

# Metchosin Muse

A N O N - P R O F I T C O M M U N I T Y P U B L I C A T I O N

## The van der Wereld Family of Metchosin

BY COUSINS ANNE VAN DER WERELD AND JOAN KEW

**J**ohn and Jean van der Wereld to Canadians—Joop and Sjaan to the Dutch—were married May 28, 1952 in The Netherlands, and left for Canada two weeks later. After the Second World War there was a critical housing shortage in The Netherlands, and many young couples had to move in with their parents when they married, or were engaged for years waiting for a home of their own. Since Jean had eleven siblings at home, and John thirteen, moving in with either family was not an option.



Jean and John at a recent family get-together in Langford

Although times were difficult during the war, John and Jean were fortunate in that their families lived in rural villages and were able to grow their own food. They both have memories of city dwellers coming to the countryside looking for food, even begging for potato peelings as that was better than what they had at home. We've all heard the stories of people eating flower bulbs and pet cats to stay alive during that time. Luckily this was not the case for John and Jean or their families. John's father had a vegetable farm and after the war was willing to give John land of his own to farm, but since there were so many others in the family at home yet, John felt it would be better to strike out on his own.

In the early 1950s many countries were advertising in war-torn Europe for immigrants, especially farmers and farm labourers. John and Jean originally planned to emigrate to New Zealand, but after speaking with immigration officials, decided Canada was the place for them. They thought it might be a little backward though, as someone told Jean there was no electricity where they were going (Victoria!), so she sold her electric sewing machine and bought a hand-crank model instead. She used that machine

for many years in Canada, sewing clothing for herself, the children and the household.

Two weeks after they married, the two families hired a bus to drive them all to Rotterdam to send the newlyweds off to their new life in Canada. It was a big step in those days and neither was sure if they would ever see their parents or families again. Certainly not for a long time, as between them the couple had \$50, which had to last until they received their first pay cheque after settling into their new jobs. It wasn't like nowadays, with air travel a matter of routine, and everyone jumping on a plane for a holiday overseas. For most immigrants it was a five-day trip by ship to Halifax, then for John and Jean another five days by train across Canada to Vancouver. From there they took the old CP night steamer, a five hour overnight trip, to Victoria where they knew no one.

Once in Victoria, John and Jean went to board with the Crossley family, near the Gorge, who later became godparents of their first child, Anne. Their rent was about \$4 a week. John went to work for Brown's Nursery on Esquimalt Road, a job that had been arranged for him by Canadian Immigration. When he arrived, the employer didn't want him any more because the immigration process had taken so long that they had hired someone else instead. However, Immigration said that since they had promised to hire him, they had to provide him with a job, so they did. John often speaks of tea breaks at Brown's, with the old English nurserymen, saying that the tea was so strong you could stand a spoon up in it. He also remembers a young Chinese immigrant working there at the same time, who didn't speak much better English than John, and their humorous attempts to both teach each other their native languages, and communicate in English.

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Enter your pet for the blue ribbon!

## Metchosin Day Sunday, September 12, 2010

*The Sunday right after Labour Day, is Metchosin Day. It is a fun day and free for the whole family. Read on.*

**5k Run/Walk** starting at 8:00 am from the Community Hall and ending at the Municipal Grounds, followed by the **Scouts Pancake Breakfast**. Then stick around for the **5k Run/Walk Prize-giving** at the Pavilion at 10:30 a.m.

**The Pet Show** is for anyone who wants to show off his or her pet — from smallest to cutest to hairiest. Bring your pet to the Village Green at 11:00 am for judging. Everyone is a winner. At noon there will be **Children's Games** – the old fashioned kind – three-legged race, water-balloon toss and egg and spoon race, fun for all kids. Following the children's games you can watch the fly dogs perform, the Lions Pride Gymnastics and a Tae Kwon Do demonstration.

From toddlers to adults, **Metchosin Volunteer Fire Department** is staging their annual **Junior Firefighter Challenge**. Come and see how you do on a fire-fighter training course! Or stop by the Emergency Operation booth and find out how to be prepared for an emergency.

**Entertainment** - On the stage at the pavilion, there is an excellent lineup of entertainment starting at 11 am. You can listen free all day to music from country to jazz to the blues. You can sip on a glass of wine as well as beer or cider while tapping your toes in the Beer Garden next to the stage. And while you are relaxing take time to win at Chicken Bingo – a chance to help raise money for Scouts.

**Vehicles that Work** — New this year will be the display of vehicles that work. Cars, trucks, tow trucks, tractors, and many more will be on display in the front field. Stop by and listen to some "car" songs and check out the fun vehicles that do more than just go – they work!

**Vendors** — More than eighty-five vendors will be set up on the village green. A chance to see everything from bags to biscuits, clothing to corn, pottery to produce, fudge to flowers, septic savvy to sheep shearing, and more. Metchosin day has it all!

**Tea and Scones at the Community House** — If you need to take a break and sit for a bit, the Community House will be offering tea and scones. Sit and relax while you take in the **Photography Contest** which is displayed there.

**The Pioneer Museum** is well worth a visit. **The Old Barn Bookstore** will be open inside the building, with the overflow books in a tent outside. – a wonderful selection and many bargains.

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## Dates for your Calendar

Tuesday, September 7 -  
*School is back in session, so watch those school zones!*

Sunday, September 12  
*- Metchosin Day at the Municipal Grounds. 5K run/walk begins at 8 am.*

Sunday, September 19 -  
*30th Annual Terry Fox Run - 10 am at the Juan de Fuca Pavilion*

# Metchosin Muse

c/o E. Carlson, 4985 La Bonne Road, Victoria, BC, V9C 4C5

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**CURRENT CIRCULATION:** 2600

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The 15<sup>th</sup> of every month for month-end publication.

**ABOUT THE MUSE**  
The Metchosin Muse is a local non-profit, arts, interests and activities publication, produced by the Muse team. The opinions expressed in articles are those of the authors, not the paper. The Muse endeavours to promote harmony and involvement in the community and aims to interest a broad cross-section of the residents of Metchosin and Becher Bay.

The Muse is delivered, free of charge, to every household in Metchosin. Additional copies are available at My-Chosen Café, Metchosin Country Store, the Community House, Happy Valley Store, The Broken Paddle Coffee Shop and Willow Wind Feed & Tack Store on Sooke Road. It is also available at the Juan de Fuca Library.

**MAILING ADDRESS**  
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## Letters to the Editor

The Metchosin Muse welcomes letters to the Editor, of not more than 200 words. Please leave your letter at the Metchosin Country Store, or E-Mail it to metmuse@shaw.ca. Please sign your letter. An address and telephone number are required but will not be published.

## Metchosin Bear Put Down

Over the weekend I was terribly saddened to learn about one of Metchosin's resident bears was shot and killed by the conservation officer.

Why did this happen? Simple – human stupidity. Metchosin is a very rural environment, we share it with the animals on what is their land. Animals are always around us and its time for humans to learn how to adjust. With more and more people coming in, the animals are being pushed out and being starved to death literally. So what do the bears do? They search our garbage cans. They have food scraps in them and yes, to bears that sounds like a good deal. They do this to survive.

How long will it take humans to learn to be bear smart, to learn that if they leave their garbage cans out they will attract bears? To me that is humans being stupid, ignorant and lazy.

I believe that new laws need to be brought into play that charge the people who refuse to be bear smart and those who cause animals to die rather than have to sacrifice the life of the bear. It is not acceptable to punish bears just for being bears. If we are taking their land where do we expect bears, deer etc. to go find their food?

Being a dog walker / pet sitter, I am either in the bush walking dogs all day or driving around all day and I probably see a lot more wildlife then most of the general public.

There is a Metchosin Website with lots of information on how to be "Bear Smart", please take five or ten minutes out of your life to educate yourself and learn how to save a bear and not contribute to having one killed.

From Cookie Taylor, Cookies Critter Care

## Film Nights at the MCH

I want to write this letter to thank the volunteers at the Metchosin Community House and Anna and Gavin Tchermakova for the wonderful film nights at the beginning of August.

They were exceptional film evenings and they were a source of enjoyment, education and, for me, captivating. Right here in our own community! Much food for thought and visually stunning. I would gladly watch them again should you ever decide to do a repeat.

With much appreciation to the Community House inspiration, to Westshore Arts for support and to Anna and Gavin for sharing their incredible work and lives. Bravo!

*Editor's Note: The MCH sponsored two film nights on August 6 and 7 showing Sean and Stars, The Cherry Orchard, Season of Mists and Death in Prince-Nez. Anna Tchedrmakova was born in St. Petersburg, Russia and trained as a film director in the acclaimed National Film Institute of Moscow. She left Russia in 1994 and has taught at McGill University and worked as an independent filmmaker in Victoria. If you want to see the films shown again, contact the MCH at mcahouse@telus.net.*

From Sally Garcelon

## Muse Photos

Most of the photos in the Muse are taken by Tony Austin, Peter Lewis (who also handles our advertising) or Michael Lambie. They do this for us on a volunteer basis, and we think you will agree that their expertise has added greatly to the appearance of our newspaper. If you wish to order copies of any of these photos, please go to their respective websites for details of how to order:

Tony Austin – [www.pbase.com/autie](http://www.pbase.com/autie)  
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We can mail the Muse to you each month for \$20 a year if it is to be posted to a Canadian address, and \$25 a year if you wish it posted to the United States. Please send your information and cheque to the Head of our Subscriptions Department,  
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Elizabeth Young and Douglas Giles were wed Saturday July 31st in the garden of the family home on Seymour River in North Vancouver. The bride is the grand daughter of Mac Elrod, and niece of Matt Elrod, of Ty Mynydd on Lindholm Road.

The bride's and bridesmaids' dresses were made by the bride's mother, Christine Elrod Young, as were the groom's and groomsmen's tuxedos. The seated meal for eighty-five was prepared by the bride's aunt, Laura Elrod Trivett, of White Rock.

Best wishes for a long and happy life together!



Hangi participants enjoying the glorious weather

# Happy Valley Kiwi Hosts 21st Annual *Hangi*

BY CAROL CARMAN

Nearly 500 hungry people of all ages arrived at Dave Creswell's twenty-first annual *hangi* on the last Saturday in July this year. All were ready to celebrate summer with great food, music, dance and good company.

A transplanted Kiwi, Dave is a veteran of the Maori methods of underground cooking and feasting. "My brick-lined pit is five feet deep," explains Dave. "My friends and I fire it with green alder until it's hot enough. This year, we wrapped about 500 pounds of beef, pork, chicken and lamb in one of the baskets, and filled the other with potatoes, carrots, garlic, sweet potatoes and onions. And we smoked some coho salmon, so there was food for everyone's taste"

Dave's longtime friend and Allied Glass colleague Brian King has been overseeing the *hangi* pit for the last 18 years. This year young Mark Cresswell was Brian's right-hand man. Dave says it's not every Canadian that can tell the kiwis how to run the feast!

While the food was cooking, so was the entertainment. Australian-born artist Chris Dobell had painted a whimsical backdrop to the bandstand. Members of the *Blue Scarab* belly-dancing troupe were the envy of most of the women in the crowd! Local bands that made the day special included *Search Warrant*, *Fine Spirits* and *Solo Bud* with singer and recording artist Katrina Kadroski.

A *hangi* highlight is the performance of the traditional *haka* led by Ryan Hogg – a real New Zealand-born Maori. If you've seen the

All Blacks play rugby or watched the recent film *Invictus*, you will recognize this intimidating piece of Maori dance tradition. And one of Ryan's more promising apprentices is Dave's eldest son Allan.

"We count on the *haka* to distract the folks while we lift the food out of the pit," commented Dave. "In other years people would crowd around the edges and it could get dicey."

Guests also brought a broad, colourful array of cool, delicious salads and desserts to enhance the meal. Of course, there was the annual competition for the best *pavlova*, a meringue-based, exotic dessert popular 'down under'.

Two 'beer refrigerators' were decorated by artist Chris Dobell, filled with Kiwi wines, beer and foods, and raffled off. Proceeds of \$300 were donated to the BC Cancer Foundation.

Dave actively discourages drinking and driving, so about sixty guests stayed overnight in tents and campers and were treated to a great breakfast Sunday morning made up of leftovers fried up with dozens of eggs.

The annual *hangi* really is a family and community affair. Dave offers his special thanks to neighbours Laurie Spears, Bernie Nikkels and Tom Fisher. Pacific Western Breweries, Glenwood Meats and Ronald Orr & Sons Scottish Butchers and sign writer Chris Dobell all deserve special mention. To the many volunteers who worked so hard get the grounds ready, manage the gates and to serve the food, Dave says thanks. He hopes to celebrate with you all again next year!

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There was even a performance of the Haka for all to enjoy.

## TALK AND WALK

Unless noted, all Talks are held on a Friday evening at 7 pm at the Metchosin Municipal Hall, 4450 Happy Valley Rd (behind the firehall). Walks are generally held the following Saturday morning, time and place to be announced.

**September 24 and 25 – Birds of Metchosin.** Come enjoy exquisite slides of some of the more than 300 species of birds that have been seen at Rocky Point Bird Observatory. RPBO president and volunteer, Ann Nightingale will share details about the various projects of the Observatory. The saw-whet owl banding project has shown the remarkable diversity in the expressions on these small owl faces: grumpy, mischievous, startled, happy-go-lucky. Who would have thought birds were capable of such a range of expression? If weather permits on Saturday, we will meet very early and watch a banding session, location and time tba.

**October 22 and 23 – Edible and Medicinal Plants of Metchosin.** Local botanist, forester, author, raconteur and conservationist Andy MacKinnon will delight and inform us with a talk on his latest book. What are some of our edible native and introduced plants, which ones can be used for medicinal purposes? Here's a chance to start the 100 mile diet right in your own backyard!

**November 5 and 6 – Fungi.** Talented local naturalist Kem Luther will put the fun back in fungus as he leads our annual mushroom meander through Metchosin forests. Learn a little about mushroom identification on Friday night, followed by a search for the fungus amongus on Saturday. Weather is often inclement at this time of year, so the meander will depend on conditions that day.

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# Record Attendances mark the 18th Annual Metchosin Sheepdog Trial – July 30-31 to August 1

BY MARTHA MCHARDY

Perfect weather conditions graced the 18<sup>th</sup> Annual Metchosin Sheepdog Trial, much appreciated by sheep, dogs and spectators in attendance at the spectacular panoramic trial field, at Glengarry Farm in Metchosin. Generously made available by property owners Doug and Greta Ruth, the beautiful field overlooking beach, ocean, and mountains has been synonymous with the event for the past 18 years. With its views of the Straits of Juan de Fuca, bordered by an old stand of Douglas Fir and Garry Oak, it is hard to imagine a prettier location for a sheep dog trial. Add one of the most renowned sheep flocks of the Pacific North West – the Parry Bay Flock, owned by John and Lorraine Buchanan, and an internationally renowned judge – Mr. Cyril Roberts, of North Wales – and you have all the ingredients for a top flight sheep dog trial! The record turnout of spectators were treated to some excellent competition as working Border Collies from western Canada and USA showcased their skills at guiding sheep around the technically challenging course that demanded great precision and timing from both dog and handler.

This year's judge, Mr. Cyril Roberts of Powys, North Wales, a seasoned shepherd, National team handler, and international judge; was here on his inaugural visit to Canada. He had seen some Canadian-bred Border Collies and their handlers competing in Washington state trials he had judged in 2009, and so he was looking forward to presiding over his first Canadian sheepdog trial and meeting more of the Canadian contingent, with their reputation for breeding strong, capable dogs. He was not to be disappointed with the calibre of dogs he had the opportunity to observe while here, and took favorable impressions back 'home across the water' to his native UK, ancestral home of working Border Collies everywhere. He enjoyed a few days sightseeing around the Victoria and Duncan

area during his week on Vancouver Island, as well as a days' visit with the Parry Bay Flock and their owners, John and Lorraine Buchanan.

As in previous years, the Novice-Novice Class was held on Friday, hosted by Collie Acres Farm in Saanich, owned by Brian Epp and Celeste LaCroix,. Both are key members of the trial committee and avid handlers themselves.

Some very promising dogs and handlers in the Novice/Novice class were cross-entered in the following days' Pro Novice classes, giving ample indication of their competitive intentions and potential to become serious threats in future trials. The mid-Island handlers of Mill Bay, Duncan and Campbell River dominated the class of twelve dogs, with John Hellamond and *Annie* taking first overall honors, while Doe Shires with *Hawk* followed closely behind by one point, thus earning the Reserve place. Julie Carter, of Saanich, handling *Mirk* owned by Rachel Mirel, won third overall, and Judy Snell of Mill Bay with *Betty* claimed the fourth place standing. There was one USBCHA Nursery class held on the ProNovice course on Saturday, which was won by Ian Ripley, with his little imported bitch, *JoJo*.

Two litter sisters took top overall honors in the ProNovice class. *Tessa* owned by Patricia Pedersen, from 'across the Strait' on the Olympic Peninsula, was the ProNovice overall Champion, after a lovely smooth run on Sunday that garnered the highest score of the weekend. *Tessa's* sister *Tee* owned by Julie Carter of Saanich, was hot on her heels in the second overall spot. Both are granddaughters of the Buchanan's well-known Border Collie sire, *Shane*, a fitting tribute to him and the flock he helped manage over his lifetime. Two Duncan handlers took the next overall spots – Ian Ripley and *JoJo* in third, and Linda Larsson with *Bella* came out with the fourth overall spot. Fifth overall was local handler Aileen McConnell, and her young male dog *Chance*. With a large class of over thirty entries, the class offered



Five Parry Bay Sheep in a more cooperative moment. Photo by Brian Domney



Food preparation by MCH volunteers Don Barnes, Betty Hildreth, Barrett Fullerton and Margie Humphreys.

some stiff competition from both seasoned and relatively new handlers alike.

It was destined to be Patricia Pedersen's weekend, as she was also the overall Open Champion with her bitch *Jenny*, a daughter of her old retired trial dog, *Roy*, who graced the same field with his presence on many occasions over his career. *Jenny's* grandmother also traced her roots to Metchosin through Martha McHardy's old *Tee*, a half sister to the Buchanan's *Shane*. Reudi Birenheide and *Teak* were well positioned after winning the first day's Open class by one point, and intent on making a strong claim for the overall prizes, until gambling on a risky shed at the end of their second run resulted in an uncharacteristic disqualification and put them out of the running.

The two original organizers of the trial, Martha McHardy and Aileen McConnell, each put a dog into the top overall Open standings. Martha's tremendous bitch *Ceri* held on to her second place winnings from the first day, to also take second spot overall, and Aileen's *Peg* earned the third overall accolades in a strong Open class of twenty-five teams. US handler, Donna Donahue of Washington with *Kate* took the fourth overall ribbon, as well as the trophy for the *Best Combined Outfield Work* in the Open class, while Californian handler, Marilyn Bates, with her veteran dog *Rob* won the fifth place ribbon as well as winning the "High Scoring Senior Dog, aged 9 years and over" trophy donated by MarCar Border Collies in memory of the line's founda-

tion sire, *Vic*.

The Metchosin Community Association ran a well supported concession, with profits re-invested in the support of Metchosin House programs. As always, the ongoing success and continuation of this well regarded trial is due in large measure to the support it receives from the community, the handlers, local businesses, and great volunteers, in addition to the hard working trial committee.

Once again, a memorable and very successful sheepdog trial showcased the superb talents of some of the best working sheepdogs and handlers from the west coast of Canada and USA. Detailed results and photos can be viewed on the trial website at <http://msdt.ca>.

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## METCHOSIN DAY VOLUNTEERS NEEDED

Metchosin Day works because of the volunteers. If you would like to help out for one or two hours or more, please give Mary Gidney a call at 250-474-6145 or email at [mgidney@shaw.ca](mailto:mgidney@shaw.ca)

## Come And Hear The Wilsons Talk About Their Travels

Douglas Wilson and his daughter Aja have just returned from a year travelling around the world and will be giving a presentation on burial customs and beliefs in life after death from the various western and eastern countries and cultures they visited.

This event will take place on Saturday, September 18 at 7:30 pm at the Metchosin Community House, sponsored by the Baha'is of Metchosin. Refreshments will follow. Everyone is welcome to come and to bring others who may be interested in the talk.

## Sooke Philharmonic Orchestra – Another Great Season with Maestro Norman Nelson – the Eighth Season in Metchosin

The Sooke Philharmonic makes a flashy start with *Concerto Extravaganza!*, a special joint fundraiser with the Victoria Conservatory of Music, featuring some of VCM's most talented piano, violin and voice students, including Grace Ma, Carolyn Tsao and Sunny Shams (Sept. 19, 2:30 pm, Alix Goolden Hall).

The full 2010-2011 concert season then gets under way with *A Celebration of Young Artists* in Sooke on Oct 30 and Victoria on Oct 31, and finishes with *Musical Friends* in Sooke on June 24, and Victoria on June 25, 2011.

It is the fourteenth season for the orchestra and marks the eighth year that the Sooke Philharmonic has been performing concerts in Metchosin. This year Music Director Norman Nelson has another exciting season planned and the first concert in Metchosin will be the choral concert on December 5, featuring the very popular *Handel's Messiah* with the Sooke Philharmonic Chamber Players, the Sooke Philharmonic Chorus and soloists Nancy Washeim, Michelle McKenzie, Delwynne Windell and Sam Marcaccini. The Choral Director and conductor for this concert is Wade Noble.

The season in Metchosin continues on February 20th with *Salutations to Spring*, when soloist **Jim Stubbs** performs Haydn's *Trumpet Concerto*. The third and final concert in Metchosin, *Transcendent Voices*, is on April 10. Maestro Nelson will conduct Mozart's *Requiem* with soloists Madeleine Humer, - Michelle McKenzie, - Delwynne Windell, - Sam Marcaccini. Also on the programme is *Brundibar* by Hans Krasa, to



The Chamber Players at St. Mary's Church

be performed with the Victoria Children's Choir. This piece was originally written for and performed by children of the Theresienstadt Concentration Camp in occupied Czechoslovakia.

Each of the Metchosin concerts is performed at the New St. Mary's Anglican Church, 4125 Metchosin Rd., on Sunday afternoons at 2:30 PM. The same concert is also performed the evening before in the Sooke Community Theatre. Ticket prices for the coming season are unchanged at \$18, senior / student tickets \$15, and Youth 16 and under \$5. Tickets for individual concerts go on sale approximately three weeks prior to the concert, and are available at the Metchosin Country Store, Tom Lee Music in Langford, as well as locations in Sooke and Victoria. Season brochures are now available at these locations.

For more info about the concerts and season tickets, you can pick up a brochure or contact the Sooke Philharmonic at 250-642-2849, email: [info@sookephil.ca](mailto:info@sookephil.ca), and they will happily send a brochure to you in the mail. You can also check out their website at, [www.sookephil.ca](http://www.sookephil.ca).



L/R: Brent Pothorin, Dean Pothorin, and Boden Pothorin with their medals.

## Metchosin Residents win medals in 2010 World Karate Championships in Trinidad and Tobago

BY MIKE SAUNDERS

Martial artists from twenty-five countries participated in the 2010 Karate Championships held this July in Trinidad and Tobago. The three day event was held at the Hyatt Regency Hotel in Port of Spain, Trinidad and included approximately 1,000 athletes in the competitions. Trinidad and Tobago placed first in the total medal count followed by Canada in second and the United States in third place.

The only black belt family members to compete and win medals in the competitions were forty-two year old Dean Pothorin of Canada's Best Karate in Victoria, BC and his two sons, Boden and Brent. Boden, twelve years old, won a silver medal in sparring and a bronze medal in kata, while his ten year old brother, Brent, won a silver medal in kata. Dean won a bronze medal in kata as well. All three athletes have their black belt in Karate and are residents of Metchosin.

## Author with local roots teams up with Coast Collective Gallery

BY MUSE ROVING REPORTER

Author and children's storyteller, Laura Thomas, is using her writing, teaching and storytelling talents as an excuse to visit her extended family more often.

Thomas' parents met at Belmont Secondary in the late 1960s and many of her relatives reside in the Langford and Colwood area, including her grandmother Christina Willing, long-time Happy Valley resident, President of the Colwood Women's Institute and Treasurer of the Colwood Hall Committee.

"The last time I visited," said Thomas, "my cousin's wife, artist Melanie Willing of Langford, took me to this fabulous gallery called the Coast Collective down at Esquimalt Lagoon. The grounds at Pendray House took my breath away. I knew right then that I wanted to teach there."

As soon as she got back to her home in Ladner, Thomas contacted Marcela Strasdas the education director at the gal-



lery. "I was so pleased that Laura contacted us," said Strasdas. "We were looking for someone who could teach creative writing as a complement to our extensive selection of art courses. And, not only is Laura able to inspire adults, she also has a long history of mentoring young writers. We are very excited about adding her to our team of skilled instructors."

Thomas will make her teaching debut at the gallery with her popular "Soul Surfing" weekend autobiography writing course for adults on October 2 and 3. "I love teaching this course," said Thomas. "It attracts professional writers as well as folks who are using writing to explore their lives. And we always do some of the exercises outside, which is why I am thrilled to be teaching it at Pendray House."

As a part of her extensive Junior Authors program, Laura will teach two Saturday afternoon workshops for young writers ages ten to seventeen. On Halloween weekend, she will teach a three-hour short story workshop and then on Saturday, November 27 she will return to the Island to offer a *Poetry Rules!* workshop.

For more information about Thomas visit [www.agentstory.net](http://www.agentstory.net). For more information about the Coast Collective gallery or to register for Thomas' workshops please visit [www.coastcollective.ca](http://www.coastcollective.ca) or call 250-391-5522.



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# School House Studio Happenings

BY JENNIFER ZIZMAN

School House Studio is planning upcoming fall and winter events. Watch for dates and more news in the next issue of *The Muse*. We have now moved to fall hours and will be open on Sundays from 11:00 to 5:00 pm. If you would like to make an appointment to visit the studio outside of these hours, please contact Jennifer by email at [jenniferzizman@hotmail.com](mailto:jenniferzizman@hotmail.com).


A new artist has moved into the studio! Nicole Valentine is now sharing a working studio/gallery space with residing artists Chiarina Loggia and Jennifer Zizman. Don't miss seeing Nicole's unique pieces of jewelry. Here's some background information about our excellent new artist at School House Studio:

"Nicole Valentine-Rimmer has been creating tiny works of art in glass since 2003 in her home studio in Metchosin. Working mainly in soft glass, she loves the colours and reactions they provide. She draws a lot of her inspiration from the Canadian wilderness and the lovely gardens in her area. Her personal love for animals and wildlife provides her with a constant source for artistic vision. Teaching locally and internationally has given her an opportunity to travel and create something she enjoys very much. She is a self-representing artist, which means all the beads and jewellery you see are hand made, one by one, by her. For more information on her work see [www.NValentineStudio.etsy.com](http://www.NValentineStudio.etsy.com) or [www.nvalentine.blogspot.com](http://www.nvalentine.blogspot.com).

### SchoolHouse Classes:

**Printmaking & Drawing Classes Ongoing** – Instructor: Chiarina Loggia at [www.chiarina.com](http://www.chiarina.com). For details on upcoming printmaking classes email instructor Chiarina at [chiarina@shaw.ca](mailto:chiarina@shaw.ca).

**Painting Classes Ongoing** – All painting classes taught by Jennifer Zizman ([www.jenniferzizman.com](http://www.jenniferzizman.com)). To register call 250-391-7256 or email [jenniferzizman@hotmail.com](mailto:jenniferzizman@hotmail.com).



## COUNCIL NEWS

**Battery Recycling**

The District of Metchosin has signed up with the Call2Recycle free program for retailers, businesses, communities, and public agencies. We will collect used rechargeable batteries and old cell phones, and ship them to their recycling facility which reclaims reusable materials: nickel, iron, cadmium, lead, and cobalt from the batteries. Please see our website for recycling guidelines.

**Burning Ban**

A reminder that all open burning including campfires and beach fires, will be prohibited within the District of Metchosin. This is in response to the Provincial Parks ban scheduled for this same date. This ban applies to open fires of any size, campfires, beach fires, fireworks, and tiki torches. The ban does not apply to cooking stoves that use gas, propane or briquettes, or to portable campfire apparatus with a CSA or ULC rating using briquettes, liquid or gaseous fuel, that are not capable of producing a flame longer than 15 centimetres. Portable campfire apparatus that do not meet these conditions are prohibited.

Regular Scheduled Council Meetings resume on September 13, 2010

**Summer Road Projects**

All the summer paving has been completed. Line painting on Metchosin and Rocky Point Roads will commence at the end of August. An additional barrier will also be installed round the corner of Rocky Point and Happy Valley Roads, to slow traffic making the turn from Happy Valley onto Rocky Point Road.

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# The Beauty, The Beast and The Bully

BY MORALEA MILNE

## The Beauty

Purple loosestrife (*Lythrum salicaria*) is the femme fatale, the Mata Hari, of the plant world. Gardeners everywhere have succumbed to its seductive charms while it has slowly and almost irretrievably sown the seeds of ecological destruction in its course of domination over wetlands from North America to New Zealand.

In the early 1800's, purple loosestrife was introduced to eastern North America from its native lands in Eurasia, as a garden plant and for its medicinal qualities; it is said to be effective in the treatment of diarrhoea and to dispel troublesome gnats and flies. It is also suspected that contaminated soil, used as ballast in ships, contained purple loosestrife seeds.

However it arrived, it found conditions



Purple Loosestrife

much to its liking. With no natural predators, the ability of each plant to produce millions of seeds annually and an aggressive root system, it began its unstoppable encroachment on our wetlands. Today there are estimates that purple loosestrife adversely affects 190,000 hectares of wetlands in North America each year.

A small patch of this siren plant has raised its beguiling head from the shores of a pond on William Head Rd. The pond is home to the red-list painted turtle and blue-musked red legged frog as well as a family of muskrats and myriad other aquatic creatures.

On a warm Tuesday night in mid-August, local Eco-star Garry Fletcher (Race Rocks Ecological Reserve fame), donned his wetsuit, and along with landowner Brian Parker and neighbour Bill Cave, successfully tackled and removed the offending plant, with local photographer Bev Hall recording the battle for posterity.

It all seemed a bit of a lark on Tuesday, but purple loosestrife has decimated wetlands by forming a monoculture that causes greatly reduced plant, animal and insect diversity. It is a much more simple battle to tackle a small infestation than to allow it to spread throughout Metchosin.

For years people have mistakenly planted what they have been told are sterile varieties, however, it is now known that these plants will produce viable seed if naturalized populations are nearby with which they can share pollen. It is best to remove them from your gardens and your shopping lists as a precaution. An alternative to purple loosestrife can be gayfeather (*Liatris spicata*), which has equally show-stopping colour and will not become invasive.

There are a couple of native plants that have been mistaken as purple loosestrife. Fireweed and hardhack are two that can be found in our community. Please be careful in your zeal to protect our wetlands that you don't mistakenly remove some of our native species which are somewhat similar. Purple loosestrife has a squared stem and a very dense flower spike while fireweed has a round stem and a looser flower arrangement. Hardhack is a woody shrub found in wetlands, you can see it along the edge of Blinkhorn Lake.



Purple Loosestrife hunters capturing their prey

## The Beast



Tansy Ragwort

Tansy Ragwort (*Senecio jacobaea*) is another invasive species which is increasing its hold on southern Vancouver Island and is present along many of our roadways and encroaching into meadows. It is most noticeable in August when it sends its brilliant yellow daisy-like, flat-topped flower heads shooting up to six feet in the air. A single, multiple stemmed plant can produce 150,000 long-lived seeds per season. The plants contain a toxic alkaloid that can poison livestock by causing cumulative liver damage, particularly in cattle, pigs, horses and deer.

Cinnabar moths are beautiful small, flashing red and black moths whose caterpillars feed on tansy ragwort, thereby reducing its ability to spread. They have been introduced as one of the weapons in the arsenal of methods used to prevent the spread of this plant. However, there is apparently evidence the caterpillars are in turn toxic to our northern alligator lizards.

Tansy ragwort has a shallow, fibrous root system which can easily be pulled by hand but wear gloves and protective clothing whenever you tackle invasive species removal as some people are more susceptible to allergic reactions than others.

## The Bully



Giant Hogweed (*Heracleum mantegazzianum*) is the huge, intimidating bully of the garden, it can grow to six metres in height (20 ft!) and the white, flat-topped umbels of flowers can be an astonishing one metre in width. It is a member of the carrot family and is very similar in appearance to our native cow parsnip. Unfortunately it hasn't remained nicely isolated in gardens, it has aggressively shouldered its way into ditches, riparian and wetland areas where its monolithic size can monopolize habitat.

BE AWARE! these plants ooze an extremely toxic sap that is photosensitive and will cause severe burns. Goggles and thick waterproof gloves and protective clothing must be worn when dealing with this plant. People have received burns while wearing thin fabrics, cotton and other materials will absorb the sap and transfer it through to your skin. Please read the fact sheet produced by Work Safe BC before tackling this plant at [http://www.worksafebc.com/publications/health\\_and\\_safety/bulletins/toxic\\_plants/assets/pdf/tp0602.pdf](http://www.worksafebc.com/publications/health_and_safety/bulletins/toxic_plants/assets/pdf/tp0602.pdf)

## Be informed on invasive garden plants

See <http://www.invasiveplantcouncilbc.ca/resources/articles/feature-article-smart-gardening>

Making informed choices on what you grow in your garden will help keep your yard free of invasive plants year after year, so you can concentrate your efforts on the non-invasive species that add beauty, without the battle.

1. Determine whether a species is invasive before purchase, and select suitable alternatives. Ask your nursery if plants are "fast spreaders" or "vigorous self-seeders;" usually these are signs of an invasive plant.
2. Watch out for wildflower and birdseed mixtures that contain invasive plants. Buying the components separately and mixing them yourself is the only way to be sure of what you are scooping into your feeders or spreading in your yard. Read the label and ensure that the species listed are non-invasive and desirable for your location. Consult with your regional invasive plant committee, local bird expert or naturalist club to determine if the seeds listed in the wildflower or seed mixture are invasive.
3. Ask your local invasive plant committee or regional district for guidance by visiting [www.invasiveplantcouncilbc.ca](http://www.invasiveplantcouncilbc.ca) for contacts and more information, and/or check [www.greatplantpicks.org](http://www.greatplantpicks.org).

## Five simple ways you can help:

1. Avoid walking/driving/riding through invasive plant infestations.
2. Remove seed and plant parts from clothing, pets, vehicles, and equipment, and dispose properly by bagging invasive plants for the local refuse site. Be sure to inform the landfill operator that you have invasive plants and not regular yard waste.
3. Avoid letting invasive plants fruit or set seed, as birds, animals and humans can spread the seeds.
4. Avoid picking plants from roadsides; many of the prettiest wildflowers are aggressive invasive species.
5. Learn how to identify and report invasive plants in your community.

Taking the time to learn some strategies is an excellent way to meet other gardening enthusiasts, and don't forget to pass these insights on to your neighbours. Help stop the spread of invasive plants — "spread the word not the weed!"



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## COVER STORY

## The van der Wereld Family of Metchosin *continued*

Mrs. Crossley found a job for Jean doing housework for someone because she thought it would be good for Jean to get out on her own, meet people and learn and improve her English.

Three months after the van der Werelds arrived in Victoria, Mrs. Crossley was reading the newspaper and pointed out a job she thought they should apply for—working on The Oak Bay Beach Hotel Farm in Metchosin, at the corner of Happy Valley and Bennett Roads, which included a cottage to live in. They got the job, and went to work for Matthew and Ann Seelinger, who lived in the main house on the farm. There were three sisters who owned the farm and hotel, with one, Mrs. MacDonald, running the hotel and the Seelingers living on the farm.

At that time in 1952 the farm had pigs, turkeys and laying hens, a fruit orchard and vegetable garden. Twice a week Mr. Seelinger had to take the truck to the hotel in Oak Bay to pick up kitchen scraps, which they boiled into a big soupy stew with mash to feed to the pigs. Later, after he bought the farm, John took over this job and occasionally as a treat one or two of his children were allowed to come along for the big ride into town. At Christmas they picked holly from the two trees out front, which are still there today, and took it to decorate the hotel.

Before the current farmhouse was built (believed to be about 1930, updated in 1947), there were Chinese workers living on the farm, living in two small, still standing, buildings that the van der Werelds later used as the egg-sorting house and the slaughterhouse. These old-time residences are to be torn down in the near future as they are on the road allowance, although they were built long before Bennett Road was a public road. Sadly, the original farmhouse and the cottage John and Jean moved into in 1952 (built in 1947), are both to be demolished later this summer.

Some of John's (many) memories of "the good old days" are of the Seelingers giving them a big brick of ice cream as a treat—but they had no refrigerator or freezer so they had to eat it all at once; Mr. Seelinger giving them the pick of the turkeys for Christmas dinner—again just the two of them so they had lots to eat quickly; going to the Seelingers in the evenings and he and Jean reading out loud to Mrs.

Seelinger to learn and improve their English; and winning a prize at the fair for the best looking box of packed turkeys.

Although they enjoyed working on "The Farm" as it is now known to family and friends, after two years the promised raise did not come through, so they left and went to live at the other end of Happy Valley Road, working for Ben Nikkels on his chicken farm. It was in 1954, while they were there that John's brother, Cornelis (Cor), immigrated from Holland, and moved in with them. While with the Nikkels family, John's veggies won prizes at the Luxton Fall Fair—which he didn't know about until Mrs. Nikkels told him that her son Charlie had "borrowed" some vegetables from his garden to enter the contest.

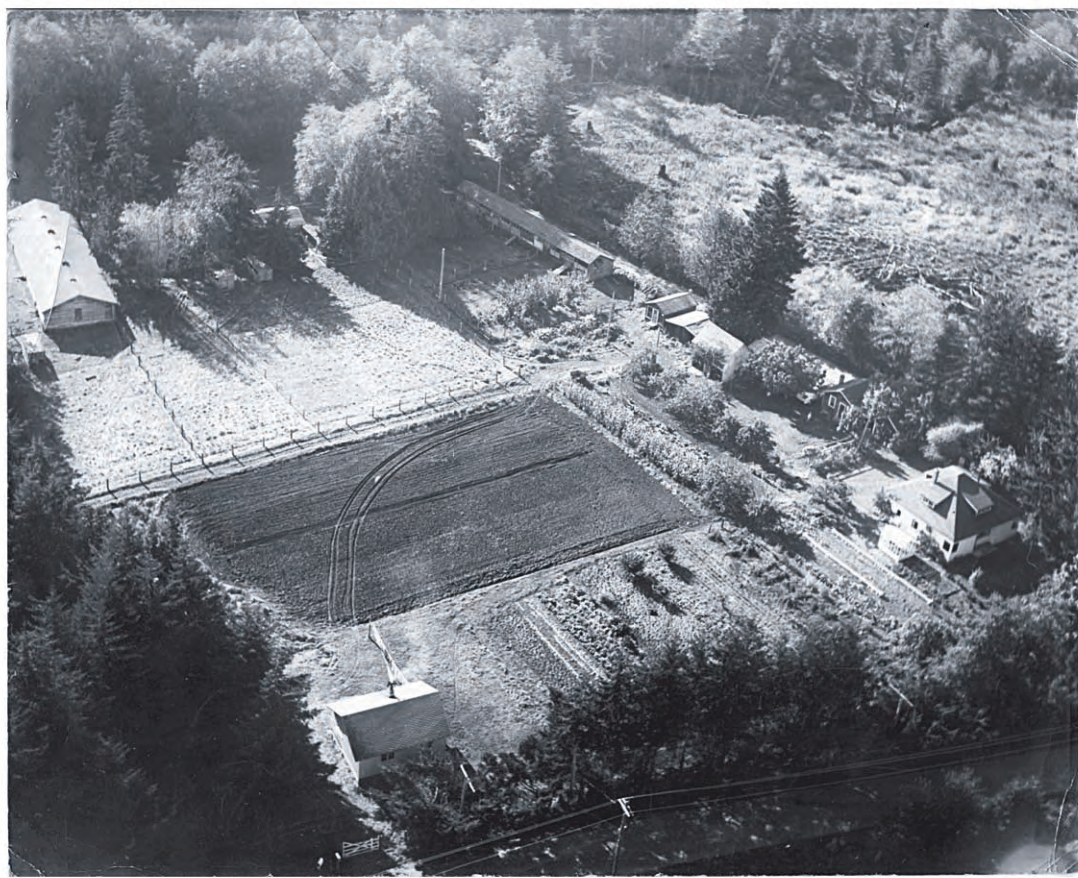
In 1956 the van der Werelds heard that the Oak Bay Beach Hotel Farm was up for sale. They wanted to buy it but could not afford it. Somehow Mrs. MacDonald, co-owner of the farm, heard about their interest and approached John, saying that she would like him to buy it because the only time the farm had made a profit was during the two years he worked for

them. They worked out an arrangement and John and Cor bought the farm, first continuing with the laying hens, then later with mink for a couple of years with help from friend and neighbour Hermann Volk, after the chicken business went bust. Later when it recovered John and Cor started raising frying chickens, which continued until a few years ago.

John and Cor cleared a lot of the land by themselves where the chicken barns eventually stood, learning how to use dynamite as they went along to get rid of tree stumps. The original barns have now been taken down and a new home is being built where they once stood. A lot of the old wood, still in great condition after 40 years, was salvaged and re-used for other projects. In 2010, for the first time in about 50 years, there are no chickens or cows on the farm, and the cow pasture has been planted with grain.

In 1957, John's sister Maria came from the Netherlands to join her brothers Cor and John, and her sister-in-law Jean, to help at the farm. She later married and had five children of her own, so the family was not without relatives in Victoria any more. Maria and her husband John Johnston now live in Campbell River.

Jean reared nine children—Anne, Tony, Elly, Mary, Jeanne, Debbie, Leo, Ina and Linda—who all still live within the Western Communities. She had a huge



The Oak Bay Beach Hotel Farm, circa 1954. Bottom, left of centre, is the house John and Jean moved into in 1952; the main farmhouse where they later lived is bottom right. Happy Valley Road runs in front of the houses at the bottom of the photo, and Bennett Road now runs behind the line of buildings from the main farmhouse toward the top left of the photo



John posing with one of the farm's pigs in 1952



Son Tony and his sister Elly on the running board of the farm truck, 1957



John and Jean (centre, waving) began their adventure to Canada in 1952 on the Ryndam out of Rotterdam

vegetable garden, with apple and pear trees, and did a lot of canning, freezing and food preserving to feed the family. Son Leo still lives in the original farmhouse, but he is currently building a new home on Bennett Road, on the former site of the old chicken barns. Daughter Elly lives in the small cottage that John and Jean originally lived in on the farm, and son Tony lives further down Bennett Road, on a farm that directly adjoins the family farm on the other side of Cole Creek, which runs through the property.

Besides the family and the "farm animals," there were a large number of pets in residence over the years as well—several dogs, numerous cats and bunnies, a couple of goats, guinea pigs, hamsters, birds, fish, and occasionally salamanders and snakes would be found in the fields or woods and brought home for a visit.

John was a long-time member of the Metchosin Volunteer Fire Department, along with his brother Cor, and eventually became Chief, only retiring when he moved to Colwood in 1987. Cor, who was a great supporter of Operation Eyesight, never married and lived on the farm until a couple of years before his death in 1998, when illness forced him into a care home.

Jean joined the Women's Auxiliary to the fire department, and along with a circle of dedicated women, catered many local dinners and fundraisers for the fire hall, and made food for the firefighters when they were fighting big fires. Their grandson Trevor is now a member of the fire department, following in his grandfather's footsteps.

John and Jean joined Our Lady of the Rosary Catholic Church when they first arrived in Metchosin and have been members there ever since. In addition to their nine children, they now have eighteen grandchildren and two great-grandchildren. In her retirement, Jean has taken up quilting and has made many wonderful wall hangings. John still enjoys working in the garden, from which things sometimes go missing at the hands of a grandchild, only to be discovered bearing a ribbon at the Luxton Fair. The van der Werelds celebrated fifty-eight years of marriage in May 2010, and fifty-eight years in Canada in June.

## Art on the Walls – Organic Floral Art by Margie Humphreys

"I love nature and see a lot of beauty in it. I want to share some of this beauty by working with natural materials in my art forms. Treasures that I have collected from gardens, fields, beaches and forests form the content of my work. Sometimes I incorporate some of my hand-made paper in my designs as well.

I admired Linda Peacock's floral art and was inspired by her work. I was fortunate to be able to acquire some of her materials before she moved to Quebec. I hope you enjoy my floral art as much as I enjoyed designing it. I like to think that I can bring some of the beauty of the outdoors to you indoors."

Margie will be having a show of her floral art at the Metchosin Community House at 4430 Happy Valley Road during the month of September. Her floral art will be available for purchase from 9:30 am to 1:30 pm Monday to Friday. Cash or cheque only. Heather in the office can assist purchasers.



Floral Art by Margie Humphreys

## Elvis Rocks the Building

BY ALISON HARLE

Elvis the Elk that is. Taking the stage in his felt antlers and sequined coat and a voice that could attract herds like the best of them, Scott Mair, nature interpreter, delighted a packed Metchosin Community House on July 15.

This summer's Guest Speaker in the House presented, *When Elvis the Elk Sings, Audiences Listen*. Young and old were entertained with a collection of song-stories about nature. Award winning Mair, through his music, costumed characters and travelling companion Elvis, took us from the time of dinosaurs, to the atmosphere and weather and everything in between, in a fun and innovative way. Elvis rocked the house.

Scott Mair is currently Programs Manager at Swan Lake & Christmas Hill Nature Sanctuary.

Next Guest Speaker in the House hosts the 'Chosin Chatters, Thursday, September 16, 7:00 pm – a very entertaining and informative take on public speaking.

M



## HOUSE HAPPENINGS

### Metchosin Community House

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#### Ongoing Programs

##### Mondays

**Vancouver Island Health Authority Adult Day Program** – 9:00 am to 3:30 pm. Contact Mobile program at 250-213-2440 or Vicki McNulty at 250-370-5789.

**Buddies Program** – 2:30 pm – 5:00 pm. Buddies offers Reading and Math support as well as help with homework for Metchosin kids. Kids receive a ½ hour – 1 hour, one to one tutoring session with an adult or teen volunteer. Registration forms and contact info are provided to Hans Helgesen School. For more info you can call MCH at 250-478-5155.

**Pearson College Students Outreach** – Program returning September 16, 2010, helping seniors and youth in our community. Invite Pearson College students to visit or help with a project. Particularly aimed at Metchosin seniors, but call 250-478-5155, and leave a message for Jane Hammond or John Hollemans, to see if you might be eligible.

**Drop in by donation Yoga and Yogalates Mondays** – 5:00 pm – 7:00 pm. Yoga to fit your life styles whether you are a raw beginner or seasoned practioners. **Preempted September 6.** For more info call Georgia at 250-391-0497

##### Tuesdays

**Drop In Painters Art Group.** This friendly and supportive group of artists and hobbyists meet Tuesday mornings 9:30 am – noon at the MCH. Everyone is welcome.

##### Wednesdays

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

##### Thursdays

**Pearson Student Teatime Drop-In** 2:30 pm – 4:30 pm Program returning September 16, 2010. Enjoy a cup of tea and conversation with international students from Pearson College.

##### Fridays

**Parent and Tot Program** – Calling all Metchosin Tots! The Parent and Tot Drop-In program is up and running. Moms, Dads, caregivers and their young children are invited to join us Friday mornings for our community Parent and Tot program. Children will enjoy our new toys, books and craft opportunities. Parents will enjoy our relaxed, supportive environment, parent resource library and opportunities to connect with other parents and kids. We hope to see you and your little one(s)! For more information please call Kelly at 250-391-4699.

**Arts and Crafts Drop-In** – returning in September. Free Adult drop in Arts and Crafts evening 7:00 pm – 9:00 pm on Mondays. Bring any project you are working on and enjoy the company of other artisans and crafters. Everyone Welcome. Call 250-478-5155 for more info.

**Teen Games Group** – Interested in getting together for some fun and games? Local teen is looking for the same to join in for board game sessions at the Metchosin Community House. Please call Fraser to join at 250-391-0408.

#### Events

**Games Night** – Friday September 10, 7:00 pm – 9:00 pm. Bring a game of your choice, a friend and a snack if so inclined and prepare to have some fun. Everyone is welcome.

**Guest Speaker** - Thursday, September 16 at 7:00 pm to 9:00 pm. **So You Think You Can Talk** – 'Chosin Chatters, Metchosin's new Toastmasters group, invites you, your friends and your family to participate in a rollicking evening of public speaking, featuring some surprising and out-of-the-ordinary array of topics. 'Chatters has thrown down the gauntlet to other groups in the region, challenging them to send the best of their speakers to our event. No rehearsal, no advance knowledge of the topics and no-holds-barred fun! Public speaking as fun, you ask? You bet! This isn't Joe Corporate droning on at the lectern. This event will feature speakers who have refined the art of communication, the ability to improvise and think on their feet and are masters of the spoken word. Everyone is welcome to this free event. For more info about contact Alison at: [info@chosinchatters.org](mailto:info@chosinchatters.org). 'Chosin Chatters Toastmasters meets every Tuesday evening at the Metchosin Community House.

**Guest Chef** – Saturday September 25 at 6:00 pm **'Gourmet Cooking in Season'** presented by Alison Harle and other 'chefs at large'. From freshly caught salmon, to freshly picked raspberries, we will create some culinary wonders for even the most discerning of palates! Gourmet dishes that will be sure to impress, will be prepared and demonstrated. Whilst drawing from sustainable locally grown and gathered foods that maximize on taste and freshness, our evening will showcase some of the "best of the area". Tickets are \$25, and all profits go to benefit Metchosin Community House. Seating will be limited, and tickets will be pre-sold. Please provide your own wine. For further info. on both the Guest Chef and Guest Speaker Series, please contact Alison Harle: [aharle@telus.net](mailto:aharle@telus.net) or call the MCH at 250-478-5155.

**MCA at Metchosin Day** – Sunday, September 12. Watch for notices announcing the friendly competitions sponsored by the MCA: Pie Baking Contest/Cake Baking Contest/Photo Contest. Come visit the Metchosin Community House-sponsored Corn Booth for a steaming and delicious cob of Island fresh corn. When you are ready for rest and refreshment in a quiet setting, wander over to the Community House Tea Room. Want to be involved and be part of Metchosin Day 2010. The Community House is always looking for volunteers and would love to bring you on board. Call 250-478-5155

**Art On The Walls** – September features works by Margie Humphries.

**Potluck Lunch** – Thursday September 30, noon. Everyone is welcome!

**The Art On The Walls** program offers the House as a wonderful venue for artists to show and display their works. For more information please call the MCH at 250-478-5155.

# Metchosin Day

continued from cover

**Chicken Swap** — And while you are at the Pioneer Museum right next to it will be the **Chicken Swap** — located where the Farm Market usually meets. If you are interested in learning more about poultry or maybe buying some laying hens, here is the place to do it.

**Food** is available all day. **Scouts Canada** will be selling hot dogs and hamburgers. **Mr. Softie** has ice cream and the Lions cool you down with snow cones. Donuts are available from the **Donut Man** too. The Community House stand offers **Hot Buttered Corn on the Cob**. Local Metchosinites from **Smokin' Bones** and **2% Jazz** will provide delicious treats.

**Awards Ceremonies** — The Mayor and Councillors will name the **Citizen of the Year, the Volunteer and Volunteer Group** of the year and the **Friend of the Earth** award. Come and show your appreciation for these people who have done so much for Metchosin.

**Pie, Cake and Fruit/Veggie Contests** — In the Council Chambers there is a chance to view the winning pies of the Pie Contest and the Cake Bake-off! Yummy! Also on display will be fruits and vegetables from the Produce and Veggie contest. Flower Arranging is happening too. Lots to see! See Pages 10 and 11. for information on how to enter all Metchosin Day Contests.

**Around the grounds** at Metchosin Day you can watch and be part of the Malahat Marauders, the Ranns' Water Pump, Blacksmiths, Face Painting, Dunk Tank, Backhoe Digger, Hayrides for kids, and more!!

**Metchosin Equestrian Society Riding Ring Show** starts at noon and goes to 3pm. There will be two showings each of the **Mainstream Vaulters** and the **MES Drill Team** as well as an **All Breed Show and Mini Driving Demos**

The best part of Metchosin Day has to be the **Lamb and Salmon BBQ**. For only \$15 you get a delicious mouth-watering meal. The wood fire is lit at 5 am to have the lamb cooked just right by the end of the day and the salmon is grilled to perfection near by. It is the best meal deal in town.

Not only is Metchosin Day FREE, so is the parking. There is space for hundreds of cars right next to the Village Green. **Enter off Happy Valley Road and exit out Rocky Point Road. You'll be closer than if you park on the road.**

And last but not least, **VOLUNTEERS**. Metchosin Day works because of the volunteers. If you would like to help out for one or two hours or more, please give Mary Gidney a call at 250-474-6145 or email at mgidney@shaw.ca

See you at Metchosin Day.



## MUSIC LINE-UP FOR METCHOSIN DAY

### Morning Performances

11:00 – 11:30 Fred & Ella  
11:30 – noon Juniper and Bone

### Afternoon Performances

Noon – 12:45 Dunsmuir Middle School Jazz Band  
12:45 – 1:15 Rhapsody Belle  
1:15 – 1:45 Pearson College  
1:45 – 2:00 Mayor's Speech  
2:00 – 3:00 Soul 62  
3:00 – 4:00 Jesse Roper  
4:00 – 5:00 Fine Spirits  
5:00 – 6:00 Derek Robbins & The True Story  
6:00 – 7:00 Zolabud

# Competitions

## Sunday, September 12, 2010

**CAKE BAKE OFF** — Only in its second year, but a big favourite.

**PIE CONTEST** — You just might be Metchosin's premier pie maker. Step up to the plate, enter the Pie Contest and find out!

**PRODUCE COMPETITION** — This is for all green thumbed amateur gardeners.

**PET SHOW** — Every pet is a winner in Metchosin. Categories for all types of pets. Don't miss it!!

**PHOTO CONTEST** — Held in the Community House. Now is the time to show off all those wonderful pictures you have been taking over the past year. Classes for adults and children.

## CAKE BAKE-OFF

Judges: Daniel Vokey and Darren Kotenko of Patisserie Daniel

Create a masterpiece and take part in the **Metchosin Day Cake Bake-Off**. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place ribbons. Special Junior Prizes for under 12 and under 16. No pre-entry needed. Cakes should be dropped off at the Municipal Council Chamber between 9.30 and 11.30 am for 12 pm judging. Prize-giving at 1:00 pm.

### Cake Categories:

- Butter Cakes ( white, spice, yellow)
- Egg Cakes (chiffon, sponge, angel food)
- Specialty Cakes (fresh or dried fruit, nut)
- Chocolate Cake (in a class of its own!)

All cakes are to be made from scratch and decorated or iced. Please mark the bottom of your cake plate with your name, address and telephone number, and age if a Junior.

Rosettes will be awarded for Best/Reserve Best cake in Show and Best/Reserve Best Decorated cake in show, and for Under 12 and Under 16 in these categories.

The "Best in Show" cake will be sold by the slice at 2:00 pm. All other cakes will be sold whole as part of the Cake Draw held every half hour starting at 1 pm. Winners names, as drawn, will be posted outside the Council Chamber. Draw winners must collect cakes by 4.30 pm or they will be sold at the Lamb and Salmon BBQ dinner.

Question? Contact Betty at 250-478-1865.

## PIE CONTEST

Judges: Daniel Vokey and Darren Kotenko of Patisserie Daniel

1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place Ribbons will be awarded for Best Pies in the following categories: **Apple, Berry, Fruit, Mixed Fruit, Custard Pie, Exotic Pie (Nuts, Ginger, etc)**

Special Rosettes for Under 12 and Under 16 Bakers, Best Pie in Show, Prettiest Pie, Champion Pie Bakers Showdown (for all previous Best and Reserve Best Winners who are no longer eligible to compete in the regular categories.)

Please deliver pies for competition direct to the Municipal Hall Council Chamber **after 9:30 am before 11:30 am on Metchosin Day**. Please mark your name and phone number on the bottom of your pie dish. **Prizes will be awarded at 1:00 pm**, immediately after the judging. Please try to be present to receive your prize if you are a winner. Photos will be taken at this time.

All pies with the exception of Custard Pies (because of health concerns), will be sold by the slice at the Lamb and Salmon BBQ Dinner and the proceeds donated to the Metchosin Community House. If you would like to bake a pie for the dinner but do not want to enter for the competition, please indicate this when delivering it to the Council Chamber.

For more information call Jo at 250-478-1671.



Enter the Veggie Contest

## Metchosin Day 5K Run/Walk

Please join us for the 17th annual Metchosin Day 5K Run/Walk. The run/walk takes begins at 8:00 a.m. Metchosin Day (September 12) outside the Community Hall. Registration is \$10 adult, \$8 under 18, or \$20 family; registration forms are available at the Metchosin Country Store or at Frontrunners Westshore (#123-755 Goldstream Ave, Langford). Race day registration is 7:00-7:45 a.m. at the Community Hall, \$15 individual (all ages) or \$30 family. Prizes (including a draw prize for a mountain bike) will be awarded at 10:30 a.m. on the Metchosin Day stage. For more information contact Andy MacKinnon at 250 478 8232

# Metchosin Day



Have some roast lamb for dinner



Enter your pet for the blue ribbon!



Join in the corn shucking

## PRODUCE & VEGGIES

Judges: Derek Wulff and Sharon Remple

Join the "grow local" revolution and take part in the Metchosin Day Produce Contest. Ribbons for 1st, 2nd and 3<sup>rd</sup> places. No pre-entry needed. Just drop off your specimens at the Council Chamber (same room as the Pie Contest) by 9:30 am. Produce should be entered in the categories specified below, presented on a paper plate with name, address and tel no., and any special info if a heritage variety, and age if you are a junior. Judging will take place between noon and 1:00 pm. Special prizes for children's entries under 12 and under 16. Heritage varieties are MOST welcome at the festival.

### Vegetables

Beans, green bush, shell/snap, 6 pods  
 Broccoli, 1 head  
 Carrots, tied in bunch of 3 with tops  
 Cauliflower, 1 head  
 Corn, sweet, 3 cobs, one stripped  
 Garlic, 3 bulbs  
 Peppers, Hot, named 3 specimens  
 Tomatoes, stems on, named 3 only  
 Tomatoes, Cherry, any colour, 3 only  
 Longest Zucchini  
 Squash, named variety 1 specimen  
 Giant Pumpkin/Squash, named, 1 only  
 Longest Carrot, 1 only  
 Longest Bean, 1 specimen,  
 Largest Potato, 1 only  
 Largest Sunflower head, stem 1" long  
 Weirdest looking vegetable, 1 only  
 Onions, 3 specimens  
 Radishes - 3 specimens  
 Pole Beans - 3 specimens  
 Beets - 3 only.

### Fruit

Apples, named variety, 5 only  
 Pears, named variety, 5 only  
 Plums and Prunes, 5 only  
 Blackberries, 5 only  
 Melon, named variety, 1 only

### Cut Flower Arrangement in a Vase

Vegetable Basket Assortment - representing a farm or garden

If you have any questions please contact Jo at 250-478-1671

## PET SHOW

Chief Judge: Violaine Mitchell with Special Guest Judges!

At the Metchosin Day Pet Show - everyone is a winner!

Bring your cat(s), dog(s) (large, medium, and small), bird(s), hamster(s), chicken(s), guinea pig(s), rabbit(s), rat(s), frog(s) and ?

Classes include: happiest, cutest, longest hair, loudest bark, nicest purr, longest tail, smoothest coat, best trick etc.

Special prizes for -

Best-in-Show

Best Costume (your Pet's, not yours!)

Most Unusual Pet

Most Rural Pet

Please assemble with your pet on the New Village Green by the Municipal Hall at 10:45 am. Judging begins at 11:00 am.

Admission Free - For more information call Frank at 250-478-1671.

## PHOTOGRAPHY COMPETITION

Judges: John Hollemans, Peter Lewis and Chiarina Loggia. Sponsored by: Old Style Repair, 2702 Sooke Road offering technology of today with service of yesterday.

Categories: Scenery (local/Vancouver Island), Travel (abroad), Animals, People, Abstract, Montages (theme collections mounted on a page).

Ribbons awarded in each Category. Special Awards for Young Photographers aged 11 to 16 inclusive, and 10 and under.

Entries:

- 1) Eligibility: Photos of Metchosin (by anyone) or Photos of Anything by Metchosin residents.
- 2) Presentation: photos can be any size, framed or mounted
- 3) To Enter: Please leave your photos at the Metchosin Community House (open Monday through Friday, 9:00 am to noon), or at the Municipal Offices during office hours, **before 4:00 pm on Friday, September 11.**
- 4) Identification: Please put a label on the back of your entry photo with your Name, Age (if under 18 and eligible for Young Persons Awards), Title of Photo, Address and Telephone Number.

Labels are available at the Community House and the Municipal Hall and can be completed when you drop off your entry.

**Limit of 3 Entries per contestant**

Photos will be on view at the Community House from 11:00 am to 4:30 pm on Metchosin Day. For more information: Call John Hollemans at 250-474-1471.



Best Reserve Photograph 2009 by T.J. Watt

## Disappointed Photographer?

BY BETTY HILDRETH

Are you one of those enthusiastic, gung-ho, amateur photographers - chuffed with the contrast and composition of your favorite photo - only to be sadly disappointed that your snapshot didn't get included in the Photo Contest at Metchosin Day?

You are not alone. So heads-up on the timing of this community contest. Print out your favorite photos - cropped, enlarged, whatever you've decided - and put them in a paper mat or a light frame for enhanced display. Then, the key strategy is to submit the photos for the Metchosin

Day Photo Contest by **NO LATER THAN FRIDAY SEPTEMBER 10.** Organizers need Saturday to sort, hang, and judge the submissions in preparation for the Metchosin Day Photo Contest display to be held the next day. Contest categories include People, Scenery, Animals, Travel, Abstract and Montage. Limit of three entries per contestant per category.

Photo submissions are being collected in two different locations: The Metchosin Community House (Monday - Friday 9:00 am to 1:00 pm) and the Metchosin District Office (Monday - Friday 9:00am to 4:30 pm). For each photo submitted there is an entry tag to fill in so that the judging will be anonymous but at the showing on Sunday the photographer will be acknowledged.

While you are at the Metchosin Day festivities, wander across the Municipal Grounds to the Metchosin Community House and view the submissions. Whether you've entered any photos

or not, be sure to come to the Community House (across the driveway from the Fire Hall) to view what your friends and neighbours have submitted to the Photo Contest.

While you are visiting the Metchosin Community House, sit and relax in the "Tea Room". Hosts are serving cold drinks, coffee and tea along with a fresh scone topped by strawberry preserves and cool whipped cream. You will leave the Community House inspired, relaxed and satisfied. Be sure to drop by to avoid disappointment.




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**ONLINE Ventures**



# The Rural Gardener

By Isabel Tipton

I am here quoting in full an email sent to me by Derry Chase, a member of NAFEX – the association of North American Fruit Explorers. I don't quite know what we can do about it, but this is hard to read, let alone understand. How can people be so short sighted?

Pavlovsk seed bank faces destruction. 'Priceless collection' in Russia was never registered so is therefore worthless and does not officially exist, say developers.

Twelve Russian scientists famously chose to starve to death rather than eat the unique collection of seeds and plants they were protecting for humanity during the 900-day siege of Leningrad in the second world war. But the world's first global seed bank now faces destruction once more, to make way for a private housing estate.

The fate of the Pavlovsk agricultural station outside St. Petersburg will be decided in the courts this week. If, as expected, the case goes against it, then the collection of plants built up over eighty-five years could be destroyed within months.

At stake, say Russian and British campaigners for the station, is not just scientific history but one of the world's largest collection of strawberries, black currants, apples and cherries. Pavlovsk contains more than 5,000 varieties of seeds and berries from dozens of countries, including more than 100 varieties each of gooseberries and raspberries. More than 90% of the plants are found in no other research collection or seed bank. Its seeds and berries are thought to possess traits that

could be crucial to maintaining productive fruit harvests in many parts of the world as climate change and a rising tide of disease, pests and drought weaken the varieties farmers now grow. As it is predominantly a field collection, Pavlovsk cannot be moved. Experts estimate that even if another site were available nearby, it would take many years to relocate the plants.

In what appears Kafkaesque logic, the property developers argue that because the station contains a "priceless collection", no monetary value can be assigned to it and so it is worthless. In another nod to Kafka, the government's federal fund of residential real estate development has argued that the collection was never registered and thus does not officially exist.

"It is a bitter irony that the single most deliberately destructive act against crop diversity could be about to happen in the country that invented the modern seed bank," said Cary Fowler, of the Global Crop Diversity Trust. "Russia taught the world about the importance of crop collections for the future of agriculture. A decision to destroy Pavlovsk would forever tarnish a cause that generations of Russian plant scientists have lived and, quite literally, died, to protect."

The station was established in 1926 by Nikolai Vavilov, the man credited with creating the idea of seed banks as repositories of plant diversity that could be used to breed new varieties in response to threats to food production. During the siege of Leningrad, 12 scientists chose to starve while protecting the diversity amassed by Vavilov, even though the seeds of rice, peas, corn and wheat that they were protecting could have sustained them. Vavilov died of malnutrition in prison in 1943, having criticized the anti-genetic concepts of Trofim Lysenko. But Russia has since elevated him to hero status.

Now to get off my (or Derry's) soapbox, the latest *Fine Gardening* has an article about deer resistant plants for different areas – ours are just the usual, fuzzy or scented, etc, but Carolyn Singer, author of *Deer in My Garden*

has a new theory – nitrogen rich plants are more susceptible to deer predation because the nitrogen gives a salty taste to the foliage which appeals to deer- much like potato chips, one is not enough. I must say I have noticed that the plants in full growth are the first eaten, but I always assumed it was the higher water content that appealed. Carolyn has done quite a lot of testing, with two plants in individual pots, side by side, one heavily nitrogen fertilized, one only with compost and says the nitrogen ones are always the first to go. I have a lovely marmalade heuchera in a pot by the front steps, and it has never been eaten till I decided to get serious about a fertilizing routine, and about three weeks into an 'every Monday morning' regime the deer ate every single leaf off it; also the white nicotiana in a pot by the back steps, likewise fertilized with a weekly dose of 20-20-20, disappeared the same night.

September is harvest time – do try to preserve all you can; freezing, canning, jams and pickles are wonderful in the winter, and you do know what is in them. There are recipes galore on the internet and in many books in the library. Just make sure recipes are from a recognized source, in the interests of safety. I have been asked about



preserving garlic and I have saved it only whole in the bulb, as there are real considerations to 'canning' it– or storing it in oils, which seems to be becoming trendy- do not do it. I would hate to have botulism become a local 'trend'.

Storage Recommendations: (According to Oregon State University Extension Service): Raw or cooked garlic and/or herbs in oil: these mixtures MUST be refrigerated. Do not store them longer than three weeks in the refrigerator. Three weeks seem to pass in a twinkling around here. (Note. Raw garlic may be safely stored in vinegar at room temperature. But again, not for long, and the acid in the vinegar changes the flavour and the pungency of the bulb.)

And as for canning – by the time garlic is processed in your pressure cooker long enough to be safe, it loses all its character and is simply not worth the trouble. If you must do something, dehydrate it. Peel the individual cloves and cut them in half, dehydrate at 100 degrees for approximately twelve hours – cloves become limp, not crisp. Grind in a coffee or spice grinder, set on a tray to ensure complete dryness, store in glass jars. This makes great spice mixtures, and can be used as garlic powder in recipes.

In the garden at large – clean up and tidy, cut back those plants not being left for winter food or shelter for the wildlife, mulch the tender plants, and tidy the veggie garden as it becomes empty. A thick layer of leaves, seaweed or other mulch material will save inordinate amounts of time in the spring. Planting cover crops as land becomes available works probably the best, but you must be very faithful about tilling them in, or particularly with fall rye you end up with a hayfield, which must be mown before tilling. Turn the compost and use any that is ready to amend where needed.

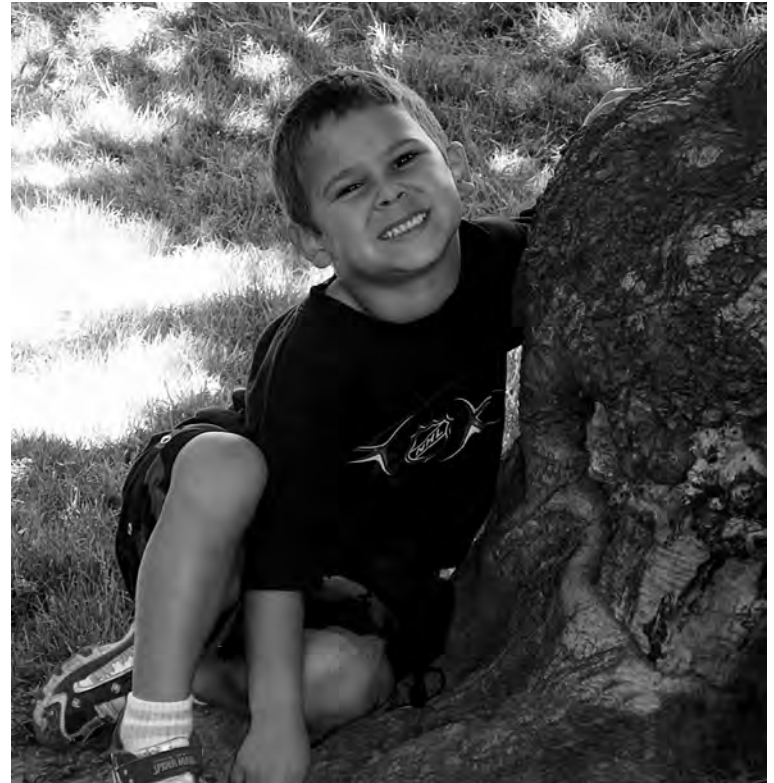
If you have winter veggies planted, think about getting to them dry shod when the cook wants to use them. Nobody likes to slog through wet grass to get to the parsley. We are all becoming much more cognizant of the value of home grown, harvested as needed food- our grandparents did it out of necessity, we are doing it out of choice, and it is a good choice, isn't it?

See you in November.



David Graham Building

Photos by Shannon Tait



Summer day camper Malaki Allen (age five)

## A September to Remember at West-Mont Montessori School

CONTRIBUTORS: SHANNON TAIT, LIZ KOOLMAN, BARB LEWIS, BRUCE LAURIE, ROBIN DEAN, AND M.-T. LITTLE

As our children prepare to begin a fresh, new school year, many will pause to reflect on their individual, special summer moments and ready their, "What I did on my summer vacation" stories to share with friends old and new: memories of summer camps, holiday trips, family time, play dates, birthday parties, library visits, sprinkler runs, beach picnics, camping trips, special visitors, sunscreen and hats, bugs and ice cream. Our formal *Welcome Back BBQ* will be held on September 17 this year, and it, too, will be a special time to remember, as we honour the memory of formal principal David Graham with a building renaming ceremony, and also recognize the donors who generously helped us fund construction of the Clayton Ruttan Building.

David Graham, Principal of West-Mont School from 2001-2005, personified the West-Mont spirit and is warmly remembered by all who knew him. All friends of the Graham family are cordially invited to join us at the David Graham Building dedication ceremony at 4:30 pm on September 17 at the school. David's wife, Jill Graham, and former Board Chair, Ivan Hoetzel, will be among the special guest speakers. Please contact librarian Liz Koolman at [library@west-mont.ca](mailto:library@west-mont.ca) for more information.

Many children experienced our weekly Summer Day Camps offered by a variety of West-Mont teachers from June 28 – August 27. Encompassing both junior and senior campers, themes included *Cooking Around the World*, *Be a Designer* to *Amazing Survivors*. Sophia-Kathryn (age six) told us she liked "identifying all the different slugs on the "wet" coast and having licorice slug race contests at Slug Camp." Other camp highlights included trips to Witty's Lagoon, a dinosaur dig, cooking veggie dogs in a solar oven, and lots of messy art!

In the *West-Mont Learning Garden*, we are still reaping the benefits of the children's spring planting escapades. Each child at the school planted an individual dahlia tuber and the Dahlia Garden came into full bloom in mid-August – a beautiful sight from Metchosin Road. The Gardening Committee meets in the garden every Tuesday morning at 9:00 am, so please stop in and explore our Learning Garden this fall.

The eleven members of the 2009 *Montessori Teacher Training Program* recently wrapped-up their course work, and they are now busy completing assignments, preparing for their practicums, and studying for their written and practical exams later this fall. Student Treza Sbaraglia has high praise for the *Early Primary*



Dahlia Garden

Program and instructor Nicki MacDonald, who she says is "outstanding, positive and supportive". Sbaraglia, who is excited about beginning her practicum at West-Mont this month, is also inspired by what she calls "the magic of Montessori", the philosophy of learning originated by founder Maria Montessori. The new 2010 cohort began their first classes on August 21, 2010.

Among Principal Bruce Laurie's announcements this month, is the news that *West-Mont Montessori School* now has a wait list for many of our classes. In addition, he is pleased to welcome Kim Mann as our new Grade Two/Three teacher. Kim has been a substitute teacher over the past two years at West-Mont; prior to that, she was a teacher in a private gifted school in Vancouver for six years. Welcome Kim!

Speaking of remembering – mark your calendars now: Friday, November 26, West-Mont Montessori School is hosting our *Annual Charity Auction* at Olympic View Golf Course from 6:00 – 10:00 pm, with Times-Colonist personality, Jack Knox, getting us to raise our paddles, and our spirits, as our energetic and humorous auctioneer once again. Partial proceeds of the auction will be donated to *The Boys and Girls Club's Metchosin Wilderness Camp*, with the remaining funds supporting student programs at West-Mont. For more information, or to donate goods or services to the live or silent auctions, please contact Event Coordinator, Robyn Pilatzke at [rockinrobyn@shaw.ca](mailto:rockinrobyn@shaw.ca) or by calling the school.

We look forward to Metchosin Day once again, where we will be found at the *West-Mont Montessori School* booth. We will also be hosting the Children's Games, so please stop by with your family and join in the fun.

*West-Mont Montessori School* is a non-denominational, independent school located at 4075 Metchosin Road. Visit our website ([www.west-mont.ca](http://www.west-mont.ca)) or call us at 250-474-2626.

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# To Bolivia Nicaragua or Bust! – I mean it this time!

BY DARYL FROST

Ok, ok. I realize I was supposed to be reporting from Bolivia but let me explain. Apparently there was some computer mix-up at Canada World Youth regarding my preferences on my application, so when I checked the portion asking if I would consider doing their *Women's Youth Exchange*, it overrode my language preference to French! You can imagine my surprise when I met my group for the first time and they all spoke French fluently – but I didn't. I took Japanese in high-school. Granted, we were all on the same page with needing to learn Spanish for Bolivia but when it came to Spanish class with my group everything was explained in French. After the first class I realized the degree of difficulty I was facing going on this project.

To make a long story short, my leader found me another group that spoke English and needed a Canadian over in Nicaragua. They were five weeks into their program but in my mind that was better than struggling through learning two languages and trying to support my counterpart on the Canadian half of the program while in Quebec. I hopped on a plane alone from Toronto to Houston, got lost twice in the sixth largest airport in the world and just made it in time for my flight to Managua, Nicaragua.

In Managua I met my two new leaders, Shayne and Ruth, and my counterpart Alondra. They were all amazingly kind, grabbing my bags for me and we all jumped into a truck headed for my new exchange city of Somoto. Right at that moment I felt the full effect of being in a different country than my own. I felt alone and afraid but eager to make a difference all the same.

By now you are probably thinking, "Tell me about Nicaragua! Get to the good stuff!" and I will, but first I have to make a confession. A confession that, even though I thought I was going to this country with an open mind and open eyes, what I saw first shocked me. I felt so far away from home, afraid of the choices I made, afraid of all the people watching me go past. I closed my eyes to the world and wanted to go home. When I realized this I felt ashamed. I have never been one to close my eyes to anything and my first time out of the country I was having issues accepting this country for what it is. I took a deep breath and looked again.

Every building we passed was brightly coloured in mismatching paint; there wasn't a single plant I recognized apart from grass; and the rolling hills and mountains peaking high into the foggy skies took my breath away. I was finding things about Nicaragua that I loved and wanted to know more about and by the time I arrived in Somoto hours later, I was absolutely captivated.

As for Somoto itself, I will have been here for at least fifteen days by the time you read this and I have already fallen hopelessly in love with it. The air is so humid you feel slightly claustrophobic but that goes away, and the heat is insane. Last year was disastrously dry but this year there have been heavy rains washing away roads and flooding schools and homes in the lower parts of Nicaragua. Luckily for me, Somoto sits at a higher altitude nestled amongst steep hills and mountains. Water here needs to be purified before drinking and there are more insects and butterflies than I could ever have imagined.

The streets of Somoto have no names and no house num-

bers. Each store or residence is connected like a solid block and only random sections of colour painted on the walls show where one residence ends and another begins. Many stores are the front rooms of residences turned into a storefront bakery, general goods store, or clothing shop. Street vendors set up stands on sidewalks selling fresh picked fruits and veggies like oranges, papayas, mamon (similar to lychee), pipian, and maize (or corn). The streets are bricked and never flat. Most have a very distinct curve, like driving down the outside of a pipe. It is all the imperfections in the structures, though, that make it so colourful. A lot of houses are built in a B&B fashion where each bedroom has an ensuite instead of a main bathroom and there is no roof in the center of the house, but rather a giant tropical tree. In my case this is so – and I love it!

The people here are mostly farmers, housemaids, and (very) small business owners of some sort. There aren't a lot of Caucasian people in Somoto, especially girls like me with lighter brown hair and blue eyes, so I get a lot of stares (and whistles) as I walk past. After awhile you get used to it and people get used to seeing you as well. One thing I noticed was that at 5' 7" I stand taller than almost every woman in Somoto. I have never felt so tall before!

I have to comment on the Nicaraguan drivers and the rules of the road. Many, many things they do here would rack up some hefty fines in Canada. For instance, no one wears a seatbelt in the back seat, and rarely wears them in the front. When it comes to sharing the road here, your horn is your best friend. There is a lot of passing and weaving and honking for every occasion. When my group and I are transported to a workplace, we all pile



Daryl Frost, face-painter and origami artist extraordinaire.

into the back of a pick-up truck box outfitted with rails, and ride to work on main roads, past police and other trucks full of workers. Today I had my first close encounter with some large insect that disintegrated upon impact with my forehead. It hurt.

As for my work placements, I work mostly in Talpochochi in the office entering data about prospective students and their families wanting to enroll in a kind of continuing education to learn farming, computers and other work skills to help them make better businesses and provide a better living for their families. A lot of families are large in the poorer regions, having up to eight children.

Other work that I do is at La Palmira making adobe houses. I work in production, digging and pick-axing dirt, shovelling it into a mound, adding water, mixing it by stepping in it to make mud and shovelling the mud into forms that create the rectangular bricks. It is hard labour, but I feel most useful doing this job. We work side by side with the family whose house we are helping to build. We have also (since I joined) helped to put on two fairs for an organization that is raising money to put children through college. At both I played face painter extraordinaire, and origami maker of wondrous creatures. It was hard work too, being literally mobbed by children wanting the Spanish flag and butterflies drawn on their faces.

Admit it, you would feel just as haggard. But it was well worth it with all the smiles and repeat customers who admired my handy work.

Speaking of working hard, I have a big tip for all you soon to be travellers – drink lots of water. I actually ended up in the hospital already due to a kidney infection and my anti-malaria pills making it ten times worse and making me dehydrated past what I would usually feel. I had an IV in my hand pumping electrolytes and anti-diarrhea medications into my body for a couple hours and couldn't eat for a few days because I couldn't keep anything down. So lesson learned! Drink water and keep those kidneys refreshed!

I think that about sums up my trip so far. My group mates and leaders are amazing, and the organization I am working for, INPRHU (*Instituto de promocion humana*), is awesome. I feel like I am doing something good for the people here and every day Nicaragua and its cultures steal another piece of my heart.

When you hear back from me it will be the last time hearing from Nicaragua, and then I am off to Prince Albert, Saskatchewan on September 22 for the Canadian half of my journey and another three months of volunteering. If you would like to keep in touch and see new photos every few days, I upload to FaceBook at [dpafrost@gmail.com](mailto:dpafrost@gmail.com).

Adios amigos!

## The Bolivian Dispatch

BY REHAN HIGGINS

*(Editor's Note – Rehan lives in Metchosin and you may have seen him when he was volunteering with the Metchosin Community House or working in the Broken Paddle. He promises to keep us up-to-date with monthly dispatches of his adventures)*

Hola from Bolivia! I arrived here on August 2 after a twenty-two hour flight from Toronto with stops in El Salvador and Peru. It was a bit of a whirlwind for the first couple of days as we met our Bolivian counterparts and got introduced to our host community of Montero, but now I am settled in with the Menacho family. My host parents, Delisse and Neilson, and host brother and sister, Delisse and Neilson – no, that's not a typo, it is really common to name your kids after yourself here – have been very welcoming and accommodating. We were lucky enough to be here for Bolivian Independence

Day, August 6, and join in on the crazy fiesta!

I am in Bolivia on a Canada World Youth Exchange with a group of nine Canadian and nine Bolivian youth aged seventeen to twenty-five. We will be in Montero for three months doing volunteer work before travelling to Kingston, Ontario, to do a similar project. The focus of our exchange is Health and Gender issues and for the next three months, my Bolivian counterpart, Fabian, and I will be working at an HIV/AIDS clinic here in Montero.

Montero is a small city of around 100,000 inhabitants, just outside of Santa Cruz, surrounded by sugar cane fields. The giant sugar refinery is the main industry of the city. So far, just two weeks into the exchange, things have been great – the city is beautiful, the people are wonderful and the weather is spectacular! I am looking forward to getting to know this city, its people and their lives. Look for more in the October Muse. Ciao for now!



# Heirloom Agriculture: Two Wings Farm

BY JIM MACPHERSON

Metchosin has a very diverse agricultural scene. One of the lesser known activities is the growing of heritage vegetables and fruit and the collection of their seeds for sale. *Two Wings Farm* is just such a business.

About twenty years ago Bernie and Marti Martin-Wood started growing produce and selling it to markets, local restaurants and individual customers. They are one of the founding families of the Metchosin Farmers Market.

Even at that time the Martin-Woods specialized in heirloom products, especially tomatoes but others such as lettuces and peppers. With this experience in heirlooms, they became involved with the Unitarian Services Committee of Canada and its Seeds of Survival program in Ethiopia. This program was designed to re-introduce Ethiopian farmers to their historic varieties of wheat, sorghum and t'eff. These varieties could withstand the droughts that decimated the hybridized varieties that had come to dominate Ethiopian agriculture and had led to widespread famine. Marti and a friend from Salt Spring Seeds participated in the training for plant genetic resource conservation in Ethiopia.

Returning home, the Martin-Woods felt that they had to become a seed source for the region, saving old varieties – that cannot be found in any catalogue – from becoming extinct. They made it a point to test old and new varieties always looking for the “best” for our particular bioregion.

Today their *Two Wings Farm* specializes in tomatoes, peas, beans, lettuce, peppers and other heirloom varieties. While much seed is sold over the Internet, seeds sold at any of the seven Seedy Saturday events on southern Vancouver Island and Saltspring Island are extremely important revenue generators. The farm caters to backyard gardeners, many of whom live in BC and Ontario. Seed has been sold to customers throughout Canada and some requests for seed have come from the United States and Europe.

Through personal contacts, the Martin-Woods have shipped seed to projects in China, Mongolia and Bangladesh but they have also provided seed to Big Brothers and Big Sisters projects, schools, First Nations and to Unitarian Service Committee of Canada.

The Martin-Woods got into the heirloom seed business partly because the taste of many heirloom products is so superior to many current products, but also because of

a deeply felt concern that the “green revolution” and its emphasis on hybridization, fertilization, irrigation and monoculture cultivation was driving out traditional varieties which could withstand climatic extremes that hybrids could not. Ethiopia was a prime example. Traditional varieties could survive; these varieties had to be grown and the seed collected and distributed to ensure maintenance of genetic strains and diversity.

The Martin-Woods believe that to date genetic modification of vegetables has not been notably successful, corn being the exception. Many vegetables have never been hybridized and produce well without hybridization. They are poor candidates for genetic modification.

Nevertheless, the Martin-Woods are concerned about the future of heirloom seed production. Threats seem to arise every two or three years and seem to be connected with the influence on government of large agro-industrial companies. The Canadian government together with agri-business undertook a Seed Sector Review whose recommendations would have effectively killed the heirloom seed business. The national Farmers Union and Women's Institutes apparently mobilized sufficient protest that the Review has been shelved, but not forgotten. The Martin-Woods fear that government will adopt a program similar to that in Europe where each heirloom variety must be registered before the seed can be sold. However, the demand for heirloom varieties has grown to such an extent that some seed catalogues are beginning to carry heirloom products.

The Martin-Woods do not think that climate change has affected *Two Wings Farm* yet, but also believe that weather has become more inconsistent. On a related topic, though, with ozone depletion and greater penetration of UHV radiation to earth, they found that they could not let garlic dry in the sun for a couple days as had once been the case. Now garlic has to dry inside or UHV radiation will render the cloves translucent.

*Two Wings Farm* is certified organic. Most pesticide use is downwind from the farm and in the 1990s spraying for the gypsy moth came close but did not impact the farm. Most of the heirloom varieties grown at *Two Wings Farm* are self-pollinating and therefore separation distances do not need to be as rigorous as with other organic crops.

Heirloom agriculture – just one of the many agricultural enterprises at home in Metchosin.

## Welcome to Metchosin: Essa Comeau, new owner of Candlelight & Wine

BY BARB SAWATSKY

Essa, born in Ontario, moved to Vancouver at the age of eight then to Langford when she was twelve years of age, attending Spencer and Belmont schools. Her boyfriend, Brendan McCabe, grew up in Metchosin on Rocky Point Road just uphill from the little church. This young couple bought a home in Saseenos two years ago just prior to Brendan becoming owner/operator of Island Hauling & Power Washing.



Essa, working in and enjoying the retail/customer service business and looking after Brendan's bookkeeping, heard through the grapevine that Candlelight & Wine was for sale. The thought of working as her own boss in a feel-good business where all customers are happy, made for an easy decision to purchase the business. She then opened the doors to her new venture on May 1, 2010. A busy Open House with wine sampling, hors d'oeuvres and draw prizes took place on June 13.

Clientele will be happy to learn that Candlelight & Wine's hours, varieties of wine kits and generous promotions will remain the same but with more perks for the customers. Take advantage of such offers as every tenth kit being offered free of charge, referral and new client bonuses and a monthly draw. The November wine pairing will also take place again, so remember to purchase a ticket for this popular event. Barrel aging, quite unique to Victoria, is very popular and I think you will be intrigued at how smooth and rich wine tastes after aging in an oak cask.

I am so impressed with Essa's professionalism and knowledge of wines. In order to hone her wine-making skills, she enrolled in a Sommelier course and she has definitely been doing her homework as she was able to answer all my questions regarding the many kits she has in stock. The newly painted and spruced up interior of the shop gives a nod to her artistic bent and Essa's out-going, bubbly personality made me feel welcome the moment I entered the store. It is so refreshing to meet this lovely young entrepreneur and the bonus is that Metchosin is where she chose to open her first business. Her smile and knowledge of her product won me over instantly and meeting hard-working young people like Essa and Brendan who have long-term goals in our community does my heart good.

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The Dunk Tank

## Scouts at Metchosin Day

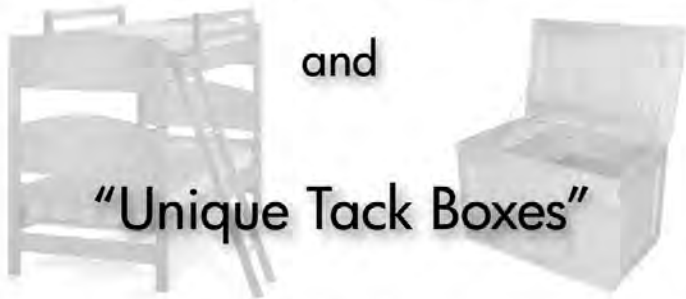
One of the 14<sup>th</sup> Juan De Fuca Scouts' largest fundraisers is providing a concession at the annual Metchosin Day event on the municipal grounds. A wonderful pancake breakfast starts the day, at 8:00 am, then moves on to lunch items throughout the day (with some new healthy alternatives). Pizza will also be sold in the Beer Garden.

Back again is the dunk tank, rented from the Langford Fire Department. The rental fee for the dunk tank supports Muscular Dystrophy Canada while the dunking proceeds will benefit the Scout programming.

**Opportunity for volunteer dunkees** – have fun, get wet and help the Scouts out at the same time. Willing participants should contact Greg Parsons at 250-294-4569. Another fun and interesting fundraiser will be, "Chicken Poo Bingo" (located near the beer garden).

If anyone you know is interested in Beavers (5-7 year olds), Cubs (8-10 year olds), or Scouts (11 - 14 year olds) the Scouting leaders will be on hand at the Scouting information booth to answer any questions, and register youth into this wonderful program. You can also contact Allison Swanson at 250-474-6398 or Shelly Donaldson at 250-474-7303.

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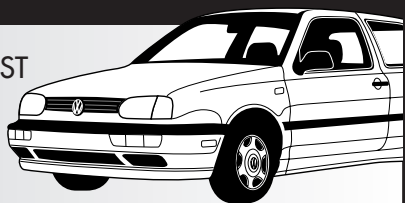
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Spencer Willoughby playing Chicken Poo Bingo

> Left: Mary Gidney's chicken volunteers to help out with Chicken Poo Bingo



# Westsong Community Church – Enjoying Summer and Looking Forward to Fall

BY CAROL KERR

Westsong Community Church has been meeting every Sunday afternoon at 4 pm since April at the lovely St Mary's Church building in Metchosin. It is a beautiful setting in the trees and it has been cosy on cooler days and never too hot on these great summer afternoons. Everyone is welcome to attend and we would love to meet more Metchosin families.

For the month of August, we will join with our sister church in Langford at the Isabelle Reader Theatre on Sunday mornings at 10:30 am so there will be no service in Metchosin until we begin again in September.

Come and check out our booth at Metchosin Day on September 12. We will not have a service that day in Metchosin as everyone will be at Metchosin Day! Look for the Westsong banner, the songs, activities and animals. A church is not a building, it is people, so come and meet us and find out more about the people at Westsong.

Mark September 19 on your calendars for our big "round up" Sunday as we kick off a new fall season in Metchosin. Our band plays contemporary worship songs and adds so much to the services. We have great visuals and videos to enhance the topic and message for the day. Children are welcome and we have quite a few families with young children. For more information about Westsong check out the website at [www.westsong.ca](http://www.westsong.ca) or contact Pastor Mark at [mark@westsong.ca](mailto:mark@westsong.ca).

## Putting Paws To Pavement For A Good Cause

The Victoria SPCA and Wild Animal Rehabilitation Centre will host the 2010 Scotiabank & BC SPCA Paws for a Cause...Walk for the Animals to raise money for injured, abused and homeless animals in Victoria.

On Sunday, September 12, 2010, the Victoria SPCA and Wild Animal Rehabilitation Centre (Wild ARC) will host the 2010 Scotiabank & BC SPCA Paws for a Cause...Walk for the Animals. Taking place at Galey Farms (4150 Blenkinsop Road) from 10:00am – 4:00pm, the event is the BC SPCA's signature annual fundraiser that brings together animal lovers from all over the Greater Victoria Area for a day of family and pet-friendly fun that culminates in a group dog walk around beautiful Galey Farms.

"Paws for a Cause is our largest and most important fundraiser of the year," says Victoria SPCA Branch Manager, Penny Stone. "We've already seen some amazing support from the community, but with less than one month to go before the event, we need more people to register and fundraise to help us reach our goal of \$100,000."

"Paws for a Cause is the event that our volunteers and supporters really look forward to," says Angela Kendall, Administrator of Wild ARC. "And, with so many great family and pet-friendly activities this year, we think it's going to be one of the best Paws for a Cause events yet."

The 2010 edition of the Scotiabank & BC SPCA Paws for a Cause kicks off with registration at 10:00am and the highlight of the whole event, the walk itself, begins at noon. The event will also feature a corn maze, train rides, a petting zoo, a bouncy castle, kids' crafts, dog games, great prizes, a vegetarian BBQ and much more! Galey Farms is offering special activity rates for all registered walk participants and their families.

For more information, to download a pledge form, or to register and begin fundraising online, visit [www.sPCA.bc.ca/walk](http://www.sPCA.bc.ca/walk) or call 250-388-7722.

The BC SPCA is a non-profit organization funded primarily by public donations. Our mission is to prevent cruelty and to promote the welfare of animals through a wide range of services, including cruelty investigations, emergency rescue and treatment, sheltering and adoption of homeless and abused animals, humane education, advocacy, farm animal welfare, spay/neuter programs, and wildlife rescue and rehabilitation.

**BCSPCA**  
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## Wasn't That a Party??

BY SHERRY BUTTNOR, ROYAL ASTRONOMICAL SOCIETY OF CANADA, VICTORIA CENTRE.

Incredible weather, starry skies, strong attendance, guest speakers, prizes – it all came together at the first RASC Victoria Centre star party ever to be held in Metchosin. What a weekend it was!

In addition to the fifty registered RASC members (singles and/or families) we entertained between one hundred and one hundred and fifty visitors from Metchosin, other local communities, and from as far away as Port Alberni and the Lower Mainland. Maybe farther – there were so many visitors on the field after dark it was difficult to tell! It was great to see lineups at the various telescopes, and to feel the enthusiasm of our guests as they asked questions and toured the night sky; and even though the summer night sky was gracing the soft Metchosin evening, some folks thought the best part were the green laser pointers!

We really appreciate so many visitors coming out to the star party; public outreach is a large part of what the Royal Astronomical Society of Canada does. But we are particularly grateful to the District of Metchosin Mayor, Councillors and staff, the Metchosin Community Association and MCA House and staff, Metchosin Cricket Club, Fire Chief Stephanie Dunlop, neighbours and neighbouring businesses. Without the generous support from all of you our star party could not have taken place at all, nor have been as successful as it was. Our sincerest thanks to you all.

And for those of you who missed it, we hope we will be able to do it again in Metchosin next year! Wishing you clear dark skies.

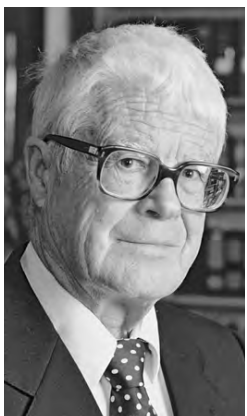
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# Fire Department Call-Outs

## JUNE 15 – AUGUST 15, 2010

BY FIRECHIEF STEPHANIE DUNLOP

- Jun 15 William Head Road – 09:15 – Open burn.
- Jun 16 Cactus Place – 11:38 – Open burn.  
William Head Road – 12:43 – HAZMAT call re unknown chemical spill/leak.
- Jun 18 Metchosin Road – 07:11 – Medical emergency, shortness of breath.
- Jun 19 Cains Way – 11:58 – Rescue – structure fire.
- Jun 20 Lindholm Road – 11:30 – Medical emergency, chest pains.
- Jun 21 Rocky Point Road – 10:43 – Open burn.  
Eales Road – 21:11 – Medical emergency, stroke.
- Jun 23 Olympic View Drive – 07:57 – Open burn, campfire.  
Cactus Place – 21:02 – Medical emergency, seizures.  
Location unspecified – 22:16 – Open burn, campfire.
- Jun 27 Location unspecified – 21:28 – Beach fire.
- Jun 28 Location unspecified – 22:07 – Open burn, campfire.
- Jun 30 Rocky Point Road – 16:44 – Vehicle fire.
- Jul 03 Sooke Road – 16:15 – Brush/grass fire.
- Jul 05 Taylor Road – 11:05 – Miscellaneous fire.
- Jul 07 Happy Valley Road – 22:04 – Medical emergency, chest pains.
- Jul 11 Charles Road – 16:47 – Medical emergency, allergic reaction.
- Jul 13 Rocky Point Road – 05:18 – Medical emergency, cardiac arrest.  
Albert Head Road – 20:37 – Medical emergency, shortness of breath.  
Location unspecified – 11:44 – Brush/Grass fire.
- Jul 14 Winter Road – 18:22 – Brush/Grass fire.
- Jul 15 Pearson College Drive – 07:57 – Brush/Grass fire.
- Jul 18 Location unspecified – 03:38 – Beach fire.
- Jul 19 Neild Road – 08:53 – Motor vehicle accident.  
Metchosin Road – 12:39 – Motor vehicle accident.
- Jul 20 Location unspecified – 23:13 – Beach fire.
- Jul 23 William Head Road – 08:19 – Medical emergency, chest pain.
- Jul 25 Saddleback Road – 14:39 – Brush/grass fire.
- Jul 27 Pearson College Drive – 17:43 – Medical emergency, seizures.  
Kangaroo Road – 12:11 – Motor vehicle accident.  
Sooke Road – 00:26 – Motor vehicle accident.  
Happy Valley Road – 00:49 – Medical emergency, fall.
- Jul 29 Deer Park Trail – 16:33 – Medical emergency, fall.
- Jul 30 Location unspecified – 21:19 – Beach fire.
- Aug 01 Metchosin Road – 15:30 – Medical emergency, cardiac arrest.
- Aug 03 Rocky Point Road – 12:12 – Medical emergency, fall.
- Aug 04 Arden Road – 01:13 – Motor vehicle accident.
- Aug 06 Happy Valley Road – 15:06 – Alarm bells, commercial premises  
William Head Road – 21:27 – Medical emergency, chest pain.  
Sooke Road – 23:36 – Medical emergency, stroke.  
Sooke Road – 16:53 – Motor vehicle accident.  
Kangaroo Road – 11:54 – Motor vehicle accident.
- Aug 07 Glinz Lake Road – 12:26 – Medical emergency, fall.
- Aug 08 Albert Head Road – 08:56 – Alarm bells, commercial premises.
- Aug 09 Location unspecified – 16:40 – Beach fire.
- Aug 11 Location unspecified – 08:18 – Open burn, campfire.  
Location unspecified – 22:26 – Beach fire.
- Aug 12 Glen Forest Way – 11:04 – Medical emergency, chest pain.
- Aug 13 Sooke Road – 12:48 – Brush/Grass fire.
- Aug 15 Kangaroo Road – 20:47 – Brush/Grass fire.

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Peter M. Lewis

Fly Fishing on Nancy Green Lake

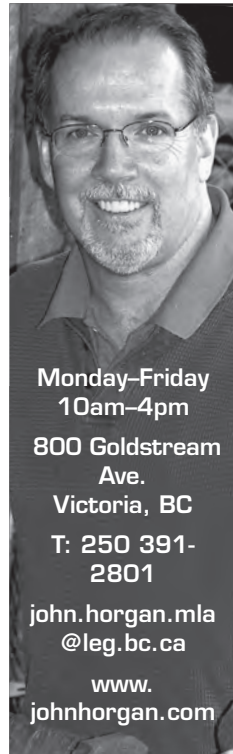
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# RCMP Call-Outs

JULY 1 – AUGUST 15, 2010

BY BRIAN R. KERR, REGIONAL CRIME UNIT

- July 01 **Taylor Beach** – Complaint of party on the beach.  
 July 02 **La Bonne Road** – Report of lost property.  
**Parry Cross Road** – Complaint of theft under \$5,000. Suspect identified but not charged.  
 July 03 **Winfall Road** – Complaint of theft of bike.  
 July 04 **Happy Valley Road** – Complaint of person driving vehicle without a licence.  
**Sooke Road** – Complaint of road rage incident, no charges.  
 July 05 **Taylor Road** – Complaint of impaired driver, vehicle located and driver issued with a 24 hour suspension from driving.  
 July 06 **Matheson Lake** – Complaint of theft, items including wallet stolen from beach.  
 July 07 **Happy Valley Road** – Vehicle stopped for traffic violation, driver found to be a prohibited driver, charges pending.  
**Pedder Bay Marina** – Complaint of theft under, camera stolen.  
**Matheson Lake** – Report of lost property.  
 July 08 **Glen Forest Way area** – Complaint of criminal harassment, still under investigation.  
 July 09 **Seaspray Drive** – Complaint of suspicious person.  
**Pears Road area** – Assistance provided to ambulance service.  
 July 10 **Metchosin Road** – Complaint of residential break, enter and theft.  
 July 11 **Rocky Point Road** – Complaint of theft under \$5,000. Items later recovered.  
**Bennett Road** – Complaint of tree down across roadway.  
 July 13 **Rocky Point Road** – Assistance provided to ambulance service.  
 July 14 **Metchosin Road** – Report of lost property.  
**Duke Road area** – Complaint of person in breach of probation order.  
 July 15 **Happy Valley Road** – Complaint of mischief to private property.  
**Sooke Road** – Complaint of possible impaired driver, patrols made but vehicle not located.  
 July 16 **Metchosin Road** – Complaint of identity fraud. Investigation ongoing.  
**Matheson Lake** – Complaint of possible impaired driver.  
 July 17 **Duke Road** – Complaint of youths with firecrackers.  
**Metchosin Road** – Vehicle stopped for traffic violation, driver served with 24 hour prohibition from driving.  
**Branson Road** – Complaint of theft under \$5,000.  
**Metchosin Road** – Two complaints received about loud party.  
 July 18 **Witty Beach Road** – Complaint of loud party.  
**Pears Road** – Complaint of speeding motorcycles.  
 July 19 **Neild Road** – Single vehicle accident, one person taken to hospital by ambulance, vehicle towed.  
**Duke Road** – Report of lost property.  
**Metchosin Road** – Single vehicle accident, one person taken to hospital, vehicle towed.  
**Happy Valley Road** – Complaint of possible impaired driver, vehicle not located.  
 July 20 **Taurus Drive** – Report of lost property.  
 July 21 **Glen Forest Way** – Complaint of speeding vehicles.  
 July 23 **Rocky Point Road** – Complaint of theft from vehicle.  
**Matheson Lake** – Complaint of theft from vehicle.  
 July 24 **La Bonne Road** – Complaint of loud party.  
**Meridale Road** – Complaint of theft from vehicle.  
 July 26 **Kangaroo Road** – Complaint of theft of bike.  
 July 27 **Sooke Road** – Two vehicle accident, no injuries, one driver charged with impaired driving.  
**Happy Valley Road** – Complaint of drunk persons, two males arrested for being drunk in public.  
**Rocky Point Road** – Complaint of mischief to private property.  
**Kangaroo Road** – Accident between dump truck and motorcycle, one person taken to hospital with a broken leg,  
 July 28 **Kangaroo Road area** – Complaint of suspicious person.  
**Matheson Lake** – Complaint of mischief to vehicle.  
 July 31 **Glen Forest Way area** – Complaint of domestic dispute, one person arrested for assault, investigation continuing.  
 Aug 01 **Glen Forest Way area** – Complaints received about a black bear in the area. Reported to the Conservation office.  
 Aug 03 **Pegasus Way** – Complaint of break and enter to residence.  
 Aug 04 **Metchosin Road** – Complaint of threats.  
**Moss Hill Place** – Report of lost property.  
 Aug 05 **Rocky Point Road** – Complaint of harassing phone calls.  
 Aug 07 **Matheson Lake Road** – Complaint of suspicious vehicle.  
**La Bonne Road** – Complaint of hit and run, one vehicle damaged.  
**Sooke Road** – Single vehicle accident, vehicle into ditch, one person taken to hospital.  
 Aug 08 **Kangaroo Road** – Single vehicle accident, two people taken to hospital, driver charged for having open liquor in a motor vehicle.  
 Aug 10 **Pearson College Drive** – Complaint of theft under \$5,000, licence plate stolen.  
 Aug 11 **Lindholm Road** – Complaint of possible prowler, no one located.  
 Aug 12 **Rocky Point Road** – Complaint of theft under \$5,000. Boat motor stolen.  
 Aug 13 **Taylor Road** – Report of lost property, camera lost along the Galloping Goose Trail.



**John Horgan MLA**  
**Juan de Fuca**

**Standing up for  
 our Rural  
 Communities**

Please contact my  
 office if you need help  
 with any provincial  
 government issue.

Monday–Friday  
 10am–4pm  
 800 Goldstream  
 Ave.  
 Victoria, BC  
 T: 250 391-  
 2801  
 john.horgan.mla  
 @leg.bc.ca  
 www.  
 johnhorgan.com

## CLASSIFIEDS

\$10 per 25 words to go in this monthly paper which is mailed to every Metchosin household. Envelopes are provided at Metchosin Country Store.

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

### FOR SALE

**METCHOSIN CALENDAR** – The one & only 2011 Metchosin Calendar will be available at Metchosin Day on September 12. Limited Edition; Don't be left out and disappointed! All original captioned photos of Metchosin w/ holidays, full moons & Metchosin Events. Easily mailed- perfect Xmas gift! Elysian Fields booth.

**VW JETTA** – For Sale 2000 metallic red VW Jetta, 2.1 gasoline motor, automatic, AC, tan interior, new timing belt and water pump, excellent condition, 114,000 km. Victoria car maintained by local VW experts. Priced to sell at \$6,475. Super deal for local commuting. For photos see [http://www.usedvictoria.com/classified-ad/2000-Volkswagen-Jetta\\_12433397](http://www.usedvictoria.com/classified-ad/2000-Volkswagen-Jetta_12433397). Call John at 250-474-1471.

### LESSONS

**FREELANCE RIDING INSTRUCTOR**, highly qualified, very experienced. Available for lessons Metchosin. Has trained/competed high level dressage. Teaches all levels. Phone Pat 250-595-0685

**FOODSAFE – LEVELS 1 AND 2 AND WHMIS** – Classes taught by certified instructors. See website [www.hospitalitytraining-plus.com](http://www.hospitalitytraining-plus.com) for information or contact Evelyn for on-site group classes. Call 250-474-5596.

### SERVICES

**CHANNELLING/ SPIRITUAL COUNSELLING** – Loving support from a non-physical perspective. Explore new possibilities. For more information or to make an appointment call Kathy 250-478-6549.

**COOKIES CRITTER CARE** - Metchosin's Professional Pet-Sitter and Dog-Walker since 2006. Fully Insured, Bondable and First Aid Certified. Cookie 250-415-9335. Comes Highly Recommended and Recognized

**FOOT CARE – MOBILE SERVICE** – By Certified FootCare Registered Nurse. Nail care, corns, calluses, diabetic foot assessments and other foot concerns. For appt. or info, call Nina at 250-889-7940.

**HOLISTIC MESSAGE/ REFLEXOLOGY** – Intuitive Chakra Readings. College Certified, Metchosin studio, Great rates. For more info/ appt. call Suzanne at 250-361-1791.

**OUTSTANDING CLEANING DELIVERED OCD4U** – Need your home cleaned, can't seem to find time? Let OCD Clean it 4 U. 250-818-0019 or [ocd4u@hotmail.com](mailto:ocd4u@hotmail.com).

**RENT-A-GRANNY SERVICES** – Residential and small business cleaning specialists. We are totally off our "rockers" but we will work our "buns" off for you! To book an appointment call 250-474-2046 or contact [rentagranny@shaw.ca](mailto:rentagranny@shaw.ca).

**SACRED PATH ACUPUNCTURE & SPIRITUAL COUNSELING** – Restoring inner balance for optimal wellness. 20 years experience. BC registered acupuncturist. #3-4347 Metchosin Road. Roselyn Caiden 250-889-8717. [www.sacredpath.ca](http://www.sacredpath.ca)

**ZEEBO PAINTING** – Interior and exterior painting. Professional, reliable, quick, clean, fully insured. Written contracts. On time completion. Free estimates. Call Jon Zboch at 250-217-2199.

# Events - September 2010

## NEXT MUSE MEETING

Wed., Sept. 1, 9:30am, 4741 Lisandra. All interested readers, potential writers, workers, etc. very welcome. Call Valerie at 250-391-6718 for more info.

## AIR CADETS

Tues., 6:30 to 9:30pm, Cadet Hall, 948 Dunford Ave., Langford, Youth 12 to 19 years. Flying, gliding, leadership, sports, rifle shooting, band, first aid, biathlon, public speaking, bush survival summer camps. Get your pilot's license. Cadet training gives you high school credits. It's all free. Call 250-391-6298 for information.

## ASSOCIATION FOR THE PROTECTION OF RURAL METCHOSIN (APRM)

www.aprm.ca  
Next meeting is Wed., Sept. 15, 7pm, at the Metchosin Community House. All welcome. (If you can't come, please drop by our tent on Metchosin Day, Sept. 12.)  
Queries: Frank, 250-478-1671.

## BADMINTON

**Sunday night mixed badminton** will resume in mid-Oct. For more info. call Peter Brown, 250-478-7461.  
**Women's Badminton** will start again on Thurs., **Sept. 16**, 7-9pm at the Community Hall. For info call Margaret at 250-478-9648.

## BILSTON WATERSHED HABITAT PROTECTION ASSOCIATION

Meetings are held at the call of the chair, and notice of meetings will be posted on the BWHPA website <http://www.bilston-creek.org>. For more information call Ian McKenzie 250-478-2387 or [ikmcken@highspeedplus.com](mailto:ikmcken@highspeedplus.com)

## 'CHOSIN CHATTERS TOASTMASTERS

Meets every Tues., 7-8:30 pm at the Metchosin Community House. Focus is on public speaking, improving communication skills and building self-confidence in a friendly, fun and supportive environment. Everyone, 19 years and older, is welcome. Contact: [info@chosinchatters.org](mailto:info@chosinchatters.org) [www.chosinchatters.org](http://www.chosinchatters.org)  
*Special Event* – "So You Think You Can Talk". A challenge event issued to Toastmasters in our region, Thurs., Sept. 16, 7pm – check House Happenings for details. Free, everyone can attend.

## CRD PARKS

**Sat., Sept. 18, 1-2:30pm, Witty's Lagoon Regional Park, 12 years and older, TIME TO PUT UP THE PADDLE (Guided Walk).** For First Nations people and early settlers, the upcoming winter could mean either comfort or bare survival. Join CRD Regional Parks guest naturalist Joe Percival to explore the strategies they used to get through to spring. Meet at the Nature House off Metchosin Rd. *Full details of programs in all CRD Parks can be found at [www.crd.bc.ca/parks](http://www.crd.bc.ca/parks) or phone 250-478-3344, or pick up a brochure from the JDF library or the Nature Centre at Witty's Lagoon Regional Park.*

## GIRL GUIDES OF CANADA

Register for fun and adventure with Sparks: 5-6, Brownies: 7-8, Guides: 9-12, Pathfinders: 12-15 and Senior Branches: 15-17 and up. For information on units and volunteer opportunities, including leaders, call Trudie

Wilson at 250-478-5484.

\* Please help the girls by recycling your old telephone books in the Lions yellow recycling bin by Fire Hall.

## JDF PROGRAMS IN METCHOSIN

Phone Juan de Fuca Recreation Centre at 250-478-8384 to register for classes or for further information.

## LA LECHE LEAGUE CANADA

Breastfeeding information and mother-to-mother support through monthly meetings and telephone help. We welcome all pregnant or breastfeeding mums; babies; and children. For info. or support call 250-727-4384.

## METCHOSIN COMMUNITY HOUSE

Website [www.metchosincommunityhouse.com](http://www.metchosincommunityhouse.com) phone: 250-478-5155. See "House Happenings" on page 9 for full details of programs.

## METCHOSIN COUNCIL

Meetings are held in Municipal Office Council Chamber at 7pm unless otherwise noted. Please call Council office 250-474-3167 to confirm all meetings and check on schedule changes. Everyone welcome. <http://www.district.metchosin.bc.ca/meetings.htm>  
**Sept. 13 (Mon.)** – Finance & Administration Committee., Council Meeting  
**Sept. 20 (Mon.)** – Planning & Environment, Parks & Heritage, Highways & Comm. Committees  
**Sept. 27 (Mon.)** – Council Meeting

## METCHOSIN CRICKET CLUB

The last game of the 2010 season is Sun., Sept. 5 in Metchosin. New participants and spectators always welcome on the grounds behind the Municipal Hall. For more info. visit [www.vdca.ca](http://www.vdca.ca) or contact Saul at 250-883-5309 or at [saulstar@shaw.ca](mailto:saulstar@shaw.ca)

## METCHOSIN EMERGENCY PREPAREDNESS

Meetings every Wed. at 7pm when the Emergency Communications Group gets together at the Emergency Operations Centre. Ham operators can call in on 146.550. POD members can call us on FRS (Family Radio Service) radios: Channel 1 with '0' privacy tone. EOC tours can be arranged for your POD group by calling Stephanie Dunlop at 250-478-1307. Be prepared in Metchosin!

## METCHOSIN EQUESTRIAN SOCIETY

[www.mesmetchosin.org](http://www.mesmetchosin.org) email: [mesmetchosin@shaw.ca](mailto:mesmetchosin@shaw.ca)  
For general ride information use the above email or contact Heidi at 250-391-7511. To book the Metchosin Riding Ring contact Nadyne at 250-478-7541 or email her at [exchanging@shaw.ca](mailto:exchanging@shaw.ca)

## METCHOSIN FARMERS' MARKET

Come to your local Market! Every Sun., 11am-2pm, through to October. Join us at the Market and see what we have grown, baked and made for you! Listen to the music, visit the Pioneer Museum and sit at our picnic tables. <http://metchosinfarmersmarket.blog.com>

## METCHOSIN GARDEN CLUB

The next meeting will be on Tues., Sept. 14, 7:30pm at St. Mary's Anglican Church, 4125 Metchosin Rd. Patricia Johnston, a Native Plant Gardening Consultant, who for the past ten years has been helping private and public gardeners incorporate native plants into their landscapes, will be our speaker. Her passion for our native flora will inspire you to want to use them in your garden. Pat will share a power point presentation entitled "Gardening with Drought Resistant Native Plants". New members are very welcome. For further info. please call Judith van Manen at 250-294-4345.

## METCHOSIN HALL SOCIETY

Meetings are held on the 3<sup>rd</sup> Tues. of every month, upstairs in the hall, at 7:30pm except for July, Aug. and Dec. For hall rentals or info. call 250-478-6424. Please leave a message.

## METCHOSIN HIKING CLUB

Meets every Monday morning, 9am, rain or shine, outside the Community House. Everyone welcome. For more information call Runa 250-478-4778.

## METCHOSIN PIONEER MUSEUM

After shopping at the Farmers' Market call in and take a look at our interesting collection of memorabilia and farm equipment from Metchosin's pioneer days. In addition, browse through the books on sale, with all proceeds going to the Museum. For further info. call Larry Tremblay 250-478-8543 or 250-213-2842.

## METCHOSIN PONY CLUB

New members welcome. For club membership and information call Anita Rados, 250-727-3595.

## METCHOSIN PRESCHOOL

The next session will start in early Sept. For information on space availability and registration, please call Paula Wilson at 250-478-2192. To rent the premises, call Shirley Siteman, 250-478-3162.

## METCHOSIN SCHOOL MUSEUM

4475 Happy Valley Road  
The Museum is open on Saturdays from 1:30-4:30 pm and Sundays from 11am-4:30pm. Special arrangements can be made for group visits by calling Margaret Roper at 250-478-5447.

## METCHOSIN SEARCH & RESCUE

Metchosin Search & Rescue welcomes new members. Involves one Tues. evening and a half Sat. per month for training exercises. Contact Craig Barlow 250-478-2210

## MT. MATHESON CONSERVATION SOCIETY

Please call Mark Leblanc 250-642-0238 for upcoming meetings and information.

## POD leaders

For more information about the Neighbourhood Response Program call NRP Coordinator Brian Domney at 250-474-3966 or email [MetNRP@shaw.ca](mailto:MetNRP@shaw.ca)

## SCOUTS CANADA

Bring on the Adventure for girls and boys in Metchosin. Beavers ages 5-7, Cubs ages 8-10, Scouts ages 11-13, Venturers ages 14-17, Rovers and leadership opportunities for those over 18. Contact Allison Swanson 250-474-6398 or Shelly Donaldson 250-474-7303.

## SEA CADETS

If you want to be part of a unique organization, join 263 Royal Canadian Sea Cadet Corps Beacon Hill. Ages 12-18. Activities include sailing, music, drill, range, outdoor adventure training and much more. Parade nights Thurs. at 6:30pm, 948 Dunford Road, Langford. For more info call 250-478-7813.

## TOPS

Take Off Pounds Sensibly (TOPS) meets Thurs. mornings from 9-11am in St. Mary's Church basement. For more information call Audrey Jenkins at 250-478-1352 or Marni Zavitz 250-478-9637.

## WEST SHORE ARTS COUNCIL

Supports the Arts, groups and individual artists in the West Shore Communities. Board meetings are held monthly and anyone wanting to address the board regarding a project proposal should contact the office at 250-478-2286.

## WEST SHORE COMMUNITY BAND

The Band welcomes new players. Join Greater Victoria's newest musical ensemble, bringing together musicians of all ages from the southern Vancouver Island communities of Metchosin, Colwood, Langford, Sooke, Highlands and View Royal. Practices are Tues., 7-9:30pm at the Forge Church, formerly the Western Communities Baptist Church, 2612 Sooke Road. Bring your band instrument and rekindle your passion for playing. Call Mike at 250-474-3999.

## CHURCHES

### BAHA'I FAITH

(For info. 250-478-6369)  
**Devotional Gathering** – every Sun., 10am, at the Metchosin Community House. Share thoughts, prayers, favourite writings, poems, prose, music. New theme each week. Everyone/Faiths welcome. Informal socializing follows.  
**Children's classes** – based on Baha'i teachings with stories, games and activities for building unity. West-Mont School, age 6 – 10, Mon. 3:25pm.

### GORDON UNITED CHURCH

935 Goldstream Ave. 250-478-6632  
Rev. Heidi Koshchczek, Minister. We have a friendly, accepting congregation, blessed with members diverse in background. Sunday service begins with singing at 10:15am and worship service and Sunday School at 10:30am. Fellowship

and coffee time follow. For more info. call the office or check [www.gordonunited-church.org](http://www.gordonunited-church.org)

### HOLY TRINITY REFORMED EPISCOPAL CHURCH

2656 Nugget Tce. – 250-380-5036 or 250-727-3722 for directions or info.  
Traditional, Liturgical, Scriptural  
Rector: The Rt. Rev'd Charles Dorrington  
Services from the Book of Common Prayer and Holy Communion every Sun. at 10am.

### OPEN GATE ANGLICAN NETWORK CHURCH

Pastor: The Ven. Sharon Hayton, Asst. Pastor: The Rev. Andrew Hewlett  
Phone: 250-590-6736 email: [st\\_mary@islandnet.com](mailto:st_mary@islandnet.com)  
**Sunday services at Lighthouse Christian Academy, 1289 Parkdale Dr. off Glen Lake Rd. 8:30am - Traditional (Prayer) Book Service 10:15am - Contemporary Family Service and KINGS Club Wednesday 11:00am - Holy Communion (please phone for location)**

### ST. MARY'S CHURCH OF THE INCARNATION – ANGLICAN CHURCH OF CANADA

Priest-in charge: Rev. Dr. Larry Scyner. Sunday service at 9:30am at St. Mary's of the Incarnation, 4125 Metchosin Rd. All are welcome.  
Seniors' Lunch - Wed. Sept. 1 at noon.

### WEST SHORE PRESBYTERIAN CHURCH

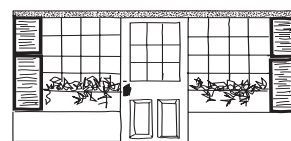
760 Latoria Road. Telephone: 250-474-0452  
Pastor: Dr. Harold McNabb.  
Sunday Service: 10:30am (Nursery and Sunday school).

### WESTSONG COMMUNITY CHURCH

Contemporary Worship Services at St. Mary's Church, 4125 Metchosin Rd. will resume every Sun., beginning Sept. 19 at 4 pm.  
Come meet us at our Westsong booth on Metchosin Day! For more info. contact Pastor Mark Wagner, email [mark@westsong.ca](mailto:mark@westsong.ca) or call 250-474-5867. [www.westsong.ca](http://www.westsong.ca)

*The events page is a free service for local volunteer organizations and societies, space permitting. Deadline for submissions is the 15th of each month, email to [laura.farquharson@shaw.ca](mailto:laura.farquharson@shaw.ca) or call 250-478-1197.*

## Beautiful Fresh Cut Flowers



## METCHOSIN COUNTRY STORE

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Looking for local produce to sell in store

### Business Hours:

**Mon - Fri Open: 6:30 am Close: 10:00 pm**

**Saturday Open: 8:00 am Close: 10:00 pm**

**Sunday Open: 8:00 am Close: 9:00 pm**

### New Jewellery Display

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