interests, the better they will be able to reflect that in their revisions to the OCP.

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Councillor Steve Gray
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Metchosin Volunteer Appreciation Concert Returns

Allen Jones

On a sunny but windy (as usual) evening at the end of July, Metchosin Council arranged for another Volunteer Appreciation Concert using the band stand facing the cricket pitch on Council grounds. With Helen Davies and her band performing a variety of numbers with Bill Johnson on guitar, the appreciative audience passed a pleasant couple of hours in the company of fellow community volunteers.

Mayor Marie-Térèse Little, who was present with councillors and staff, assessed the turn-out by noting that 72 hot dogs had been given out. Vegetarians, presumably, should be added to this number!



Volunteer fire crew among the attendees. Allen Jones photo.



Helen Davies band with Bill Johnson on guitar performing. Allen Jones photo.



Hot dogs and cool drinks served under the old oak tree. Allen Jones photo.

Nocturnal Owl Monitoring Project

Jannaca Chick, Rocky Point Bird Observatory

The Nocturnal Owl Monitoring Project, initiated by Rocky Point Bird Observatory (RPBO) in 2002, involves the banding and study of the Northern Saw-whet Owl and takes place every year from September 15 to October 31 in Metchosin, BC.

The diminutive Northern Saw-whet Owl is the most common small forest raptor species in North America that no one ever sees! This tiny owl, about the size of an American Robin, ventures out only at night and hunkers down during the daytime to roost in dense vegetation. It wasn't until the early 1900s that people in Ontario began to observe these owls more frequently during the fall months, only for them to apparently vanish afterwards. In the late 1980s, researchers decided to learn more about Saw-whets by capturing and banding them, using mist nets, audio lures and specific protocols. This resulted in the creation of Project OwlNet to standardize the research.

Possibly the most noteworthy discovery of Project OwlNet is the ubiquity of Northern Saw-whet Owls throughout North America. People thought they were rare and endangered even as late as the mid-1990s! It turns out these small raptors are nomadic wanderers, and although they are widespread, much is still not known about them. They are not a typical migratory species which moves between a particular breeding territory and wintering ground. Their movements are unpredictable and mysterious, and their numbers fluctuate from year to year. There are many questions that owl monitoring is endeavouring to answer.

RPBO is the busiest owl banding project located in western North America. Southern Vancouver Island seems to be an important part of the Northern Saw-whet Owl's southward movement in the fall, but where they're coming from and where they're going remains unclear. At the end of our 2024 season, we reached a grand total of 15,742 Northern Saw-whet Owls banded since the inception of the project in 2002. That's a lot of owls moving through the forests of southern Vancouver Island every year!

RPBO operates two banding stations: one on the Department of National Defence's Rocky Point Ammunition Depot (since 2002), and the other at Pedder Bay Marina (since 2014). Each owl is tagged with a unique nine-digit USGS

aluminum band. It is aged, sexed, and specific morphometric data is recorded (such as mass, wing chord, tail length, body condition, eye colour, etc.). One of the unique ways of ageing owls is by holding the underside of the wing under an ultraviolet light. Owl feathers contain a pigment called porphyrin that causes newly grown feathers to fluoresce bright pink under UV light. Porphyrin fades over time and exposure, so the older feathers fade to light pink and white. Since owls don't replace all their wing feathers every year, the distinct patterns of varying colours aids in ageing them. Some of our previously banded owls return to visit us years later, and occasionally we recapture owls banded at other locations. These recaptures aid in understanding their movements and survivorship.

We also band any other owl species that find their way into our mist nets such as Barn, Barred, Long-eared, and Great-horned Owls. Of these, Barred Owls are the most frequently banded species after Saw-whets. Barred Owl numbers have been steadily increasing since they first found their way to Vancouver Island in the late 1960s. This highly successful and adaptable owl has become quite common both in the city and the countryside. Their presence has led to the decline of some native owl species in the northwest, such as the Spotted and Western Screech Owl.

The general public is invited to visit RPBO bird banding operations at the Pedder Bay Marina banding station in Metchosin. Due to the popularity of the owl program, we use EventBrite to enable people to sign up for specific dates and times. This ensures a quiet atmosphere for the owls as well as a better experience for visitors. This is a unique opportunity to see this extremely charismatic and secretive owl up close. Northern Saw-whet Owls are definitely one of the cutest bird species out there, and our dedicated team of banders and volunteers will definitely attest to that!

Rocky Point Bird Observatory is a non-profit organization and an integral part of Metchosin, having monitored bird migration in the area since 1994. We have been involved with bird monitoring, research, and education for over 30 years. Please visit <https://rpbo.org/> to learn more about RPBO, the owl project, and our other programs.

Attention + Openness = Reward

Diana Smith

The current show at ArtPod ends on Sunday, September 14. It is called *Fleeting: Exalting the Ephemeral* and concerns the notion of time and experience as transient and effervescent.

Three of the works in the show, those that were given the Juror’s Choice Award, illustrate above all the seriousness that artists bring to their endeavor and the breadth of the infinite number of ways that the theme can be expressed. Daniel Laskarin, the juror, is an artist’s artist. He gets artists. He gets art. He chose wisely, in my opinion.

One award was given to *One Moment* by MaryLou Wakefield. It was a largish acrylic and ink painting reflecting some of her favourite proclivities: abstraction with a suggestion of landscape, calligraphic text, and a disciplined use of sumptuous colour. The painting is an expression of one experience of her intentional daily practice of ‘joy spotting’. Like all hand-made art, it must be experienced in the flesh to get the full impact; in this case ‘joy’.

Consider Eduardo Fausti’s *Impermanence*, an exquisitely made and presented photogravure. A photogravure is highly crafted print of a photograph, using methods developed in the late 1800s and 1900s to produce very fine art. Although the form contradicts the title, the content, of a weathered and crumbling seated Buddha statue, depicts the theme beautifully. It is a metaphor for the title both in material and spiritual ways. As Eduardo says in his artist statement: “The splendour of past magnificence now long gone serves as a metaphor for the passage of time and a telling reminder of the impermanence of things in general.”

Most local of the three artists is Dyan Marie, of Spirit Bay, East Sooke, with the most non-provincial of art practices and concepts. Dyan will always challenge and stretch what we consider ‘art’ in a sincere and gorgeous way. Take just one part of her work in the show which in itself is conceptually multilayered – on an ordinary sheet of paper she has printed six short descriptions of a ‘minor act or material residue’. One reads, for example, *A BLANK SHEET OF PAPER IS PLACED ON THE GALLERY FLOOR. OVER THE COURSE OF THE EXHIBITION MARKS ACCUMULATE ON ITS SURFACE THROUGH INCIDENTAL CONTACT.* The act never happens, is not intended to happen. This is enough for us to imagine the outcome. By not being materialized the imaginary outcomes are limitless. As she says, “the works distill experience into language while intentionally refusing visual permanence. In doing so, they highlight the fragile threshold between presence and absence and explore how meaning might persist as materiality recedes.”

Some may dismiss this as artspeak and the work may be met with indifference or dismissal. What I say is that if we can do our part to meet the



seriousness and intent of the work by giving it our full-bodied attention we may be rewarded.

Award winner Marylou Wakefield with juror Daniel Laskarin. Edward Peck photo.

If you are an art maker and ardent Muse reader you may also know that there are just a few days left (September 5 is the deadline) to submit work to our next show, *Talisman: The Art of Power and Meaning*. *Talisman* runs from September 19 to November 2.

This, again, is another theme rich with potential for wide and diverse interpretation. Included in the description of the call-out for work on our website (metchosinartpod.ca) is an example of talisman as ‘an object, an image, or even an idea, imbued with meaning by the one who carries it.’

Based just on this, what would be a talisman to you? For me it might be the porcelain mug, decorated in flowers, that my mother used day after day for her ritual morning tea. The next step for some of us would be to translate that into a visual or sensory expression. Go for it. We at ArtPod will appreciate your effort.



Grace - named ‘cutest owl of 2024’. Jannaca Chick photo.



Jannaca Chick and Tae Verbaarschok banding an owl. Ann Nightingale photo.

For information on local events, please see **Important Dates & Events**, p. 11.

EVENTS at

METCHOSIN

ArtPod

25 July - 14 Sept 2025

FLEETING:

Exhausting the Ephemeral

• Guest artist and juror: Daniel Laskarin, artist and professor showcases one of his conceptual installations and paintings

• Check out the works of 46 local and regional artists exploring this theme

SAT 13 September, 12:30-4:30pm

WORKSHOP: Lumen Printing

with Phyllis Schwartz

• Lumen prints are camera-less photograms made using found objects that leave marks on photosensitive paper creating images similar to X-rays in this hands-on, all-levels workshop. \$90. REGISTER on website

19 Sept 2025- 2 Nov 2025

Talisman:

the art and power of meaning

• Guest juror: Scott Robertson

• Show Opening Ceremony: SAT 20 Sept, 2-4pm *all welcome*

• Open Call closes FRI 5 Sept

CALL TO ARTISTS OPEN TO 5 SEPT

See metchosinartpod.ca for details

Metchosin ArtPod

4495 HAPPY VALLEY RD, METCHOSIN B.C.

METCHOSINARTPOD.CA

FB: METCHOSIN_ARTPOD IG: #METCHOSINARTPOD

WEST SHORE ARTS COUNCIL

METCHOSIN COMMUNITY ASSOCIATION

“HOUSE HAPPENINGS!”

After a Summer Break many House Programs are coming back. See anything that interests you?

Adult Day Program	Monday, Wed., Thurs	9:00 am - 3:00 pm
Evening Knitting Café	1st & 3rd Mondays - Starts Sept. 15	7:00 pm - 9:00 pm
Drop-In Art Group	Tuesdays - Starts Sept. 2	10:00 am - 1:00 pm
Afternoon Knitting Café	2nd & 4th Tuesdays	1:00 pm - 4:00 pm
Conversational Spanish	Wednesdays	5:00 pm - 6:30 pm
Weights and Measures	Thursday Mornings	8:30 am - 10:00 am
Creative Rug Hooking	1st & 3rd Fridays	12:00 am - 3:00 pm
Parents & Tots Program	Fridays - Starts Sept. 19	9:30 am - 11:30 pm
Friday Socials	Last Friday of the Month	1:00 pm - 3:00 pm
Ukulele Group	3rd Friday - Starts Sept. 19	5:00 pm - 6:30 pm
Friday Night Films	Last Friday - Starts Sept. 26	6:00 pm - 10:00 pm
Rough Voices	3rd Sunday - Starts Oct. 19	2:00 pm - 4:00 pm

COBS & COBBLERS!

Join us for fresh Corn on the Cob or at The Cobbler Café Metchosin Community Day - Sept. 7th

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AUDIENCE AWARD sundance

Summer of Soul

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St Marys' Metchosin

4125 Metchosin Rd, Metchosin, BC V9C 3Z6

Metchosin Community Day Sunday, September 7

Municipal Hall Grounds

Pancake breakfast, competitions, equestrian events,
hayrides, firehose for kids, displays, music, dancing,
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250-474-2999

Apple-Bee Festival is back!

Derek Wulff

The Metchosin Pomological Society (MPS) will return with the annual Apple Fest event - a fall fun day on Sunday, September 28, 11:00 to 3:00pm, with hands-on apple activities and interesting bee demonstrations from our local community. In keeping with past tradition there will be apple cider making, apple sauce making, and caramel apple making (with rigorous testing along the way of course) - and the opportunity to make your own apple pie, a popular tradition in Metchosin.

Along with this will be the kid's fave - apple hurling with Derek's medieval and renaissance siege engines. There will be a pruning session by orchard doctor, Peter Michaux. There will be a grafting session, and some apple slam poetry as well! With live music, it's a happening event.

The highlight is the apple tasting tent providing taste testing of a huge variety of local and heritage apples, varieties you won't find anywhere else. We invite you to bring your apples for the community to taste! We'll have experts on hand to help identify apples, so bring a few along and maybe we can figure it out. Please feel free to bring pear varieties that

you may have too. If they are ripe, we want to try them!

On the bee side we will have a demonstration hive with live bees, and an extracting demonstration - so you can see how we get honey from the hives, and tasting local honey - of course. Local experts Karen and Werner Grundlingh will be on hand to answer any questions you have about bees, and they will have some local honey for sale too!

Most activities and tasting are free, the apple pie does cost \$8 though - but then you have a fresh homemade apple pie to bake. The treats are in the tea room, if you want to sit and have some apple pie and ice cream, and apple-carrot soup, at a small cost.

A classic Metchosin fall event celebrating all things apple where you can learn about ways to crush, spin, eat, drink, dip, bake and throw them - we cover all the bases!

The MPS will gratefully accept apple donations for the juice making and other events, we'll even come to your house and collect the apples. If my orchard is any indication of the bounty in the local orchards, it will be an epic festival, and one of the most important social events of the year.

For more information (or to offer apples) call Derek Wulff. (250) 478 2677.

Community Movie Night

Shannon Carman/Shari Rourke

On Friday, September 26, from 6:00 to 9:00 pm, join us in the gymnasium at the Metchosin Arts & Community Centre (the old school) for a fun evening of short films.

This special event will feature a series of short films suitable for a wide audience. More details, including film titles, will be

shared soon through posters around town and on community Facebook pages.

Admission is free, so bring your friends, family, and neighbours.

Hosted by the Healthy Communities Advisory Select Committee, this is a perfect opportunity to connect, enjoy some great entertainment, and celebrate our community.

Metchosinites Rally for Peace in Palestine.

Metchosin's Small Step Collective

On August 17, Metchosin's Small Step Collective held a rally for peace in Palestine next to the bustling Sunday Farmers' Market. Six of the Victoria Raging Grannies added their staunch support to the rally, singing out the demand for "no more war." Over a hundred people stopped to sign an Arms Embargo Now postcard addressed to our Liberal MP, Stephanie McLean,

urging her to support a full, immediate arms embargo on Israel. Activists with the Arms Embargo Now campaign brought a bright red mailbox to collect the postcards that will be added to those being gathered at other rallies far and wide. This is a small step with the power to snowball into a big refusal of Canada's complicity in the suffering of Palestinians in Gaza.

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METCHOSIN ARTS AND CULTURAL CENTRE

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September 2025

POV Hallway Gallery

Featured artist:

Cartoonist: Robin Crossman

creates endearing, offbeat, dishevelled characters. Robin blends humour with visual creativity, turning life’s relatable moments into comic art.

Come in to the POV hallway gallery and experience the laughter for yourself.



Having achieved his life’s ambition before sunrise, the early bird spent the rest of the day in an existential crisis.

Metchosin Community Day

September 7

Metchosin Arts & Cultural Centre Association hosts:

Art on the Rails.

An exhibition set up on the Village Green featuring original art works from the past year’s POV Gallery presenters.

Plus:

Crowd Created Clay Images

Join Ellen Desjardins

handcrafting figures to add to this project which was started at Festivus 2025.



Follow us on Facebook today @MetchosinArts

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

Metchosin Muse
CLASSIFIEDS

Muse classified ads: 25 words for \$20

WANTED: Metchosin couple, licensed RC Pilots, looking for fairly large open space for occasional flying electric planes. Please call Terry at 250-478-4335 to discuss rental/donation.



Don Siemens (1948-2025) passed away peacefully at his home on July 23. He is survived by his wife, Marcy. He was often seen walking with his dogs Tucker and Cody on Metchosin trails.

A memorial will be held for Don at Metchosin Community House on October 5 at 2 PM

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

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- 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

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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
westshorerffc.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.

Seniors' Resource Centre

METCHOSIN

Yvonne Cottrell, Office Manager

WEST SHORE GRIEF & LOSS PEER SUPPORT GROUP

Monday, September 1, 10:00 to 11:30 a.m.

Contact: Marianne at 250-896-5179

55+ BUS TRIPS!!!

Thursday, September 11, Shopping and Beach Trip 10:00 – 12:00 p.m.

Thursday, September 25 JDF Library 10:00 – 12:00 p.m.

Hop on the bus for a fun new way to connect with friends, run errands, or grab some coffee, lunch, or borrow some books.

PRESENTATION SELF-MANAGEMENT BC

Thursday, September 11, 1:00 – 2:00 p.m.

Learn skills to manage chronic pain, frustration, fatigue, isolation, exercise tips, medication use, healthy eating, and setting health goals.

METCHOSIN CAREGIVER SUPPORT GROUP

Thursday, September 18, 10:00 – 11:30 a.m.

Share the experience of caring for family members or friends. Register at cgsupport@familycaregiversbc.ca or phone 250-384-0408.

DRIVER TRAINING PRESENTATION WITH JOAN WALLACE

Thursday, September 18, 1:00 – 2:30 p.m.

Basic vehicle controls, parking, hazard avoidance, aggressive drivers, collision avoidance, zipper merging and more!

FRIDAY COFFEE SOCIAL HOSTED BY THE BAHAI' GROUP

Friday, September 26, 1:00–3:00 p.m.

Metchosin Community House, 4430 Happy Valley Rd. Enjoy coffee, tea, snacks, and friendly conversation.

Please contact the SRC: 250-478-5150 or info@metchosinseniors.ca to register for presentations or if you need a ride to one of our events.

Volunteers offer friendly visits, rides (medical/groceries) to help seniors live independently. Call to find out more! Become a Lifetime Member for a one-time fee of \$20. Get regular updates on all our exciting news and events. Join online or stop by.

Metchosin Seniors' Resource Centre (SRC)
1047–4495 Happy Valley Road
250-478-5150 • info@metchosinseniors.ca • www.metchosinseniors.ca

Important Dates & Events

September

Important Dates & Events	
Sept 5	Free Range Singers
Sept 7	Metchosin Community Day p.5
Sept 19	Art Pod Show opening p.7
Sept 26	Community Movie Night p.9
Sept 28	Apple-bee Festival p.9
Council Meetings.....p. 2	
House Happenings. p.8	
MACCA events..... p.10	
SRC events. p.11	

Beginner Pickleball Lessons – Come and Join Us!

Carol Voyt, Metchosin Pickleball Club

Once again, Metchosin Pickleball Club (MPC) is offering adult introductory pickleball lessons at the old school gym. No experience necessary. The cost of \$8 per person per lesson includes facility rental and the use of equipment. Our certified coaches teach for free! Please email us at metchosinpickleball@gmail.com to let us know that you are interested. Please leave your full name, email address, and phone number. Once we hear from players we will contact everyone to offer possible dates and times to begin a new session. All players must become members of the Metchosin Pickleball Club to have the public liability insurance coverage required by the District of



Metchosin's pickle ball players in the gym. Carol Voyt photo.

Metchosin. Details on how to join MPC will be forwarded, once we have confirmed your new session.

Let's play pickleball!

RCMP Call-Outs

JUNE 2025

Cpl Nancy Saggat, West Shore RCMP | GRC de West Shore

There were 99 calls for service in Metchosin for the month of June (2025). Including:

- 4 calls related to animal activity, including injured deer, and bears in residential property.
- 4 calls related to fraud.
- 5 calls related to suspicious circumstances.
- 10 calls related to traffic.

Fire Department Call-Outs

JULY 2025

Fire Chief Stephanie Dunlop

There were 72 fire call-outs in July 2025. These included:

- 37 calls were medical responses.
- 7 calls for open burning.
- 6 calls were motor vehicle incidents.
- 5 calls were listed as miscellaneous.
- 5 calls were response to fires.
- 4 calls to rescue.
- 3 calls to assist responders.
- 3 calls related to alarms.
- 1 call required HazMat response.

We're gathering agricultural reps to join the

Peninsula and Area Agricultural Commission

The District of Central Saanich, the District of North Saanich, the District of Metchosin and the District of Saanich are seeking members for the Peninsula and Area Agricultural Commission (PAAC).

Applications should be submitted by September 7, 2025 to municipal.hall@csaanich.ca. Please visit www.csaanich.ca/PAAC for Terms of Reference, specific application details and forms.

Questions? Contact your municipality of residence:

- Central Saanich: municipal.hall@csaanich.ca
- North Saanich: commissions@northsaanich.ca
- Metchosin: info@metchosin.ca
- Saanich: council@saanich.ca

Metchosin Raises the Pride Flag Again!

Allen Jones

The Pride flag raising event took place on Friday, June 27, in front of the District of Metchosin Municipal Hall in recognition of Pride Week (July 1- July 6) and a cake celebrating the 2SLGBTQI+ Community was served with tea and coffee afterwards, in Council Chambers. Members of the community, first responders and others were present and several short speeches were delivered including the following from Mayor Marie-Térèse Little:

“As communities throughout B.C. gather to celebrate Pride 2023, we celebrate the many ways our 2SLGBTQIA+ colleagues, friends, family members, neighbours, make our District and province a better place to live. Today, we join members of the Victoria Pride community in raising the Pride flag at the district of Metchosin for the third consecutive year. This is a year-long call for action; not just a single day. A commitment towards inclusiveness, safety, and tolerance and an opportunity to raise awareness and to support each other towards a transformative change. It is important to show that Metchosin is a tolerant, inclusive, and welcoming community to everyone no matter what the colour of your skin, the language you

speak, your creed, religion or sexual/gender orientation. Metchosin is a community with diverse opinions; however, to me, it doesn't matter who you are or who you love. Love is love, after all. Given the online and in-person threats, hate and violence against 2SLGBTQIA+ communities south of the border, in B.C. and around the world, it is important for us to publicly denounce these incidents and threats and to oppose the rise in violence and discrimination. There is no room for hate and discrimination in our community. The rainbow colours of this flag stand in stark defiance to the black and white colours of hate and vitriol. A special thank you to the Council and community members who joined us today. We are also pleased to have CFB Commander Esquimalt Base Logistics Officer Matthew Hardy, West Shore RCMP Cpl Cole Brewer, Fire Chief Stephanie Dunlop, Firefighter Gloria Lejour and Trent Mitchell and Tony Baldo, Warden and Assistant Warden at William Head Institution. Your support and advocacy for inclusion, equity, and tolerance is admirable. Thank you for your advocacy and for standing strong in defence of Metchosin as a safe place for all of our community.”



Mayor Little and CEO Bob Payette run up the Pride flag. Allen Jones photo.

Muse Traveller



Sharleen Thompson has a break during her 57 day trip from Cape Town to Uganda. Wally Eamer photo

Virtue Rocks Are Ready!

Nan Hsieh

On July 27 the Metchosin Community House was buzzing with activity as participants of all ages, from young children to seniors, came together to paint rocks. This was a community building event organized by the Baha'is of Metchosin creating a space for positivity and sharing a spot of something good in our tumultuous world. Each person picked one rock at a time and chose the name of a virtue such as love, generosity, kindness, co-operation, gentleness, peacefulness, unity, justice, courtesy, and respect, to name a few. Each person then painted on the rock and decorated it choosing from the many paint options available.

People were welcome to keep their rock(s) or to contribute to the growing collection being prepared for Metchosin Community Day where all the rocks will be displayed at the Baha'i Booth. Everyone is welcome to come and pick a free rock whose colour, shape and virtue speaks to them. In years past, some people have also chosen rocks to gift to family and friends, and other people have shared that they placed their rocks along paths and in wooded areas and gardens where they could be found by others who might be moved by their discovery. See you at Metchosin Community Day, September 7, 11:00-4:00 pm at the Municipal Hall Grounds and join us in sharing some positivity and hope in our already wonderful community.



Virtue rocks on display.

Bilston Creek Report

Bev Bacon

Scientists assessed the health of Bilston Watershed again this summer. The good news, according to senior Provincial biologist Ron Ptolemy, is that “Bilston Creek watershed still has all the elements for trout reproduction and survival to adult stage.” The bad news is that the creek was already at drought levels by the beginning of July. A pole-seine of one large pool yielded 30 cutthroat trout plus some stickleback and crayfish. All were safely returned to the pond after their size and condition were recorded. The small shallow streams in Bilston Watershed still support viable populations of a multitude of freshwater species, but the Bilston Watershed Habitat Protection Association (BWHPA) is concerned about diminishing water levels and water quality. The organization needs more volunteers for new programs to test for 6PPD-Q (a toxic compound found in road runoff) and monitor streamflow. BWHPA is also collaborating with Royal Roads faculty and students to develop a program to test water and sediment samples for heavy metals and other storm water contaminants.



Provincial biologists surveying Bilston Creek in July. Bev Hall photo

If you are interested in helping monitor the health of waterways in Bilston Watershed, please email bilstonwatershed@gmail.com with the subject line Potential New Volunteer. Training will be provided. Fish like cool quiet ponds where the flow is naturally slowed by large woody debris (logs and branches). If property owners fear flooding or erosion they can request a consultation with a qualified environmental professional (QEP). The QEP can advise on the need for provincial authorization for work in or around a watercourse.



Group photo at Satinflower Nurseries. Eve Routh photo.



Market visitors sign 'Arms Embargo Now' postcards. N Janmohamed photo.

Make Joyful Noise With Us!

Pattie Whitehouse

The Free Range Singers, Metchosin's harmony community choir, will begin its fall season with a free introductory session on September 5, 3:00–4:30 pm at the Metchosin Community House. The choir, led by Gabriel Ferreras, Pearson College's dynamic young music director, welcomes all singers — no previous experience required. Gabriel brings us an eclectic selection of music. He is encouraging and patient, and the choir atmosphere is friendly, inclusive and fun. Fees for the season (which ends December 12) will depend on how many sign up, but will be affordable, calculated to cover expenses, not make a profit. Try us out on September 5. We hope you will decide to join us making joyful noise in glorious harmony! For more information, contact Pattie Whitehouse, pattiewhitehouse@shaw.ca or 250-478-3319.