

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



Getting Fleeced at the Parry Bay Sheep Farm

JOAN KEW, WITH ASSISTANTS ROWAN AND THERESA

Do you feel sorry for all those cold-looking, freshly shorn sheep at the Parry Bay Sheep Farm at this time of year? This year, my kids and I decided to go and watch the shearing and find out why the Buchanans have their sheep shorn in the winter. As it turns out, there are some really good reasons.

Tongue in cheek, sheep shearer Pieter de Mooy told me it was because June is crazy busy for him, and January isn't. Then John Buchanan told me it was because he could fit more sheep in the barn. While at first I thought he was pulling my leg, I realized it was true. At this time of year, the sheep—nor-

mally grazing in fields throughout the area—come home until lambing, and they spend a lot of time in the barn. Removing several inches of width from each sheep makes for a lot more room.

Giving birth is also easier when you're not encumbered by several pounds of fleece, which might be even heavier with February rains. As a fibre artist, I was interested to learn why I might prefer the sheep to be shorn now: the stress of birthing can cause a weak spot in the fleece that is known as a "stress break." Shearing just before lambing means that the stress break will be at the tip of the fleece, not in the middle. When you're selling over a ton of fleece, ensuring that it's good fleece isn't a bad idea.

Continued on page 10



John Buchanan and Andrew Simmonds skirting the fleece as it comes off the sheep; and Pieter deMooy using an industrial-strength "Jolly Jumper" for support. Shearing a couple hundred sheep in one day can be tough on the back.

Photos by Joan Kew



Photo by Brian Domney

Important Dates

(for on-going events in Metchosin, check Events on page 16)

- Feb 2 Next Course Opening at MAG see page 7
- Feb 12 Age Friendly Focus Groups see page 4
- Feb 11 Family Day (statutory holiday)
- Feb 14 Valentines Day
- Feb 16 Biodiversity in Metchosin see page 7
- Feb 17 Glenrosa Open House see ad on page 3
- Feb 18 Public Meeting see Council News, page 5
- Feb 20 Bluebird Lecture see page 14
- Feb 21 Aerodynamics Lecture see page 7
- Feb 22 Talk and Walk see page 7
- Heritage Architecture see page 3
- Feb 24 Help the Homeless see page 2

Metchosin Muse

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SUBMISSION DEADLINE AND HOW TO SEND COPY

The 15th of each month. Please send copy as an email attachment using Microsoft Word, text, RTF or Appleworks to: metmuse@shaw.ca. Typewritten or handwritten copy is acceptable if you have no access to a computer. Do not send PDF as it does not convert properly. Leave hard copies of articles not sent via email in the Muse box at the Metchosin Country Store or fax to 250-483-5352.

AD DEADLINE

The 15th of every month for month-end publication.

ABOUT THE MUSE

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

Love Metchosin

I would like to share a little about how I feel about Metchosin. Recently, I started working at the Metchosin Country Store. By doing so, I have come to love living in Metchosin even more than I did before. The customers have made me feel good about my hometown. Their trust and patience with my inexperience has been overwhelming. Tony and Adrianna, the owners, are sweet and very supportive. They understand that I am a full time mother as well. Metchosin is a lovely and supportive community. I hope it remains this way for my children and my children's children!

Nina March (a.k.a Jacoby and Piper's mom)

Help the Homeless

Parents – involve your children in a fun service project! Kids – invite your parents to come help. It's a party and a service project.

When: Sunday, February 24 from 2:00 to 4:00 PM

Where: Metchosin Community Hall, 4401 William Head Road

Please bring:

- A new bath towel
- A new pair of socks suitable for a woman or a man
- A tube of toothpaste

It's our annual "Help the Homeless" event.

What will we be doing?

- Making bath bundles for someone who is homeless
- Doing a craft project
- Sharing and singing songs
- Playing games
- Listening to stories
- Eating yummy snacks

We will provide additional goodies and toiletries that you can include in the care package that you make and we will help you to make the package look pretty! Your parents can help too. These packages will then go to a homeless person at Our Place in downtown Victoria. Come and join in the fun. Our goal is to make over 175 bundles this year so we need you and your friends to help. And yes, you can bring a whole package of socks and more than one towel.

The Baha'is of Metchosin with the assistance of Baha'is in Westshore

Muse Photos

Most of the photos in the Muse are taken by Roger St. Pierre or Peter Lewis (who also handles our advertising). 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:

Peter M. Lewis - www.intothelightimages.com
Roger St. Pierre - jazzcats@magma.ca

Muse Subscriptions

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, Joan Bradley, 10 Bradene Road, Victoria BC, V9C 4B1, Tel: 250-478-3451. Or you can email us at metmuse@shaw.ca



Letters from Metchosin Technical Centre

"Where words fail, the language of visual art can be heard more clearly and distinctly. A powerful and effective form of communication, art has increasingly become a therapeutic method for enhancing health and well-being, releasing traumatic experiences, and relieving stress or physical pain."

~ Cathy Malchiodi

Within the last few years I have had the privilege to work as an Education Assistant alongside an amazing group of educators and students at Metchosin Technical Centre and have supported students who wrote their monthly Letters to the Editor.

This school year we created a public art project called Positive Pencils which focused on the school's philosophy based on Respect. Each participating student chose a representative word for Respect to include on their pencil. These giant pencils were constructed using fencing 'pencil posts', 2 x 4's, recycled tin cans and paint, glitzy glitter and a donated forty-five gallon drum (thank you to Gary Roux at Hetherington Industries). My daughter Mariah from Belmont Secondary also assisted during this project and enjoyed meeting and working with the students. The completed pencils were then cemented into the drum which is proudly and appropriately displayed in front of our MTC School and near the Metchosin Art Gallery.

Our school quote on the pencil barrel reads "Respect yourself, the rights and dignity of others and respect the environment that sustains life".

Respectfully yours,
Jennifer Kivari, Education Assistant/Artist
Arden Road



Billie and Kalina make a bug house at Metchosin Technical Centre

"The secret of education lies in respecting the pupil." - Ralph Waldo Emerson
Respect and service are the themes of this month's letters. As a teacher at Metchosin Technical Centre, I am thrilled with the time our staff and students spend embracing these virtues. I am asking my students to describe what respect means to them and how serving our communities help us to create a richer and more positive environment. The public art that was created by our school community is a prime example of this concept.

I would like to extend an invitation to anyone in the community, specifically seniors (55+), who may have a skill to contribute or be a resource for career reflection interview. If you are interested, you will be a contact for teachers/educators in Metchosin; these teachers may call upon you for advice, share knowledge or to be interviewed by students about past careers. The intention of this project is for the youth to benefit from the wealth of experience and knowledge that Metchosin seniors

METCHOSIN MUSE AD RATES

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Bus. Card (V)- 1 7/8"w X 5"h	\$47.00	\$42.00	\$38.00
2X4 - 4"w X 4"h	\$77.00	\$67.00	\$59.00
1/6 page - 4"w X 5"h	\$95.00	\$87.00	\$75.00
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Insert 8.5" X 11" (supplied only)	\$259.00	per month	per month
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2013 Polar Bear Swim

The tide cooperated with 2013's Polar Bear swimmers this year, with participants only having to make a quick dash to get to deep enough water to call it a swim – last year the tide was so far out, people had to be middle distance runners to get beyond ankle-deep water. As always, the ever hospitable Mackinnons – Mairi and Andy, hosted the post-swim levee in their home overlooking the beach.

Photos by Katie Nelson (left) and Kathleen Sutherland (above)

Metchosin Museum Society - 1872 to 2012

GAERT LINNAEA

Metchosin's one room school house is now 140 years old. For the past forty years the school house has been used as a museum and cared for by the Metchosin Museum Society. We are recognizing this fortieth anniversary and are looking for ideas from the community for a new logo.

This logo is for the Metchosin Museum Society which is the umbrella organization for two museums – the Pioneer Museum and the School Museum. Please see our website <http://metchosinmuseum.ca>

Are you artistically inclined? Are you interested in helping us come up with a Logo? Most organizations identify themselves with an image or brand and we are reaching out to the community for ideas for one logo which is representative of both the school and the pioneer museums.

There may not have been much 'branding' (other than livestock) happening back in 1872, but in 2012 our community now has two superb museums which warrant a logo that reflects our unique historical roots. Contact Gaert at linnaea1@telus.net for more info.

Heritage Week will be celebrated with the Metchosin Museum Society hosting an evening event at the Metchosin Community House on Friday February 22 from 7 to 9 pm.

Our guest speaker is Dorothy Mindenhall. Dorothy is the author of *Unbuilt in Victoria*, a book which covers many never built design projects in Victoria. Dorothy is an architectural historian with a particular interest in the Victorian era. She is a contributor to *Building the West*, a publication about architects and the architectural environment of early British Columbia. She is also involved in various projects for heritage conservation.

Everyone is welcome to attend this event in celebration of the Museum's 40th Anniversary. Please come and learn more about Victoria and Metchosin heritage. Refreshments will be served. For further information please call Gaert at 250-381-5752.



GLENROSA FARM

5447 Rocky Point Rd.
Metchosin, BC
250-478-6126

Residents of Metchosin are invited to an Open House at Glenrosa Farm:

Sunday, Feb. 17, 2pm - 4pm

Owners Peter and Jane Hammond are applying for a Temporary Commercial Use Permit (TCUP) for the purpose of establishing a restaurant. We welcome anyone who would like to preview the location prior to the public information session, scheduled for Feb 18th.

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ONLINE
Ventures

Blazing New Trails for 2013



Alison Harle (right) with Westshore fitness instructor Mel Leeder

ALISON HARLE

Not into New Years resolutions? Well neither am I. With that said, I am 'into' the outdoors and personal challenges. From Matheson Lake to the West Coast Trail, and everything in between. I am no stranger to paddling Bowron Lakes, running the odd marathon or tentless hiking. But it is the softer side of wilderness adventure that I have truly grown to love. The simple luxury of cooking dinner on a campfire, lazy yoga on a remote beach and stargazing under crystal clear night skies are among my most cherished memories of time spent with family and friends 'out there'.

Having resided in Metchosin for five years now, and with my hiking boots finally finding their foothold, I am seeking out ways to grow my relationship with our community and our spectacular West Coast landscape. I caught the adventure bug five years ago, and I want to share it with other like-minded women. It is time to start

our own 'adventure club' ladies. A place where we can meet-up, saddle-up, rope-up or lace-up – whatever captures your imagination. Want to try trail running, discover local hikes, train for the West Coast Trail, or simply learn to be safe whilst 'out there'?

The bigger picture could include a wide spectrum of activities for different ages and abilities, including how-to workshops. Wouldn't it be great fun learning new skills and sharing adventures in the company of other like-minded women!

If you have a special interest, talent or certification that you would like to develop (or teach) towards expanding your own adventure repertoire then let's get this club started.

Alison Harle is a Metchosin resident, wilderness instructor, and is currently completing her MA at Royal Roads. Her thesis theme? 'The Mid-life Woman: Outdoor Adventure and Self-discovery'.

Alison can be reached at ajharle@telus.net, Facebook: Siren Capers, or 250-391-0020.

Age-Friendly Evaluation – Citizen Focus Groups

An evaluation of the Age-Friendly BC program specifically Metchosin will be conducted on February 12.

The purpose is to look at how effective the program has been for local governments, and whether local actions have made a difference in the lives of older adults.

Two meetings will be held in Metchosin on February 12:

Date: Thursday February 12
 3:30 – 5:00 at the Metchosin Community House
 7:00 – 8:30 at Council Chambers – District of Metchosin

For further information and a copy of the discussion guide please contact Colleen Brownlee at 250-478-5150 or email metchosinsirc@gmail.com



Metchosin's Kathleen Pirquet

Photo by Janice Hayward

Weird And Wonderful

JANICE HAYWARD

What do gardening, writing, and teaching have in common? They are three activities that have been mastered by Metchosin local, Kathleen Pirquet. Pirquet, a writing and grammar instructor at the Western Academy of Photography admits she has a passion for all three but openly professes that she cherishes her time in the garden.

A native of Rochester, N.Y., and now a resident of Metchosin for nearly thirty years, Pirquet shares a "big" vegetable garden with a friend down the road. "Vegetable gardening, for me, is not much of a money-saving venture," Pirquet says. "I tend to invest more than I harvest." Her edible plants range from spinach to carrots to greens to garlic. "For me, it is a way to eat better, but not necessarily cheaper," she adds.

Having a big garden down the road is not enough for Pirquet; she also has a country deck adorned with containers brimming with vegetation. "This year," she boasts, "we did do pretty well on tomatoes." Pirquet and her family harvested at least eighty pounds from four plants grown in tubs. Herbs are the gems that save her money. Fresh herbs are included in, or garnish, almost all dishes that appear on the dinner table.

Alpines are a favourite. When Western Spotlight asked why, there was no lack of words flowing from this gardening buff. "Alpines are 'extremophile' plants," she said. They can survive in extreme conditions such as "high latitudes and/or high altitudes." And, remarkably, they "often produce gorgeous or interesting flowers," Pirquet says. "Some are pretty weird and wonderful." Succulents, or fleshy-leaved plants that grow in desert or tropical areas, are another favourite of Pirquet's. Besides just liking them, she said they have some "quirks of their metabolism" that make them very interesting.

Metchosin is not immune to the south Vancouver Island deer population. Pirquet's off-deck garden is "controlled by the huge herd of deer." Any plants off the deck must be deer proof.

Her chaotic schedule leaves little time to nurture a garden. Pirquet, an early riser, confesses that it is not unusual to find her outside, in her nightgown, at 5 a.m. during the summer months. By lunchtime, somebody usually reminds her that it is time to come in and eat.

With well over a hundred plants, Pirquet cannot name just one favourite. Of the flowering kind, she is partial to many, but does mention "small wild irises, eidelweiss and viridis tulips". Of the non-flowering kind, her favourite is the water fern, Azolla.

When asked what she loves about her garden, Pirquet replies, "My garden teaches me a lot of lessons. It teaches me that neglect is the ultimate poison; it teaches me not to procrastinate because when I put things off, sometimes they die." She is thrilled when a plant rewards "the merest of attention," with a gorgeous bloom. "It is a constant source of beauty and inspiration," Pirquet says with a satisfied smile. "The metaphor of growth and nurturing is kind of a metaphor in my life. That is why I like teaching so much."

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Margie's CD – an unsolicited testimonial!

LAURA FARQUHARSON

When I bought the CD produced by Metchosin resident Margie Humphreys, I went home, made myself a cup of tea, kicked back in my favourite armchair and listened with great enjoyment to the music she composed and plays. The design on the cover is also by Margie in cooperation with Merrilee Soberg, and when I read the notes, I was amused to see I had done exactly what Margie recommends should be done in listening to it. And, as she suggests, the music took me to a relaxing, gentle and happy place. I strongly recommend others do this too, (and a glass of wine might be an even nicer accompaniment).

The CD sells for \$10 and is entitled "I Love You" which makes it very timely for a Valentine's Day gift. It is available from the Community House which will receive \$1.50 of every copy sold and the remainder of the proceeds will go to HIV Research.

Although I was familiar with Margie's art work, her creative fundraising ideas and organizational abilities which have made a large contribution to the Community House where she served as a Board member for twelve years, I had no idea that she was also blessed with musical talent. In fact, it seems this was something of a surprise to herself as she had

not played the piano for fifty years and had never thought about writing her own music. But she says she woke up one morning with two bars of music in her head, and three hours later she had completed the first of the four pieces on her CD, and the one which gives it its title, "I Love You". This was inspired by her son's forthcoming marriage and was played at the ceremony. Included on the CD cover are the lovely lyrics of the song which she wrote to accompany her music.

The second piece, "Summer Breeze" is dedicated to Margie's mother, and is a musical reminder of those gorgeous Metchosin summer days when the breeze is gentle and doesn't blow so hard you can't picnic outside!

A poem, "Everything That Sings" written by Margie's friend, Barbara Pelman, and also quoted on the cover, inspired the third piece and the "Setting Sun" was written in memory of Margie's brother who died tragically and suddenly at forty-eight years old.

I am always amazed by the range of talents in this special community and Metchosin's well-deserved reputation for volunteerism. This CD, with the proceeds going to worthy causes and the musical and artistic work which Margie put into its making, embodies both these attributes. So, please go along to the Community House and buy a copy!



Margie Humphreys with husband, Bob.

Photo by a French waiter



COUNCIL NEWS

PUBLIC NOTICE: DND TO CONDUCT UNDERWATER UXO SURVEY AT ALBERT HEAD

The Department of National Defence (DND) Unexploded Explosive Ordnance (UXO) and Legacy Sites Program will be conducting an underwater survey of the area around Albert Head, commencing mid-January 2013 for approximately one month. This survey will allow DND to gather more information on potential UXO on the seafloor that may have resulted from past weapons training at Albert Head.

This survey work will be carried out by a commercial diving contractor under the authority of the Department of National Defence and under supervision of Defence Construction Canada. The public is requested to remain clear of the site while diving operations are being carried out.

For more information, please visit the DND UXO and Legacy Sites Program website at: www.uxocanada.forces.gc.ca.

AGE-FRIENDLY GRANT

Metchosin has been approved for Age Friendly funding for a Seniors Drop in Center project on the ground floor of the old Metchosin Elementary School (now Metchosin Arts & Cultural Centre MACCA). The SIRC 'store-front' facility is a vibrant, welcoming place in the Village Core, where the coffee is always on; where friends gather for fellowship, learning, cultural and social events and where the seniors' advocate or her volunteers assistants are always ready to assist seniors and their families. For further information contact Colleen Brownlee at 250-478-5150

INTEGRATED CADASTRAL INFORMATION SOCIETY GRANT

The District of Metchosin has been awarded \$3,300 to help improve the spatial accuracy of our cadastral base. After ten new survey control points have been established, staff at GeoBC will input all registered survey plans resulting in a more accurate alignment with the orthophoto image.

INTERMUNICIPAL ADVISORY COMMITTEE ON DISABILITY ISSUES (IACDI)

If you are interested in representing Metchosin on the Intermunicipal Advisory Committee on Disability Issues (IACDI), please submit a letter of interest to the Council at the Municipal Hall or by email to info@metchosin.ca. For more information, call 250 474 3167 or check the website at www.metchosin.ca.

PUBLIC INPUT MEETING - FEBRUARY 18, 2013 AT 7:00PM

The public meeting will be held at 7pm to discuss the proposed Temporary Use Permit to allow restaurant and public assembly use (special events) for the property located at 5447 Rocky Point Road. The applicant will be on hand to answer your questions as well District Staff. For more information call 250-474-3167 or check the website at www.metchosin.ca.

DOG LICENCES

Pick up your dog licence at the Municipal Hall or the General Store before March 1 and avoid a \$10 penalty. All dogs in Metchosin must have a licence. Having a licence helps locate your dog if it is lost, and helps fund animal control services.

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When: February 28, 2013

Where: Metchosin Community House

Refreshments and light snacks will be served.

Call Kimberley at 250-391-1308 by February 25, 2013 to reserve your seat for this event.



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Barbara Walker celebrates her eighty-fifth birthday with all her Jazzercise buddies.

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Jazzy at Eighty-five

JUDITH VAN MANEN

Barbara Walker is one very special lady! On January 2nd she was treated to a surprise Jazzercise party to celebrate her eighty-fifth birthday. Without forewarning, she was picked up from home and whisked away by limousine to her Jazzercise class. There she was welcomed by riotous applause from her classmates that morning, and she was presented with a bouquet of roses, a sparkling tiara, and pink feathery stole.

Barb has been an active member of the Jazzercise class at Metchosin Community Hall for the last two years. Before that she had been a long time participant at Juan de Fuca fitness classes. Like all of us, Barb likes the positive atmosphere in class as well as the benefits of good exercise and social interaction. Indeed, Barbara Walker is an inspiration to everyone in our classes, including me!

Jazzercise is a dance-based group fitness program that features a fusion of jazz dance, resistance training, Pilates, yoga, kickboxing, and Latin-style movements set to popular music. I joined Jazzercise almost three years ago, and faithfully go as often as possible, usually four times a week.

Metchosin's instructor, Mandy Webb, is the main reason Jazzercise is so popular in Metchosin and keeps me returning for more. From the beginning I had been amazed at the sight of over thirty women, of all ages and walks of life, dancing to upbeat music in a rural hall. Where had they all come from? I discovered that participants range in age from sixteen to eighty-five and most live

in Metchosin; but the word has spread and women from East Sooke, Colwood, Langford, Sooke, and other locations have joined our motley crew.

Mandy is a natural teacher; her years as a preschool educator have equipped her to encourage and nurture every individual she meets. She has excellent teaching abilities, impeccable timing, a rich vocabulary, and a wry wit that together make classes fun and easy to follow. Mandy's passion for the fitness program is expressed in a monthly calendar and informative newsletter that includes community news, fitness articles, nutritional advice, and technical exercise tips. Mandy has gathered a friendly team of desk and attendance ladies who greet and welcome participants.

What I especially appreciate about Jazzercise is the compelling music and the use of weights for resistance training. Mandy reminds us that abdominal exercises and push-ups are necessary for strength and endurance. Once the music starts, the class doesn't stop except at her fifteen second warning, "Go" (for mats and weights in the last part of the sixty minute class). On days that I don't feel especially energetic, I can always choose the low impact option of the Jazzercise routine.

If you are looking for a balanced fitness program that is highly enjoyable and will likely make you feel younger, I encourage you to join our Metchosin classes. Some of the benefits of Jazzercise are weight loss, increased muscle strength and toning, rock-hard abs, and shapely shoulders in your sleeveless top.



It was an evening of song, dance and haggis at Clan MacKinnons as they celebrated the 254th birthday of Robbie Burns. Clan MacIsaac along with the MacKinnons provided the music, and yes, there were a few wee drams consumed.
Photo by Brian Domney

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METCHOSIN COMMUNITY ASSOCIATION GUEST SPEAKER SERIES

Whether you are a white-knuckled passenger who can't wait to be back on firm ground, or are just fascinated by the marvels of flight, you will enjoy this non-technical talk by Dr. Parvez Kumar, P.Eng, FCASI., at the Community House on Thursday, February 21 at 7 pm.

Dr. Kumar will introduce you to the world of Aerodynamics and how it affects our daily lives.

His aim is to give an understanding of the basics of aerodynamics and how they impact the design, manufacture and flight testing of aircraft; helicopter flight, supersonic flight and accident investigation; airline operations including flight operations, flight planning, aircraft maintenance; and industrial aerodynamics.

With an Honours Degree in Aeronautical Engineering from Imperial College, England in 1962 and fifteen years working in the aeronautics sector in industry, academia and government in the UK, France and Canada, Dr. Kumar is a well-qualified speaker.

During his career in Britain he worked on civilian and military jets and on the design of helicopters and the original A300 Airbus Project. He participated in the flight testing of a multitude of aircraft varying from biplanes, light aircraft, helicopters, passenger jets, jumbo jets and all the way to the supersonic Concorde.

On emigrating to Canada he was a key team member in the development of Canadair's CL-600 Business Jet before joining Transport Canada in their Airworthiness Department in Ottawa. He moved on to Industry Canada where he was the Programme Manager for Airborne Surveillance Systems as part of a multi-national programme. He was later recruited to help establish the Canadian Space Station Programme which allowed him to apply his aeronautical experience towards the challenges of space flight.

He is a former pilot flying both gliders and light aircraft and brings a wealth of hands-on experience in the world of aerodynamics and aviation.

There is no charge for this talk and light refreshments will be available and an opportunity to ask questions and talk with the speaker.



WALK & TALK

Starry Night Skies – 7 pm, Friday February 22

Please join local resident Bill Weir and Pearson College teacher Nazim Acar as they take us on a journey through the Metchosin Night Sky. Weather and space permitting there will be a "Walk" at the Pearson College Observatory at a date to be announced. Nazim is looking for interest in starting an astronomy group that could meet weekly or monthly.

Food and Fauna come to the Metchosin Art Gallery

BY HAILEY FINNIGAN

Food and art are both passions people like to share with their friends, now both can be found at the Metchosin Art Gallery for the month of February. Next Course is a multimedia group show featuring art inspired by food and food issues. This exhibition is designed to raise questions about what people eat, what drives a passion for food, and where our food comes from.

Featured artists include Lyle Schultz, Rachel Wilmshurst, Debbie Jansen, Jennifer McIntyre and Marlene Jess. This show includes photography, painting, mixed media and collage. The opening celebration will feature a balsamic vinegar and olive oil tasting hosted by the fine folks at the Tuscan Kitchen. WestShore Village, Cobs Bread, and Hull's Corner Starbucks will also be providing treats for the palate. All are invited to bring their friends and visit the show. Opening celebration is Saturday, February 2, 2:00-5:00pm. The show will run until February 24.

The Metchosin Art Gallery is also excited to announce another upcoming show Fair Fauna: A Benefit for Wild ARC. The show will run for the month of March and highlight artworks that speak to the wondrous critters Wild ARC helps. One-third of sales from the show will go to Wild ARC. There will be an open call to artists interested in being included in the show. Works of all media are encouraged to be submitted. If this is a show you would like to participate in please visit the gallery's website for more information. There is also a lecture being held at the gallery during this show. Kem Luther will be discussing the biodiversity of Metchosin on March 16 at 1:30pm. Admission is free.

The Metchosin Art Gallery is located at 4495 Happy Valley Road and is open Thursday through Sunday, 12:00-5:00pm. More information about programming, submissions, volunteering and membership can be found at www.metchosinartgallery.ca

In honour of the Scots

One morning, Mairi McTavish phoned Hamish Campbell, editor of the wee community newspaper in a small Scottish village.

"Hamish – it's Mairi... Mairi McTavish"

"Oh, yes, Mairi. How are ye, and how is that husband of yours?" Hamish replied.

"Well, that's why I'm calling, Hamish. I'm sorry to tell you my dear Angus passed away last night" Mairi said.

"Oh, Mairi. I'm so sorry!"

"Aye. Well, he's been not well lately, but it is certainly a shock. I'm calling because I expect people would be looking for an obituary in the paper"

"Aye..... I think that would be the appropriate thing, Mairi"

"Right then," said Mairi "what are your rates?"

"Five pence per word, Mairi"

"Right then." Mairi said "Put in 'McTavish died'."

Hamish cleared his throat uncomfortably and said "Er, Mairi, there's a five word minimum."

"Right then," Mairi replied. "Put in 'McTavish died. Volvo for sale'."

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Metchosin Definitely Does Have Talent

VALERIE COCHRAN

Saturday, January 19, saw the first of what is hopefully an annual *Metchosin's Got Talent* show at the Max Bell Theatre, Pearson College. The Youth Action Project, a sub-committee of Metchosin's Healthy Community Project, organized it.



The show opened with Alex Buhr (age 7) playing O'Canada on the piano. He was followed by his brother Will (age 9) playing The Jolly Fiddler – and it was indeed jolly.



Then came Katy and Kyla (aka Rachel and Kylie) performing an amusing (and quick costume changing) act called Krychals Kups.

All photographs by Valerie Cochran



Emcees Emily Philp-Tsujiuchi, from Pearson College, and Grant Sawyer-Chipps, from Beecher Bay, did a stellar job introducing the performances and adding a little humour to the evening.



Next we had four West-Mont marimba bands – all of them outstanding, followed by the Pearson College marimba band. The West-Mont marimba version of *Amazing Grace* was particularly touching.



During the intermission, Pearson students taught all those that wanted to learn how to do the Gumbo Dance. The West-Mont students were particularly eager – and managed to pick it up quite quickly.



Joseph, Francis and Lawrance Barss (ages 11, 9 and 7) then performed Act 4, Scene 1 from *Macbeth*. "Double, double toil and trouble, Fire burn, and cauldron bubble." Very well done performance and the costumes were great.



Metchosin Definitely Does Have Talent



This was followed by Arwyn Ferguson (age 9) playing the piano piece Bouree in D minor. Extremely well done.



Lucas Christ-Rowling, age 14 played an original composition on the piano and then accompanied Gabriel Ferras from Pearson, age 18, in a piano and violin duo, Canon in D.



Then came Katy and Kyla performing an amusing (and quick costume changing) act called Krychals Kups.



This was followed by Debra and Pauline Sawyer Fairfield (age 12 and 16), Pauline on the piano and Debra singing Adele's Someone Like You. Not an easy song to do and it was done to perfection.



The performances were now over, the judges gave their insightful judgments and then Stuart Petillion (guitarist), Jaden Johnson (bass guitarist), Christian Parsons (drummer), James Rischmiller (singer) and Luke Burton, James Rischmiller and Jaden Johnson (guitarist far right) of the band Restless played the audience out.



A special mention needs to go out to the three judges, Colleen Brownlee, and Dave and Leslie Preston, who did an outstanding job of critiquing the performances.



You can see by the look on the audience faces that we were all having a great time – young and mature. If you missed the evening, make sure to be there next year as it was one of the most enjoyable theatre experiences I have had. Congratulations to all those who entered the competition – you made my weekend.

Getting Fleeced at the Parry Bay Sheep Farm

continued from cover

The lambs might like a nice woolly maa-aa to snuggle up to, but shearing benefits them as well. First, they can easily find the teats to suckle, which is so important to a newborn. And when they leave the barn, their mothers will seek shelter rather than relying on their fleeces for warmth, which in turn means more shelter for the lambs. Finally, the ewes can feel the lambs beside them, and are less likely to unknowingly squish them, which could happen if the ewes are padded with fleece.

Now to the business of shearing. Pieter DeMooy has been shearing sheep for over twenty years, and his average is about thirty sheep per hour. On the day we were there—the first of two days, and the shorter—112 sheep were shorn. Pieter says that his best shearing day record is 400 sheep. He sometimes enters shearing competitions, and came in third at the Calgary Stampede last year. He only missed second place by 3/100 of a second because the sheep decided to kick, and he acknowledges that just as with the teamwork between dog and handler at the sheep dog trials, shearing is a combination of sheep and shearer, and is judged for both quality and speed.

After the sheep are shorn, the fleeces are “skirted” to remove matted fleece, plant matter, dung, and hay. Next, they are rolled up and put into large burlap sacks made especially for fleece. These sacks are seven feet long, hold about twenty-five fleeces, and when full, can weigh more than 150 pounds. While Pieter shears the sheep, everyone else keeps busy lining up sheep to be shorn, moving the fleece from the shearing area to the skirting table, skirting, putting the fleece into sacks, and sewing the sacks closed. Finally, the sacks of fleece are sent to the Canadian Co-operative Wool Growers Limited, where the wool is processed and sold. If you’re buying products made with Canadian wool, there’s a chance some of it was grown right here in Metchosin!

After two hectic days of shearing, you might think that John and Lorraine Buchanan would be grateful for a rest, and you’d be right. But the rest is short lived: in a few weeks lambing begins, and it goes on for the better part of a month. Frequent day and night-time checks are required; birthing assistance is sometimes required; sheep need feeding, watering, and moving; and bottle-fed lambs need feeding (this is where the kids come in). Lambing is hectic and exhausting, the barn is freezing ... but we love it. And I think most of us would agree that seeing the little lambs bouncing around the fields every March is one of the best things about living in Metchosin.

If you would like to know more about Parry Bay Sheep Farm, visit their website at parrybaysheepfarm.com, or follow them on Facebook at www.facebook.com/parrybaysheepfarm.



POD Thought

Extended power outage and no generator? Think again. If you have a vehicle with a cigarette lighter socket, you have a source of low wattage 110 volt electricity. Get an inverter that will allow you to recharge your cell phone, use your laptop and perhaps most important – grind your coffee beans!



Lorraine Buchanan passing fleece to Tess Kew, who will then jump on it to squeeze as much into the bag as possible.



Lorraine Buchanan sews up a bag of fleece. The “ears” that she sews in the corners help them to move around the heavy bags of fleece.



Rowan Kew and Tiara Buchanan sitting on a 150 pound bag of fleece that’s ready to go.

All photos by Joan Kew



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J West Billy Nina

WENDY CHARTRAND

A few years ago, I received a phone call from a friend on Salt Spring Island. She told me about a little Canadian filly for sale nearby. I wasn't interested in another horse, but strangely enough, Heidi and I boarded the ferry to Salt Spring Island a few days later.

It was a nasty, cold, rainy day and Nina was not in the mood for visitors. Ears pinned and soaking wet, she would have just as soon have bit or kicked you as look your way. She wanted nothing to do with us and kept as far away as possible in her small paddock.

No, we were NOT interested. Besides her 'charming' disposition, she had rain scald all over her back, a giant hay belly and chronic diarrhea. We took the ferry home again.

Yes, Nina needed a good home, but we had no place of our own and were already paying board for one horse. Nina was only six months old and would not be rideable for a couple of years at least.

A week later, my friend called back. She reminded me that Nina came from a very rare blood line on her dam's side and the seller was anxious to sell etc.... I'll always remember how she told me that we would find a place to keep Nina because "horses have a way of making things work out".

About a week later, Nina arrived in Metchosin. She has taken us on quite a journey. Because of her and the other horses, we have made many wonderful new friends and have learned so much more about horses. Nina has a condition known as metabolic syndrome. It can be easily controlled with the proper diet and exercise. She is doing great now.

Nina's life reminds me of the story about the Ugly Duckling and I am very proud of the beautiful mare that she has become.

Top right: Wendy Chartrand on Nina with Marion Weisskopff.

Photo by James Doe.

Nadyne Kerr, Ellen Dewar, Heidi Chartrand, Suzanne Longpre, Wendy Chartrand, Christine Pacukiewicz, Miki Dekel, Jill Armstrong, Kathy Atherton and Bev Bacon.

Photo by Don Dewar



Seniors' Information and Resource Centre – A new year, a new location

COLLEEN BROWNLEE,
SIRC COORDINATOR

The year at SIRC is starting off with good news with the receipt of a grant from UBCM to continue and expand the project for another year. That, along with a donation from the Metchosin Foundation for educational programming and a donation from the Metchosin Day Committee will assist with creating and providing programs and activities for our community.

The SIRC office is moving to the ground floor of the Metchosin Arts and Culture Centre, in the old Metchosin Elementary School, right opposite the Broken Paddle Café which will allow us to have a drop in centre open from 10 to 3 Monday to Friday. There is plenty of parking in front of the building next to the Store. SIRC may be open for additional hours depending upon need and special requests or events. We will also continue to host programs and events, which may be held at the Metchosin Community House.

The Drop in Centre is intended to be a place where seniors can drop in to visit with friends, have a cup of tea or coffee, get information on various activities and resources, take in some of the programs that are planned and/or let us know what programs and information you would like us to provide for you and the community.

There will be computers available for public use. We

are looking for volunteers to help us with technology in assisting community members to become more at ease and familiar with computers, ipads, iphones, e-readers etc. There is a plan to offer some mini computer courses soon.

When was the last time you visited a zoo? Have you heard of a "Tech Petting Zoo"? The Greater Victoria Public Library is going to make available their "Zoo" of e-readers etc. for people to try, and perhaps borrow, along with other items.

Another exciting endeavour is the partnership with the Museum Society's Old Barn Books. Soon some of the books will be moved to the new SIRC space and will be available for sale as they are during the Farmers Market. This ties in well with the partnership we are developing with the Greater Victoria Public Library.

In the spring there will be another Community Kitchen. Numbers for this event will be limited based on our earlier experience. It is a good opportunity to create healthy meals you can take home with you for a reasonable cost. More information will be available soon.

What about those who are 'seniors in training'? It has been mentioned that there should be some talks or programs to involve this group. Gail Boulanger, an author from Nanoose Bay, has recently written a book *Adventures after 60*. It is planned to have her do a book talk sometime in the spring.

Other sessions might

include things like 'planning ahead' — how well planned for the future are you and your family? Do you have all your affairs in order? How do you talk to your family, spouse or friends about this? There are some great resources out there and we may have a couple of sessions dealing with issues that we all really don't want to talk about.

There is a myriad of topics and ideas which may be of interest and useful to many. Let me know what you might want more information about and the wheels will be set in motion.

As the program and centre

expands there is a need for more volunteers and service providers to join in keeping Metchosin an age-friendly community. If you are able to assist in any of the following please contact Colleen Brownlee at 250-478-5150 or e-mail metchosinsirc@gmail.com.

- Drivers for the transportation program
- Visitors to visit some of our home-bound or to visit while other family members need to go to an appointment
- Assistance to man the SIRC office

- Technology knowledge and assistance
- Snow removal providers
- Art Gallery docents

It is understood that some services will be provided on a volunteer basis while others may be at a cost to those requesting the service or assistance.

Join a cadre of volunteers who keep the community connected and age-friendly.

We are now in the new space on the ground floor of MACCA! Come and drop in!

M



SIRC Coordinator Colleen Brownlee shows the entrance to the new Drop-In Centre at the Metchosin Arts and Culture Centre, with parking within metres of the door. Photo by Brian Domney



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WEST-MONT

Dissection of a Deer and Otter

KATERINA KURZ

On Tuesday, January 22, grade 4-8 students were lucky enough to view a once in a lifetime experience - the dissection of a deer and otter, done by Wildlife Veterinarian Dr. Helen Schwantje and Wildlife Health Biologist Cait Nelson.

We all learned a lot, at least before some had to leave. Did you know that deer are ruminants? They have four stomachs.

In the Redwood class, we all pushed our desks away and the teachers spread a pink sheet on the floor. Cait and Dr. Helen wheeled the deer in on a high, flat, metal table covered in cardboard.

We then examined the deer calling out or putting our hands up when we saw something. Grade 6 student Nathan McFarlane actually got to feel a ridge on the deer's shoulder.

The otter was very red from trauma because it was hit by a car. It had been frozen and then thawed.



Comparative anatomy at West-Mont. Photo by Erin Eisenberg

PAIGE CREUZOT

On Tuesday, January 22, we got to see a dissection of a deer and an otter. Let me tell you about them.

The deer was the one that got shot with the arrow. The people that organized the dissection were Peter and Charlene Pauwels, Dr. Helen the Wildlife Veterinarian and Cait the Wildlife Health Biologist. The grade 4-8 students and teachers were watching and the dissection was on a metal cart.

Did you know that deer have four stomachs and otters only have one? The deer was a buck and the otter was a girl. We think the deer was six feet long and the otter was three feet long.

Wyatt Pauwels is Peter Pauwels son and he goes to West-Mont School as well. His favourite part of the dissection was the opening of both stomachs. Most of the kids thought it was very cool.

The Boiler of Sevilles – The MCA presents a Marmalade Workshop

Sunday, February 17, 2 to 4 pm
at the Community House

It's that time of the year when Seville oranges come in to grocery stores and marmalade fanatics spend time peeling and shredding, juicing and boiling, bent on ensuring an adequate supply for the rest of the year.

If you've never made marmalade, are interested in honing your techniques, or are willing to share your marmalade secrets, why not participate in the latest Metchosin Community House Guest Chef event on Feb 17 from 2 to 4 pm. Brian Domney, a marmalade fanatic will take participants through his process of preparing the oranges, and a batch will be boiled and jarred. For a \$10 registration fee, people registered will receive enough Seville oranges to make a batch of seven to nine 250 ml jars of orange marmalade, and some useful techniques that should ensure well-jelled heaven. Proceeds will go to the Community House. The workshop will be limited to fifteen registrants

A sharp paring knife, a cutting board, and containers to take away the prepared oranges will be required. Your marmalade will be finished at home. For more information, contact Heather at the Community House (250 478 5155).



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Lynda's Lore

WITH LYNDA DOWLING

The Seduction of Seeds

To follow Isabel's column last month and her list of Canadian seed companies, I wish to seduce you a little closer to home. Seedy Saturday is coming up in downtown Victoria Saturday February 16 at the Conference Center at 720 Douglas Street. It is a full day of sellers, exhibitions, displays, demonstrations and lectures. The hours for this one day affair are 10 am to 4 pm and admission is \$7 at the door with no charge for small green-thumbers under twelve. New gardeners will be in awe of all the growing possibilities and all the knowledge at hand. Experienced gardeners – bring some of your best saved seed for the seed exchange table. This is a perfect combination for gardeners of all ages with the romance of Valentine's Day in February, our love of gardening here, and not fattening! Sadly, even in Victoria's "tropical" climate of Canada, we cannot grow Theobroma beans, aka chocolate.

Seedy Saturday is in its eleventh year, originating in 1992, now locally hosted by the James Bay Market. You can contact Pat McGuire at patmcgu@telus.net (250-385-0485). Seeds.ca or Seeds of Diversity lists all the local Seedy Saturday dates for the Island, BC, and even across Canada.

Closer to home, please support *Two Wings Farm* circa 1986, run by Marti and Bernie Martinwood (twowings@shaw.ca / call 250-478-3794 after March 1). Due to health issues they are on a well deserved sabbatical, and will miss this years Seedy Saturday, but thanks to fans' unshakeable support, they will continue to fill seed orders on their return. One of their favourite tomatoes is *Alisa Craig*, originally from England around 1925, and happily adapted to Metchosin for over twenty-five years!

Metchosin Farm, circa 2004 is in its ninth year, run by Fiona Hamersley-Chambers and a tribe of WOOFERS. Her farm stand is open April to June with veggie starts and soft fruits. Her newest offering is a garden huckleberry called *Sunberry*. Check for her summer specials at info@metchosinfarm.ca (call 250-727-6111). Her seeds are found at Cannor Nursery, Blenkinsop Gardenworks and Art Knapps. She will be at this year's Victoria Seedy Saturday.

Full Circle Seeds is run by Mary Alice Johnson and her farm partner Marika Nagasaki from *ALM Farm* in Sooke, circa 1993. Mary Alice's first temptation was shelling beautiful coloured *Scarlet Runner* beans. This year I must try their *Potimarron* winter Squash; pumpkin coloured and shaped like a giant chestnut! Check out Mary Alice's farm webpage at www.almfarms.org. If you miss her in Victoria, Sooke has its own fourth annual seedy Saturday the week after Victoria's on Saturday Feb 23. Contact Jessica at seedysaturday@gmail.com

Look for *Rebecca's Garden Seeds*, another dedicated Sooke grower, at quite a few of the island's Seedy Saturday events. Rebecca John's contact is rebsgarden@shaw.ca. She saves all open pollinated and heritage varieties. Look for her fabulous pepper seeds which give us wet/cool weather Victorians real success with peppers!

Seeds of Victoria with Carolyn Herriot is where Seedy Saturdays all began in 1992. She was directly inspired by the seed pioneer herself, Mary Ballon of Vancouver, bringing in Steve Soloman's *Territorial Seeds* from Oregon – seeds selected for the Pacific Northwest! Mary morphed from a franchise outlet for *Territorial Seeds* to the original owner of *West Coast Seeds*, www.westcoastseeds.com. You will find a paper catalogue for *West Coast Seeds* at major nurseries, generously no charge and practically a book in itself of how-to grow all your veggies!

Another seed pioneer was Dan Jason, the "Bean Man" of Salt Spring Island (www.salt-springseeds.com). Dan has his own land now, after years of renting, to fill his passion to grow and lecture widely.

Carolyn's *Seeds of Victoria* top three temptations this year are *Ruby Streaks* Mizuna, the most prolific *Supersnap* peas I've seen and the one that tempts me is a true black tomato called *Indigo Rose!* Check out Carolyn's web page at www.earthfuture.com/gardenpath or contact thegardenpath@shaw.ca. Carolyn has recently released a cookbook *The Zero Mile Cookbook... Seasonal Recipes for Delicious Homegrown Food* ISBN-13: 9781550175677

It is amazing to see the directions all these dedicated growers have grown into and how they have invited all of us along for the ride with a handful of magic seeds!

I have two words of wisdom for you this month – no make that four!

First word association: Deer – Fence. You do not need to fence

your whole yard like a stockade against Bambi but I do recommend a fenced area to play in as vegetables are even more irresistible than roses to our growing local deer population. There are some very inventive and beautiful fencing options; you will wonder why you waited so long to invest in this solution and peace of mind. Oh and that lovely smelling rose – grow it inside your fenced area to add the edible petals to salads, cookies or teas!

Secondly, do try container gardening for even a simple salad garden or herbs near your kitchen door. Yes, there are lovely cedar boxes and ceramic pots that do add to the price of your project or save your money for good soil and amendments for actually growing especially your veggies, but be creative re-using all manner of containers to grow in. Do drill adequate drainage holes, place in good light and build your soil to be fertile with good drainage and a minimum of a foot deep. These are all elements in a recipe for success for your growing containers, even before you buy your seeds.

Thirdly, *Integrity Sales*, on Keating Cross Road (250-544-2072), does soil tests. This gives you the base line science of your home garden, to help balance and guide the amendments you use for a healthy patch of soil as you begin in your open yard. If your yard is totally unsuited to growing anything, be a regular shopper at the many markets and support a local grower. Or sign up for a brown box program of weekly veggies for farm pickup or deliveries straight to your door.

Lastly, keep in mind when you choose open pollinated varieties it allows you to be your next best seed saving friend! All the websites of seed companies now post supportive how-to articles, even videos, to help you learn as you grow. Teach a child – don't eat all the beans and we can plant some saved dried beans for next year's dinners. A close girl friend from California brought me a cob of Mayan black corn to hang in my kitchen as a sign I could always feed my family another season. On a whim, four or five years later I twisted the kernels off and set them in a bowl of water on the counter. They all sprouted in four days! They grew eight and nine feet tall in my garden and threw a veritable rainbow of kernel colours. It was like unwrapping a Christmas present to see what colours were inside. The silk tassels alone ranged from purple black, through pink to a pale honey gold, truly the magic and seduction of seeds.

Happy planting!



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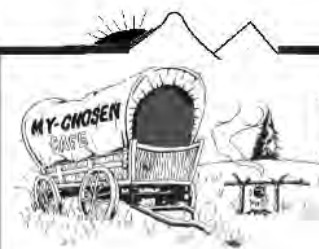
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Where does the money go?

MARY GIDNEY

Have you ever wondered where the money goes that Metchosin Day makes? Each year after all the bills have been paid the Metchosin Day Committee gets together and donates funds to groups who help make Metchosin Day a success.

Some years the profits are higher than others. The year 2011 was our best year ever with sunny weather and a great turnout while 2010 was one of our lowest because of the rain – the first time in twenty-four years!

The committee gives back to the Metchosin community to meet the needs of all its residents. This year we have provided \$2,600 funding for everyone from preschool children to seniors.

Here is a list of those organizations which shared in the funding: Scouts Canada; Girl Guides; Metchosin Volunteer Fire Department; Columbus Club; Metchosin Community Hall; William Head Institution; West-Mont School; Metchosin Preschool; Metchosin Equestrian Society; Pearson College; and the new Seniors' Information Resource Centre.

Metchosin Day also wouldn't be possible without Sooke Disposal, which provided all our garbage totes at no charge; ReMax, for the use of their big tent; District of Metchosin for its annual \$1,500 grant; Don Mann Excavating, which provides an excavator for the popular "digger" attraction; Island Farms, for their tent and Farmer Vicki; Belmont Secondary athletic department for a line-maker and bags of lime.

If you would like your organization to receive a donation next year, all you have to do is be part of Metchosin Day, Sunday, September 8, 2013. Contact Mary Gidney at mgidney@shaw.ca for more information.

Will Bluebirds Return to Metchosin?

KEN FARQUHARSON

Help discover the answer to that question by joining Julia Daly and other residents at 7 pm on Wednesday, February 20, at the Metchosin Community House.

Julia was the field technician for the pilot year of the Western Bluebird Reintroduction project in the Cowichan Valley last summer. Some of the translocated bluebirds actually produced young there – for the first time in seventeen years! The Cowichan project is run by the Garry Oak Ecosystems Recovery Team (GOERT) www.goert.ca/bluebird.

If Cowichan can do it, why not Metchosin? There used to be bluebirds here, and lots of habitat still remains. Many properties have nest boxes and at present they provide much needed breeding habitat for other native cavity nesters, including Tree and Violet Green Swallows and Chestnut-backed Chickadees, if not, as yet, bluebirds. But there is room for more and also opportunities to restore habitat.

Wednesday's meeting, which is sponsored by the APRM, is an opportunity to learn more about what we can do either as individuals or together to bring these beautiful birds back to Metchosin.

EMERGENCY PREPAREDNESS

To Leave or not to Leave?

DAWNE KIRWAN

During an emergency you and your family may be required to leave your home and property. If the emergency puts you and your property at risk then you would be ordered to evacuate. Conversely, if the emergency was of a nature that did not require a forced evacuation, yet your home was compromised in some form or other, you may be required to remain on your property.

What is a Declaration of a State of Local Emergency? It is a change of law that supersedes people's rights. It means that a state of local emergency exists and that the municipality implements all procedures that are considered necessary to prevent or to alleviate the effects of the emergency, ie. control or prohibit certain activity and/or cause an evacuation.

An excerpt from the BC Emergency Program Act (RSBC 1996) Chapter 111, states that the powers that be can, among many things, "cause the evacuation of persons and the removal of livestock, animals and personal property from any area of British Columbia that is or may be affected by an emergency or disaster and make arrangements for the adequate care and protection of those persons, livestock, animals and personal property."

The fact that an evacuation is always a possibility in any community, due to an emergency would behoove all of us to have prearranged plans to stay with family or friends, outside of the affected area. If this is not a possibility, however, a designated reception centre in your community would be opened and evacuees would register there.

Like all possible emergencies, we should be prepared. We should have "grab and go" bags, ready to grab in the event that we have to leave our homes immediately. We should also have emergency kits well stocked in case we could not leave our homes. We are expected to be self-sufficient for at least seventy-two hours, but realistically we may be forced to be on our own for many days, if not weeks.

One can think of remaining in place as an unusual kind of camp out. In all likelihood, it would involve staying in our homes, even without amenities, but it is important to understand, however, that it may, instead, require us to live in an out building or perhaps set up some kind of shelter or tent. Hence, another example as to why it is vital to have emergency supplies ready for all types of scenarios.

Ensuring the safety of ourselves and our families is, of course, paramount in a disaster, but this also needs to extend to the animal companions in our lives and in a community like Metchosin, to the farm animals and livestock we may also have.

Most likely if we are to be evacuated from our homes, so must our pets and livestock and on the other hand, if we are to remain in place then we would be required to "shelter in place" our animals. This would mean deciding whether to confine the animals in an available shelter or leave them outside in a secured area.

Livestock protection is an integral component of emergency management. Of course, the first responsibility rests with owners and producers, with the various levels of government assisting with the preparedness, response and recovery in an emergency.

Livestock management (planning, movement, accommodation and sustaining logistics) in the event of an emergency should be an integrated enterprise of all the principal players - owners, municipality and the province. This is not unlike the planning, movement, accommodation and logistics that make up emergency management for each and every one of us in our community.

POD Thought

Wind starting to pick up? Kind of loud up in the trees? If the fireplace isn't already going, load it up and have it ready to go. Have a few flashlights placed strategically so you aren't fumbling for them in the dark.

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HOUSE HAPPENINGS

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

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 – 4:00 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 – 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.

Tuesdays

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

Games Afternoon. Every third Tuesday of each month from 1pm – 3pm. Bring a game of your choice, bring a friend and a snack if so inclined and prepare to have some fun. Everyone is welcome.

Wednesdays

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

Fridays

Parent and Tot Program 9:30 am – 11:30 am – Calling all Metchosin Tots! The Parent and Tot Drop-In program invites Moms, Dads, caregivers and their young children to join us Friday mornings for our community 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 Nina at 250-590-2540.

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

Events:

The Boiler of Sevilles - Sunday, February 17, 2:00 to 4:00 pm Come and learn or hone your marmalade making skills. See page 12 for more information.

Guest Speaker Series – Thursday, February 21, 7:00 pm – 9:00 pm.
 Fasten your seatbelts: A Glimpse into the World of Aviation and Aerodynamics is the topic of the talk by Dr. Parvez Kumar on Thursday, Feb. 21, 7:00 pm, at the Community House. See the article on page 7 for more information.

Potluck Lunch – Thursday, February 28, 12:00 pm – 1:30 pm. Everyone welcome!

Knitting Cafe – Regular meetings are held on the first and third Monday, 7:00pm – 9:00 pm and the second and fourth Tuesday, 1:00 pm – 3:00 pm monthly. Looking forward to seeing everyone again and newcomers, whether experienced or beginning knitters, are always welcome. For more info. call Laura, 250-478-1197 or email laura.farquharson@shaw.ca

Foot Care Program – Every third Monday of each month a foot care nurse will be offering foot care services. Appointments are ½ an hour and cost \$40.00. Appointments are between 10 am – 2:30 pm. Please call 478-5155 to book.

Art On The Walls – February. M.C.A. is offering the *Following Emily's Footsteps Art Show* during the month of February as the Art-on-the-Walls Program. Most of the works in this show have been painted recently at local sites, most of them documented in the *Guide to Emily Carr Sites on the Westshore* prepared by Elaine Limbrick of the West Shore Community Arts Council. The show consists of seven artists' works, most of which have been painted outdoors as local plein air landscapes. The artists include Lenora Ball, Margie Humphreys, Holly Jeffery, Jean Kilburn, Frank Mitchell, Wendy Mitchell and Arlene Welch. They are hanging on the Community House walls for all to come and enjoy. Viewing times are Monday – Friday, 9:00 am – 1:00 pm.

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 478-5155.

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Letters from Metchosin Technical Centre *continued*

possess. Putting your name forward does not require a firm commitment; however, it gives you the opportunity to share your speciality with the youth of Metchosin, if you are contacted and interested.

In return, the youth of Metchosin Technical would like to help around our community. I can be a contact for possible project initiatives in and around our Metchosin. Call or email me if you have any ideas and we will explore the prospective projects. As always, we will be doing a community clean-up in the village and for Earth Day would like to ask if there are any areas where there is an imperative need for a clean up.

*Thank you,
Dayna Christ-Rowling
Teacher, MTC (dchristrowling@sd62.vbc.ca or (250) 516-9524)*

*"I speak to everyone in the same way, whether he is the garbage man or the president of the university."
- Albert Einstein*

In the last month a lot has happened. But our lovely Teacher Dayna wants us to talk about respect and what it means to us. Calen and I feel that respect is a lot of things; most importantly, we feel respect is being kind, a good person and listening to others when they speak. Many people say that respect should work if you have respect for yourself, you will respect others, and the environment. What do you feel respect means to you and how would you define it?

Sincerely Alex P. and Calen C.

*"Never take a person's dignity: it is worth everything to them, and nothing to you."
- Frank Barron*

Hello my name is Sean Tierney, I am going to tell you about myself and how I respect people, places and



things. I respect my mom because she does so much for me and does not expect anything in return. I think that she is out of this world because I haven't met a lot of people like that. I respect most of my friends because they help me out when I need it and I do the same for them. I am also respectful to places, like Metchosin, so I don't litter. I'd like to say I pick up garbage all the time but I don't but if it's around me, I usually do. Sometimes my school does a community clean up and we pick up garbage. This service shows respect to our community. If people litter everywhere the world would be a dump and that's not very good. I also respect the stuff I have because some people don't get a lot of things. It is disrespectful to treat something poorly if someone gave it to you because that's disrespectful to the person and their hard work. If you bought something it is idiotic to treat it like that. Well thank you for listening.

Sean Tierney

*Respect for ourselves guides our morals, respect for others guides our manners.
- Laurence Sterne*

I choose this quotation because it's what I would have said; it's what I think respect is and should be. Respect means you treat others the way you want to be treated. It is true

people will respect you more if you first respect them. The way people act and respect you is the same way they should be treated. Respect has nothing to do with money or looks; it's the person you put yourself out as.

*Brad Blanchard
MTC grade 9 student*

"Respect yourself if you would have others respect you."

- Baltasar Gracian

At MTC we are learning about respect. To me respect means to care about the people and things around me. I respect my mom and dad because they give me a home and food. I respect them by doing what they ask me to do like chores. I also respect the environment because we recycle and we need to keep doing it or the planet will die. I think that more people need to respect the environment because a lot of people just disregard their pollution. I respect my community because it provides me with a school to attend and gives my school a Monday hot lunch program.

Bryan Wickheim, MTC Grade 9 student

This month I would like to talk about respect and service. Respect to me means a lot of different things, from just being an all-around good person to treating public property well. More importantly, by not destroying things or by not polluting our earth (because we only have one) one shows respect.

My second topic is service; this means to do something for the community or an individual and not expect anything in return. In our school, we had a small group of students that built a giant pencil holder, a 45 gallon oil drum, with giant pencils, a bunch of fence stakes, and on them we put one word of what respect meant to you. Then we cemented everything together in the drum then put it out front of the school. We did all of this for a service to help the school and share this public art. The overall goal was to add to this happy community. I hope we succeeded.

*Kyle Sheaves
MTC grade 11 student*

"We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect."

- Aldo Leopold

I respect the earth and love to help out to clean the area around the school. Respect means to me is being nice and kind and trying to help out others. The school should help clean more than two times a year; we should try to clean up once a month to keep it clean and show respect.

*By Jacob Foster
MTC Grade 9 student*

"Respect yourself, others and the environment around you."

- MTC credo

Dear Metchosin Readers, For the last few months we worked with Jennifer making gigantic pencils which are on display at the entrance of our school. We chose the theme Respect because this is a good reminder of how we all want to be treated, with respect. Each student who created a pencil chose one word of respect which means something to them. I chose peace because I don't want fighting or war. We are lucky to

live in a country where people don't feel it necessary to pack a pistol in their pants.

We hope you all enjoy our public pencils and would like to come up with another interesting project.

*Sincerely,
Brandon G-F and Randy L*

Respect life, and life will respect you.

-anonymous

My name is Billie Corbin. I am a grade 9 student at Metchosin Technical Centre. I, personally, think that respect is very important. You should respect all people and things around you. Respect your parents, friends, family, and even people that you just met. I respect my parents because they do so much for me and don't expect anything in return. I especially respect my friends because they choose to be in my life, they don't have to be there. Respect is caring. Respect is friendliness. Respect is giving back. At Metchosin Technical Centre, we all respect each other and each other's things. Treat everyone how you would want to be treated.

Billie Corbin

"I'm not concerned with your liking or disliking me... All I ask is that you respect me as a human being"

- Jackie Robinson

To me, respect means to treat people how you want to be treated. I respect a lot of things like my family and this school. For example, my friend swears a lot and I don't listen to him because you're not allowed to swear at this school. I also respect my teachers by doing my work and listening to them while they're talking. I respect my environment by not abusing it, and be conserving energy when I turning off the lights in my house. I respect my family by treating them how I want to be treated. So I listen to them and do what I'm asked to do.

*Ben MacFarlane
Grade 9 student*

"If we lose love and self-respect for each other, this is how we finally die."

- Maya Angelou

Hello my name is Alex. This month I'm going to talk about what respect is and what it means to me. The pencils in front of my school is the new art installation that was created by Jennifer and us students. All of the pencils have a word of respect on them. I made two, one with the word loving and the other with the word trust. I picked loving because sometimes when you give love you get respect. Like if someone has kids the parent will give love and receive it back and maybe respect as well. I also picked trust because I believe that trust is a huge part of respect because if I tell someone something private, I trust them not to tell anyone. I have given and received enough trust from an individual to respect them, but if they do something to make me lose respect, I will also lose trust in them. Respect can be about yourself, people around you or your environment. You can respect yourself is by not hurting yourself and treating your body right. Respecting a person could simply be helping them or letting them talk to you if they need someone to talk to. Finally, to respect the environment, you could pick up garbage you find on the ground. Recycling can be another way too, and over consuming and wasting. Well, this is what I had to say about respect. Until next month, I am signing off.

*Alex Jensen, Metchosin Technical Centre
Grade 9 student.*

Family Day & Open House

Saturday, February 2nd
10:00 am - 2:00 pm

Our West-Mont World Concert
Featuring Paul Hann & West-Mont Students

Presentation: "What's Up 2013/14" - 10:00 am
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Classroom Tours & Activities 10:45 am - 12:00 pm

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Concert: 1:00 pm



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Reaching Out to Help Victims of Crime

ANTOINETTE WARREN, PROGRAM DIRECTOR, GREATER VICTORIA POLICE VICTIM SERVICES

Since 1984 Greater Victoria Police Victim Services (GVPVS) has been working with the seven police detachments in the Capital Regional District, including the West Shore RCMP, to provide support and assistance to the victims of crime and trauma.

GVPVS's highly trained staff and volunteer victim service workers provide short-term emotional and practical support, information and referrals to community services, assistance with completing crime victim assistance applications, safety planning, and education on victim rights and the services available. GVPVS is particularly proud of their court support program. This provides witnesses and the victims of crime who are involved in court proceedings with court accompaniment, information about the court process and the criminal justice system, assistance with completing victim impact statements, and victim notification and updates. GVPVS's court program helps people to be better witnesses through the provision of information and emotional support, increasing the probability of conviction.

Support and services are available to victims of crime, people who have suffered trauma, family members and friends of victims as well as people who have witnessed a crime or trauma. While GVPVS works closely with their police partners and most referrals are made by police members, referrals can also be made by other community agencies and service providers and members of Crown

Counsel. Individual victims of crime and trauma can self-refer, as well. The benefits of accessing victim services are numerous. As part of their vision that victims will achieve a state of well-being, GVPVS supports and works with victims to ensure that they are able to recover more quickly, that they move forward with their lives and that they return to being productive members of their family and society.

GVPVS's main office is located at Victoria Police Department headquarters (850 Caledonia Avenue). West Shore community members are invited to visit GVPVS's satellite office at the West Shore RCMP detachment (on Atkins Road in Langford). A victim service worker is available on Tuesday and Thursday afternoons from 2:00 to 4:00 pm at the detachment. As well, a victim services worker can be reached by phone at 250-995-7351 during the following hours:

Monday, Tuesday 9:00 am to 6:00 pm.

Wednesday, Thursday 9:00 am to 7:00 pm.

Friday 9:00 am to 5:00 pm.

Please visit GVPVS's website at www.gvpvs.org to learn more.

This information is provided by the West Shore Community Policing Advisory Committee (CPAC). Metchosin's representative on CPAC is David Kirkham. If you have questions or concerns that you would like raised at the Committee, please contact David at: CPAC-Metchosin@googlegroups.com

M



Children take part in Family Literacy Day activities.

The Family Learning Tour

JOANNIE CHALLENGER

It's sometimes surprising to learn of activities happening in our community of which we are not aware. For example, did you know that there was a Family Learning Tour last Sunday, January 27? This tour coincided with a Canada-wide celebration – Family Literacy Day, and included a variety of activities held at different locations throughout the Western Communities, including Metchosin's Broken Paddle Cafe. The aim was to encourage families to take part in at least fifteen minutes of fun learning – not a bad way to spend a Sunday afternoon!

At the Juan de Fuca Library you might have watched a puppet show, and at Pacific Centre Family Services Association you could have seen a cooking demonstration by a local chef. Goldstream Nature House held a story-book time, and at Westshore Town Centre games were organized by the READ Society.

The Family Learning Day was organized by Your Literacy Connection Westshore, which was created in 2010 when a committee comprised of School District #62, local organ-

izations, agencies and community members from Colwood, Langford, the Highlands and Metchosin received a provincial grant to support literacy in their communities. The aim of this organization is to identify and respond to their residents' learning needs; it also strives to support life-long learning – something that many Metchosin residents already know a lot about!

In addition to sponsoring the Family Learning Tour, Your Literacy Connection Westshore supports existing literacy programs in the community by providing books and resources and building their capacity to reach more people. You may have heard of programs like Books for Breakfast, the 1000 x 5 book recycling project or The BEAR Program at Hans Helgesen School. If not, it's well worth a look at the website sookewestshoreliteracy.ca, to learn more about them. In addition to telling about these programs, the site provides information on how to receive or donate books, volunteer opportunities, news and events. You may also contact Shantael Sleight, literacy outreach coordinator, at smsleight@gmail.com.

M

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Church Directory

The directory is a free service. Deadline for submissions is the 15th of each month, email laura.farquharson@shaw.ca or call 250-478-1197.

BAHA'I FAITH

Children's classes are based on Baha'i teachings of peace, unity and collaboration - stories, games and activities for building community spirit. Trained teachers with criminal record checks. Meetings now held every other Sat., 1:30-3:00 pm. **Devotional Gatherings** for spiritual sharing. All faiths welcome. 10:00 am every Sunday at Metchosin Community House.

On Sun. Feb.24, 2-4pm, at the Metchosin Community Hall, parents and children are invited to join in our annual "Help the Homeless" event which has the aim of making over 175 bundles which will include a new bath towel, new socks and toothpaste, and participants are asked to bring a set of these three items. In addition to making up the packages, there will be a craft project, singing, games, stories and snacks. For more info call Mona, 250-514-1757.

GORDON UNITED CHURCH.

Rev. Heidi Koshchzeck, Minister. A friendly, inclusive congregation. Sunday service begins with singing at 10:15am and worship service and Sunday School at 10:30 am. Coffee time follows. Visit us at www.gordonunited-church.ca, 935 Goldstream Ave., 250-478-6632.

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OPEN GATE CHURCH

www.theopengate.ca (250-590-6736) Lead Pastor:

The events page is a free service for local volunteer organizations and societies, space permitting. Deadlines for submissions is the 15th of each month. Email laura.farquharson@shaw.ca or call 250-478-1197.

Chris Zoephel, Associate Pastor: Andrew Hewlett. **Sunday services**, 1289 Parkdale Dr. (Lighthouse Christian Academy). Traditional Service, 8:30 am; Contemporary Family Service with kids' activities 10:15am. Holy Communion at Alexander Mackie Lodge, Wed.10:30am.

PILGRIM UNITED CHURCH

We are a joyful, Christ-centered people with open minds and open hearts. Please join us for worship and children/youth activities on Sundays, 10:30am, 3319 Painter Rd., just off Metchosin Rd. Call our minister, Erin, at 250-478-2533, or email pilgrimuc@shaw.ca or visit our website at www.pilgrimunited.ca

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4125 Metchosin Rd., 250-474-4119, website: www.stmarys-metchosin.weebly.com. Vicar: Rev. Rob Hutchison. Sunday service 9:30am. All are welcome. Seniors Lunch Wed., Feb. 6 at noon.

WEST SHORE PRESBYTERIAN CHURCH

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

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Al Millar
4199 Stillmeadow Rd. Metchosin, BC V9C 4H8
Tel: 250 391-0588 Fax: 250 391-0587




Randall Garrison, MP
ESQUIMALT-JUAN DE FUCA

Constituency office is now open to serve constituents:

A2-100 Aldersmith Place
Victoria V9A 7M8
10am-4pm, Monday-Thursday
or by appointment
T: 250-405-6550
E: Randall.Garrison@parl.gc.ca
F: 250-405-6554

We are here to assist constituents with Federal government programs and services.

14TH JUAN DE FUCA (METCHOSIN) SCOUTS CANADA

Creative Tool Making

CURTIS BECKER

The 14th JDF Scouts have been very busy. They began a new handicraft project in December, adapted from another group. They had some beautiful hardwoods donated to them, and the leaders cut them into blocks. Resin-handled Swiss stainless steel knives were purchased and the plastic handles were removed from them all. Inside the hard woods, holes were pre-drilled for the new blade. A series of three blocks was chosen by the scouts and laminated together creating a new handle. In a multi-step process, the tang of the stainless steel blades was epoxied into a fabricated hole, creating a new knife. The scouts have created their own handle designs and traced them onto the rough wooden blocks and the carving, sanding and sculpting will soon begin. The blades have been carefully covered so no one gets cut as they create original new knives for themselves. This has been an excellent learning activity and handicraft that takes a lot of time and skill. It will be something they will have for a lifetime of scouting. Once the knives are complete, we will be making our own leather sheathes, with the goal of keeping the new knives safe.

Scouts are also in the process of planning a summer trip which will depart June 29 and return July 8. They will be biking approximately 300 kilometers along the Kettle Valley railroad. We are fundraising for this event as we need to get to the Okanagan and make sure that the youth bikes are in top performing shape. We will begin to ride in the spring in preparation for this event. Any support from our community such as refundable beverage bottles or car batteries is greatly appreciated. Please call Curtis Becker for pick-up. 250-589-7715



14th Juan de Fuca Scouts work on their knives.

Annual Tree Chip a Great Success!

CURTIS PETILLION

The second annual 14th JDF Venturer tree chip was a flying success. Over two weeks of hard work from the Venturers and parents was well worth it. The tree chip has been a vital fundraiser for the Venturer Company for the past two years. The money raised from the event will ensure a well-funded program for our Venturers. While the work was hard, it was also fun as well. Good times with good friends working together to create what has become a very successful fundraiser. However, this could not be possible without the help of some very generous people. Firstly we would like to thank the Luxton Fairgrounds for letting us fill their wonderful facility full of hundreds of old dead Christmas trees, and of course Total Tree Care for donating their time and equipment to chip all the trees for us. We would also like to thank Race Rocks Automotive and Canex for collecting trees for us throughout the two weeks prior to the chipping. Also a special thanks to Visual Sports Image, Serious Coffee, Buy the Yard, GVA Tree Sales, Blue Mountain Farms, Global TV, and CTV. Thanks to all of you and to everyone who donated their Christmas trees for making this a successful fundraiser. We hope you will join us again for our tree chip next year!



A very successful tree chip helped raise money for the 14th Juan de Fuca Venturer Company
Photos by Curtis Becker

Metchosin's Own Services Auction

MARJORIE ANDERSON

The Metchosin Community Association is gearing up for the third annual Services Auction taking place on Sunday, March 24 at 2 pm.

Last year's auction brought in \$5,000 that was put towards the ongoing operation of the Metchosin Community House. Metchosinites have much to be proud of, in that the House operates without grants or government money, and entirely by money raised in the community.

The auction is a good fundraiser. Additionally it is a good social occasion with lots of laughing and free refreshments. Mark the date on your calendar for an enjoyable two hours and an opportunity to buy locally.

Have you a service you want to offer - large or small? Call Heather at 250-478-5144 for it to be welcomed, or email mcahouse@telus.net. Fifty items fit comfortably within our time frame so please don't leave it until the last minute.

To bid online, a web page will be set up in early March, with more items posted as donations come in. Just Google "Metchosin Community House" and follow the links on our home page.

Fire Department Call-Outs - Dec 16, 2012 – Jan 15, 2013

BY FIRE CHIEF STEPHANIE DUNLOP - Check out Metchosin Fire on Facebook or follow me on Twitter @ ChiefDunlop

Dec 17	Happy Valley Road- Assistance - General Public Sooke Rd- Alarm Bells - Commercial Happy Valley Road- Rescue - Search	Jan 01	Sooke Road- Medical - Seizures Tavane Road- SFRes - Chimney Pears Road- Medical - Shortness of Breath
Dec 18	Happy Valley Road- Assistance - Public Works Lindholm Road- Assistance - Public Works	Jan 03	Hi-Mount Dr- Open Burn - General
Dec 19	Happy Valley Road- Medical - Cardiac Arrest Duke Road- Assistance - General Public	Jan 04	Olympic View Dr- Medical - Fall
Dec 28	Kangaroo Road- Assistance - Public Works	Jan 05	Happy Valley Road- Assistance - General Public Happy Valley Road- Medical - Shortness of Breath
Dec 30	East Sooke Road- Medical - Shortness of Breath Rocky Point Road- MVI	Jan 06	Metchosin Road- MVI
Dec 31	Pears Road- Medical - Chest Pain	Jan 11	Kangaroo Road- Medical - Chest Pain
		Jan 13	Leefield Road- Medical - Cardiac Arrest

RCMP Call-Outs DECEMBER 14, 2012 – JANUARY 13, 2013

BY CPL. BRIAN KERR, CENTRAL SAANICH POLICE

Dec 14	Sooke Road – Complaint of erratic driver, vehicle stopped and driver given verbal warning. Pearson College Drive – Complaint of suspicious male, patrols made, not located.
Dec 17	Sooke Road – Complaint of erratic driver, vehicle not located.
Dec 18	Rocky Point Road – Single vehicle accident, roll over, no injuries, vehicle towed from scene. Kangaroo Road – Complaint of assault, investigation continuing, criminal charges pending.
Dec 19	Happy Valley Road – Assistance provided to Coroner's office.
Dec 20	William Head Road area – Complaint of loud noise, patrols made. Metchosin Road area – Complaint of possible threats, investigation continuing. Pears Road area – Complaint of possible breach of peace, domestic argument.
Dec 21	Duke Road area – Complaint of erratic driver, family dispute, driver spoken to.
Dec 22	Kasani Place – Complaint of person with fireworks. Eales Road – Complaint of shots fired, patrols failed to locate anything.
Dec 25	Sooke Road – Complaint of possible impaired driver, vehicle stopped and driver found to be sober. Happy Valley Road – Complaint of a vehicle in the ditch, patrols failed to locate the vehicle.
Dec 30	Sooke Road – Complaint of a vehicle driving with no lights, vehicle not located. Rocky Point Road – Single vehicle accident, no injuries, due to icy road conditions, vehicle towed.
Dec 31	Arden Road – Complaint of person lighting off fireworks, patrols made.
Jan 01	Sooke Road – Complaint of disturbance, one female arrested for being drunk, no criminal charges.
Jan 02	Metchosin Road area – Complaint of erratic driver, driving review ordered for elderly driver. Sooke Road – Complaint of possible impaired driver, vehicle not located.
Jan 03	Chapel Heights Drive – Complaint of suspicious person, not located.
Jan 04	Sooke Road – Complaint of a logging truck with no tail lights. Sooke Road – Complaint of possible impaired driver, vehicle stopped, driver not impaired. Rocky Point Road area – Complaint of gunshots being heard, patrols failed to locate anything.
Jan 05	Metchosin Road – Vehicle stopped for excessive speed, vehicle impounded and driver charged.
Jan 06	Metchosin Road – Single vehicle accident, one person injured, being investigated for impaired driving. Metchosin Road – Complaint of possible prowler, police attended and complaint unfounded.
Jan 07	Happy Valley Road – Complaint of threats being made, still under investigation.
Jan 08	Lindholm Road – Complaint of gun shots being heard, patrols failed to locate anything.
Jan 09	Metchosin Road – Complaint of erratic driver, vehicle stopped and driver given a warning. Rocky Point Road area – Complaint of a person supplying liquor to minors, still under investigation.
Jan 10	Sooke Road – Complaint of a disturbance. Metchosin Road area – Complaint of a domestic dispute, no assault, one person asked to leave the residence.
Jan 11	Albert Head Lagoon – Complaint of theft from vehicle, cell phone stolen.
Jan 12	William Head Road – Assistance provided to Surrey RCMP warrant for arrest.
Jan 13	Happy Valley Road area – Assistance provided to Coroner's Service regarding a sudden death. Rocky Point Road – Assistance provided to Sidney RCMP to locate missing person, later located.



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
V9B 2X7
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 dropped off at Metchosin Country Store.

WANTED

ACCOMMODATION WANTED – Looking for unique one bedroom cottage/cabin in Metchosin/South East Sooke. I am mature, quiet, integral. Needing min. electricity or off grid, away from powerlines/transformers, sunny, private, in nature: wood heat, propane cook, h/c H20. Excellent referenced, long time vendor Moss St Market. Call Joanne 250-381-6171, fireweedbotanicals57@gmail.com.

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

FOR SALE

METCHOSIN RAISED CHICKEN, LAMB & PORK. Processed in fully inspected facilities. Call for info: 250-478-9628.

LESSONS

FOODSAFE – LEVELS 1 AND 2, MARKETS SAFE AND WHMIS – Classes taught by certified instructors. See website www.hospitalitytrainingplus.com for information or contact Evelyn for on-site group classes. Call 250-474-5596.

YOGA – Iyengar Tradition. STRETCH, STRENGTHEN, RELAX. Offering yoga in Metchosin since 2001. (\$10. Per 1.5 hour class) For class schedule see www.woodland-yoga.com

SERVICES

COOKIES CRITTER CARE – Metchosin's Professional Pet-Sitter and Dog-Walker since 2006. Fully Insured, Bondable and First Aid Certified. Cookie 250-415-9335. Comes highly recommended and recognized.

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

LIFE COACH Live your life, your way! Take the next step. Live your dreams. FREE INITIAL CONSULTATION contact Maureen at 250-686-1721 or see www.limitlessPotential-LifeCoaching.com

PAWSITIVE K-9 DOG WALKING SERVICES (4 dogs max.) Custom made leashes. Stephanie is an apprentice dog trainee and first-aid certified. More info: call Stephanie 778-265-4940 or email w.w.paswsitivek9.ca.

Events – February 2013

Deadline for submissions is the 15th of each month, email laura.farquharson@shaw.ca or call 250-478-1197.

NEXT MUSE MEETING

Wed, 9:30 am, Feb. 6. All interested readers, potential writers, workers, etc., very welcome. Call 250-391-6718 for info.

AIR CADETS

Tues., 6:30–9:30 pm, Masons' Hall, 679 Goldstream Ave., 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. Call 250-590-3690 for information.

ALZHEIMER SOCIETY OF BC

Caring for someone with dementia, experiencing early symptoms or just interested? Call the Society at 250-382-2052 or visit www.alzheimerbc.org.

ASSOCIATION FOR THE PROTECTION OF RURAL METCHOSIN (APRM)

Next meeting on Wed., Feb. 20 at 7pm, at the Community House. Following the confirmation of Western Bluebirds nesting in Metchosin, Julia Daly of the Bluebird Project will give a talk on what is being done to bring more of these birds into our area. All welcome. Business meeting will follow after refreshments. For more info. call Frank, 250-478-1671. www.aprm.ca.

BADMINTON

Sunday Night Mixed Badminton 7:00-9:00 pm at the Community Hall. For info. call Dennis 250-474-3749.
Women's Badminton Thursdays, 7:00-9:00pm, at the Community Hall. New members welcome. Call Margaret at 250-478-9648 for info.

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.bilstoncreek.org>. For more information call Ian McKenzie, 250-478-2387, or ikmcken@highspeedplus.com

'CHOSIN CHATTERS TOASTMASTERS

Meets 7:00-8:30 pm, Tuesdays at the Community House.

Develop your communication and presentation abilities in a friendly and supportive setting. Our goal is to help participants build skill and self-confidence – and have fun at the same time. Everyone 19 years and older is welcome. Contact: info@chosinchatters.org; website: www.chosinchatters.org.

CRD PARKS

Sun., Feb.3, 1-2:30pm, Matheson Lake Regional Park, (Guided Walk), 8years+. **What's that Evergreen?** Take a closer look at the survival strategies of our local evergreen plants. With a park naturalist, you'll learn common species, what keeps these plants green year-round and sip some evergreen tea. Meet in the parking lot at the end of Matheson Lake Rd. *Full details of programs in other CRD parks can be found at www.crd.bc.ca/parks, or in brochures available at the JDF library and the Nature Centre at Witty's Lagoon Regional Park, phone 250-478-3344, or email crdparks@crd.bc.ca.*

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.

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, phone 250-478-5155. See "House Happenings" on page 15 for full details of programs.

METCHOSIN COUNCIL

Meetings are held in the

Municipal Office Council Chamber at 7:00pm unless otherwise noted
Mon., Feb 4 – Finance and Environ. Cttees, Council
Mon., Feb 25 – Planning, Parks and Highways Cttees
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>

METCHOSIN EMERGENCY PREPAREDNESS

Meetings every Wed. at 7:00 pm 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

To learn new trails on guided rides on your own horse call Ellen 250-474-4704. For general info. call President Heidi 250-391-7511. To book the Metchosin Riding Ring contact Nadyne, 250-478-7541, email exchanging@shaw.ca. www.mesmetchosin.org

METCHOSIN 4H CLOVERBUDS

4H is a club for animal-loving children who would like to learn about agriculture. We meet the second Sun. of each month, from 2-4pm at the Community House, 4430 Happy Valley Rd, and the program runs from Jan. to Oct. Contact: Debbie Cooper, 250-478-4677, email debbiecooper@shaw.ca

METCHOSIN GARDEN CLUB

Our speaker on Tues., Feb.12, 7:30pm, at St. Mary's Anglican Church, will be Jeff deJong, a professional, award-winning horticulturist, instructor and Site Manager at The Land Conservancy's renowned Abkhazi Garden. New members always welcome and for more info. call Suze Bowen 250-298-7877.

METCHOSIN HALL SOCIETY

Meetings are held upstairs in the hall at 7:30 pm on the third Tues. of every month except July, Aug. and Dec. For hall rentals or info call 250-478-6424 (please leave a message). Website: <http://metchosinhall.com/>

METCHOSIN HIKING CLUB

PLEASE NOTE the change from Tuesday to Monday mornings, 9:00 am, rain or shine, outside the Community House. Everyone welcome. For more info call Runa, 250-478-4778.

METCHOSIN MUSEUM SOCIETY

The Society operates two museums. The Pioneer Museum on the Municipal Grounds gives a fascinating insight into the lives of Metchosin pioneers through beautifully set up displays, while the Old Barn Books supports the Museum through its sales. Both Museums are now closed for the winter season, but group visits can be arranged by calling Bert Harrison, 250-382-1989 for the Pioneer Museum and Margaret Roper, 250-478-5447, for the School Museum. Membership in the Society is \$5 annually and new members warmly welcomed.

METCHOSIN PONY CLUB

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

METCHOSIN PRESCHOOL

We invite the community to join us for our monthly educational speaker. On Tues., Feb.5, 7pm, a local RCMP officer will discuss how to speak to a child under difficult circumstances. We are also holding Movie Nights, complete with a popcorn and goodies concession, on Feb. 1 and March 1. Entrance fee is \$2 per person. Wear your pjs! Keep updated with us at www.metchosinpreschool.wordpress.com or our Facebook page. To speak to us directly call 250-478-9241 or metchosinpreschool@gmail.com

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, 250-474-3966, email: MetNRP@shaw.ca.

SCOUTS CANADA

Scouting offers a world of adventure, outdoor experience, friendship and fun. Our programs support healthy, active living, discovering the best in yourself and others. It starts with Scouts! For more info. contact us at 14thjuandefuca@victoriascouts.ca

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 6:30 pm, 948 Dunford Road, Langford. For more info call 250-478-7813.

TOPS

Take Off Pounds Sensibly (TOPS) meets Thurs. mornings from 9:00–11:00 am in St. Mary's Church. For more information call Bonnie Tipton Rennie 250-590-3100.

WEST SHORE ARTS COUNCIL

WSAC supports the arts, groups and individual artists in the West Shore. Monthly board meetings are Saturdays, 10:00 am. See <http://www.westshorearts.org/meeting.php> for dates. Members are welcome to attend. If you wish to address the board about a project proposal 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., 7:00–9:30 pm at the Forge Church (formerly Western Communities Baptist Church), 2612 Sooke Rd. Bring your band instrument and rekindle your passion for playing. Call Mike at 250-474-3999.

The events page is a free service for local volunteer organizations and societies, space permitting. Deadlines for submissions is the 15th of each month. Email laura.farquharson@shaw.ca or call 250-478-1197.



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