

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

Huge Jump in Species Count at the Metchosin BioBlitz

BY KEM LUTHER

Experts at this year's Metchosin BioBlitz found 1200 different species, surpassing last year's count by more than 250 species.

The Metchosin blitz is one of five annual bioblitzes in BC -- others happen at Whistler, Burnaby Lake, Pender Island and Flathead. The BC bioblitzes are only a few of the hundreds of bioblitzes that take place all over the world each year. These twenty-four-hour species inventories model themselves on the 1996 bioblitz at Kenilworth Aquatic Gardens in Washington, D.C. Searching for a snappy name for the event, Susan Rudy, one of the organizers, suggested "bioblitz" because "it was a hunt for biological resources (bio-) that was fast and furious (-blitz)."

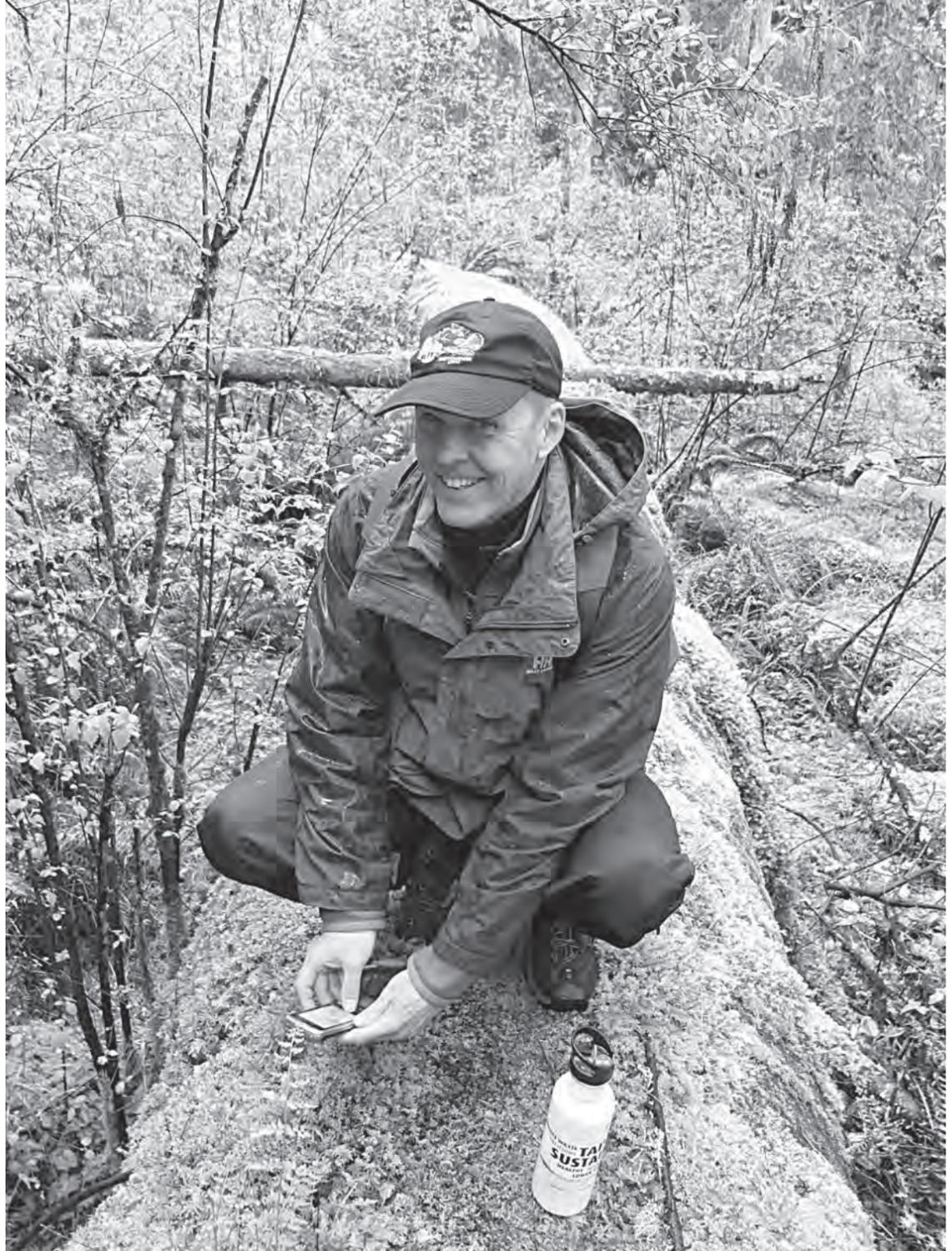
The fast and furious Metchosin BioBlitz 2013 began at a more measured pace on Friday, April 26th, at the monthly Metchosin Talk and Walk. An audience of sixty people gathered at the District Office to hear James Miskelly and Libby Avis talk about their experiences with butterflies and moths. Libby told about the evolution of her moth collecting methods. James related adventures from the annual Victoria-area butterfly counts and reminded the group how loss of habitat has reduced the butterfly populations of an island that was once a butterfly paradise.

The BioBlitz got into full stride the next morning, at the crack of dawn. The first species experts to arrive at the Mel Cooper cabin, the BioBlitz headquarters, were the birders. Andy MacKinnon, another early riser, was there to welcome them with coffee, tea, and a bin full of Martha Haylor's cinnamon buns. Ann Nightingale co-ordinated the birding events throughout the day, tallying the sightings on a sheet of paper taped to one of the windows. By the end of the day, birders had spotted 102 different species, bringing the three-year BioBlitz bird species count to 131. This year they were fortunate to spot the elusive Townsend's Solitaire and the Cackling Goose, a smaller cousin of the Canada Goose.

At 8:00 am, another fifty experts joined the BioBlitz coordinators at the cabin. At this year's BioBlitz, strong teams of bryophyte and alga experts supplemented the lichen, plant, fungi, and reptile/amphibian specialists. Counts for mosses/liverworts and seaweeds were, thanks to the added experts, especially high: almost a hundred species of algae would be identified (quadruple the number in previous years) and 125 mosses/liverworts (doubling earlier totals). The lichen count would also more than double and the vascular plant count would jump to 420 for the day bettering last year's 400. The high count for vascular plants was a result, in part, of a team traveling with Hans Roemer, who zipped around to several Metchosin sites during the day, recording a new species every forty seconds.

The specialists who had converged at the cabin picked up their gifts of BioBlitz T-shirts and organized themselves into several search groups. The groups were sent out to survey Camosun College's Van der Meer Reserve, CRD's Matheson Lake, the beach areas around Parry Bay, DND lands at Rocky Point, and CRD's Albert Head/Tower Point. Marine experts connected with a CRD Parks beach seine, a family program at Witty's Lagoon.

continued on page 7



Joel Ussery surveys plants on the old Sooke pipeline. Joel made 200 plant identifications during the 2013 BioBlitz.

Photo by Moralea Milne

Important Dates

(for on-going events in Metchosin, check the back page for contact information of organizations)

June 2	Tech Petting Zoo at SIRC see page 3
June 3 - 28	Scrap Metal Bin see page 3
June 6 - July 7	Come Together at MAG see page 5
June 7	Slips and Tips and Falls at SIRC..... see page 14
June 8	Come Together Opening Celebraton..... see page 5

June 14	Last day of school at West-Mont
June 17 - 27	Provincial and Scholarship Exams
June 26	Metchosin Community Association AGM..... see page 8
June 27	Last day of public school

Metchosin Muse

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

CO-EDITORS

Valerie Cochran, 250-391-6718
metmuse@shaw.ca

Brian Domney, 250-474-3966
metmuse@shaw.ca

EDITOR EMERITUS

Jo Mitchell, 250-478-1671
jomitchell@shaw.ca

MUSE TEAM

Stevie Bahrey
Joan Bradley
Eileen Carlson
Joannie Challenger
Valerie Cochran
Brian Domney
Laura Farquharson
Barrett Fullerton
Joan Gilbert
Brian Graham
Jessica Hedberg
Joan Kew
Jean Kilburn
Peter Lewis
Jim MacPherson
Dauna Neveaux

ADVERTISING

Peter Lewis, 250-474-3260
petermlewis@shaw.ca

CLASSIFIEDS

Eileen Carlson, 250-478-1036
elcarlson@shaw.ca

ACCOUNTS

Eileen Carlson, 250-478-1036
elcarlson@shaw.ca

DESIGN AND LAYOUT

Capamara Communication Inc.
Metchosin

DISTRIBUTION CO-ORDINATOR

Barrett Fullerton

EVENTS

metmuse@shaw.ca

CURRENT CIRCULATION: 2600

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

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

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.

Letters from Metchosin Technical Centre

"As you grow older, you'll find the only things you regret are the things you didn't do."
~ Zachary Scott

As the years pass, and as a Metchosin Technical Centre teacher, I realize that the things I lament are the opportunities I didn't take. I have witnessed my students holding back for fear of the unknown, embarrassment or failure. All of these personal limitations are understandable, considering their age and the challenges of peer pressure.

At the same time, I have observed amazing growth, generosity and kindness where students do not hold back. For example, these past few months many of our students participated in a group art project called "Family @ MTC". This collective piece, under the direction of Jennifer Kivari, our art therapy EA, turned out to be amazing. The students gave their own time, contributions and family photos to create a multimedia art mosaic that is outstanding. The piece was exhibited at the Roots Art Show at Royal Roads and can be seen at the SD#62 board office for the first part of June, after which it will be installed at MTC. Feel free to pop by the Board Office, or the School and see how it looks.

Our students have also surprised me with their honesty and personal reflections regarding the political process. The students voted in a BC Provincial Student Vote. While preparing for the vote students learned the difference between right and left wing and where they, personally, sit on the political spectrum. I was pleased with their participation. We will see how the government proceeds in the next four years.

We have been making plenty of plans this past month through looking to the future education prospects with our tour of Camosun College, registration for other area high schools and preparation for a MTC graduation program for next year! Every year things are a little different at Metchosin Tech and next year will be no different.

Hope you enjoy your month and that you take advantage of all the opportunities that come your way. Thank you again for all the folks that supported our fundraising efforts on May 25!

Dayna Christ-Rowling, Metchosin Technical Centre Teacher



Tim on Voting Day. Photo by Kyle Sheaves

A few months ago we at Metchosin Technical Centre we had a mock election to learn about the process of voting within an election. The insight of politics is a great tool to learn so you know who is the best candidate for your needs and which politician has the best interests that apply to you. This assists you in learning about the facts and helps a voter sift out the false information so you know exactly what the party stands for in which you are about to vote for. I personally don't like mud-slinging and negative advertising which happens during an election. I would like to focus on the real and important issues that they stand for and how they are going to make that happen.

I am thankful to have had the opportunity to learn about politics and am happy to say that I voted in this first provincial election at Metchosin Community Hall.

Sincerely, Tim D-Y, Grade 11 student

Today I will tell you about one topic and that is the Times Colonist 10k Run and what our school did before and after.

The day started when I was picked up by another person participating in the TC 10k. Even though we are the smallest school in the Sooke School District we have the largest team; there were twenty-five of us doing the race. We all were meeting at my teacher Laura's apartment at 7:15. When we arrived and we received our fancy school shirts with our team name on it - Metchosin Power Tools. The race started at 8:00am - we lined up with all the 11,500 runners and were excited and pumped to start the race. Some of us were thinking how hard it will be to run with all of these people in front of us. When the race finally started, some of us had trouble because of all of the people everywhere; there was a lot of jostling and tight squeezes; finally we broke out and started the run. The hardest part of the run for me was at the 6k mark. I had cramps. It was painful but I managed. As I ran every km it felt longer and longer; the last km was a relief but felt like 2k. Then we went back to Laura's building and went swimming. Our teacher's husbands made us waffles, sausage and fruit; it was good! That is the end of the TC 10k run. The team and time results are as follows:

Zeke Huber (me) 53:34, Justin Browning 54:34, Tim Dinsdale-Young 56:06, Jennifer Kivari 1:02:08, Stephan Perren 1:03:44, Bryan Wickheim 1:03:26, Abbey Christ-Rowling 1:04:43, Dayna Christ-Rowling 1:04:4, Calvin Currie 1:06:35, Gillian Eggleton 1:06:37, Andrea Noye 1:07:44, Jamie Joe 1:07:52, Dustin

continued on page 11

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



METCHOSIN MUSE AD RATES

Display Ad Sizes	1 Issue	2-5 Issues	6-12 Issues
Bus. Card (H)- 4" w X 2.5" h	\$47.00	\$42.00	\$38.00
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
1/4 page - 5" w X 7.5" h	\$145.00	\$129.00	\$115.00
1/2 page - 10" w X 7.5" h	\$285.00	\$265.00	\$240.00
Insert 8.5" X 11" (supplied only)	\$259.00	per month	per month
Full Width Banner x 2" h	\$96.00	\$88.00	\$76.00
Full Page Ad (if available)	\$569.00	~ no additional taxes ~	

Discount on 2-5 and 6-12 issues. Full payment in advance of publication

Cost To Design Ad
First Time Ad Layout and Design \$35.00
Submit Camera Ready ad N/C.
Full payment in advance.
For more information please call Peter Lewis 474-3260.
petermlewis@shaw.ca

Classified Ads
25 words or less \$10
Deadline: 15th of each month.
Monthly payment in advance. Please call Eileen Carlson 250-478-1036.

"If you don't know what you want," the doorman said, "you end up with a lot you don't."

— Chuck Palahniuk, *Fight Club*

Well, we have had an Election in this province and we elected John Horgan in our school election. We voted in a Student Vote across the province. The overall standing for students was provincial NDP won a majority with the Liberal being the official opposition, and 8 seats were won by the Green Party. People should exercise their democratic right like the 101,104 students that took part. In fact, more than 48% of the adults did not vote in our provincial election and of those that did only half agreed with the Liberal party. I feel that if you don't vote you can't complain. More than 50 % of voters are unhappy - how can this be a majority of votes? Being ignorant is not an excuse to not vote. Maybe if the government told people that they can't vote they would because people do the opposite of what they are told.

On a personal note - I am making the best of my opportunities and not sitting around complaining and doing nothing. I am competing in a boxing match at Olson's gym with the provincial champion. I will not win a title; however, it is a great opportunity. The fact that I can fight him is surprising because I am a novice fighter. I hope I beat him on May 24. Thanks for you taking the time to read my letter.

Liam, Grade 10 MTC student



Metchosin Foundation AGM Welcomes the Ancient Forest Alliance

CAROL CARMAN

The Metchosin Foundation celebrated its most successful year yet at its fourth annual general meeting, held on Sunday, May 5, at St. Mary's Church. The two featured speakers from the Ancient Forest Alliance, TJ Watt and Ken Wu, were introduced by local research ecologist Dr. Andy McKinnon. The two young activists inspired members and guests with their unique combination of hard science, background stories and TJ's award-winning photography. Those attending came away with a much enhanced understanding of Metchosin's environmental heritage, and how the actions of individuals and groups really can make a positive difference.

Chair Chris Pratt recounted some of the Foundation's activities over the past year including the Apple Festival, the popular annual Halloween Dance, the financial commitment to establishing a conservation covenant, and the Seniors Information and Resource Centre (SIRC). In addition, the Metchosin Foundation was able to establish a \$15,000 endowment fund through the Victoria Foundation's *Smart Caring and Community Funding* program. "We continue to work with community members and the Habitat

Acquisition Trust (HAT) to help establish conservation covenants on some of our most biodiverse and fragile habitats," Pratt said.

Moralea Milne and Jo Mitchell, who have served on the Foundation's board since its inception in 2008, have stepped down recently. Chair Chris Pratt expressed thanks on behalf of everyone present for their dedication and service throughout these first years, and expressed confidence that they will remain involved as non-board members. Board members elected for the coming year include some familiar faces: Chair Chris Pratt, Vice-Chair Dan O'Connell, Dan MacIsaac, and Secretary/Treasurer Carol Carman. In addition, the membership was happy to welcome two new members to the board: author and retired college/university professor Kem Luther, and CRD Parks Planner Joel Ussery, one of the creators of Metchosin's Blue and Green Spaces report.

The Metchosin Foundation would like to thank Metchosin residents for their continued support of the Foundation and for their commitment to the stewardship of Metchosin's rare and unique ecosystems and our community.

Donations to the Metchosin Foundation are tax deductible. Please see our website for further details: metchosinfoundation.ca



Metchosin Farmers Market has started its 2013 season. Located at the Metchosin Municipal Grounds behind the Fire Hall off Happy Valley Road, the Market is open from 11:00 am to 2:00 pm every Sunday. In the heart of Metchosin farmland, the Metchosin Farmers Market is the WestShore's rural market. We have some new vendors this year plus many of our regulars. Live music in the centre of the Market adds to the country ambience. Come to the Market for a fun family friendly time.

This year we are having a monthly draw for \$50.00 of Metchosin Farmers Market "Funny Money". Save your receipt from My-Chosen Café and bring it to the Metchosin Farmers' Market. Enter our draw by writing your name and phone number on the receipt and putting it in the draw box (located in the Coffee Area). The draw is made on the last Sunday of the month - May through October.

M

Clean Up Metchosin SCRAP METAL RECYCLE BIN

June 3 to 28 • 9 am to 4 pm
Monday through Friday only
At the Metchosin Municipal Works Yard

No home oil tanks, refrigerators, freezers.

Call Eric at 250-474-3812 for further information.

The 2013 Scrap Metal Bin is a volunteer effort in support of the Metchosin Community Hall. Cash donations are appreciated.

STRONG ARM CLEANERS

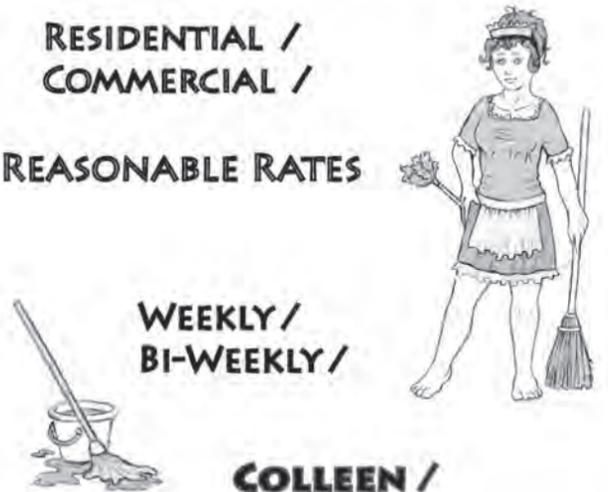
RESIDENTIAL /
COMMERCIAL /

REASONABLE RATES

WEEKLY /
BI-WEEKLY /

COLLEEN /

TELEPHONE: (250) 686-7368



CAN DO!

Quality High Speed
Colour Copies
Blueprints • Typesetting
Rubber Stamps
Laminating
Business Cards
Public Fax Service

MONDAY TO FRIDAY:
8:00 am- 5:30 pm
SATURDAY:
10:00 am- 5:00 pm

250-478-5533

2811 Jacklin Rd.
(near Goldstream)

SINCE 1988



GROW YOUR OWN



- Breaking Soil
- Garden Design
- Rototilling
- Deer Fencing
- Soil Testing & Amending
- Drainage & Irrigation

Free Estimates

Call: 250-474-0492 Cell: 250-686-0599

edibles@shaw.ca

Div. of High Meadow Construction Ltd.

Bill Hartley Insurance Services

"Providing peace of mind since 1950"

- Special Hobby Farm Packages
- Home • Auto
- Commercial • Travel
- Marine • RRSPs • Life
- Mortgage Cancellation



Bill Hartley
Insurance Services

at the corner of Bay and Douglas Streets

2420 Douglas Street, Victoria, BC V8T 4L7
Phone 250-388-5014 • Fax 250-388-4277

www.hartleyinsurance.com
Email info@hartleyinsurance.com

Our 30 day, 2km fit guarantee allows you to take your shoes home and try them on a treadmill or around your house. We want you to be happy with your shoes so that your feet are happy too!





Frontrunners Westshore
 Goldstream Station Plaza
 #133-735 Goldstream Ave
 Langford, B.C.
 (250) 391-7373

Locally Owned. Community Driven.

FRONT RUNNERS

Muse Processes

VALERIE COCHRAN, CO-EDITOR

Did you ever wonder how the *Muse* gets produced each month? An outline of the process follows.

During the first week of each month the editor for that month (Valerie Cochran or Brian Domney) will usually send out reminders to regular contributors. During the second week, we send out reminders of due date (always the fifteenth of each month) to people who have indicated they have an article they would like included.

The *Muse* is always looking for stories, so if you know of something interesting that you think we should consider, send us an e-mail (at met-Muse@shaw.ca) with contact information.

When stories are received, the current editor will reformat them using the *Muse* style sheet; for example, the *Muse* uses only numbers for dates (June 15), and words for numbers under 100 (ninety-nine). Time is always expressed in the am and pm format (1:00 pm, 10:30 am). The first paragraph is not indented, but all others are indented once, there are no spaces between paragraphs, and only one space after the full-stop at the end of a sentence. If you are a contributor to the *Muse*, or are considering becoming one, please request a Style Guide at metmuse@shaw.ca and we'll be happy to forward one.

On the first Monday after the fifteenth, the *Muse* team meets to do their first proof. Once this is done, the stories are sent to the layout artist and returned to the *Muse* team by the following Monday, for the second, and final proof. It is then sent to the printers.

On the Wednesday after the second proof the paper is picked up at the printers and taken to the Post Office, who deliver (hopefully) on the next day, Thursday. Sometimes it is not delivered until the Friday. We are aware that people sometimes do not receive their paper, and both Canada Post and the *Muse* Team want to know about that.

It really helps in the timely release of stories if the deadlines are met and if all stories are sent to metMuse@shaw.ca. Neither of the co-editors has access to the other's private email account, so the only way to be sure the current editor receives the material is to send it to the *Muse* account.

Producing the *Muse* takes a considerable amount of time from the co-editors, as well as two full mornings a month from the proof readers. If you enjoy the *Muse*, you should also understand the amount of dedication that goes into its production monthly (except for August, as the *Muse* puts out a joint July/August edition to give the team a month off!).



Window Specialists

New Construction or Renovations

Custom

Pro

eXteriors Ltd

Your Complete Exterior Package

*Soffits • Gutters • Siding - hardie & vinyl
 • Metal roofing • Cladding • Scaffolding*

*Serving the lower Island
 for over 30 years.*

Fully Guaranteed

**We Do
 Installs**

Call for your Free Estimate today.

Office: 250-474-7725
 custompro@shaw.ca
 4512 Lindholm Rd., Metchosin, BC
 www.customproexteriors.com



COUNCIL NEWS

BUDGET AND 2013 PROPERTY TAX RATES FINALIZED

Metchosin Council has adopted its five year budget bylaw and established the 2013 property tax rates. Municipal taxes have increased by 2.3%. Property owners should receive tax notices in the mail by early June. Please don't forget to submit your homeowner grant application by the tax due date of July 2 if you are eligible.

BURNING INFORMATION

Please be advised we will be closing Open Burning and all Land Clearing (Class A, Permit) Fires as of June 15, 2013 (Saturday) at 6pm. Small cooking campfires and beach fires are still allowed. Call the Fire Department at 250-478-1307 for more information.

BEACH FIRES

Beach fires less than sixty-five centimetres (two feet) in diameter are permitted at Taylor Road beach and Sandgate Road beach as long as there is no Provincial campfire ban in effect. Beach fires must be at least three metres (ten feet) from logs and other flammable material and must be fully extinguished by midnight. Call the Fire Department at 250-478-1307 for more information.

PARKING ON WITTY BEACH ROAD — SUMMER 2013

While the District of Metchosin and the residents of Witty Beach Road are very happy for residents of other parts of Metchosin and the Greater Victoria area to have access to the beach, we would ask that visitors respect the parking rules.

It is critical that emergency vehicles such as ambulances and fire trucks have unimpeded access to the end of the Witty Beach Road so that they can respond immediately if there is an accident or fire. The yellow 'No Parking' lines on the road have been established with the purpose of ensuring that these emergency vehicles can access the end of the road on busy beach-use days. In addition, several residents have large vehicles and trailers which require the full width of their driveway to exit their property.

Please be advised if you are parked illegally you may be towed:

- Are you parked in the "No Parking" area by the steps to the beach?
- Are your tires on the pavement?
- Are you parked on, over or inside the yellow lines?

For more information, contact the Metchosin Municipal Hall at 250-474-3167 or at info@metchosin.ca.



Hold Back the Storm, by Angela Menzies and Bonnie Coulter.

June at the Metchosin Art Gallery

HAILEY FINNIGAN

Three artists – a mother, daughter and aunt will be exhibiting their art at the Metchosin Art Gallery for the month of June. *Come Together* will highlight the art of Bonnie Coulter, Angela Menzies and Margaret Heywood. These multimedia artists have recently collaborated in painting large-scale artworks.

Impactful portraiture, playful nudes and intense landscapes characterize the eclectic and exciting union of this exhibit featuring the art of one family.

Coulter and Menzies have achieved attention by participating as artists in the Stinking Fish Studio tour. Coulter, who works in her seaside studio, is inspired by the natural beauty of East Sooke. Menzies' whimsical and vibrant portraits differ greatly from her mother's. Coulter's sister Margaret Heywood lives in North Vancouver and is a long time student of the arts. The show runs from June 6 to July 7. Opening celebration is June 8, 2:00 – 5:00pm.

The Metchosin Art Gallery will also be host to the first ever Metchosin Paint-In and birthday party in celebration of the gallery's first year. This not-for-profit event will feature professional and emerging artists from across Greater Victoria and neighbouring areas. Artists will publicly demonstrate their craft or skill in the outdoor space surrounding the gallery. All are invited to attend this free and fun-filled community based event. Through community support and education the MAG intends to promote public awareness of the arts. The Metchosin Paint-In allows local artists access to a receptive audience while encouraging an appreciation of the arts among the visitors. The Metchosin Paint-In is July 6, 11:00am - 4:00pm. Deadline for artist applications is June 8. Artists interested in participating in the Metchosin Paint-In are invited to visit our website for more information. There you will find an application form and map: www.metchosinartgallery.ca



Good Things Come in Trees

BRIAN DOMNEY, CO-EDITOR

Got a tree story? A great tree picture or painting? Know something about trees? A good tree joke? The Muse will be doing a "tree theme" issue in the relatively near future, and we are looking for submissions that fit with a tree theme. Metchosin has been described as the "lungs" of the CRD, with the greatest density of trees. We have living amongst us great trees, as well as some great tree people, academics and huggers, and we think that's all worth celebrating. Send your tree story/picture/joke to metmuse@shaw.ca.



Stillpoint Therapies

Helen Peacock CHSIP, CCST

Cranial Sacral Therapy
Hellerwork Structural Integration

Myofascial release
Craniosacral rebalancing
Movement re-education

(250) 744-7927

helen-peacock@shaw.ca
www.hellerworkvictoria.com

NUMA FARMS NURSERY

THE FOUNDATION
OF YOUR LANDSCAPE

THE BEST IN TREES & SHRUBS
QUALITY, SIZE, SELECTION...

Open Tues. - Sat. 8:30 am - 5 pm; Mon. by appointment only. Closed Sun.
3459 Luxton Road, Langford, BC • Tel. 250-474-6005 • numafarms@shaw.ca

'CHOSIN POTTERY

Robin Hopper & Judi Dyelle
250-474-2676



4283 Metchosin Rd., Victoria

Weekends 10am - 5pm Weekdays call ahead

www.chosinpottery.ca



Camosun Westshore – just minutes from home!

Register now for these university transfer courses, starting Sept 9th

- Indigenous Studio Arts
- Academic Writing Strategies
- The Criminal Justice System
- Human Development: Lifespan
- Philosophy of Sex and Love

camosun.ca/westshore
250-370-3298



Change everything.

All phases of excavating and trucking.
Logging • Stump removal • Riding rings
Operator of Metchosin's local rock quarry -
The Marcotte Pit

- Crushed road base & driveway materials
- Boulders for rock walls, blast rock, & fill

Insured, quality work, free estimates
Local Resident since 1964

Dennis Josephson
663 Lombard Dr.

Cel: 589-0192
Home: 478-0192



ON-LINE
Ventures

Galloping Goose Sausage Company

EXPERIENCE THE FLAVOUR
Enjoy the finest sausage made from prime cuts of meat, enhanced with fresh herbs and spices.

Low in fat • Easy to prepare

We are open Mon. - Thurs. 9 AM - 3 PM.
Other times & weekends by appointment.
4484 Lindholm Rd.
250-474-5788
(Also sold at Metchosin Country Store)



A parent participation preschool with qualified ECE's for 3-5 year olds. Our Preschool provides a nurturing and stimulating environment with an emphasis on learning through play.

Registration on now for September

For inquiries and information
www.metchosinpreschool.wordpress.com

Contact us at metchosinpreschool@gmail.com • 250-478-9241



RACE ROCKS AUTOMOTIVE

Repairs to All Makes & Models Full Service Automotive Repairs

Rick Petillon - Certified Mechanic, 20 yrs exp.

- Warranty Approved Scheduled Maintenance
- Computer Diagnostics
- Brakes, Steering & Suspension
- Engine Mechanical
- Clutch & Axles
- Pre-purchase Inspection
- Designated Inspection Facility

Phone: 250-478-1920
1057B Marwood Avenue
Hours: Mon-Fri 8:00-5:30
We accept Visa, MasterCard & Interac




250-391-9000

www.lalimo.ca
info@lalimo.ca

"...it's how you get there."



2011 Torch Award Winner - Community Service
Winner 2012 LCT Global Operator of the Year

Mention this ad and receive 10% off our regular rates!



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

It's Not Clutter, It's Objets d'Art

MAGGIE MEGENBIR

It's garage sale season, once again, so get out your maps and your GPS. Check *Used Victoria* ads, make your lists and go!! So many treasures, so little time. Re-purpose, re-use, and save money! I'm all for it. All for it, that is, until Ron comes home with a third pair of vintage, leather goalie pads (he said it was only the second pair but I beg to differ).

Here's the thing with Ron. He likes to collect. He likes to collect lots of things. His thinking is "if one is good, then three or more must be better". This goes for old leather jackets, wood or brass saguaro cacti, and let's not forget the resin skull collection. You can see how this might be a problem for someone like me who likes to de-clutter. What to do, what to do? Rant and rave? Tried it. Get rid of things behind his back? Wouldn't dare. Nag and cajole? Been there, done that.

So here's the challenge. How do we co-habit with significant others who have different ideas about being organized and about what constitutes clutter? Well I decided to talk to a number of people to find out what they do. Here's what they said:

- "I have my own room/office and he has his, so the space that belongs to that other person is somewhat sacred and off-limits to the other...we need to be respectful of their choices for that space and whatever organization they impose is theirs". "So unless [his room] starts to be a health hazard....." Deborah
- "We're in agreement with how things are in the rooms where we spend the majority of our time...the main rooms work really well for us". Leslie
- "Without any discussion, we limit our paper and file clutter to the office." Laura
- "We have some common understanding about what a particular space has been created for.... on-going dialogue about use of the space and if changes are to be made it has to be negotiated." Deborah
- "We approach things from a different angle (literally)...I organize things for a right-handed person and he does it for a left-handed person." "Ultimately the one who's doing a chore the most is the one who decides how [the space] is organized, set-up and [things] put away." Cathy

What about when it's not working so well?

- "I spend half my life turning off light switches, closing drawers, picking up...." Dave
- "You pick your fights...I don't want to be a nag....I'll pick [a time] when I think I'm going to get the right response. I can't let the tension build because if I do it will all come out wrong...I'll just let him have it!" Cathy
- "He starts one project and finishes it. I'll have several projects going at once and may leave the mess out for a couple of days. He will come around behind me and clean up before I'm finished." Jeanette
- "Usually I just let you do what you want with your stuff and I do what I want with mine...the only time I find it disruptive is when your clothes are all over the bed and I want to go to sleep." Ron (That could be me he's talking about.)
- "I put [her mess] away." "Do you ever freak out about it?, I quip. "I might have at one time but it didn't work anyway." Dennis

A friend and I joked about putting labels on drawers and kitchen cupboards identifying where things should be put away. But as she said:

- "I would do it but I know it wouldn't work." Yvonne

When it comes to holding on versus letting go:

- "I get rid of things too soon. If I don't use it or need it I don't want to see it. And I don't want to clutter up another area with it....it can backfire because if I get rid of things in haste I may have to replace it....Murphy's Law!" Cathy
- "He is allowed to pile up the "might-be-useful-one-day" things in the small outside storage room and I no longer get upset about all the gardening type stuff lined up alongside the house as there is no where else to put it!" Laura
- "If we have room in the crawl space he will put things there. He has a store of items and if someone needs something....like a chair....he goes to the crawl space and gets it." Cathy

And speaking of all those things in the crawl space:

- "The stuff is gone from your life but it's not gone....it's like it's in purgatory." Dave

By the way, Ron did eventually free his goalie pads from purgatory and send them on to a better place.

So there you have it! What can we glean from all of this?

1. Find some common ground where you can agree on how certain rooms look and function.
2. Allow room for each other's clutter and organizing style somewhere in the house.
3. Sometimes you just have to pick it up and put it away for your own sanity and the sake of the relationship.
4. Nagging doesn't seem to work (too bad because I was really hoping to fall back on this).

Laura summed it all up rather nicely....."tolerance is the right word for how we have coped." And if nothing else is working as you grapple with the irritation of another's clutter, try changing your perspective. After all....."It's not clutter, it's objet d'art." Leslie

Many thanks to all the contributors to this article.

Maggie Megenbir is the founder of *Calm, Cool & Uncluttered, Organizing Services* and a member of the *Professional Organizers in Canada*

Metchosin BioBlitz

continued from cover

Three hours later the groups reconvened at the Mel Cooper cabin to enjoy soups prepared by Jo Mitchell and Mairi MacKinnon, pizza donated by My-Chosen Pizza, and baked goods from Royal Bay Bakery. At 1:00 pm the experts, joined by members of the public, reformed themselves into teams and headed out to new locations. Two groups went to Camp Thunderbird. Other groups tackled Devonian Park and Camas Hill. An insect/spider team went to Pearson College to retrieve traps that had been set up a week earlier – traps that held, they would later discover, more than three dozen species of spiders.

At 4:00 pm, weary searchers reconvened at the Mel Cooper cabin for an end-of-blitz wine and no-cheese party (catering mix up) to share stories and discuss the day's events. They also surprised Hans Roemer with a cake provided by his wife Heidi for his seventy-fifth birthday. Four special prizes for the first persons to spot and take a picture of a bear, a cougar, a sasquatch, and a bluebird were available. The prizes went unclaimed, but the saquatch-spotting prize, a stuffed animal, was handed out to a young participant. It is not clear whether he actually saw Bigfoot.

So far the three Metchosin BioBlitzes have identified more than 1600 native and naturalized species that share living space with the human residents of Metchosin. The rich diversity of wild plants, fungi, algae, and animals in the district reflect the ongoing commitment of its residents to maintain wild spaces and ecological support systems.

Pictures of and further information on the BioBlitz are at the Metchosin Biodiversity Project web site, <http://metchosinbiodiversity.com>.

M



Ensatina, a salamander. Photo by Moralea Milne.



UBC Herbarium Curator Olivia Lee checks out a Matheson moss. Photo by James Holkko.



Christian Engelstoft shows two small snails, the Robust Lancetooth and the Northwest Hesperian, to Rick Avis. Photo by Judith Holm.

Neighbourhood Watch

BRIAN DOMNEY

It's one of the sound features of spring. Like frogs at dusk, the chorus of birds at dawn and the weird hum/whistle of the male Anna's hummingbird in his courting dive, the shrill shrieks of robins coincide with longer and warmer days. When I heard robins in a panic last week while I was thinning carrots and beets in the garden, I figured it was either a neighbourhood cat or an owl. Always curious about these things, I grabbed a camera and followed the noise to the top of our property. Sure enough, there it was – an unhappy Barred Owl parked on a branch, as close to the trunk of a willow as it could – and several robins mobbing it, making firm suggestions that it was not welcome. But it wasn't just robins! As I watched, a couple of Dark-eyed Juncos and a hummingbird (I think it was an Anna's) joined in, buzzing the poor hooter until it decided it was time to change branches. That thing was about as welcome as a chainsaw at a Talk and Walk!



A robin (circled) harrasing the owl.

Photo by Brian Domney



leSoleil
established 1976

CUSTOM JEWELLERY DESIGN
Gold, diamonds, gemstones, argentium

EXPERTISE * SERVICE * CREATIVITY

lesoleiljewellers.com 250.388.5162 4357 Metchosin Road

BELLA YOGA

Yoga in the neighbourhood 3863 Duke Road, Metchosin

YOGA ... PILATES ... YOGALITES ... GARDEN YOGA

Yoga for all!

Monday - 5:15 pm Yoga
- 6:30 pm Weight loss support group (free or donation to charity)
- 6:30 pm Intro to Yoga

Tuesday - 9:15 am Yoga
- 6:30 pm Hatha Yoga

Wednesday - 5:15 pm Yoga

Thursday - 9:15 am Yoga

Saturday - 9:15 am Yoga

Silk Road Products available

All levels welcome !!

10 sessions for \$100
10 sessions for \$80 (if you bring this ad)

Call Georgia at 250-391-0497 or cel: 778-677-0410
www.bellayoga.ca Email: georgia@bellayoga.ca

Believe In Yourself! Commit to yourself and have everything you want!



DEAN STRAITH Landscape Design



Excavation, trucking and tractor services.

Slate, flagstone, sand, gravel and soil.

Water features.

Garden design.

Deer-proof nursery.

Project and Property management.

250-589-6599
sam@straiths.com

OVER 30 YEARS OF SERVICE ON THE SOUTH ISLAND.

WANT A PROFESSIONAL ON YOUR SIDE?

With our MOMENTUM PROGRAM we will help get you moving to your next home!

- Getting Your Home Ready for Sale
- Educating You About Real Estate Prices
- Helping You Make Smart Real Estate Decisions
- Negotiating the Best Buying and Selling Price for Your Home

As a fellow Metchosinite, I know our market! Give me a call at 250-744-0775.

Jane Johnston, M.Ed.
Personal Real Estate Corporation
www.BriarHillGroup.com




PEMBERTON HOLMES
ESTABLISHED 1887

Pemberton Holmes
#3 Top Selling Agent, 2011
MLS Special Gold Medal Award Winner, 2011

Tsunami Presentation

KEN FARQUHARSON

About forty people came to the Firehall on May 15 to hear Stephanie Dunlop, Metchosin Firechief, present the latest information on the tsunami risk in Metchosin.

The information had been prepared by the provincial government after analysis of information from the recent major earthquake and tsunami in Japan, using new modeling systems which had been tested against the record of tsunamis in Hawaii and other locations.

This information had been transposed by the CRD into a PowerPoint presentation for the Capital region resulting in forecasts for the hazard zone at various locations along the

coast. For Metchosin, the hazard zone was estimated to be four metres above tidal high water mark.

Maps had then been prepared to show which properties in Metchosin would be affected by a tsunami and the extent of the hazard zone on each. Copies were made available to those attending.

Thanks go to Stephanie Dunlop for her informative presentation and the refreshments provided.

For further information go to <http://www.crd.bc.ca/media/2013-04-19-Tsunami-Modeling.htm>.



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. The program is finished for the season and will start again in September.

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. The program finished for the season and will restart in September.

Tuesdays

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

Games Afternoon. Every third Tuesday of each month from 1:00 pm – 3:00 pm. 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. The Program finished and will restart in September.

Events

MCA AGM – Wednesday, 7pm, June 26.
Potluck Lunch – Thursday, June 27, 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 new comers, 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 10:00 am – 2:30 pm. Please call 478-5155 to book.

Art On The Walls – June. Doug Gilbert in collaboration with the Metchosin School Museum Society has compiled and organized a show of 18 historic photographs of Metchosin dating back to the early 1900's. 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.



Lynda's Lore

WITH LYNDA DOWLING



Tools, tools, tools!

Photo by Michael Dowling

Troubleshooting your Garden

Temptations and seductions abound, from garden centres, to big box stores, to your humble grocery stores. All those alluring plants, and of course the newest bicolor or ruffle, it is like shopping for groceries on an empty stomach! And that is not all – add in the early availability of your summer time favourites like basil, before the true seasonal weather can support them. Be truthful: how many basil plants have you killed in your understandable yearning for full-on-summer now, and its remembered yummy tastes? Truthfully we have all tried with some plant or another to push the envelope of Mother Nature and at times we do win this weather lottery! At other times, we diligently re-seed or purchase a replacement, again. There seems to be no shortage of goodies in pots everywhere you look and soon orphaned June tomato plants will turn up on your doorstep like surplus August zucchini!

It can be insightful and thrifty to keep a small notebook on what you grew last year, how many you really needed and later, at the end of the season, what grew well. I am changing patio bedding now for clients and keep one tag from their current favourite geranium colour and then a handful of tags from the accessorizing fillers. I toss them in a Ziploc bag with their address. At times, the combinations are so stunning; I will do them again – maybe even on the farm! It is a two or maybe three times entry diary that can become a bare bones shopping list for next year with an idea of budget too. One good cost saving trick here is to try to purchase your “basket stuffers” in the two inch size in the beginning of May before the size and price goes up for the fat four inch size. Ditto for the smaller sized Osteos or fancy Geraniums. Or procrastinate on purpose and catch the early June sales!

Plants are the first temptation. Yet, soil is what truly allows any plant choice to thrive. Do not misunderstand the promise of magical Sea Soil to make your gardens look like Butchart's. Sea Soil is fantastic, used correctly. It is too rich for seedlings, too heavy to be solely used in patio pots. Seasoil is best as icing on the cake of your planted gardens. For seeding, stick with sterile light “Sunshine” type bales with peat moss, vermiculite, perlite plus a pH adjuster. I call them a spaceman's diet “soil”! You can customize the fertilizer for your babies – extra epsom salts for minerals for your tomatoes and sunflowers. Extra dolomite lime for your brassicas, or extra rock

phosphate for your lavender's bloom. Use Sea Soil “container mix” – Sea Soil lightened with a blend of Sunshine type base so your patio pot plants get the best of both products. Do add a fertilizer like 6-8-6, a common tomato formula that is also great for herbs and veggies too. You do not need a picture box selection of fertilizers lined up on your gardening bench shelf like an array of breakfast cereals; costly too. You want most plants to be short and fat plus bloom or produce lots; bigger fertilizer numbers can simply get your plants to grow faster but not necessarily keep their taste and grace. And organic fertilizer products abound these days. For maintenance, remember your grandmother's advice: “weakly weekly”. This is especially important for your patio pots as they get watered so frequently and nutrients get flushed away.

To take it one level even deeper – do get a soil test now and again for your in-ground gardens. You can have the best intentions and get carried away. Soil tests keep an eye on the balance you literally can't see. Too much of a good thing can cause problems. I nearly added too many years of wood ash from autumn fires to my veggie garden. The pH was so high, I needed a small amount of sulphur to rebalance and keep my potatoes from not getting scab and keep other veggies from weird distortions. Another common mistake is to take mulch materials and turn them into your veggie patch in the spring prep. This can be as simple as rough compost or too many leaves, thereby robbing anything planted as the nitrogen rushes to break these down, leaving your baby lettuce or swiss chard starving. It is amazing when you think about it how anything grows as we blunder along with half truths and myths in our heads. Keep it simple and please do your homework when you get a new plant or especially a tree. Look up its likes and requirements: you only want to buy it once yet enjoy it for years!

Tools. Ahhhh...Lee Valley. Fantastic selection of everything you need and desire. Look in your grandfather's shed, and see what are his favourites from over the years? Be practical – if you only need it once a year – rent it. Or better yet, have someone in to do your hedging and let them maintain the machines!

The bottom line – gardening is an addictive and demanding at times hobby. Remember, we are doing it for fun and feasts, for the eye and the belly. Be gentle with yourself and yes, sit and smell the roses this June!



Complete Bobcat, Trucking & Mini Excavating Services

4604 Morland Road, Metchosin, B.C. V9C 3X4
Locally owned & operated since 1984

Free Estimates 250-478-2980

- Custom low maintenance landscapes
- Boulder walls and rockeries
- Selective land clearing • Rockhound
- Concrete/rock breaker • Stump & brush removal
- Driveways/R.V. parking • Culverts • Drains
- Top soil, bark mulch, sand and gravel

CONTRACT OR HOURLY RATES



Dog Walks (4 Dogs Max) – 1 hour includes pick-up, drop off, towel off, organic biscuits

Pet Visit – ½ hour includes food, water, companionship

Outdoor Break – 15 minutes companionship and break

Overnights – Pet and House Sit

Free Consultation, DogSafe Canine 1st Aid and Insured

www.walksitandstay.ca
250-642-0458 • Cell 250-744-0134

Celebrating our 4th year of Chiropractic Care in Metchosin

3949 Circle Drive
Victoria BC V9C 4A9



Dr Valerie Kohut
CHIROPRACTOR

Phone: 250 474 4100
Email: vjkohut@islandnet.com

20 years experience

IS YOUR CURRENT MORTGAGE RATE TOO HIGH?
Take advantage of the historically low rates now available.

Getting into a lower interest rate can potentially save you thousands of dollars. Give me a call to discuss your options.

- Shop dozens of lenders in the time it takes you to book an appointment with your bank.
- Refinance/Renew/Purchase/Consolidate

Appointments can be arranged in Metchosin.



Sandy Higgins, Accredited Mortgage Professional, MBABC, CAAMP
Office: 250-658-9315 • Cell: 250-589-9244
Fax: 250-658-9316
Email: sandyhiggins@telus.net
www.sandyhiggins.ca



The Mortgage Centre

Sandy works for **you**, not the lenders.

The Mortgage Centre – Island Properties
New address: 890 Short Street, Victoria BC V8X 2V5
www.ipmortgages.ca

Who, What, When, Where, How and Sometimes Why?

BY THE EMERGENCY PROGRAM

Metchosin is faced with a large scale emergency and you have just been informed of an evacuation order to leave your home. Do you know what it means; do you have any idea what you would do?

This is the first in a series of FAQs from the Emergency Program. For the next series, we are asking you, the Metchosin public, to submit questions you may have about any aspect of the Emergency Program or an emergency in our community.

There is no such thing as a silly question. Chances are if you have a question, others likely have the same question.

Please send your questions to EOCChief@metchosin.ca or phone Stephanie at 250-478-1307.

All questions will be answered directly via email/phone – and may be published in the next FAQ issue. Thank you for your interest!

- *How can I tell if my house is safe?* The Metchosin Emergency Program offers free home safety inspections to help point out concerns and/or issues of safety for your peace-of-mind.
- *How can I help?* Become a volunteer!
- *I need to buy gasoline and food; how do I know if roads and stores are open?* Monitor the radio, and various social media sites (if available) in the event of an emergency:
Facebook: Metchosin Emergency Program
Twitter: ChiefDunlop
Email: EOCCHIEF@METCHOSIN.CA
- *Can someone come and pick me up, as I have mobility issues?* If it's needed – yes, and we have availability to do so – for a medical or life safety situation such as dialysis or in the event of evacuation. Anyone with mobility or medical issues is asked to notify the Emergency Program prior to an event so we can better plan to assist you.
- *What are emergency routes?* Within Metchosin we have Primary Routes – we follow the same priority schedule as the snow removal – Metchosin Road, Happy Valley Road, Rocky Point Road & Sooke Road. There are also provincially designated “disaster routes” however, they are currently under review and not currently being managed as such.
- *How do I evacuate if I don't have a car or can't get out?* If you are without a vehicle and have been advised to evacuate – please notify the District Office or Emergency Operations Centre at 250-474-3167. If you have special transportation needs, it would be very wise to advise the Emergency Program so we can pre-plan for the need. We also highly recommend you get involved with your Neighbourhood Emergency Response Program, as your neighbours may be able to assist with your evacuation as well.
- *Who comes first when you are responding to emergency calls; can I just call 911?* When there is any kind of emergency – CALL 911 without a doubt. Depending on the level of emergency, you will almost always get the Metchosin Fire Department, as we are the District of Metchosin First Responders and are typically much closer than other responders. BCAS (BC Ambulance Service) and RCMP both come from Sooke or Langford.
- *Can I stay on my property during an evacuation if I can find a safe place to go on it?* Only the RCMP can force you to leave. However, we would not ask you to evacuate if we didn't think it was a life safety issue/ concern.

- *How will I know who emergency responders are during an evacuation; do they have name tags?* Excellent question. Yes, we will have special ID tags and vests clearly signifying who we are. You will also be given an Evacuation Order outlining the details of the event and where you should go. However, should the event be imminent, with no time for protocol, you could very well have neighbours knocking on your door advising you to get to safety. A wildfire is a perfect example.
- *How do I protect my property from looters?* Unfortunately that is very difficult to do – the RCMP is responsible for criminal acts – but depending on the size of the event (local or regional) the RCMP staff will be very busy and likely unavailable to assist us or at the very best have limited man power. Your best option is to simply lock your doors, store or bring valuables with you and ensure you take pictures of your valuables for insurance/ replacement purposes.
- *Where do we sleep at the reception centre?* You would not be sleeping at the Reception Centre. The Reception Centre is where you register so we can provide you with the food, clothing and housing needed based on the event at hand. For overnight stays, you would either be provided a hotel, or a group lodging site, or be encouraged to go stay with loved ones in another town.
- *I have a propane tank. Do I need to shut the valve off during an evacuation?* Yes, to secure your house, propane tanks should be turned off and properly stored out of and away from the house in a proper storage locker.
- *Will the reception centre be wheelchair accessible?* Yes.
- *Why won't the reception centre be evacuated?* Our first Reception Centre is the new St. Mary's Church at 4125 Metchosin Road. Its location is safe from most likely events. If however it was near the emergency site, we do have secondary locations to move to.
- *If we leave on our own should we check in somewhere before we go?* Yes, we require everyone to check in at the Reception Centre.
- *Are there infant supplies - diapers etc. available at the reception centre?* Yes, we have supplies for all ages. We are doing our best to accommodate everyone, as much as possible, with toys, food, bedding etc.
- *What do I do if I can't get to the evacuation route; do I take any road to get out?* Yes, take whichever way you need to get to the Reception Centre. We do not have any designated evacuation routes in Metchosin – however depending on the emergency event, there may be designated detours. Please follow all traffic redirection signs.
- *If I hear the siren at the fire hall, will that mean something related to the evacuation?* No.
- *How will I know there is an evacuation if I don't have a radio, computer or TV on?* If there has been a formal evacuation notice you will have someone come to your door to notify you. Alternatively, being involved with your PODS will help with communication issues.

M

Mighty Volunteers Make the Garage Sale a Memorable Event

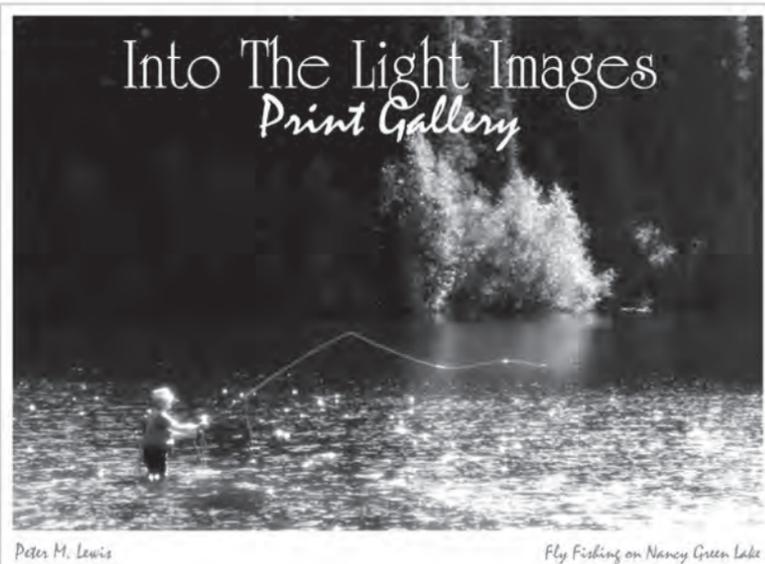
BARB SAWATSKY

The Metchosin Mighty Garage Sale took place over the May 25 and 26 to the delight of hundreds of people in search of hidden treasures. I would like to acknowledge the hidden treasures in our community that manifests itself in the form of all the volunteers who make this fundraiser so successful. Regrettably, space does not allow for the long list of Metchosinites who put their personal commitments on hold not only for the weekend but also for the two weeks prior to the sale. For a time, the grounds of the House resembled a jungle of tools, nick-knacks, clothing and furniture.

That being said, I feel that Jim and Joannie Challenger deserve special recognition. Hauling their trailer down to the House in order to sleep on site to keep watch and to halt any vandalism or theft that might arise (recalling last year's incident) surely goes beyond the call of duty as President of the Community House and Mighty King and Queen of the garage sale.

Jungle Jim: you were superb as the “go-to guy”: always present to answer questions, to make quick decisions, smiling and thanking volunteers and donors in spite of sleep deprivation and rain. Your direction, outward calm and good humour was appreciated by everyone there. Metchosin is so very fortunate to have a leader such as yourself who is willing to give so much time to an event that owes much of its success to you and Joannie.

Again, my apologies for being unable to list the names of all the dedicated volunteers for this fundraiser. Now, for the clean-up!



www.intothelightimages.com

Letters from Metchosin Technical Centre *continued from cover*

Boughton 1:08:55, Shawn Kelly 1:08:56, Sean McDonnell 1:14:00, Mariah Kivari 1:14:03, Michael Thomas 1:18:49, Laura Verhoeven 1:24:26, Corwin Nemeth 1:25:30, Fran Nemeth 1:38:11, Alex Jensen 1:40:04, Sam Stokoe 1:43:35, Hannah Leslie 1:43:37, Caspersen 1:43:37.

Zeke Huber, Grade 9 MTC student

*"A day without sunshine is like, you know, night."
-Steve Martin*

Hello, dear Metchosinites! A few weeks ago I went to run in the Times Colonist TC 10 km. My team, MTC Power Tools, consisted of 26 members of staff, students and their parents. We ran with over 11 thousand participants. My time was about 1h 25min. and my Mother ran the race as well and her time was 1h and 35min. I was very proud of her. This past Mother's Day I appreciated what my mother does for me with a gift of flowers and fudge. She loved them. My school is going camping and it sounds like its going to be awesome. That's all I have to say for now. Goodbye!

Sincerely, Corwin

"I fail over and over and over again and that is why I succeed." ~ Michael Jordan

I want to come back here next year because this school is really important to me. There is no other school that goes on school camping trips for 3 days and goes out for hiking trips like every gym class. I have so much fun here. Half my life is here and half is at home but they're both equal in fun. At my former school it was really easy for me to skip school. It is impossible to skip here because my teachers know me and care that I attend their class. I feel like next year will be more challenging with the three provincial exams; I know my best chance of being successful is coming to MTC.

Josh York grade 9 Metchosin Technical Centre

In the past month, we went to the open house of Camosun College. After a few minutes of walking, we became lost. There were many activities but we didn't do very many of them. There was welding and a bouncy house that was a sort of obstacle course and someone actually managed to break a bone so the bouncy house was deflated. The welding was rather interesting and I would have to say that one of my two friends and I participated in the welding activities. There was also a wheelchair race which was not the best for my friend the "big guy" in our class.

Aslan Hedberg a Grade 9 MTC student.

To inspire students to think about post secondary education, Camosun College has an annual open house with lots of activities, after arriving with my friends we soon became lost. There were many activities that I did not participate in, while my friends did the obstacle course and welding. Around 11:00 am the obstacle course was closed because a student's arm was broken. By the time our day at the College was done, the three of us had one task left and that was the wheelchair race, when we reached the wheelchair area I tried to sit down on the chair but I couldn't fit, so after I was fed up with trying to get in the seat, I got up and left my two "special" friends to wheel around.

Zack O'Donnell a Grade 9 MTC student.

Hey Metchosin, it's been another busy month here at MTC. In the last month we have worked and finished our skim boards, had our school mosaic collage go in the Roots art show at Royal Roads and, lastly, we grade 9's had to say goodbye to our friends at Pearson College. The process of making our skim boards was involved: we had to cut them out, sand, bend them and paint whatever we wanted on them. On my board, I did an illustration of one of my favorite bands "My Chemical Romance". Mr. Boggs has put fiberglass and epoxy on them. They should be ready for us to ride soon though. At the Roots art show our collective piece was one of the biggest pieces

there. In it there were pictures of the MTC families and on the frame we had objects and words we thought represented the school. The first prize in the show was a drawing of a little girl crying and in the background were her parents fighting. Second place was called Same Love, if I remember correctly, it was a series of three paintings of two men kissing. The three paintings were of the kisser's skeletal structure, the muscle structure showing instead of skin and the last one was their outside form. In the three paintings the artist demonstrated that we are all the same. And third place was a carbon sketch of an Angler fish named Sparky.

Lastly, we sadly had to say goodbye to our Pearson College friends. We have seen them almost every Wednesday for the last school year. So saying goodbye was hard and sad. We have all gotten close with them. I'm going to miss them all and remember everything we did together. On the last day with them we played a trivia game and said what our favorite time with them was. I got a little teary. Well this was my take on what happened this month.

Signing off till next month.

Alex Jensen, Grade 9 student at MTC

"The purpose of life is not to be happy - but to matter, to be productive, to be useful, to have it make some difference that you have lived at all." ~Leo Rosten

Hi Metchosin! This month I made a skim board. We had to make them from scratch like from a blank piece of wood. First we had to cut the wood, then we sanded it and rounded it, next we soaked the skim board with water so we could bend it. After I took it out of the mold I re-sanded it to make it really smooth and after all that was done I painted it, I painted Beavis and Butthead on it (it's my favorite show). Now the last step I have to do is put the epoxy on. When all of the skim boards are done we are going to go skim boarding at Witty's Lagoon. Being at this school is making a difference in my life.

Brooklyn Grade 9 MTC Student

*"Whether you think you can or can't, you're right"
- Henry Ford*

In the past weeks I have finished my work experience with the DND in Esquimalt, I spent a whole month at the Canadian Forces Fleet School Esquimalt learning about what goes on and what my father, and the men at the base, do on a daily basis. I learned about how a lot of things work and how to fix things when they break. I feel that spending a whole month at the base was a good idea and it helped me learn more about the career I would like to go into when I finish school. It is coming close to the end of the year and me being off school for the summer. I hope to have a good summer and I am looking forward to coming back to MTC and Metchosin for another year. We are fortunate enough to have been allowed to have a grade 12 at the school. It is very exciting to be able to do this as we will all now be graduating from the school that we all love instead of another school. We believed we could make this happen and it is now a reality.

Sincerely Alex Parise MTC Grade 11 Student

To make democracy work, we must be a nation of participants, not simply observers. One who does not vote has no right to complain. - Louis L'Amour
Good Morning Metchosin. My name is Taylor Caspersen and I am sixteen years old. After finding out that the BC Liberals have won in the 2013 election, I can't help but imagine the train wreck of problems yet to come our way. I'm proud to say I'm an NDP kind of guy. This is primarily because I disagree with the BC Liberal Party's protocols, ideas, plans, and general lack of common sense. Although I have nothing against Christy Clark as a leader, I realize the government she runs doesn't work for BC; but obviously that's not what half of BC thinks or at least 24% of the potential voters. I'll be honest, it's pathetic, just over 48% of registered voters actually voted. I don't know if you could tell, but that means half of BC didn't vote; and what does that mean

exactly? It means that we have to deal with problem after problem for the next four years, because half of our province wouldn't get up off their butts and vote. You are legally entitled to time off work on voting days, so not having time is not an excuse. Voters could vote a week before the actual vote, they could vote by proxy or at another polling station. All they needed was identification. The voter turn out is indicative of apathy and laziness, pure and utter laziness. If you want to see a change, make one for yourself; and if you get the opportunity to change something that isn't right, take it!

This message is for those of you who didn't vote; when you don't vote, you can't complain. Congratulations to BC Liberals for winning another election, and congratulations to the official opposition the New Democratic Party. Also, a special shout out to our returning Juan De Fuca MLA John Horgan, who was elected in our school's Student Vote and in the provincial riding.

*Thank you for your time,
Taylor Caspersen*



**JWG
MARINE**

Outboard and sterndrive repair

- Specializing in
- MerCruiser sterndrive
- SALES
- SERVICE
- Parts & Accessories

**Jim Gilbert
Proprietor**

**Call Mike at
250-391-6103**

4377 Metchosin Road



**Juan de Fuca
VETERINARY
CLINIC**

- Full hospital facilities
- Dentistry
- Dietary management
- On-site laboratory, examinations & surgery
- Extended hours

John Basterfield, DVM
Margaret Cairns, DVM
John Gayfer, DVM

250-478-0422
EMERGENCY 386-8422
2244 Sooke Rd.,
Hatley Park Plaza



**My-Chosen
Cafe**

*Come in and experience our
quaint country atmosphere and
enjoy our hearty portions of
great home cooked foods!*

OPEN: Mon.- Fri. 10am-9pm, Sat. & Sun. 8am-9pm

474-2333
Corner of Happy Valley and Metchosin Road

MY-CHOSEN PIZZA
Pickup after noon, delivery after 4pm
OPEN: Mon.-Wed. 3-9pm, Thurs.-Sun. 11am-9pm
Phone 474-5576

Millar's Automotive

VOLKSWAGEN SPECIALIST

Factory Trained

27 yrs experience

Other Makes Welcome



Al Millar

4199 Stillmeadow Rd. Metchosin, BC V9C 4H8

Tel: 250 391-0588 Fax: 250 391-0587



Sure Wire Electrical (1979) Ltd.

ELECTRICAL CONTRACTORS
Service Calls - Day and Night

DAVE RIGBY
250-478-3228 Tel/Fax
250-389-6932 Pager

815 Tiswilde Road
Victoria, B.C.
V9C 4E8

Summer is Here!

Time to clean up your
LANDSCAPING...



Mini-Excavating & Hauling Services

On Site Design Alternatives • New Lawns & Maintenance

Pruning & Rototilling • Specializing in Boulder Walls

Driveways & Drainage • Top Soil Aggregated & Bark Mulch

FREE ESTIMATES • Contract or Hourly Rate

**High Meadow
Excavating and Landscaping**

Call 250.474.0492 or 250.686.0599 highmeadow@shaw.ca

3871 Duke Road, Metchosin

WHEN YOU LAST THOUGHT ABOUT YOUR WILL,
WAS THIS MAN STILL GOVERNOR?



Richard Blanshard

Is it time to review your will?

For a free consultation, call

MacIsaac & MacIsaac

250-478-1131

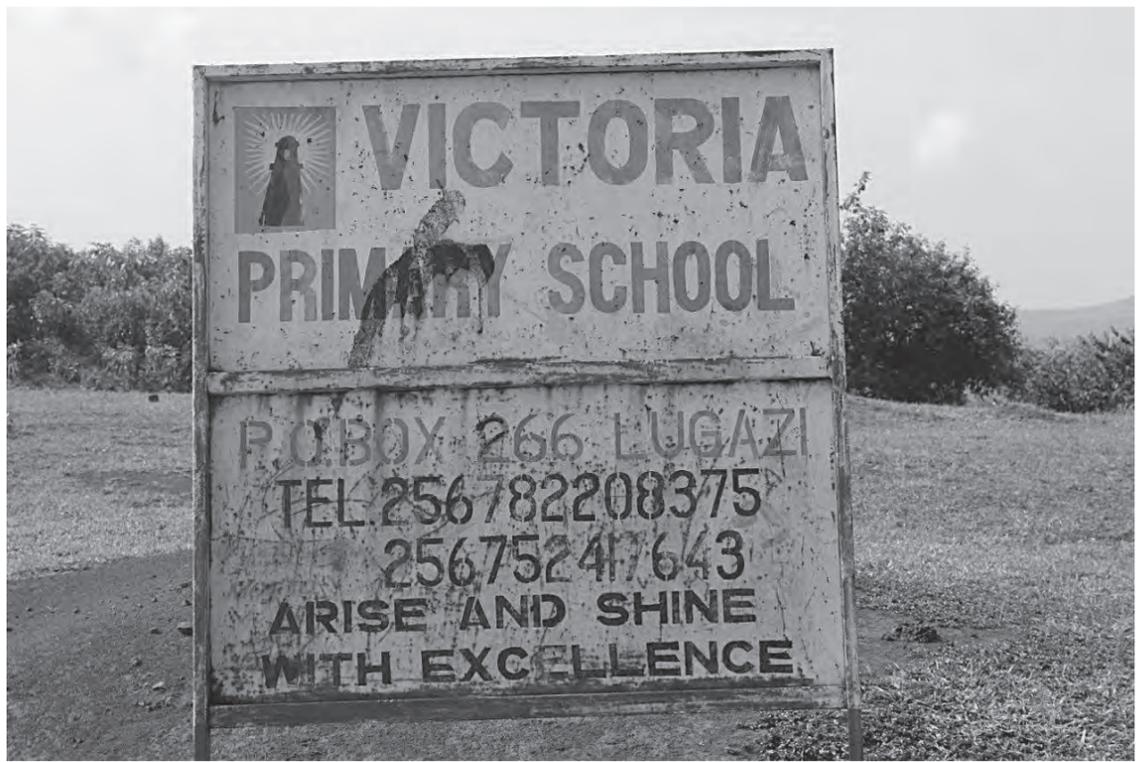
www.macisaaclaw.ca | 2227 Sooke Road, Colwood

ICBC / Personal Injury / Civil Litigation / Family Law
Wills and Estates

Shop Locally

And tell them you saw it in The Muse

DISPATCHES



The school sign is getting a little rusty.

Photo by June Reimer

Busabaga Village, Uganda: A Most Amazing Experience!

JUNE REIMER

Three years ago I joined a local, small non-profit society that had built a small school in rural Uganda. It has always been a dream of mine to do something in Africa at some point in my life. This seemed a perfect fit.

Our small school has grown rapidly in the past three years and now has 607 students attending from preschool to Primary 7.

Four of us from the New Hope Schools Society travelled to Uganda this winter and spent three weeks living in the rural subsistence farming village of Busabaga where there is no power, only pit latrines, all water is carried a fair distance, and folks live almost totally off their land.

What a wonderful, amazing experience! Debbie, Susan, Michelle and I arrived in Entebbe, Uganda on January 29 just before midnight. After collecting our twelve fifty pound suitcases full of supplies for the school, we were well fingerprinted as we went through customs, then headed off to our Entebbe guesthouse.

The morning of Jan 30, a group from Busabaga collected us and our luggage and we had our first real taste of Uganda as we drove for over four hours in a van with water coming through the floor, a large cracked windshield with no wipers working, and torrential rain the entire way, flooding everywhere. We drove through crazy Kampala, through our local town of Lugazi and then the final nine kilometres through the sugar cane fields and flooded red washboard roads up into the picturesque village of Busabaga.

The village is not exactly what we would call a village as almost everyone seems to have at least one or two acres upon which they exist on a subsistence level of farming. Many have little or no money to spend but live on the abundance of crops grown in their seemingly fertile soil, mostly matoke (a green banana cooked as a starchy vegetable), sweet potato, cassava, coffee, rice, 'greens', wonderful avocado while we were there, and often roaming chickens and chicks; if lucky, a sow and piglets or some goats. We often saw pedal bikes heading along the nine kilometres into town loaded down with matoke to sell at the market, one of the means of earning cash for clothes, shoes, maybe school fees if they can manage.

Most villagers did not speak English but they would wave, greet, and stare the first few days. In the end we had locals giving us live chickens (dinner an hour later), squash, avocados and sugar cane even though they had so little themselves.

Victoria Primary School is situated atop a hill with the most amazing view of the entire village farm land below and the sugar cane fields in the distance. It was truly quite wonderful to trek up the mountain paths as we did most days to get to school, past tiny homes made of mud, often with a thatch roof, sometimes metal, an outside 'kitchen' (meaning a lean-to and wood fire on the bare earth). Clothes drying on the roof or bushes, small children in well worn clothing greeting us or staring or following, and then arrive at this amazing spot with a large brick school, wonderful new cement floors, sidewalks, and verandah and a most dedicated staff and students, all so polite and very grateful for being able to receive an education, so grateful that we would come to visit and to stay in the vil-

New Hope Schools Society (NHSS) is holding a "fun" charity golf fundraiser at Metchosin Golf Course on Saturday, July 6 with a 1 pm shotgun start with lots of prizes including a 2013 Subaru donated by Saunders Subaru if you manage a hole in one!

For info and registration call June Reimer 250-474-1474 (junereimer@hotmail.com) or Jim Gauley 250-478-6193 (jgauley@shaw.ca)

Also forms are available at the Metchosin Golf course. We'd love to have you join us!

lage and participate in their lives.

I believe one of the highlights of the visit for me was how gracious and grateful and welcoming the village people were and how polite and dedicated the students and teachers were. We were treated like royalty! They loved the supplies, especially the soccer balls, t-shirts and toothbrushes. Since they focus totally on the four subjects - Math, Science, Social Studies and English, there seemed little time for the extras like puzzles and games and also very little space but new ideas never hurt.

The teachers really made it clear how grateful they were for all we do for the school, as well as for the fact that they can count on getting paid! Apparently that is not a regular occurrence in schools in Uganda! They are all so proud of the school and of the achievement of the students - our school is one of the top in the district in P7 exam results - quite a feat for a small rural village with no power, very few books, not enough desks, few materials and certainly no computers. Most children who start in the baby class enter with no English (the language in Ugandan schools). However everyone is very keen. It was such a

DISPATCHES



Everyone shows that they have received a toothbrush. Photo by June Reimer

great experience to walk into a class and work with students who want to learn and work hard and are so very polite. The school year began while we were there and it turned out that there were eighty-seven students in the new P2 class with one teacher and not nearly enough desks. In spite of that, everyone was ready and focused even if they were crammed together on small wooden benches with no table or desk to write on.

Our school is a Christian school but we have Muslim families attending and at the P7 graduation that we were fortunate enough to attend two days after we arrived, a Muslim father rose and thanked the teachers, congratulated the students and also gratefully thanked us all so much for the school. He then asked Pastor Dan to come forward and told us he deserved credit for having much of the vision of having a village school and the two shook hands. Of course they also both let us know that they would love the school to add senior grades so their children would not have to leave the area to go to school after P7!

To see such a large structure in this village filled to the brim with 607 happy, dedicated students when we left was almost overwhelming. However, so too was the need for textbooks and a water supply. There are also very few text books and most water is carried up the hill in plastic jerry cans including all the water Sarah, the cook, uses for making the porridge and stew for all the students in her tiny, non-ventilated hot little brick kitchen fueled by an open wood fire on the ground! As well as a better kitchen, we still need cladding outside and finished walls inside to protect the bricks and allow the teachers to post on the walls. The new latrines are most impressive, as is the cement work sponsored by Rotary.

The pride the locals have in their school, their teachers and their children, and the hope for a bright future made such an impact on me. Our small group with the help of many local Victorians can make such a difference in the lives of so many half a world away.

June Reimer will be the guest speaker at the Community House on Thursday, September 19, 2013 where she will speak and show photos/movies of the village and the school.



Thanks to Frontrunners Westshore, Bear Mountain 10K t-shirts are now an unofficial uniform of the school!

Photo by June Reimer

WESTCOAST TIRE and WHEEL Ltd.

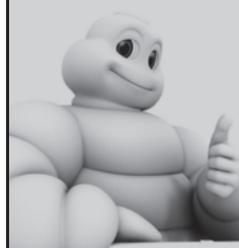
since 1980

Nitrogen
Force Variance
Balancing

HOURS:
Mon.-Fri: 9am - 6pm
Sat: 9am - 5pm

250-889-6161

or
250-642-4044



4730 SOOKE RD. • VICTORIA • 15 mins from Colwood Corners
www.westcoasttires.com

The "NOT" so Little Tire Shop



**14TH JUAN DE FUCA
(METCHOSIN) SCOUTS CANADA**



Young Metchosin Pirates Invade Sooke

TOBY VOSS, BEAVER SCOUT LEADER

“Arrrrrrrrrrrr!” The 14th JDF Cub Scouts along with some of the third year Beaver Scouts, “invaded” Camp Barnard in Sooke for lots of Pirate themed challenges and fun. The annual “Wolf-Howl” event which is one of the highlights of the Cub Scouting year took place at Camp Barnard on May 3 -5. Approximately 300 youth and leaders attended this event. The theme this year was “Pirates” and some of the many activities included catching your grub (fishing), riding the bosun’s chair, dunk your leader, walk the plank, bouncy castle obstacle course, and make pirate ships. The youth camped in tents - some for the first time! And they were fed lots of hearty fare (all food and snacks were provided). There was a pirate themed campfire on Saturday with lots of “arrrrrrrr!” songs, skits and cheers. Each youth received a foamy sword to take home.

Leaders “Hathi” and “Rusty” took care of the Cub Pack but the youth were well behaved and only needed a few reminders to stay hydrated by drinking lots of water - as we were out in the (tropical) thirty degree sun!

If you are interested in joining the Cub Pack(8-10), Beaver Colony (5-7), Scout Troop (11-14), Venturer Company (14-18), Rover Crew (18 -26), or being a leader then please contact us at 14thjuandefuca@victoriascouts.ca

SIRC — Seniors Information & Resource Centre – A Year In The Making

COLLEEN BROWNLEE

Time flies. SIRC is now one year old and in the light of a year’s experience some goals have changed. While our initial goals were:

- Create an email roster of Metchosin seniors (over fifty-five) with telephone numbers for those not yet on line;
- Develop list of service providers and volunteers for assistance with appointments, yardwork, pet sitting / walking, and any reasonable request which would enable individuals to continue to age actively in their own homes; and
- Create list of seniors willing to volunteer their time and expertise to help older seniors needing assistance,

as SIRC developed it became apparent that most seniors preferred contact by phone, in person or through a family member, neighbour or friend. They also wanted an identifiable seniors meeting location where they could drop in for advice, conversation and information. So we did some program rethinking.

In February of 2013, SIRC settled into a ground-floor space in the Metchosin Arts and Cultural Centre. The goal continues to be that of helping people age in place in Metchosin and making connections.

WHAT WE HAVE BEEN UP TO!

From June 2012 to May 15, 2013 over 400 contacts have been made. These range from drop-ins (15%), calls for information about assistance from service providers (12%), volunteering (9%), transportation requests (8%), suggestions for workshops or talks (5%). Other contacts have been made in seeking service providers, meeting with potential volunteers, computer and wi-fi use and tutorials, addressing requests and providing or finding information for people (26%).

Other time is spent attending meetings, doing administrative work and being ready to help and connect people.

SIRC has offered two Community Kitchens where participants prepared and took home four servings of three different meals for minimal cost. Both sessions were filled to maximum. By popular request a third Community Kitchen will be offered soon. Watch for details.

Over the course of the year we celebrated seniors and made connections through the following events and activities as listed below:

- Open house sponsored by Mayor and Council.
- Community kitchen
- Driving tips for seniors
- Wellness expo
- Metchosin Home Companion afternoon of entertainment
- MCA guest speaker on Alzheimer’s and Dementia
- Spring open house – over forty in attendance
- Computer drop in workshops –
- Partnership with GVPL – June Tech Petting Zoo and e-reader workshop
- Old Barn Books – partnership with Metchosin Historical Society

Each day is varied with requests and/or new people seeking information or checking out what is available. Some days are quiet and then all of a sudden everything happens! For example — we had seven people attending a computer workshop, when in came a request for transportation which needed to be arranged immediately, followed by a request to assist with homecare, then a call from a senior seeking information regarding tax information and other government services! A busy afternoon!

We want to further develop intergenerational activities. With the co-operation and enthusiasm shown by Dayna Christ-Rowling of the Technical Centre and existing programs through MCA and Lester Pearson College students, this seems very possible.

NURSE NEXT DOOR will be hosting some short ½ hour sessions/talks on the following topics:

- Slips And Tips And Falls, Oh My!
- Stay Alive. Stay Healthy
- Diabetes
- High Blood Pressure
- Medication Management
- Staying Home. What Is Out There?
- Going To Hospital And Getting Home
- Bugs, Bugs, Bugs!
- Aches And Pains (My Nemesis Arth(U)R It Is)
- Staying Safe
- Sit, Fit And Dance

These are but a few examples of the talks to be held the first Friday of each month at 11:30 am starting on Friday, June 7 at 11:00 am at SIRC with Slips and Tips and Falls, Oh My!!

For further information about programs or what is happening call Colleen Brownlee at 250-478-5150 or better still drop in to the SIRC Centre in the old Metchosin Elementary School, opposite the Broken Paddle Café. Hours are 10:00 am – 3:00 pm Monday thru Friday. Parking available.

NERVOUS/CURIOUS ABOUT COMPUTERS? — READ THIS!!!

On June 2, the Greater Victoria Public Library’s Tech Petting Zoo will visit SIRC for two weeks. This will allow community members to look at and use e-readers and iPads to find out how they work and what best meets the needs of the user.

We will also have two KOBO e-readers available for trial and use. Everyone is invited to drop in to the Zoo and have a look, touch, use and get information on these ‘pets’.

Computer tutorials (both on our machines and yours, if you have one) continue with drop-in sessions being held twice monthly on Tuesday afternoon from 2:00-4:00 pm and on Wednesday evenings from 7:00-9:00 pm. Call SIRC (250-478-5150) to find out the dates of the next sessions.



BY THE WAVE

HOME & GARDEN CLEANING SERVICES

Call now for a FREE estimate!

WestShore Chamber of Commerce member

- Housekeeping
- Exterior Cleaning
- Grass Cutting
- Yard Maintenance
- Junk Removal
- ... & More

**Mark and Lisa
(250) 217-6128**

Email: bythewave@msn.com



Proud to Call the Island our Home
www.treevictoria.com

24 HOUR
emergency
service

ADAMS TREE SERVICE
HIRE A LOCALLY OWNED METCHOSIN BUSINESS!

- Tree removal
- Stump grinding & removal
- Spiral thinning
- Hedge trimming & shaping
- Tree topping
- Fruit & ornamental pruning
- Lot clearing
- Excavating & Bobcat work



Free estimates | 24 Hours **250-516-8315** Fully Insured | Since 2000

RCMP Call-Outs APRIL 15 – MAY 14, 2013

BY CPL. BRIAN KERR, CENTRAL SAANICH POLICE

- April 20 **Glen Forest Way** – Two vehicle accident, motorcycle hit vehicle, one person with minor injuries.
- April 21 **Happy Valley Road** – Complaint of possible impaired driver, not located.
- April 26 **Rocky Point Road** – Complaint of landlord/tenant dispute.
Bennett Road – Complaint of missing person on Goose Trail, later located.
- April 27 **Duke Road area** – Complaint to check on well being of a person, found to be all right.
- April 28 **Stillmeadow Road** – Complaint of gun shots being heard.
Rocky Point Road – Complaint of erratic driver, driver later given verbal warning.
Glen Forest Way – Complaint of possible assault, one person arrested and later released.
- April 30 **Matheson Lake** – Complaint of suspicious person possibly trying to break into vehicles, not located.
- May 01 **Neild Road** – Complaint of mischief to private property.
Rocky Point Road – Complaint of a deer hit by a vehicle.
- May 03 **Metchosin Road area** – Complaint of possible domestic dispute, no assault.
Aquarius Road – Complaint of gun shots being heard, patrols failed to locate anything.
Kangaroo Road – Complaint of erratic driver, vehicle stopped and driver given verbal warning.
Neild Road – Complaint of abandoned vehicle, found to be broken down.
- May 04 **Sooke Road** – Complaint of erratic driver, vehicle not located.
Rocky Point Road – Complaint of possible impaired driver, vehicle not located.
Rocky Point Road – Complaint of vehicles speeding in school zone, patrols requested.
Happy Valley Road – Complaint of an impaired driver, vehicle stopped, driver charged with impaired driving offences.
- May 05 **Happy Valley Road** – Complaint of loud party, home owner given verbal warning.
Pearson College Drive – Complaint of mischief, paint poured onto road surface.
Witty's Lagoon – Complaint of vehicles parked in no parking areas near the beach.
- May 06 **William Head Road** – Complaint of speeding vehicles, patrols requested.
Happy Valley Road – Complaint of youths smoking marijuana, three youths apprehended.
- May 07 **Pears Road** – Assistance provided to fire department regarding vehicle fire.
- May 09 **Taylor Beach** – Complaint of male possibly exposing himself, one male spoken to on beach.
Rocky Point Road – Complaint of possible fraud over the internet.
Happy Valley Road – Complaint of single vehicle accident, no injuries, driver tried to avoid hitting a deer.
Kangaroo Road – Complaint of possible domestic dispute, investigation continuing.
- May 11 **Sooke Road** – Complaint of speeding motorcycles, patrols made.
Matheson Lake Park Road – Complaint of vehicles street racing, patrols made and no vehicles located.
Glen Forest Way – Complaint of suspicious vehicle at mailboxes, driver spoken to.
- May 12 **Happy Valley Road** – Complaint of vehicles damaging grass area on the cricket fields.
Metchosin Road – Complaint of deer hit by vehicle.
- May 13 **Sooke Road** – Single vehicle accident, no injuries, vehicle towed from the scene.
Sooke Road – Complaint of an erratic driver, driver later given a verbal warning.
Sooke Road – Vehicle stopped for speeding violation and driver found to be impaired, vehicle impounded and charges pending.
- May 14 **Happy Valley Road** – Complaint of an insecure load on a truck, items falling onto road.

Fire Department Call-Outs Apr 16, 2013 – May 15, 2013

FIRE CHIEF STEPHANIE DUNLOP

Check out Metchosin Fire on Facebook or follow me on Twitter @ ChiefDunlop

- Apr 17 **Happy Valley Road** – General Assistance
- Apr 17 **Stirrup Place** – Medical Shortness of Breath
- Apr 19 **Olympic View Drive** – Alarm Bells
- Apr 20 **Chalister Court** – Motor Vehicle Accident
- Apr 22 **William Head Road** – Medical Chest Pain
- Apr 23 **Matheson Lake Park Road** – Medical Seizures
- Apr 25 **Happy Valley Road** – Public Assistance
- Apr 26 **Bennett Road** – Assist RCMP
- Apr 27 **Albert Head Road** - Flooding
- Apr 27 **McCallum Road** – Mutual Aid
- Apr 29 **Swanwick Road** - Alarm Bells
- May 05 **Albert Head Beach** – Beach Fire
- May 07 **Pears Road** – Vehicle Fire
- May 08 **East Sooke Road** – Medical Shortness of Breath
- May 08 **Barrow Road** – Medical Chest Pain
- May 09 **Happy Valley Road** – Medical Trauma
- May 09 **Taylor Road** - Medical Fall
- May 10 **Kangaroo Road** – Medical Chest Pain
- May 10 **Moss Hill Place** – Medical Shortness of Breath
- May 13 **Sooke Road** – Motor Vehicle Incident
- May 13 **Matheson Lake Park Road** - Brush/Grass Fire
- May 14 **Happy Valley Road** – Motor Vehicle Incident

Pure

INTEGRATIVE
CLINIC



Naturopathic Physician Marianne Trevorrow, is accepting new patients at the Pure Integrative Clinic located close to home at Latoria Walk (south end of Veterans Memorial Parkway).

Same day appointments are available Monday to Friday 1 pm to 6:30 pm and Saturday afternoons.

Call: (778) 432-2092 to schedule an appointment
Visit: 111-611 Brookside Road, Colwood, B.C., V9C 0C3
Web: www.drmarianne.ca



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.

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

COOKIES CRITTER CARE is collecting beverage containers, dog food, leashes, collars, clean dog bedding, and 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.

ATTENTION WINE MAKERS – Incredible deal – 8 Glass carboys, 5 air locks and 3 neck rings. One price for all, \$80. Price non-negotiable. Call 250-391-6718.

LESSONS

FOODSAFE – LEVELS 1 AND 2, MARKETAFF 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.

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.

Directory of Organizations

The following is contact information for not-for-profit organizations, but fuller descriptions are given in the "Directory of Metchosin", available at the Municipal Hall and the Community House. Brief articles highlighting special events should be mailed to metmuse@shaw.ca by the 15th of each month, as should any amendments or additions to this list.

AIR CADETS
250-590-3690

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

ASSOCIATION FOR THE PROTECTION OF RURAL METCHOSIN (APRM)
250-478-1197, www.aprm.ca

BADMINTON
Mixed, 250-474-3749.
Women's 250-478-9648.

BILSTON WATERSHED HABITAT PROTECTION ASSOCIATION
250-478-2387,
www.bilstoncreek.org,
ikmcken@islandnet.com

'CHOSIN CHATTERS TOASTMASTERS
info@chosinchatters.org,
www.chosinchatters.org.

CRD PARKS
250-478-3344,
crdparks@crd.bc.ca,
www.crd.bc.ca/parks

GIRL GUIDES OF CANADA (Metchosin and Colwood)
250-478-5484

LA LECHE LEAGUE CANADA
250-727-4384

METCHOSIN COMMUNITY HOUSE
250-478-5155,
mcahouse@telus.net,
www.metchosincommunity-house.com

METCHOSIN COUNCIL
250-474-3167,
www.district.metchosin.bc.ca/meetings,
mayorandcouncil@metchosin.ca

METCHOSIN EMERGENCY PREPAREDNESS
250-478-1307, Ham operators call in on 146.550. POD members can call FRS (Family Radio Service) radios: Channel 1 with "0" privacy tone

METCHOSIN EQUESTRIAN SOCIETY
250-391-7511,
exchanging@shaw.ca,
www.mesmetchosin.org

METCHOSIN 4H, POULTRY, HORSE AND CLOVERBUDS
250 478 4677
Metchosin4H@gmail.com
www.metchosin4h.com

METCHOSIN GARDEN CLUB
250-298-7877

METCHOSIN HALL SOCIETY
250-478-6424,
<http://metchosinhall.com/>

METCHOSIN HIKING CLUB
250-478-4778.

METCHOSIN MUSEUM SOCIETY
Pioneer Museum 250-382-1989,
School Museum, 250-478-5447

METCHOSIN PONY CLUB
250-727-3595.

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

METCHOSIN SEARCH & RESCUE
250-478-2210

MT. MATHESON CONSERVATION SOCIETY
250-642-0238

POD LEADERS
250-474-6145
mgidney@shaw.ca

ROYAL CANADIAN LEGION Branch 91
Ladies Auxiliary 250-478-5484,
tandwcampanandcomish@shaw.ca

SCOUTS CANADA
14thjuandefuca@victoriascouts.ca

SEA CADETS
250-478-7813

SENIORS' INFORMATION RESOURCE CENTRE (SIRC)
250-478-5150, msirc@shaw.ca

TOPS
250-590-3100

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

WEST SHORE COMMUNITY BAND
250-474-3999

WEST SHORE PARKS AND RECREATION
250-478-8384,
www.westshorerecreation.ca

CHURCHES

BAHA'I FAITH
250-514-1757

GORDON UNITED CHURCH
250-478-6632
www.gordonunitedchurch.ca

HOLY TRINITY REFORMED EPISCOPAL CHURCH
250-727-3722

OPEN GATE CHURCH
250-590-6736
www.theopengate.ca.

PILGRIM UNITED CHURCH
250-478-2533
pilgrimuc@shaw.ca
www.pilgrimunited.ca

ST. MARY OF THE INCARNATION—ANGLICAN CHURCH OF CANADA
250-474-4119,
www.stmarysmetchosin.weebly.com

WEST SHORE PRESBYTERIAN CHURCH
Pastor: Dr. Harold McNabb.
Sunday service 250-474-0452.

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

EVENTS

The family of Audrey Jenkins would like to invite you to help celebrate Audrey's 90th birthday - Sunday, June 9, 2013 from 2:00 to 5:00 pm at the Metchosin Community House.

Established and emerging Victoria-area artists – help celebrate the Metchosin Art Gallery's first anniversary at a Paint-In on July 6, where you can demonstrate your skills to an appreciative audience. Deadline for artist applications is June 8. See article on page 5.

On June 2, the Greater Victoria Public Library will bring its "Tech Petting Zoo" to SIRC for a two week stay. See the SIRC article on page 14 for details.

Beginning June 7, SIRC will be hosting a series of "Nurse Next Door" talks. First in the series is "Slips and Tips and Falls. Oh My!" See page 14 for details.

Enjoy a nice walk, study the dynamics of small spheres, and help the New Hope Schools Society at its charity golf fundraiser at Metchosin Golf Club on July 6. See details on page 12.

The Muse has adopted a new approach to the EVENTS page, separating out the Directory function from details on specific events. Individuals, groups and organizations are invited to submit details on specific coming events, to be included in this specific section. Deadline for submission is, as always, the fifteenth of the month preceding the issue date (ie June 15 for the July / August issue)



Fishing licenses • Phone cards • Movie rentals • Galloping Goose sausage • Locally made meat and fruit pies • Bakery items • Fresh produce and cut flowers • Hardware and Grocery • Prepared sandwiches • Fresh brewed coffee • You need it, we have it!



Monday to Friday - 6:30 am to 9:00 pm
Saturday - 8:00 am to 9:30 pm
Sunday - 8:00 am to 9:00 pm

VISA, Mastercard, Interac

Phone & Fax: 250-478-2405



Now Open.

Since 1921, Victorians have trusted McCall's to offer compassionate, personalized services.

Proud to Serve the WestShore & Sooke

• Free Pre-Planning Available •

McCall's
WESTSHORE
FUNERAL & CREMATION SERVICES

3212 Jacklin Road at Sooke Road
250 478.4467 ~ McCallsWestShore.com