

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



One World 2013

The 2012 Finale (see more pictures from 2012 on page 12).

One hundred and sixty students from eighty countries perform *One World 2013*. The Pearson College UWC community brings *One World* to the Greater Victoria stage for two shows only on March 23. *One World* has become Pearson College UWC's signature community event and is one of the College's many traditions of celebrating diversity, collaboration, creativity and last but certainly not least – courage.

"After each performance I find myself in awe of our students – many of whom had never performed on stage before *One World*," shares David Hawley, College Director. "I will forget about the number of people present, internalize the piece, and send the message I am supposed to send to the audience," says second-year student, Rutendo from Zimbabwe.

One World is a collective – and enormously bonding – experience, with all students working together during the spring to create and produce all aspects of the performance, including choreography, lighting, sound, costumes and writing and performing. Coming together to share in a challenging, yet ultimately rewarding, creative experience is one more way that Pearson students learn to live, study and work together. Through this ability to link people and communities through harmony, "One World is an opportunity for us to express our creativity and celebrate the diversity of Pearson College UWC with the Victoria community," shares second-year student Kristina from Canada.

Staged at the Royal Theatre in Victoria, *One World* truly embodies the vision of the college that education is a force to unite people, nations and culture for peace and a sustainable future. As the show unfolds, the transformational nature of a Pearson College education clearly comes to light. So much so that many theatre goers leave convinced that Pearson College UWC is a performing arts school. While not true – it is certainly a wonderful testament to the quality of the production and the inspirational experience!

"I offer tremendous praise to the staff, faculty and students who drive the production of the show and to our generous event sponsors, host families and college donors who provide full scholarships for all students to attend Pearson based on merit and not their ability to pay," says David. "This year, 160 students from eighty different countries – including every province and territory in Canada – will be sure to entertain and enchant theatre goers." In addition to wonderful new performances each year, audiences can look forward to perennial favourites such as the South African Gumboot Dance, Ukrainian Dance and the *One Hundred Voices Choir*.

You are invited to be inspired through *One World 2013* – a celebration of diversity through music, stories and dance. Questions about the event can be emailed to events@pearsoncollege.ca. Tickets can be purchased through the McPherson Box Office.

The Event Details

- Saturday, March 23, 2013
- 2:00 pm matinee
- 8:00 pm evening performance
- Adults \$23, Seniors and Students \$18, Children \$15
- Staged at The Royal Theatre in Victoria, BC
- Order tickets through McPherson Box Office: 250-386-6121 or online: www.rmts.bc.ca
- Proceeds support the Pearson College UWC scholarship fund.

Calling all Musettes – Past and Present

The Muse is twenty years old and we would like to get as many of the people who worked on *The Muse* as possible to join us in a reunion/celebration of the paper.

If you were a regular contributor, proofreader or editor, please contact *The Muse* editors at metmuse@shaw.ca and give us your contact information so we can organize it for sometime in July.

Important Dates

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

- Mar 02 Wild ARC showing at Metchosin Art Gallery – opening partysee p. 8
- Mar 08 Investing in the USA Market Seminarsee p. 6
- Mar 09 The West Coast Blues Doctors Concertsee p. 7
- Mar 16 Kem Luther speaking on biodiversity of Metchosinsee p. 8
- Mar 21 A Journey of Discovery and Renewal – Memories of the South Seas..... see p. 10
- Mar 23 Pearson College One World,see p. 1
- Mar 24 MCA Services Auction see p. 14
- Mar 24 Fireproof Metchosinsee p. 5
- Mar 29 Northern Gateway Presentationsee p. 2
- Apr 05 Michael Jones, Cello Concertsee p. 9

Metchosin Muse

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

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SUBMISSION DEADLINE AND HOW TO SEND COPY

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

AD DEADLINE

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

ABOUT THE MUSE

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

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

MAILING ADDRESS

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

Hear Metchosin's Contribution To The Northern Gateway Hearings

KEN FARQUHARSON

Seven people from Metchosin were among the 274 who presented their views to the Joint Review Panel for the Northern Gateway pipeline in Victoria. They will present their submissions again within our own community on March 29 at 7:00 pm at the Community House.

As so little was picked up by the media from individual submissions, it has been very difficult to learn anything of what anyone said, other than working through the proceedings on the internet.

Recognizing the effort and time each presenter put into their submission, it seemed a pity to have them presented only once. The APRM therefore invited Elaine Morton, Nitya Harris, Gary Fletcher, Kem Luther, Brian Domney, Frank Mitchell and Ken Farquharson to repeat their submissions at this meeting. All have graciously agreed to do so. Come and learn of the different perspectives within our community on this project. I suspect you will be fascinated by the different approaches each has taken.

ABJECT APOLOGY – to Dayna Christ-Rowling for the February Muse listing Valerie Cochran as the photographer of the wonderful pictures of *Metchosin's Got Talent*. Valerie's role was to cleverly talk Dayna into taking the photos and handing over the photo card for use by *The Muse*. Thanks again Dayna.

Letters from Metchosin Technical Centre

"Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight, or any experience that reveals the human spirit." – e. e. Cummings

Revealing the human spirit is something that I have witnessed here at Metchosin Technical Centre. As a teacher I have observed all forms of learning; my favourite is self-discovery. For example, this month we had elections at Metchosin Technical Centre, complete with an all candidates forum at the Metchosin Municipal Hall. Ultimately, I was impressed with the Grade 11 leadership class and all of the students who ran in the election. The campaigning, speeches and voting made this past month highly interesting and educational. Our new MTC elected Prime Minister Charlie Barron, and his executive council Liam O'Brien and Nick Craggs, will have a challenging task in bringing the student body together on the issues discussed.

On an artistic note, we are working on an indoor mosaic about MTC, commemorating the first BC family day and what family day means to us. I am looking forward to the process as much as the finished product. In other exciting news, Sooke District Aboriginal principal Kathleen King-Hunt made it possible for Charlene George to come and to help the grade 9 social studies class create drums. Students were proud of themselves for constructing, designing and painting First Nations drums with artistic support from Denise Duch and Jennifer Kivari. The finished products look fantastic!

For community service MTC staff and students, with the co-operation the CRD Parks, did our monthly beach clean-up. This month we worked on Witty's Beach and are looking forward to doing another beach next month. You are welcome to come and join us at Taylor Road Beach on March 25 at 2:00 pm.

I would like to extend a big thank you to Lauren Herdman from Chatters who took the time to come down to Metchosin Tech and cut our students' hair. This service is appreciated by the student and the teachers, who can now see their student's eyes!

Our Intergenerational Education project is under way; we are working in conjunction with the new Seniors Information and Resource Centre (SIRC) located beside MTC. This exciting project will give teachers the opportunity to contact seniors who are interested in volunteering to give a talk or share a skill with Metchosin children and youth. If you are interested in participating in the Intergenerational Education Project or would like more information please do not hesitate to contact us: Dayna Christ-Rowling (250-516-9524 dchristrowling@sd62.bc.ca) or Colleen Brownlee (250-478-5150 or msirc@shaw.ca).

All in all, we had a great month!

Dayna Christ-Rowling,
Teacher at Metchosin Technical Centre



Lauren cutting Josh's hair

I just came to Metchosin Technical Centre this month. So far, it is the best school I've ever been in and I hope to be here next year. We do a lot more fun stuff like: hiking every day (or some physical activity), making drums or having an election. We go on field trips every week, which is not only fun but educational. I enjoy the partnership with the little buddies at Hans Helgesen. They worship us because we are awesome. There is just no lack of fun here at Metchosin Tech and the most surprising things can happen like getting your hair cut at school! I can't wait to do more here; there really is something new every day. Like today we're going to go for a walk on the Galloping Goose preparing for the *Times Colonist* 10k run; our team is called the MTC Power Tools. I am going to run with the team.

Josh York, Grade 9 MTC student

"Never be afraid to expose a weakness in yourself. Exposing a weakness is the beginning of strength." -Robert Anthony

Hello Metchosin. It has been a good month here at Metchosin Technical Centre. This last month we had our exams near the end of January. We, grade nines, got the week off as we had our midterms the week before. We had a Science, Math and English midterm. Two of them were on the same day and one the day before. The trickiest one was Math.

We also made First Nations drums; this is my third one so I get to keep it. Just for your information, the First Nations' rule is you have to give away the first item you make of anything. The stretching and tying of the skin on the rim was difficult. Then we had to wait a week to let it dry. My design was a bear paw but instead of the main paw I had an image of a bear. My drum is going to be in Celebrating Student Success night at Spencer Middle school at the end of February.

We had a mock election at school this week. I was part of the Green Party; I was running for grade 9 Mayor position. I found out afterward that I got eight votes. I have terrible stage fright, so I talked very fast.

Continued on page 12

On the web at www.district.metchosin.bc.ca under Community.

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,
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Michael Bortolotto giving a presentation to Hans Helgesen students

Dealing with Differences

JOANNIE CHALLENGER

On February 4, Hans Helgesen students had the privilege of listening to a very special speaker talk about differences. Michael Bortolotto knows all about being different. He has cerebral palsy, which makes it hard for him to control the muscles in his hands and other parts of his body. It also makes it difficult for him to speak, and he can be hard to understand at times. But the message that he brings makes it well worth listening to him.

During his visit Michael spoke with each class about his life experiences. Students heard how he was bullied as a child because of his speech and the way he walked. They also heard how he came to accept his own differences and move past supposed limitations. When other people thought that he would never be able to accomplish skills like driving a car or speaking to an audience, Michael didn't let negative thinking get in the way of pursuing his dreams, and through persistence, determination and focus he was able to achieve many 'impossible' goals. On his website Michael notes, "I'm tired of people saying 'I can't'. That's taking the easy way out. And the easy way out is actually the long and hard way out, because you pay for it somewhere down the road."

In addition to speaking publicly about differences, Michael Bortolotto has written a book *The Truth About Apples and Pineapples* for children in the four to eight year old age group. The objective of the book is to teach the reader to respect and help others by looking beyond differences to understand the value within each person. "I want to teach people to look beyond their size, their height, past their physical limitations, and see what's inside," notes Michael.



The Flip Side of Bullying

JOANNIE CHALLENGER

Did you wear pink for Pink T-Shirt Day on February 27? Are you familiar with this day, and do you know how Pink T-Shirt Day got started? The first Pink T-Shirt Day happened in 2007 when three Grade 12 students in Nova Scotia decided to support another student who had been threatened for wearing a pink shirt to school. The boys went online to encourage friends to wear pink to school the next day and even bought fifty pink t-shirts to help ensure that happened. Word spread quickly, and the following day hundreds of students showed up at school wearing pink! Since then Pink T-Shirt Day has spread across the country and has come to be celebrated as Anti-Bullying Day. It takes place the last Wednesday of February each year.

The students at Hans Helgesen School celebrated Pink T-Shirt Day this year by looking at the issue of bullying from a different perspective. Principal Sue Tonnesen noted, "We are really trying to focus on the positive. Morning announcements talk about kindness and how we treat others. Daily encouragement and modelling of positive behaviours by older students and peer helpers is really making a difference on the playground, as well as in the hallways of our school."

As well, students have continued to learn about restitution, or how to make things right if they do or say something that hurts another person. Restitution shifts the focus from the student to the problem and focuses on the behaviours involved. It may take more time to help a student work through a problem than handing out a "detention", but is usually more successful in changing behaviour. It also allows students to be part of fixing their mistakes.

Bullying can also happen online in social media sites, and is an increasing problem for students, parents and teachers. To address this issue, the Hans Helgesen Elementary Parent Advisory Council brought in a guest speaker, Darren Laur, to speak to the Grade 6 students and parents about internet safety. During the parent evening presentation, Darren suggested what parents can do to protect their children when they go online.

What can you do if your child is being bullied? It can be a helpless feeling if you think that your child is being targeted, and you may feel powerless to affect a change. Sue Tonnesen has the following tips for parents:

- Talk to your children. Take the time to ask them about school and the friends they have. Ask them how things are going on the playground;
- Listen to what they have to say. If your child tells you about an incident that concerns you, determine if they are okay and feel safe. Ask what happened, when and where it occurred, as well as who was with them. Ask if they have reported the incident to an adult. If they are upset by an incident, reassure them that they are safe at home with their family;
- Get help. If you feel it's appropriate, call the school to speak with the principal about a bullying incident. Assure your child that reporting these incidents is the right thing to do and that adults are here to help everyone.

Sue notes, "We are doing many positive things at Hans Helgesen Elementary to make students feel empowered. Looking at situations from a positive point of view is helping to make our school a caring community of learners."



On Behalf of the Birds

BEVERLEY HALL

On Metchosin Day last year I picked up a brochure from Ann Nightingale at the Rocky Point Conservatory booth, titled *Bird Death Pipes*. It describes how hollow metal and plastic pipes and posts become death traps for wildlife including birds, reptiles and small mammals. Birds are attracted to pipes in their pursuit of nesting sites and can't climb out. It is a widespread problem that kills millions of birds worldwide. Forty-five species of birds (and several species of lizards and small mammals) have been documented being trapped in all types of pipe and at diameters as small as one and a half inches. As an example, in March 2009, an employee of the Audubon California's Kern River Preserve in California discovered a fallen irrigation standpipe six inches in diameter and ten feet tall that contained the remains of over 200 birds.

After reading this article, I took a wander around our yard and discovered a four-foot tall, six inch PVC pipe leaning against the house with the rakes. I lifted the pipe and out fell a desiccated bird. I was horrified and could not help imagining how that little creature had suffered, and that I was the cause. Birds trapped in pipes die a slow death.

This is a problem that Metchosin residents can work to solve with a little effort. Spring is coming and, on behalf of the birds, I urge you to check your property and make sure you do not have any open pipes that could become death traps as they search for this year's nesting site.



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WALK AND TALK

Spiders – 7:00 pm, Friday March 22

MORALEA MILNE

Is your spidey sense tingling in anticipation? Even I admit spiders can be tough to love, but they are fascinating creatures that play an important role in our ecosystems. Robb Bennett will be presenting an illustrated seminar on spiders. He will discuss the general biology and natural history of spiders and will introduce you to interesting Canadian spiders in general and British Columbia spiders in particular. Anyone with a curiosity about the natural history, identification, and ecology of spiders (including spider folklore and medical mythology) will find this of interest.

**Robb Bennett,
PhD FESC**

Previously an entomologist with the British Columbia Ministry of Forests, Robb Bennett is currently a research associate in the Entomology Department of the Royal British Columbia Museum. In addition to his entomological expertise, Robb has a specialist's interest in the natural history, taxonomy, and classification of spiders. He has studied them for over thirty years and has published a wide variety of scientific papers and other articles on spiders.



What Is BCERMS? – How To Manage An Emergency

DAWNE KIRWAN

British Columbia, like many other provinces in Canada, has its emergency programs under the auspices of a comprehensive management scheme. In BC this scheme is the British Columbia Emergency Response Management System – BCERMS for short.

BCERMS provides a framework for a provincial government response to all emergencies and disasters. It ensures a coordinated and organized response and recovery to all emergency incidents while simultaneously allowing agency autonomy in the context of coordinated response efforts.

British Columbia Governments Interagency Emergency Preparedness Council, in response, developed a comprehensive 'all hazards' provincial emergency operating system for BCERMS to operate within. This system is based on the Incident Command System or ICS and has been adopted as the standard for emergency site management.

ICS is an effective system for managing emergencies – a model for command, control and coordination of emergency response to an emergency site. It is a means of coordinating the efforts of agencies and resources as they work together toward safely responding to, controlling and mitigating an emergency incident.

Because emergencies and disasters do not recognize boundaries or areas of responsibility, agencies must be able to work cooperatively with each other under an organized response structure while simultaneously maintaining full responsibility and authority for their jurisdictional and legal roles.

The model has proven effective for responding to all types of incidents: parades, concerts and celebrations; single and multi-agency law enforcement incidents; fires, hazmat and multi-casualties; multi-jurisdictional and multi-agency incidents; wide area search and rescue; air, rail and ground transportation accidents; private sector emergency management programs; oil spills; natural hazards or disasters and even pest eradication programs.

The response goal priorities are, in descending order, to:

- 1) provide for safety and health of responders
- 2) save lives
- 3) reduce suffering
- 4) protect public health
- 5) protect government infrastructure
- 6) protect property
- 7) protect the environment
- 8) reduce economic and social issues.

Hence the need for a comprehensive management scheme.

Under the ICS model, the first and essential requirement is to have an Incident Commander (IC). The IC is responsible for all incident activity. Once this position is filled, in the event of an incident, the process is underway. The ongoing management of the incident is then broken down into four primary functions: Operations – Dealing with the Now; Planning – Planning for what is to come; Logistics – Getting the resources needed; Finance/Admin – Paying the bills. The IC fulfills all functions until he/she assigns the responsibility to another person. The model expands only on a functional requirement.

The ICS is expandable from very small routine operations into a large organization capable of responding to very large incidents that cover many square miles or involve multiple communities or jurisdictions. This is referred to as modular in organization and having a manageable "span of control" (ie the number of resources or organizational elements that one supervisor can manage effectively). If existing manpower exceeds the recommended span of control, another level of management is needed.

Regardless of the number of levels of management added or the number of functional requirements added, the ICS structure maintains a unified chain of command – there is an orderly ranking of positions in line of authority with a clear line of supervision. This ensures each person receives direction from only one person. An integrated communication plan is implemented using common terminology that is standard and consistent.

BCERMS is a comprehensive management scheme and with the ICS model provides a way of coordinating the efforts of agencies and resources as they work together toward safely responding to, controlling and mitigating an emergency incident. The model has varying levels of positions to fill the roles needed for the various functional requirements. As in any organization, people are needed to fill these roles. If you think you might be interested in learning about the roles and possibly filling one of them, please talk to Stephanie Dunlop, our Emergency Program Coordinator. As well, keep watching the future issues of *The Muse*, where the various roles and their requirements will be featured. Maybe a role will be perfect for you!

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Ninth Annual Fireproof Metchosin Day – Sunday, March 24, 2012



Once Again it is Time to Fireproof Metchosin!

Help prevent forest fires in your neighbourhood this summer by removing broom and gorse from the roadside in front of your property. A careless toss of a cigarette

could spell disaster if it lands in a dense patch of broom or gorse.

It is preferable if all broom/gorse/blackberry bushes are burnt or composted on site, but they can be brought to the Fire Hall. If you have any concerns about burning on your property, please call the Fire Hall at 250-478-1307 and they will answer your questions. Generally you should keep the fires small (no larger than six feet in diameter), and away from trees and other flammable materials. Keep a source of water nearby to douse any unexpected flare-ups.

Fires to be fully extinguished by 6:00 pm (no smoke or flame).

Photographs for Muse

Take lots of photos, and send the best to the Metchosin Muse at metmuse@shaw.ca. The best photo of this year's Broom Bash will be

used to advertise next year's Big Broom Battle. You might even find yourself on the cover!!

Broom And Gorse Removal Tips

- Pull if the stem diameter is smaller than a pencil.
- Cut below the surface to the first sideways root on larger plants, very large plants can be cut higher, older broom plants will not usually re-sprout. Gorse is more likely to re-sprout and should be cut to 5 cm below the soil..
- Cut dead plants to ground level or pull if very loose.
- Minimize disturbance to the soil. The greater the soil disturbance, the more seedlings will germinate.
- Wear welding gloves, goggles and impenetrable clothing to work with gorse, as it has vicious spines which are difficult to avoid.

The Community House has two broom pullers for rent although you should be aware of how much soil disturbance these might cause. If there is a good deal of bare soil, you might consider seeding over with grass seed or native plants to reduce the number of broom and gorse seedlings that can survive.

Call Heather at 478-5155 to reserve.



Dave and Norma with their 2012 effort ready for pick-up. Photo by Brian Domney

Roadside Pickup

This year we are again offering roadside pickup on Tuesday and Wednesday, March 26 and 27, but ONLY of broom/gorse or blackberry bushes. Any wooden planks, heavy branches, furniture or other trash will be left at the roadside. Piles must not exceed eight feet by eight feet, but you can have several piles. Just make sure they are off the road. Very large piles require a backhoe to pick them up, which also means extra labour for traffic control, and becomes too expensive for the District to absorb.

To take advantage of this offer, please call the Fire Hall at 250-478-1307 and leave your house number and a telephone number, so that the Works Crew can plot the most efficient pickup routes.



COUNCIL NEWS

BUDGET OPEN HOUSE, MONDAY, MARCH 11, 5:00 – 6:00 PM

Do you want to know how council proposes to spend your tax dollars this year? Drop in to the budget open house on Monday, March 11. Information will be available on the operating budget, 2013 and capital projects.

GRANT-IN-AID APPLICATION DEADLINE MARCH 15

Is your community organization in need of funding? Submit your application to Metchosin Council by March 15. Applications are available at www.metchosin.ca and at the Municipal Hall.

SOIL DELIVERY RESTRICTED UNTIL MAY

Residents are reminded that soil delivery is restricted from November through April each year to help reduce damage to roadways from heavy truck traffic. Any person bringing in more than 80m³ to a property in a year or bringing in soil to an area nearby streams or wetlands must do so only with a permit. Please contact the Municipal Hall before bringing in soil, rock, gravel, or sand to ensure you comply with the community bylaws and to avoid hefty fines.

FIREPROOF METCHOSIN DAY, SUNDAY, MARCH 24

This year we are again offering roadside pick-up on Tuesday and Wednesday, March 26 and 27, but ONLY of broom/gorse or blackberry bushes. Any wooden planks, heavy branches, furniture or other trash will be left at the roadside. Piles must not exceed 8 ft x 8 ft, but you can have several piles. Just make sure they are off the road. Very large piles require a backhoe to pick them up, which also means extra labour for traffic control, and becomes too expensive for the District to absorb.

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Where: Metchosin Community House

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Metchosin Equestrian Society – Annual Stirrup Cup Ride



The start of the Stirrup Cup Ride

ELLEN DEWAR

The Metchosin Equestrian Society (MES) held its annual Stirrup Cup Ride on Sunday, January 6 and eleven riders turned out for the event. The ride started at the community riding ring, with a stop at the Kerr residence on Tiswilde for hot cider and other goodies provided by Nadyne Kerr and Wendy Chartrand. From there the riders proceeded along Tiswilde and up the Lusse Way trail over to the Dewar's barn on Eales Road. Here the group enjoyed mulled wine and treats provided by Ellen Dewar and Suzanne Longpre. The horses were all relaxed and munched on some hay while the riders visited and enjoyed the lovely day. Kathy Atherton and Bev Bacon also brought more munchies to this stop, including some Cherry Brandy which was a favorite of one of our founding members of MES, Sonja Young, who passed away in January 2010. Bev Bacon read a poem she had written and everyone toasted to the memory of Sonja for her contributions to MES and the Metchosin community, especially in the area of our wonderful trail system.

The poem to Sonja follows:
Sonja Young
died too young.
It's a shame.
No one's to blame.
She was a great horsewoman,
and a champion of everything green.
She was funny and feisty and fearless.
She was athletic, smart, and lean.
Sonja Young
died too young,
and the torch is passed to us
to lead by example,
to never back down.
Sometimes it's worth making a fuss.
by Bev Bacon (with love!)



Riders heading out

We also remembered one of our youngest members, Amanda Zinger, who sadly died in 2011 at the young age of 24, and will always be remembered and missed by the Metchosin horse community. Other important contributors to our organization and trail system include Sandra Martin, Sue Watt, Mary Moss, Jill Armstrong, Penny Woodworth, Shari Epp and Kathy Atherton, not to mention many others. We are grateful to so many people with foresight in our community.

The Metchosin Equestrian Society was formed in 1988 to provide riding opportunities, to oversee and maintain the Municipal Riding Ring, to establish a permanent trail system in Metchosin, and to represent the interests of horse owners to Metchosin Council. We also organize trail rides, fun shows, clinics and lectures.

Please consider joining MES to support trails and horses in Metchosin. We meet on the fourth Thursday of each month at 7:00 p.m. usually at the Metchosin Community House. Your membership in our society helps us maintain our community's precious trail system. No horse required! Fill out the Contact Form on the website at mesmetchosin.org or call Heidi 250-391-7511 or Ellen 250-474-4704 for more information. We are also on Facebook.

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Investing in the USA Market Seminar

DEBBIE COOPER



Free Information session on investing in the USA Real Estate Market, Friday, March 8, 7:00 pm at the Metchosin Community House, 4430 Happy Valley Road. Debbie Cooper, a stay at home Mom in Metchosin, will share her ten years of experience in investing in the USA Real Estate Market. It all began with a Mom's desire to stay home with her kids. Debbie, a fifteen-year Government employee took the Government buy out package and ran for a chance to

stay home with her kids. With Victoria's Real Estate prices becoming so outrageous, Debbie began to look across the water to the USA for her Real Estate investments. Six years later she has replaced her Government income in USA Real Estate investments and there has been no looking back.

Debbie will share her thoughts on the USA Real Estate Market. She will answer some of the big questions; Is the USA Real Estate market coming back? Where are the hot spots to invest, and where are Canadians investing?

She welcomes all first time home buyers that are having trouble buying Real Estate in Victoria. Her motto, "If you can't afford to buy in Victoria, buy somewhere else!" Debbie will be announcing information about a super week-end in Phoenix AZ, for people who want to learn more about investing in the USA. To register contact Debbie Cooper, debbiecooper@shaw.ca, or 250-857-4677.

Shop Locally

And tell them you saw it in The Muse

Local Seniors Participate in Age-Friendly Focus Groups

DAVID RICHARDSON

A number of local seniors had an opportunity, last month, to participate in an evaluation of the province's age-friendly community program. Rosemary Lawrence, Provincial Coordinator of the Seniors' Health Living Secretariat, facilitated two focus groups on February 12 at the Community House in the afternoon, and in the Council Chamber in the evening.



From the left: Gaert Linnaea, Marj Vachell, Anne Greenwood, Margie Humphreys, Audrey Jenkins, Doris Truscott, Esme Estlin and in background, Stephanie Dunlop.

The purpose of the sessions was to determine the effectiveness of the program for local governments and the impact of local actions on the lives of older residents.

Specifically, the evaluators asked participants to comment on local age-friendly initiatives and to focus on the eight features used by the World Health Organization to assess age-friendliness. Those features are:

- Outdoor spaces and public buildings
- Public transportation
- Housing
- Social participation
- Respect
- Civic Participation
- Employment and volunteerism
- Information
- Community support and health services

Participants were asked whether they took part in any of the events organized by the Seniors' Information and Resource Centre (SIRC) during October 2012 (Seniors' Month in Metchosin) and if so, how they would assess their value.

Participants mentioned the Community Kitchen, the Wellness Fair, the Metchosin Home Companion, the Alzheimer's workshop and the Driving seminar. All participants commented positively on these events, stating that they were of great value, a lot of fun and informative.

There was general awareness among participants of the SIRC and its mandate and most knew it had recently moved to a new location at the Metchosin Arts and Culture Centre.

The group told the evaluators that the opportunity to participate

and the participation levels among Metchosin seniors have increased since the age-friendly initiative started in 2011. They emphasized that the opportunity to participate, "to get out and meet people," has a direct impact on health and wellbeing. One participant made a reference to the Apple Festival, with the comment: "How could that event not have a positive impact on health?"

Participants stressed that the opportunity to participate is especially valuable for people who live on their own and for people who are temporarily laid up as a result of illness or an operation.

Many expressed concerns about the lack of housing options for people wishing to downsize or move from remote properties. There was general agreement, that when that time comes most will reluctantly leave Metchosin.

There was considerable discussion on the limited public transit in this area and the degree to which local seniors are reliant on cars. Although many of the focus group participants were in their late eighties and early nineties, all still had valid driver's licences.

"If we weren't drivers we couldn't live here," said one participant.

Asked to summarize their discussion, participants identified housing options, transportation and help with property maintenance as the three biggest age-friendly community challenges in Metchosin.

The results of the focus groups will be combined with similar discussions being hosted in other communities, compiled into a report by the Seniors' Living Secretariat and sent back to the District.



SIRC (Seniors Information and Resource Centre) is now open for business!

Come celebrate the first day of spring and our move to MACCA in the corner right ground-floor room of the old Metchosin Elementary School, with its own ground-floor entrance facing the Broken Paddle. Lots of parking available. And come to our

- OPEN HOUSE - Thursday, March 21 1:00 pm to 7:00 pm

Remember SIRC is open Monday to Friday 10:00 am to 3:00 pm.

Call for information (250-478-5150) or drop by.

Your Farmers' Market "Old Barn Books" are available for sale at SIRC.

UPCOMING EVENTS

Computer Use and Assistance Workshop

Late March, date to be announced

Call 250-478-5150 to register and get further info

Community Kitchen

This popular event is being repeated in early April

Call 250-478-5150 to register now and get further info

SIRC DE METCHOSIN — COME AND CHECK US OUT

Beat the Winter Blues with the Blues Doctors, March 9

NASEEN JANMOHAMED

The MCA Music Program kicked off the year with a piano recital by Natexa Verbrugge on January 13. Over eighty people crowded the hall at St Mary of the Incarnation Church for a wonderful afternoon of virtuoso piano. Thanks again to Natexa for the generous donation of the proceeds to the Metchosin Community Association.

Our next concert, an evening one this time, will be on Saturday, March 9 at 7:30 pm at the Metchosin Community House and will feature the West Coast Blues Doctors who promise to beat the blues with the blues. Here is what the West Coast Blues Doctors say about themselves:

"We are the West Coast Blues Doctors. Our medicine is the blues. From the down home country blues of Robert Johnson to the sounds of BB King, from the urban blues of Muddy Waters to the uptown sound of James Brown, the West Coast Blues Doctors are both enlightening and moving, a feast for the eyes as well as the ears.

"A West Coast Blues Doctors performance is designed to heal and restore and invigorate your soul better than any Medicine Show tonic. Whether it's the Swing of the thirties, the post-war Chicago Shuffle or Rhythm and Blues of the sixties, the music will bring you out of your seat and onto the dance floor.

We are veteran musicians of Uncle Wiggly's Hot Shoes Blues Band, Out Of The Blue and Soul Station, with the credentials to diagnose a crowd. The West Coast Blues Doctors prescribe a musical practicum that will give your ears some of the best medicine they have had in ages."

The band consists of Norm Piercy on bass and vocals, Scott Ramsay on saxophone, Sherri Clayton on drums and band leader Mark Comerford on guitar and vocals. All are veteran musicians whose lives have been steeped in music. Mark and Norm, both born and raised in Victoria, have opened for Muddy Waters as members of Uncle Wiggly's Hot Shoes Blues Band and have been inducted into the Victoria Music Hall of Fame. Scott, raised in the Fraser Valley, has a rich history of playing saxophone with a variety of bands and has recently joined the West Coast Blues Doctors. Winnipeg native Sherri began drumming at the age of fourteen in a Scottish pipe band and practiced by playing on upside down rubber maid buckets in the family tent trailer and imitating Ringo Starr! She has gone on to get an impressive education in music and continues to study advanced snare drum technique with a drum guru in Los Angeles.

The Blues Doctors are sure to give us great music in a fun atmosphere. We'll make sure there's room for dancing! Refreshments will be available for purchase at intermission. As always, tickets are \$15 for adults and \$5 for students/children and may be purchased or reserved by calling the Metchosin Community House (250-478-5155) and at the door. All tickets proceeds go to the musicians.

Be there or be blue!



Attention Metchosin Residents!



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Metchosin Art Gallery

Fur and Feather Fly at the Metchosin Art Gallery – Benefit Show for Wild ARC

JAIME LYNN CLIFTON

The beauty and abundance of Vancouver Island is not only distinguished by picturesque ocean landscapes and snow peaked mountains but also the magical wildlife that inhabit our lush woodlands. Instinctively, many Canadian artists find creative inspiration in the animals that inhabit our natural world. Using a variety of mediums and methods, local artists express their distinct perspectives of our breathtaking wildlife. *Fair Fauna: A Benefit for Wild ARC*, exhibited at the Metchosin Art Gallery (MAG), will remind viewers to not only respect and protect our wildlife but to also encourage artistic viewership and personal interpretation.

Wild ARC, a ten acre rehabilitation centre located in the heart of Metchosin, was built in 1997 by the BC SPCA to house injured and orphaned animals. Due to the nature of the organization, it was established as a separate branch in 2002 as it only houses wild animals that will eventually be released into the wild. This wonderful animal-loving community has treated over 22,000 deserving patients and will continue to protect, preserve, and rehabilitate more with your help. The MAG's *Fair Fauna* intends to raise awareness as well as funds for this neighbouring non-profit organization. Through the generosity of the community, Wild ARC can provide special care, medical supplies, food, and housing for their special patients.

Fair Fauna, exhibiting the diverse works of dozens of south island artists, features exceptional paintings, sculptures, photographs, and drawings. By including such diverse artists as Rachel Evans, Ashely Bowes, Richard Wong, and Jim Jenkins, *Fair Fauna* encourages a range in interpretation from both its artists and viewers. In addressing the scope of artistic representation of animals and the biodiversity of the south island, the MAG intends to promote awareness of the varying needs of our beloved wildlife. Please join your community from February 28 to March 31, 2013 at the MAG in support of our furry and feathered friends at Wild ARC. Do not miss the opening party, held on Saturday, March 2 from 2:00 to 5:00 pm.

Special guest speaker, Kem Luther, will be discussing the biodiversity of Metchosin on March 16 at 1:30 pm at the gallery.

The Metchosin Art Gallery is located at 4495 Happy Valley Road and is open Thursday through Sunday from noon to 5:00 pm. For more information about programming, submissions, volunteering, and membership please visit www.metchosinartgallery.ca

The MAG is excited to announce the establishment of two new committees dedicated to fundraising and event planning. The gallery welcomes anyone who is interested in contributing their time to this cause.



Chalk, collage and paint on Stonehenge paper by Trish Shwart

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World-Class Cellist To Perform In Metchosin

GAIL NASH, PRESIDENT, WEST SHORE ARTS COUNCIL

It has been said that, of all the stringed instruments, the cello sounds most like the human voice. Johann Sebastian Bach might have thought that back in the early 16th century when he composed his *Six Suites for Unaccompanied Cello*. The suites cover a wide emotional range, with voice interactions and even conversations created by just one instrument. The *Bach Suites* are very popular and have been performed and recorded by many well-known cellists, including Yo-Yo Ma, Mischa Maisky and Mstislav Rostropovich. On Friday, April 5, 2013, music lovers will converge on Metchosin's St. Mary of the Incarnation Church for a 7:00 pm recital by Michael Kevin Jones, who will perform some of the movements of the Bach Suites as well as *Como una fantasia* by Joaquín Rodrigo (the composer of the very well known *Concierto de Aranjuez*.)

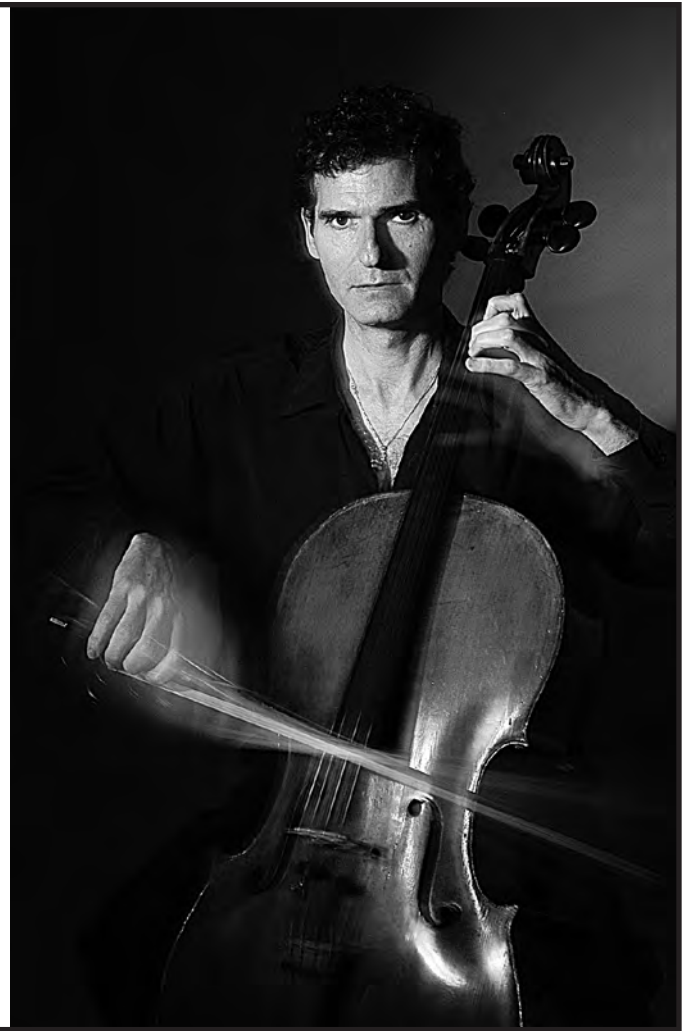
Mr. Jones hails from Cornwall in southern England. He began playing cello at age thirteen, studying at the Royal College of Music, winning prizes for solo and chamber music, and being chosen to perform for the British Royal Family. The German government awarded him a scholarship to study further in Dusseldorf. In 2002 he recorded the complete *Bach Suites for Solo Cello* on a 1667 Stradivarius Violoncello for the

Metropolitan Museum of Art in New York.

Michael spends much of his time touring all over the world, including South America, the United States, Japan, the Far East and China. This will be his second visit to Victoria, as part of a tour commencing in Halifax. From here he will travel on to Bowen, Hornby and Denman Islands before heading to the mainland for performances in Enderby, Kaslo, Creston and Grand Forks. When he isn't touring, Michael spends his free time in Andalusia, Spain, where he has started a cello education centre.

The board of the West Shore Arts Council is very pleased to be able to bring a musician of this calibre to West Shore and Victoria area audiences. With the upswing in the economy we hope to be able to expand our programs and be able to offer a wider range of arts programming of all genres in the coming years. To become a member/renew membership or find out more about the WSAC, visit www.westshorearts.org.

For further information about Michael Jones, including reviews and a list of his recordings, visit <http://martafusterbarutell.com/cellojones/index.html>. Tickets for the April 5 concert will be available through the Metchosin Country Store, Larsen Music, Long & McQuade and at the door.



The Rural Gardener

By Isabel Tipton

Preparing for Spring

It is still too wet to do much in the outdoors, but seed starting is under way for many of us. If you do not have a greenhouse, a sunny windowsill is better than nothing, when the blood runs hot and gardening must take place. Leave the tomatoes in the package until mid-March, though, with the springs we have been having lately you will not be putting them out till late May. Tomatoes get leggy and growth slows if you have them around too long. Last year you remember I tried the grafted tomato plants, and will certainly look for them again. We ate the last just before Christmas.

I am proud to report we are still eating kale, chard, Japanese greens of various sorts, and sprouts straight from the garden, and I still have apples, both Vanderpol Red and Northern Spy in good eating condition.

My Christmas gift certificate from Lee Valley is going to be spent on a tunnel row cover and I will see if that defeats the carrot fly (one can but hope). If it gets me enough, I will start peas under it in early March.

Mr. Willson, who gardened on Morland Road years ago, always had peas in the ground before St Patrick's Day and they were eating them in early June. This is an unfulfilled ambition of mine, but I never even get close. If I do not plant them early I can hear the voice of Mr. Willson saying that I will never make a vegetable grower.

I have on your behalf, researched the top gardening trends for 2013 – always lots of fun. Apparently this year we will go for fragrance, food, variegation – there is a petunia called Glamoufrage Grape of all things – edible hedges, food plants integrated in with the ornamentals. None of these trendsetters seem to have deer. In the course of this I found a bottle-opening trowel, for the beer-drinking gardener, or the beer trap for slugs, I presume. Sometimes I wonder about gardeners, though this tool is by the respected Dutch firm De Wit. This is verbatim from the Daily Telegraph gardening section. "The Dutch are rightly regarded as makers of the finest gardening tools. De Wit have been around longer than anyone. They started in 1898 and the 4th generation of De Wits are now in charge of the business; one is a trained wood turner, the other trained as a blacksmith. De Wit forge their tools from carbon steel in the traditional way. Carbon steel is naturally

tougher than stainless steel and is not prone to metal fatigue. De Wit also burnish their steel. This not only helps to protect it for longer but gives it a patina that blackens it - just like traditional English tools from the Edwardian era. All De Wit tools have turned hardwood handles of oiled ash. Ash is not only very strong but resists shock better than woods like oak or beech, which is why it was traditionally used for Axe handles." This costs £18.99, and I don't think the Telegraph is joking.

I followed a link to gardenrant.com and it is worth wasting half an hour with, and you think I am opinionated! Gardenrant had a link to a book to be released March 19, *The Drunken Botanist*; the plants that make the greatest drinks, by Amy Stewart. I may have to invest in this and I know to whom I will pass it on. I am not sure if this is for flavour, fermenting or distilling, but the title alone should sell a few copies.

A trend hoped for by Stephen Lacy, the English garden writer, is a return to fragrant shrubs like viburnum Dawn, fragrant honeysuckle, (*Lonicera Fragrantissima*), Chimonanthus, various witch hazels and the like. He also recommends hellebores and the winter flowering *Camellia Sasanqua* to add colour and more interest. There are so many new hellebores available now that I have made it a rule to only buy them in bloom, thus ensuring that their idea of dark and mine coincide. They also seed around if you are not too obsessive about cleaning up under them, and so you have lots to choose from. They make good trading material too, and deer do not seem to like them – at least my deer do not.

There is the usual glut of new Heuchera and Hosta coming along, again take a good look at them. You probably already have one very like the new ones, though there is a new Hosta I will watch for, if only to believe it exists! Weird hardly does it justice, *The Razor's Edge*, if you run into it.

By May the garden will be in full swing, as will the gardener. Generally we haven't fallen too far behind by then, and it is one of the loveliest times on southern Vancouver Island. Enjoy the spring and remember many areas envy us the Skunk Cabbage, as well as the broom.



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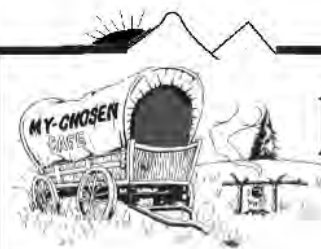
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MCA Guest Speaker Series – Thursday, March 21, 7:00 pm, Community House

A JOURNEY OF DISCOVERY AND RENEWAL – Memories of Sailing the South Seas

LAURA FARQUHARSON, MCA GUEST SPEAKER SERIES COORDINATOR

In 1977, following a difficult period in his personal life and on unpaid leave of absence from his position as Dean of the Careers Programs at Capilano College, Charles Priester set sail from San Diego on a sixteen month sailing trip to the South Seas.

Charles had bought his boat *Galadriel* in San Diego and had spent months preparing for the voyage. She was a Cal 39 with a small diesel engine, simply equipped, with no electronics on board, not even a radio, with compass, sextant and chronometer the only navigational instruments available – the same as used by Captain Cook.

The voyage was “magic” for Charles and, relying on his own skills to sail the 15,000 nautical miles, including solo sailing, helped to restore confidence in his own abilities and the solitude gave him time to recover from personal set backs and to review his life and its direction.



Cal 39 *Galadriel* being outfitted for sail back to North America



Charles Priester and Valerie Cochran at a Bluewater Sailing dinner on their return from Hawaii

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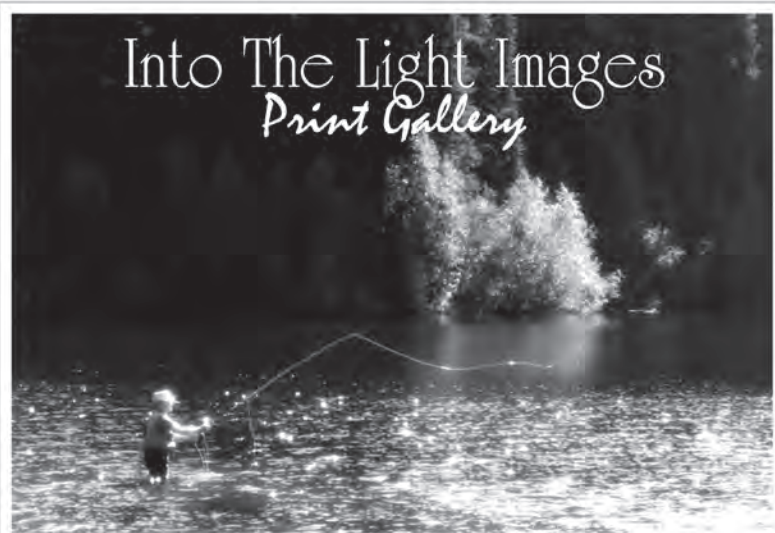
Locally Owned. Community Driven.

He set sail from San Diego with a completely inexperienced crew of three farm kids from West Virginia who had never been on a boat, but proved to be quick learners, and after twenty-seven days at sea they made a safe landfall in Hilo on the Big Island of Hawaii. The crew was reduced to two when one of them succumbed to the charm of the Islands and in particular to that of a black-haired local beauty.

Charles will tell of his experiences in visiting the remote Marquesas Islands, Tabuai, Tahiti, Bora Bora, Tonga, American Samoa and other smaller islands. He will show photographs of these exotic South Sea islands that thirty-seven years ago had not been so overwhelmed by tourism and easy access as they are today.

When Charles flew back home to Vancouver he left *Galadriel* in Hawaii, and sometime later met Valerie Cochran, a young professor at Capilano College, now his partner and editor of *The Muse*. He invited her to accompany him when he brought the boat home. Valerie, who had never done any sailing, bravely accepted the invitation, and was seasick the whole way from Hawaii to Point Roberts!

There is no doubt that Charles will give a fascinating and very personal presentation on his South Seas adventure and all are welcome to this free event at the Community House.



Peter M. Lewis

Fly Fishing on Nancy Green Lake

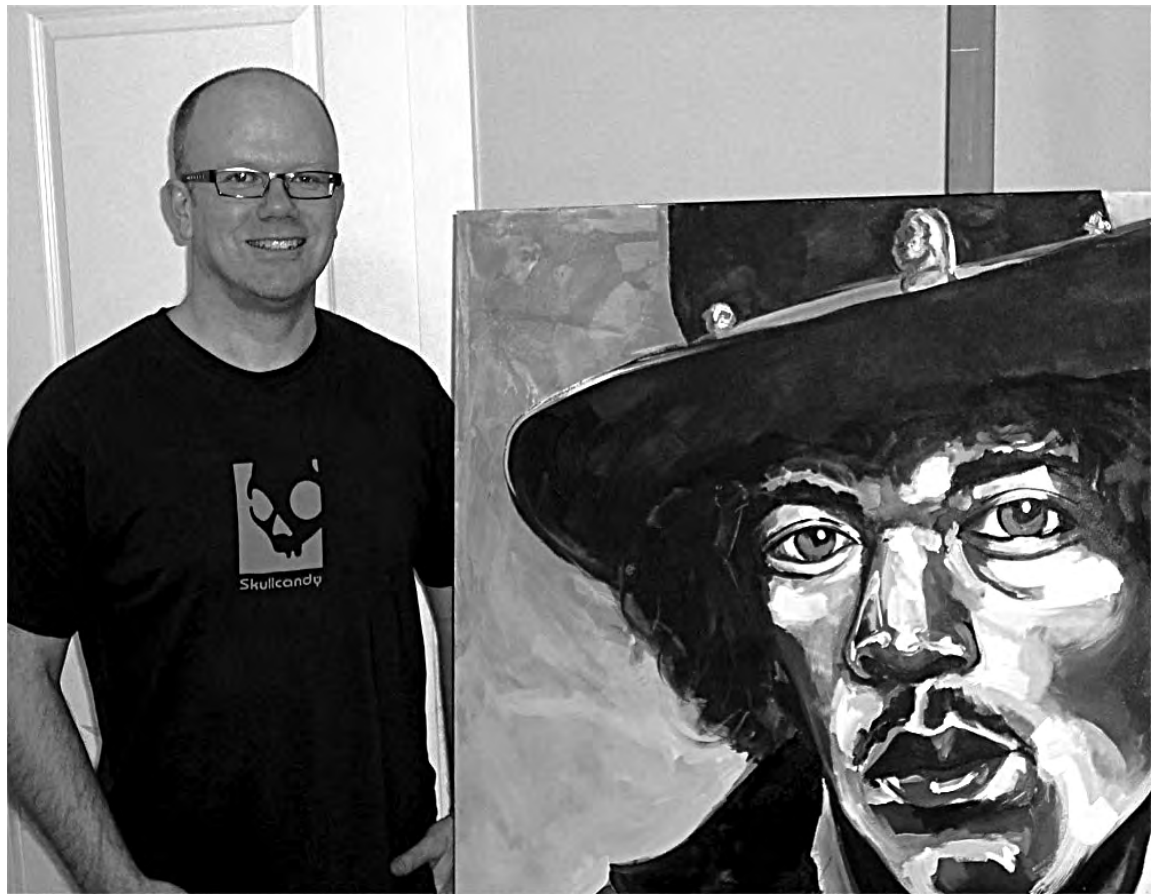
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Art on the Walls – Andrew Glenn

Andrew was born in Adelaide, South Australia. The son of a diplomat, he grew up in Australia and Switzerland and later pursued a career in international defence relations in both Australia and New Zealand, before emigrating to Canada in 2004. For as long as he can remember, Andrew has been creative and has pursued his interests through a variety of media including short-story writing, poetry and visual arts. Andrew now lives in View Royal where he paints full-time.

Artist's Statement – "My current work includes a re-imagining of popular icons who have helped shape modern culture and society as well as a contemporary take on still-life and urban spaces. My style fuses realism with impressionism to present familiar personalities and situations in bold, non-traditional colours, bringing a new and exciting energy to the image. The resulting effort seeks to produce vibrant, uplifting pieces that transcend reality yet remain easily identifiable."

For more information, view Andrew's website at: www.andrewglenn.info.



Andrew Glenn and one of his paintings



HOUSE HAPPENINGS

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

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

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

Tuesdays

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

Games Afternoon. Every third Tuesday of each month from 1:00 – 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 – 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 – 4:30 pm Enjoy a cup of tea and conversation with international students from Pearson College.

Events:

Concert – Saturday, March 9, 7:30 pm. The West Coast Blues Doctors. Here is what the West Coast Blues Doctors say about themselves: "We are the West Coast Blues Doctors. Our medicine is the blues. From the down home country blues of Robert Johnson to the sounds of BB King, from the urban blues of Muddy Waters to the uptown sound

of James Brown, the West Coast Blues Doctors are both enlightening and moving, a feast for the eyes as well as the ears". Tickets are \$15 for adults and \$5 for students/children and may be purchased or reserved by calling the Metchosin Community House (250-478-5155) and at the door.

Guest Speaker Series – Thursday, March 21, 7:00 – 9:00 pm. *A Journey of Discovery and Renewal - Memories of sailing the South Seas* with Charles Priester. In 1977 Charles Priester set out from San Diego in his Cal 39 boat, *Galadriel*, and spent sixteen months sailing 15, 000 nautical miles – some of it solo- and visiting the exotic isles of Oceania. Charles will illustrate his presentation with photographs and will talk not only about his travel but the effect of this remarkable journey on his personal life.

Services Auction – Sunday, March 24, 2:00 – 4:00 pm. The live Services Auction invites you to attend an afternoon at the House. This year we have many services for the home included in the Auction. You can check out the variety of items (and pre-bid if you wish) on-line by keying in MCA Services Auction and following the link. If you would like to donate something just phone the MCA House Monday to Friday at 1:00 pm, 250-478-5155 for a welcome reception. It is a fun social event and unlike any other gathering with the waving of paper-plate paddles and bantering. No admission charge, free refreshments.

Potluck Lunch – Thursday, March 28, noon – 1:30 pm. Everyone welcome!

Knitting Cafe - Regular meetings are held on the first and third Monday, 7:00 – 9:00 pm and the second and fourth Tuesday, 1:00 – 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 250-478-5155 to book.

Art On The Walls – March. Works by Andrew Glenn. Glenn's current work includes a re-imagining of popular icons who have helped shape modern culture and society as well as a contemporary take on still-life and urban spaces. His style fuses realism with impressionism to present familiar personalities and situations in bold, non-traditional colours, bringing a new and exciting energy to the image. The resulting effort seeks to produce vibrant, uplifting pieces that transcend reality yet remain easily identifiable. www.andrewglenn.info. 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 250-478-5155.

One World 2012 gallery



Ukelele Orchestra



Hat Dance from Vietnam



African Child recital

Date: Friday, April 5, 7 p.m.

Place: St. Mary of the Incarnation Church,
4125 Metchosin Road

Michael Kevin Jones, cellist
the only Victoria concert on his 2013 Canadian tour

Program: selections from the J.S. Bach *Suites for Solo Cello* & Rodrigo's *Como una fantasia*

Tickets: \$20 regular / \$15 seniors / \$10 children and sec. & post-sec. students showing ID

Outlets: Metchosin Country Store, Larsen Music, Long & McQuade, and at the door

[Mr. Jones has performed for the British Royal Family and recorded with the BBC. He spends time in Cornwall and Spain when not on tour.]

sponsored by
West Shore ARTS COUNCIL



Letters from Metchosin Technical Centre *continued*

However, as my quote states, weakness is the beginning of strength, so I guess I am getting strong! We had a Prime Minister, Premier, and the Mayor represent the three levels of government and the three grades. The winners were Charlie from my group for Prime Minister, Liam for Premier and my friend Nick for Mayor. We did this to understand politics better. After the ballots were cast, there was one vote from a tie and I learned that if people don't vote, it can make the difference between winning and losing. Well this is all that's been happening.

Signing off till next month.

Alex Jensen, grade 9 student

"The ballot is stronger than the bullet." — Abraham Lincoln

This month here at Metchosin Technical Centre we have made drums. The drums were just frames and skins and we strung them and designed a first nations Coastal Salish design and painted them. The first drum you make you have to give to someone. Originally, I was going to give my drum to a man who influenced my life. My Grandpa passed away three weeks ago and now I have to give my drum to someone else. I designed a fish and am giving it to my Dad.

We had an election at MTC and an all candidates forum. Our Prime Minister is Charlie, Premier is Liam and Nick is the grade 9 representative that won the Mayor's race. I was the scrutineer which means that I counted the votes and made sure that the election was fair. I thought it was cool. There was only one vote difference between the winner and the second place in the Prime Minister's race. Every vote counts!

Bryan Wickheim, Grade 9 student

One must learn by doing the thing, for though you think you know it, you have no certainty until you try. - Aristotle

This month at Metchosin Technical Centre we have been organizing and running an election. We had four parties: Green, NDP, Conservative and the MTC Communist party. The leaders of the party were from grade 11. I was the leader of the Green Party and we had an extensive platform regarding environmen-

tal issues like opposing the Northern Gateway Pipeline, exportation of raw logs from BC and legalization of cannabis. We went to the Municipal Hall and had an all candidates forum where we all spoke about our party's platforms. I was the leader of the Green party and was elected the Prime Minister of the school. I thought the process was a good learning experience and provided insight into the political process. I think if I wanted to be a politician I could do it, but I would rather be an activist. However, I feel you can do more damage or good inside the system because you have more power. I would also like to thank the Municipal hall for having our school over and using the hall.

Charlie, Grade 11 student

It's been awhile since I wrote to you from Metchosin Technical Centre. Since then I've made a drum. I painted two humming birds on it and two hands and I'm going to give it to my parents for their anniversary. I think they will love it. We also had a school election. There were four parties: Conservative, Green, NDP and Communist. I voted for the NDP, but the Green party won. We did this election to learn about Canadian politics. In the end, we learned that every vote counts and politics are complicated. Well, I will write to you later, bye.

Corwin, Grade 9 student

This school is fantastic. We do the craziest stuff here, for example, today we had an election and an all candidate forum. We went to the Metchosin Municipal Hall and I watched the candidates talk about how they would improve our school and the issues their parties are fighting for. I personally had a good friend run for the Metchosin Technical Centre NDP party and he was elected by a landslide, with over fifty percent of the popular vote. I know this because I was part of the election committee that counted all the ballots after the polls closed. The first thing we did was open the ballot box and sorted the grade 9, 10 and 11s into their own piles. Then we tallied all the ballots, taking out all the spoiled ballots first. The surprising part of the election was that the Prime Minister only won by a single vote. Every vote counts!

Josh Van der Kolk Grade 10, student

Metchosin Hall Society
'Spring Fling'
arts and craft sale
at the Community Hall
March 23/24, 2013
Free admission, concession, w/c accessible
4401 William Head Road, Metchosin

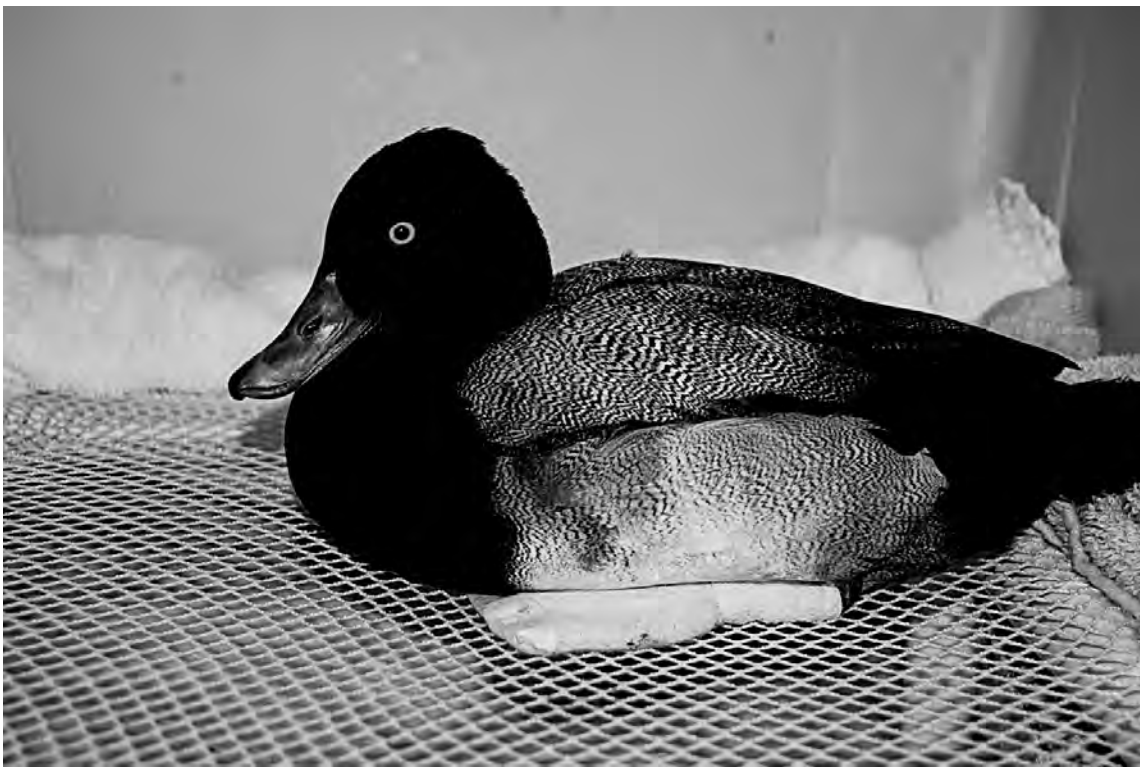
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www.metchosinpreschool.wordpress.com

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Looking happier, just before release

Photos by Christina Carrieres, AHT

BC SPCA Wild ARC – Lesser Scaup Rescue

CHRISTINA CARRIERES, SENIOR WILDLIFE REHABILITATOR

A male Lesser Scaup was rescued by a Duncan SPCA staff member on January 4, 2013, and transferred to the BC SPCA Wild ARC for rehabilitation. Scaups, a species of diving duck that spend most of their time on the water, are common winter visitors to BC. This Scaup ran into trouble when he was attacked by a hawk, and was suffering from several puncture wounds to the neck area as a result.

Designed for an aquatic life, Scaups' feet are very delicate and their legs are set far back on their body, making walking on land difficult. If they spend extensive periods

of time on land or on hard surfaces they develop severe sores on their feet or on their belly. On initial assessment, Wild ARC rehabilitators noticed that the Scaup had feet sores in addition to his neck wounds, and were very worried that these sores were too severe to heal completely.

Once the Scaup was stabilized, he required surgery to repair the neck wounds. The surgery was successful, but because of the resulting sutures the bird had to be housed in a specially designed cage to prevent pressure sores and feather damage during his time off the water. The Scaup's feet sores were still a major concern – when seabirds develop such sores, it is often a death sentence for them. This is because the skin is very thin, so even minor abrasions can lead to exposed bone, and infection often follows. Fortunately, the highly skilled rehabilitators at Wild ARC were able to perform an additional surgery on the bird's feet to treat the affected areas and allow them to heal. The Scaup also needed assisted feedings to sustain his good body condition, as often seabirds and diving ducks are reluctant to eat when in captivity.

Following two weeks of intensive care consisting of antibiotics, antifungal medication, probiotics, pain control, homeopathic remedies and wound care, the Scaup required an oil bath in order to clean his soiled feathers and allow the bird to restore his waterproofing. The Scaup was then transferred to a tub where he could now be kept on water and allow his feet to heal with the help of water therapy, while having the opportunity for mild exercise.

Almost a month after the Lesser Scaup was rescued, he was finally ready to move to an outdoor pool where he could acclimatize to the outside temperature and complete his healing process while minimizing the stress of captivity. The wounds inflicted by the hawk were completely healed by that point, and the foot sores were well on the mend.

Two more weeks went by before the Scaup's condition was assessed and judged to be ready for release. On February 18, the Lesser Scaup, now fully recovered from his injuries, was released at the Duncan Fish Hatchery where he paddled down the waterway to join dozens of other local birds, free to explore the coastal waters once more. Seabird rehabilitation is very intensive and requires professional training. If you would like to support Wild ARC's efforts in caring for our many wild patients like this Lesser Scaup, please visit our website at wildarc.com for a list of ways you can help.



Wounds to the feet



Free at last!

Jam Session Concludes on High Note

JC JAM DOG

Local 'jammer' B-Daddy, with the help of other jam artists like Momma Kath, KK and NicO, along with many enthusiastic groupies, recently pulled off the sweetest jam session ever held at the House.

The gig started with B-Daddy bringing in some out-of-town stars, The Sevilles, from Arizona. These Orange County choppers were the main attraction of what became a get-down, choppin', slicin', pithy, juicy, boiling time for all. Sweet!



Local jammer, Larry "The Knife" Hildreth, displays his prowess at the fine art of slicing pith from rind and separating pits from pulp at the recent marmalade jam making session held at the Metchosin Community House

Translation for you types who don't speak the new hip-hop talk: Brian Domney, with the help of Kathleen Sutherland, Kyara Kahakauwila and Nicole Lalonde, recently organized a marmalade jam making session at the Community House as part of the Guest Chef series.

Brian brought in a case of special Seville oranges from Arizona. Our thanks to The Market on Millstream Road for their help getting the case of oranges. Over twenty people from Metchosin, Colwood, Langford and Sooke got a demonstration of how to prepare the oranges, the fine art of slicing the rinds, extracting the pits to use for the pectin and the detailed steps of soaking, simmering, boiling and canning the marmalade.



Brian Domney – from orange to marmalade (with a little whiskey in-between)

A wonderful community event with the added bonus of several jars of homemade marmalade for all the participants. Sweet!

Pure

INTEGRATIVE CLINIC



Naturopathic family 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



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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.

Sold! To Paddle No. 43

BETTY HILDRETH

The Metchosin Community Association is gearing up for the third annual *Metchosin Services Auction* taking place on Sunday, March 24 at 2:00 pm at the Metchosin Community House, 4430 Happy Valley Road.

Our unique collection of services and skills has once again been made possible through the generosity of local experts who have donated their time and training to our fundraiser. You will be able to bid on the home-services that you need, offered by trades-people and professionals who you recognize.

Go to www.metchosincommunityhouse.com, follow the "Services Auction" links and view the list of practical, money-saving, local services up for bids. You will find great bargains.

The excitement of bidding will be managed on two levels: first on-line bidding from March 1 to March 22 and second live auction bidding held at the Metchosin Community House, on March 24 between 2:00 to 4:00 pm.

The 2013 *Metchosin Services Auction* listings will be open for perusal and initial e-bids starting March 1. Keep watching the web site as new donations continue to come in and offers continue to grow. Be the first to get your purchase offers placed by bidding on-line.

For the grand finale, join the fun, excitement, and friendly competition of the live auction on March 24, when our lovely, experienced and cutting-edge Auctioneer, Laura Gramada, guides the crowd through the final bidding wars.

If you have a service you would like to donate, please email jim@rjchallenger.com.

For further details go to www.metchosincommunityhouse.com.

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



Winteree gathering 2013

Winteree 2013

TOBY VOSS

What do you get when you take one beautiful National Historic Site, 400 hot dogs, 120 warm toques, thirty gallons of hot chocolate, 150 badges, four cooks, three organizers, six first aiders, eighty leaders and parent helpers 120 children between the ages of five and eight – Winteree 2013!

Winteree 2013 was an attempt to revive the Greater Victoria Area mid-winter fun event for Beaver Scouts. This event had been held in the past as a fun fair; the last time was in 2006. In 2011 and 2012 an attempt was made to revive it but it never took off; however there was an informal gathering between two to three groups at a local provincial park. This year two very energetic Scouters initiated a plan deemed to be successful, by engaging keen volunteers and brainstorming an outdoor activity suited for young children.

The team pondered for some time on what the location and theme could be until we discovered that the perfect location was right near Victoria! Fort Rodd Hill is a national Historic Site with ample room for lots of children to play and interesting things to explore. It also lends itself to the theme of Canadian Military History. The park staff was very accommodating and supportive of the event.

Once the location and date were set, the rest was just a lot of planning and promotion to encourage groups from all over the region to attend.

On the day of the event, the opening was done by scouter Stan in a military format, complete with marching and call to stand at attention. Then the youth played a huge game of capture the flag. There was no confusion among the 100 plus children as to what team they were on, as each of the two teams had different coloured toques (which they kept to take home).

Thanks to the toques and the sunny skies, there were no cold ears that day. The groups then split up and toured the various sites in the park. The children were always under the watchful eyes of the local med-vents that were there in case of injuries. Scouter Donna supplied the groups with snacks throughout the tour, while Scouters Grace, Angela, Kim, Shelly, and Christine prepared the lunch. Hungry and happy Beaver Scouts returned from the tour for lunch where they made popsicle-stick grenades while waiting for their food to arrive. A feast of hot dogs, hot chocolate, juice, cookies and apples was devoured in minutes. After that the happy youth gathered around (and on) the cannon for a quick closing. What a beautiful day it was and there are already plans for an even bigger Winteree in 2014!

Fire Hall Call-Outs

The Fire Chief has advised that they will not be able to meet the deadlines for submission for *The Muse* and has suggested we no longer report on a monthly basis. Therefore the Fire Hall Call-Outs will no longer appear in *The Muse*.

RCMP Call-Outs JANUARY 15 – FEBRUARY 13, 2013

BY CPL. BRIAN KERR, CENTRAL SAANICH POLICE

- Jan 15 **Happy Valley Road** – Complaint of theft of a licence plate.
- Jan 16 **La Bonne Road** – Complaint of suspicious vehicle, not located.
Happy Valley Road – Complaint of a disturbance.
- Jan 17 **Glen Forest Way** – Complaint of mischief, pipe bomb went off in a paper box.
- Jan 18 **Sooke Road** – Complaint of erratic driver, patrols failed to locate suspect vehicle.
- Jan 19 **Happy Valley Road** – Complaint of possible assault, still under investigation.
- Jan 20 **Ferncliffe Place** – Complaint of a possible prowler, no one located, appears unfounded.
Glen Forest Way – Complaint of erratic driver, vehicle stopped and driver given warning.
- Jan 22 **Tavane Road** – Complaint of theft of licence plate.
Happy Valley Road – Complaint of found motorized bike on Goose Trail, found to be stolen from Victoria.
- Jan 23 **Kangaroo Road** – Complaint of family dispute, no assault.
- Jan 24 **Rocky Point Road** – Complaint of found ammunition, turned in for disposal.
- Jan 25 **Albert Head Lagoon** – Complaint of animal cruelty, male kicking a dog at the beach.
Metchosin Road area – Complaint of animal cruelty, cat found with a wire around its neck, still under investigation.
- Jan 26 **Happy Valley Road** – Complaint of hit and run, driver of vehicle charged under the *Motor Vehicle Act*.
Sooke Road – Complaint of possible mischief, patrols failed to locate anything.
- Jan 27 **Sooke Road** – Single vehicle accident, no injuries, driver charged with failing to wear seat belt.
- Jan 28 **Metchosin Road** – Complaint of possible marihuana grow operation, still under investigation.
Metchosin Road – Complaint of possible assault, no charges.
Sooke Road – Complaint of single vehicle accident, vehicle hit deer and then into power pole, no injuries.
- Jan 29 **Sooke Road** – Complaint of suspicious person, patrols failed to locate anyone.
Glenforest Way area – Complaint of domestic dispute involving child custody issues.
Sundance Drive – Complaint of possible break and enter, still under investigation.
- Jan 30 **Metchosin area** – Complaint of possible sexual assault, still under investigation.
Witty's Beach – Complaint of found wallet, returned to owner.
- Jan 31 **Duke Road** – Complaint of lost/stolen licence plate.
- Feb 02 **Metchosin Road area** – Complaint of disturbance, one male arrested.
- Feb 03 **Lindholm Road** – Complaint of loud noise.
- Feb 05 **William Head Road** – Vehicle stopped for excessive speed, vehicle impounded and driver charged.
Sooke Road – Complaint of possible impaired driver, vehicle stopped and driver found to be sober.
- Feb 06 **Kangaroo Road** – Single vehicle accident, minor injury to driver, vehicle towed.
Duke Road – Complaint of vehicle on road with no insurance, vehicle moved.
- Feb 08 **Happy Valley Road** – Complaint of theft, aluminum boat stolen.
Lindholm Road – Complaint of lost property, wallet lost.
- Feb 09 **Liberty Drive** – Complaint of suspicious vehicle, patrols failed to locate it.
- Feb 10 **Rocky Point Road** – Complaint of domestic dispute/assault, one person arrested, investigation continuing.
Arden Road – Complaint of gun shots being heard, one vehicle stopped and small amount of drugs seized.
Metchosin Road – Complaint of break, enter and theft to golf course, three males arrested and charged, investigation continuing.
- Feb 12 **Liberty Drive** – Complaint of abandoned vehicle.
- Feb 13 **Metchosin Road** – Complaint of a person unconscious in a vehicle, found to be all right.
Happy Valley Road – Complaint of theft from vehicle during the night.
Metchosin Road – Complaint of possible harassment on facebook, investigation continuing.
Rocky Point Road area – Complaint of disturbance, one person arrested under *Mental Health Act*.



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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.

FOR SALE

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

TEA LEAF & SPIRIT CARD CHANNELLED READINGS, Individual or in home tea parties for groups of 5 + Call Patti 250 478-8949.

LESSONS

FOODSAFE – LEVELS 1 AND 2, MARKETSAFE 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.

WEEDER'S BUCKET – Garden weeding, tree and shrub pruning, broom and blackberry removal. Landscaping, property maintenance. Local references available. Call Scott at 250-478-5696 or hscole@shaw.ca.

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.

ACCOMMODATION

WANTED – Cottage with wood heat, propane cooking, H/C water, tucked away from power lines in nature. Minimal or no electricity. Excellent local references, mature. Call Joanne 250-381-6171 or fireweedbotanicals57@gmail.com.

AVAILABLE – 750 sq. ft upper suite, separate entrance. Bright, vaulted space, kitchen (fr/st), one bedroom. Rural setting, access to Galloping Goose, bus route. Views of ocean, city, mountains. NS/NP, refs. \$900/mo., own hydro. Call 250-474-5915.

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FOR RENT - Colwood/ Metchosin area. Bright 2 bdrm suite, NS/NP, ref. req'd. \$1,100 per month incl. utilities. Call 250-391-7915.

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 CLOVERBUDS

250-478-4677,
debbiecooper@shaw.ca

METCHOSIN GARDEN CLUB

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METCHOSIN HALL SOCIETY

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