



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

Metchosin Foundation Finalizes Ty Mynnydd Conservation Covenant



The establishment of the Metchosin Foundation's first conservation covenant is being celebrated with the family of local resident Mac Elrod, as ten acres of the Ty Mynnydd (translation Mountain House) land on Blinkhorn Mountain is now granted legal protection in perpetuity. Another ten acres is planned for protection in the near future.

"This is the first such covenant we've successfully negotiated and funded since the establishment of our foundation in 2009," said MF board chair Chris Pratt. "We are deeply grateful to Mac, Norma and Matt Elrod for their commitment to the legal protection in perpetuity of this beautiful, forested mountainside property, as well as to the Habitat Acquisition Trust (HAT) and the Garry Oak Meadow Preservation Society

(GOMPS) who are partners in this conservation trust."

The year 2014 marks five years since a group of Metchosin citizens established a foundation to build and preserve a legacy of healthy lands, healthy waters and a healthy caring community for Metchosin, for the benefit of rapidly developing communities of the Capital Regional District and for all who care about unique and fragile ecosystems.

"My wife, son and I are very proud that Ty Mynnydd will forever be a home to the plants and animals we have grown to love," said Mac Elrod. "This covenant will protect the wild creatures that use this area, including the cougars and bears that constantly cross our mountainside searching for food and security right through to the lakeshore of Blinkhorn Park. Our land is unique in

that we have a remnant Garry Oak ecosystem, side by side with Douglas-fir and Western Hemlocks. This single site featuring three different ecosystems connects directly to the Blinkhorn Lake watershed and park. "It is good that, among others, our eight grandchildren and one great grandchild (so far) will be able to enjoy this natural space."

"We are so pleased that the covenant on Ty Mynnydd has been registered, protecting valuable habitat and extending the natural corridor existing in the Blinkhorn Lake area!" said Wendy Tyrrell of the Habitat Acquisition Trust. "The Elrods are a wonderful, environmentally aware family that persevered through three years of fundraising and negotiating to get their land protected forever. It is folks like this that make my work so rewarding."

"The Foundation works to link owners of ecologically valuable land with the help they need to conserve it," said Pratt. "Covenants are expensive initially because they require the deposit of sufficient funds to ensure that the legal terms are permanently respected."

The partnership that successfully achieved the Ty Mynnydd covenant has included contributions both financial and in-kind:

- \$5000 from the Metchosin Foundation;
- \$5000 from the Garry Oak Meadow Preservation Society;
- \$2500 from the Land Trust Alliance;
- Baseline species inventory – in-kind contributions from the Habitat Acquisition Trust; and
- Baseline species inventory – in-kind contributions from the Metchosin Foundation.

Many people in Metchosin and surrounding communities care deeply about the environmental values of their properties, and are eager to protect the integrity of the natural environment on their land for future generations. Community events and fundraising efforts include the annual Halloween Dance at the Metchosin Hall, the late summer Apple Festival, sales of memberships, donations and bequests as part of estate planning.

The Metchosin Foundation is currently working with other interested landowners who wish to secure lasting conservation of the natural attributes of their properties. If you would like to help, please contact the Metchosin Foundation. For more information please visit www.metchosinfoundation.ca or e-mail metchosinfoundation@gmail.com.

Big Trees Stressed

GARY OKE

It is a relatively new phenomenon, but local tree buffs are beginning to notice a significant increase in the number of large trees demonstrating stress. Very large production of cones and the dropping of needles in conifers, and the very early production of buds on deciduous trees indicate the trees are under significant stress. An arborist, brought in by a local land-owner to determine what was causing his trees to be stressed, could not find any disease causes, but a core sample of several trees indicated significant annular ring growth, particularly for this time of year. "It was almost as if the trees were diverting energy and nutrient from other areas to add as much growth to the trunk as possible," the arborist stated. "It's a mystery to me."

Oddly enough, the really big trees, the "old folk of the forest" are not demonstrating this stress phenomenon. Douglas-fir, Big Leaf Maple and Western Red Cedar just under a metre in diameter appear to be the victims here, and it is causing local environmentalists great concern. They point to the hard work of the local Environmental Advisory Committee leading to the protection of local species over a metre in diameter at breast height, and are greatly frustrated that trees just under that size appear to be threatened. "All the hard work could be undermined by something no one seems to understand, let alone manage" stated one local. "For some reason, the trees that are about to enter the safe confines of the Tree Bylaw are the ones most at risk."

Al "Red" Cutenbirt, a retired logging operator from the west coast, is suggesting the best solution would be to "knock 'em all down and haul 'em out here as quick as possible. It will ensure no diseases get spread, the forest gets opened up, and it will create jobs."

Doc Doodah Tres, a shaman/spiritualist from Haiti visiting family at Pearson College, brings a unique perspective. In addition to visiting family here, he was taking some time to learn the art of channeling inanimate objects like driftwood, rocks and standing water from local spiritualists, and happened to meet a man who channels trees, at a workshop. They took some time away from the workshop to walk through a large second-growth forest, and claim they heard a cacophony of voices chattering about how it was unfair to hog all the nutrients, and "stop blocking the sun." They claim they were able to locate a Douglas-fir that was willing to communicate with them, and that it indicated to them that they all knew they were in grave danger if they did not reach a diameter of one metre at "the breast height of a man with a chainsaw" as quickly as possible.

Who would have guessed it? The Law of Unintended Consequences strikes again. Happy April 1.



Leo Vanderwereld and his wife DeeDee contemplate whose chest height will determine the fate of their tree.

Attention Local Producers!

The May issue of the Metchosin Muse will feature a Guide to Local Produce, a summary of the people, places and farms that produce food, along with a map and key to direct people to vendors. If you grow fruits, vegetables, nuts, honey, meat products, or even have forage food such as chanterelle or pine mushrooms for sale, contact the Metchosin Muse at metmuse@shaw.ca and we will forward you a content/format guide for the information we need to include in the Guide. Help Metchosin buy local!

Shop locally, hire services locally.

See page 7 of this issue for our pull-out with information on local services and businesses.

Important Dates (for ongoing events in Metchosin, check the back page for contact information of organizations)

Apr 5 Art on the Walls: Elaine Morton ..p. 13	Apr 18 Good Friday / Apr 21Easter Sunday	Apr 25 Talk on Birds or Butterfliesp. 3
Apr 5 Singing Workshopp. 11	Apr 19 Spiny Skinned Animals Walkp. 3	Apr 27 Fireproof Metchosin Dayp. 2, 4
Apr 17 Guest speaker, MCH (TBA)p. 13	Apr 24 Community Potluck Lunchp. 13	Apr 27 Musical Duo from Francep. 11

Metchosin Muse

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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 branch of the Victoria Public Library.

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An Afternoon in Narnia

SALLY GARCELON

Some years ago we moved to Metchosin from Prince Edward Island. During our first years here I came to know a lovely woman, Jean Thomas. She and her husband had lived all over the world. Trained in Edinburgh, Alun had practiced medicine abroad as well as in Canada. They had fallen in love with Metchosin and settled here. They were grandparents and we were a young family. Often we were invited to their home for tea, which was always a very exciting event for our young daughters. Tea with Jean and Alun was always a happy event, leisurely, delicious and somehow magical.

For many years we had adventures with the Thomas family, but one event is unforgettable. We had been reading the *Narnia Chronicles* as a family, and our girls were swept away by the magic of the characters and events. We lived and breathed those wonderful adventures.

One Sunday afternoon we were invited to tea and off we went – looking forward to our visit. When we arrived Jean and Alun greeted us warmly, and we went into their living room where we sat and talked by the wood stove. It was a rather chilly day, and as we sat chatting, I could see our young daughters looking about and wondering when tea would commence. No teapot about, none of the wondrous sweets that were usually there, and it was as though we were not going to have that much-anticipated tea.

After awhile Alun arose and walked over to a closet with a sliding door, saying “Shall we go through?” As he slid open the door we saw coats and all of the things one would expect. He pushed through the clothing to find a door and carefully opened it. To our astonishment, through that door was an enchanting scene. A very cozy room and a table, beautifully set with an embroidered cloth. A wood stove burning merrily warmed the room, and on that table were candles, cakes, cookies, a teapot, and delicate teacups. The crowning glory was a plate of Turkish Delight! It was straight out of Narnia, and the girls were absolutely overcome with delight. It was a magical day for us all – our own Narnia in Metchosin.

Note: The property where this magic occurred is now the home of Jean’s and Alun’s daughter Ruth Bennington and her husband Ed.



Gothic couple from Narnia

11th ANNUAL FIREPROOF METCHOSIN DAY!

SUNDAY APRIL 27, 2014

It seems incredible that we are on our 11th Annual Fireproof Metchosin Day! Over the years tons of broom and gorse have been removed from properties and roadsides throughout Metchosin by residents like you, who care for the environment and who are concerned about the huge fire risk associated with these plants. Both broom and gorse have a high component of volatile oils which are easily ignited by a carelessly thrown cigarette.

Please consider continuing your efforts to reduce the fire risk alongside our roadways by again removing this devilishly dangerous dastardly duo!

The District and Fire Department ask that, if at all possible, you compost or burn the broom and gorse on your own property. Please see directions below on safe burning practices.

Disposal

Chief Dunlop has requested that we follow the following rules for residential burns.

Please ensure that:

- burn piles are a minimum of 20 ft. away from any structure/fence;
- pile should be no larger than 8 ft. in diameter;
- you have a hose or other reasonable means to control the fire;
- the fire is fully extinguished by 6:00 pm; and
- fires are limited to three times per week.

Please note:

- The burning of any construction waste, demolition debris, wet garbage, food or household waste, plastic, rubber, asphalt shingles, or other similar material is prohibited.
- A responsible person must be in constant supervision of the fire.
- You must keep the fire hot and burn dry material in order to avoid excessive smoke.
- You must not ignite a fire in high wind conditions.
- You must not use petroleum products to accelerate or sustain the fire.
- You must not burn materials that have not originated on the property.

If You Cannot Burn

For those residents who feel it is unsafe to burn on their properties, the Fire Department is again offering to accept any loads of broom or gorse (no other garbage or materials) at the back of the fire hall on Sunday, April 27. If you do not have access to a truck, the District Public Works crew will pick up **SMALL** piles alongside the road if you first call the Fire Hall at 250-478-1307 to let them know the locations of the piles. This offer is available **ONLY** available on Tuesday, April 29 and Wednesday, April 30.

Thank you for helping to make Metchosin a safer, more fire resistant community.

Broom and Gorse Removal Methods

There are many schools of thought on how to remove broom. One is to try to cause as little disturbance as possible to the soil; it's thought that disturbance will bring the broom seed-bank to the surface and within one to three years you are likely to see massive germination and many, many, thousands of seedlings. My feeling is that this will happen anyways and that the seedling flush will help to deplete the seedbank in the long run. I don't advocate disturbance, there are possibly native plants/seeds or bulbs that can be damaged and disturbed areas are an invitation to many other invasive species to take up homesteading.

The following is the method we have been using at Devonian Regional Park for the past twelve years and we are making headway; broom germination is way down.

Small plants (up to pencil thickness) can generally be hand pulled. Larger plants should be cut below the soil surface, if possible. There is a lateral root, usually just below the soil and if you can cut below this root, the plants will not resprout. Young and vigorous plants can resprout easily if too much green stem is left. Old growth broom (like many of us), is less adaptable and even when cut quite high, will generally not resprout. The remaining stubs can become a tripping, shin-bruising hazard, so we would still recommend cutting quite low.

If you need some extra muscle, the Community House (250-478-5155) has a broom puller than can be borrowed; a donation would be welcome.

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 on how to order:

Peter M. Lewis – www.intothelightimages.com
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We can mail the *Muse* to you each month for \$20 a year if it is to be posted to a Canadian address, and \$25 a year if you wish it posted to the United States. Please send your information and cheque to the Head of our Subscriptions Department:

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Tears of Sadness

METCHOSIN SEARCH AND RESCUE

Wednesday, February 19, 2014 was a very sad day for Metchosin Search and Rescue (MSAR). On that day, we lost a member. Peter Beltgens died doing something he was passionate about. He was mountain biking with a friend on Mt. Work, a place he biked often, when he succumbed to a massive heart attack. Despite a valiant effort by his biking companion and attending First Responders, he could not be resuscitated.

As adults, most of us believe we understand in some obscure way the realities of death and the associated feelings we are likely to experience following the loss of a loved one or friend. As we age, the likelihood of having to experience these feelings increase in frequency as those around us age with us.

For MSAR, Peter's death has profoundly affected us. We are now struggling to reconcile the unexpected loss of one of our family members and in doing so, deal with the emotions, pain and helplessness we are experiencing. This is something most of us are completely unaccustomed to dealing with. It has been over ten years since we experienced the unexpected loss of a member. Most of our current members are new to the group since that time. Those that were with us back then are now also dealing with the resurrected memories of a death a decade ago.

Peter joined MSAR around September 2011, so he was relatively new to the group. We learned that one of his reasons for joining MSAR was because he was once a subject himself, needing assistance from SAR when he broke his leg. From the moment he joined our group, he was completely embraced by the team. He exuded an air of gentle calm, empathy, humour, casualness and sincerity. But he also recognized when he needed to call upon his more

serious side. In short, he exhibited all the qualities that make up the hallmarks of our tight-knit volunteer group.

Peter's Celebration of Life was held on March 1. It was attended by approximately 400 people from all facets of his life – testimony to the extent to which Peter's life affected those around him. Notwithstanding his deep love for his family, we knew of his passion for cars (he owned a well-respected Volkswagen repair shop in Victoria) and mountain biking. At that event, we had come to know just how intensive Peter's passions were.

At his celebration, a MSAR member spoke on behalf of the group. While his speech recalled how Peter impacted and influenced his own life, his reflections captured beautifully the essence of what Peter meant to all of us in MSAR, both collectively and individually. He described how their parallel search and rescue training paths led to quickly establishing a very close friendship.

Peter had a wonderfully unassuming and quirky sense of humour. A story was told how their mutual training consisted of outdoorsy things like first aid, knot tying, fire lighting and search exercises, to which Peter humorously referred to as "boy scout college." He talked about how, during a roughing it overnight exercise required as part of the SAR certification course, Peter asked if he could take his pillow.

Through these personal recollections, we learned that Peter evidently liked Fisherman's Friend throat lozenges. After some months, when asked if he was sick, Peter casually responded, "No, these things just go really well with Coca-Cola."

MSAR is somewhat protective of its members, knowing that each member is committed to help those requiring assistance, regardless of the time



Peter Beltgens on patrol

of day or night. In doing so, we rely heavily on each other for emotional support and selflessly provide the same support when needed. Peter was no different. In fact, his understated commitment to our group piggybacked on his own self-effacing personality. Never one to shine the light on himself, Peter unwittingly stood under a shining beacon, invisible perhaps to himself, but that followed him around exclaiming, "Here I am!" It was never invisible to us. We were drawn to him like a magnet.

Through our own grief counselling following his death, we learned from others a few anecdotes of Peter's life and nuances of this personality that we might not have otherwise known. Through our personal interactions with him during his abbreviated time with us, we learned valuable life-lessons. We learned how to be better team members, friends, and people. We learned how cohesive we are as a group and how the binding glue hardens. We even learned that it's okay to giggle at ourselves every now and then.

But we haven't learned how to say goodbye. I doubt we ever will. Frankly, we truly hope we don't, to ensure we keep Peter's memory close to us. We will move on, we will continue to strengthen and we will find resolve. But we won't say goodbye.

TALK AND WALK

Spring 2014

Unless otherwise noted, all Talks take place at 7:00 pm on a Friday evening at the Metchosin Municipal Hall, 4450 Happy Valley Road, behind the fire hall.

Meet April 19 at noon, at Tower Point, when there will be a good low tide and we can explore for those spiny creatures we learned about at the March talk on Echinoderms (includes sea stars), presented by Phil Lambert of RBCM.



Steller's Jay

April is a full month, with a **Talk on Friday, April 25**, featuring Mike Yip, author of three gorgeous books on Birds of Vancouver Island and an upcoming book on the Butterflies of Vancouver Island. Whether the Talk will be on birds or butterflies is still to be determined!

May is another busy month. Our **4th Annual BioBlitz** will take place on Saturday, May 24, with a natural history presentation on the evening of May 23, topic to be announced.

I look forward to greeting you all again as this season of fascinating and diverse natural history Talks and Walks continues. If you would like to be added to the Talk and Walk email list, please contact moraleamline@gmail.com.



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Trail Closure at Witty's Lagoon Regional Park

CRD REGIONAL PARKS

The trail and staircase at Witty's Lagoon Regional Park, which lead to the main beach off Witty Beach Road, is closed for public safety. The clay hillside on which the stairs are built is prone to slumping, causing slope instability.

"The bank's instability in this area results from natural processes that feed the spit, beach and intertidal features of Witty's Lagoon," said Mike Walton, Senior Manager of CRD Regional Parks. "As a result of a February 2014 engineering report, closure of the stairs was recommended."

Visitors can still access the beach from the main parking lot off Metchosin Road. The 1.2 km forest trail off Metchosin Road that leads to Witty's Beach is rated moderate. The beach is also accessible off Olympic View Drive from Tower Point during low tide. CRD Regional Parks is exploring options to provide alternate safe access to the beach area.

"Witty's Lagoon Regional Park is a very special place with regionally significant natural features," said Walton. "There are rare and threatened plants, a large salt marsh, a sand dune ecosystem, Sitting Lady Falls and pillow lavas at Tower Point. The park also has five known archaeological resources, a nature centre and teaching shelter."

This seaside park offers many outdoor recreation opportunities such as hiking trails, a sandy beach overlooking rocky headlands and offshore islets, excellent bird watching, and picnic areas. It receives an average of 74,000 visits a year.



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New Park Bench

DAN O'CONNELL

There's a new park bench in Metchosin. The latest one sits on the berm at Weir's Beach and provides a view of Juan de Fuca Strait, William Head and the Olympic Mountains.

The bench remembers Tom and Georgie Vaulkhard, who were frequent beach walkers and hikers in Metchosin and elsewhere along the coast.

Their children Gerry Vaulkhard and Sue Vernon commissioned the bench through a Metchosin program to add these beautiful and useful pieces of outdoor furniture to our parks and trails. "My family and friends used to do a lot of walking on the west coast," says Gerry Vaulkhard, who remembers being just a little boy when he first came to Weir's Beach.

His mom and dad knew Ron Weir and his wife, for whom the beach and nearby trail between William Head Road and Pearson College Drive are named.

Georgie Vaulkhard died some years ago and her husband Tom passed away in 2012. The couple were well known for their Rockhound Shop in Saanich near Mayfair, which Gerry still runs. He adds that into his 90s, his father was still coming to work every day. The couple lived in Colwood, not far from the big gravel pit on Metchosin Road, but frequently came out this way for hikes and hunting rock and mineral specimens. Gerry Vaulkhard still lives in their neighbourhood; his sister now lives in Barrie, Ontario.

The program now has three donated benches. One is at the top of Sea Bluff Trail which remembers Deborah Hertzberg, who owned Kilima (now Glenrosa) on Rocky Point Road, and another at the foot of Taylor Road is a memorial for Bill Brownlee. For information, contact the District of Metchosin.



Gerry Vaulkhard and his son Matthew enjoy the bench he and his sister Sue Vernon (now living in Barrie, Ontario) commissioned to remember their parents, Tom and Georgie Vaulkhard.

METCHOSIN HALL

Spring Fling Arts & Crafts Sale

Saturday & Sunday
• April 12th & 13th, 2014

- 10-4:30 pm
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COUNCIL NEWS APRIL 2014



ELEVENTH ANNUAL FIREPROOF METCHOSIN DAY, SUNDAY, APRIL 27, 2014

The District and Fire Department ask that, if at all possible, you compost or burn the broom and gorse on your own property (see website for safe burning practices). If unsafe to burn on your own property the Fire Department is offering to accept any loads of broom or gorse (no other material) at the back of the fire hall on Sunday, April 27th.

If you don't have access to a truck, we are again offering roadside pickup on Tuesday and Wednesday, April 29 and 30, 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.

PLANNING AND ZONING

In Planning, Council and the District have been working to prepare for the changes to the federal regulations regarding the growing of medical marihuana. The federal regulations, which take effect April 1, permit larger scale facilities that grow, test and package the marihuana and ship it directly to users. Council is looking to limit the size of the facilities, and given that the crop must be grown indoors in high-security buildings, is looking to discourage or prohibit it from locating on productive farmland. Council also proceeded with a public hearing and third reading to amend the Land Use Bylaw to restrict housing for farm employees to mobile homes instead of manufactured homes, to emphasize the temporary nature of the homes intended by the bylaw. The maximum size of the mobile home permitted is consistent with that permitted in detached suites (70 m²), to provide an option for legalizing the mobile home as a detached suite (with ALC permission) when or if the housing is no longer needed for farm employees.

PROPOSED NEW TRAIL IMPROVEMENTS

Work will begin in April on the remainder of the Kangaroo roadside trail, from the newly completed section to Rocky Point Road. The Parks and Trails Committee is investigating a possible roadside trail on Metchosin Road between Duke Road and Chapel Heights. Many neighbours have voiced concern over the lack of shoulder for walking along Metchosin Road. The Pearson College Trail which links the Galloping Goose with Pearson College Drive will be relocated this summer to avoid rocky outcroppings and marshy areas. When completed, the trail will accommodate walkers, cyclists and horses year round. Construction will begin this summer.

NOTICE OF BLASTING – DEPARTMENT OF NATIONAL DEFENSE (DND), CFB ESQUIMALT, CANADIAN FORCES AMMUNITION DEPOT (CFAD)

Please note that the District tries to put every notice of blasting it receives on the official District website for residents information. www.metchosin.ca.

Spring into SIRC (Seniors Information and Resource Centre)

COLLEEN BROWNLEE

Welcome to spring. It is time to bring you up to date on a few happenings at SIRC.

Growing Old in Metchosin – You will all have received a flyer in the mail entitled: “If we have to grow old, let’s do it in Metchosin.” This appeal to all senior residents has already generated a good response and a lot of interest, so if you have not sent in your application to become a member, now is the time for action! This will help us to continue providing service to our senior members of the community. Memberships may be mailed in or dropped off at the SIRC office in the old Metchosin Elementary School building. The hours for SIRC are: Tuesdays 10:00 am to 3:00 pm, Wednesdays 1:00 to 3:00 pm, Thursdays 10:00 am to 3:00 pm, Fridays 1:00 to 3:00 pm.

If you need to reach SIRC you can always leave a phone message or e-mail msirc@shaw.ca. Response to your call will be in a timely fashion.

Fee for Service Contract – In the meantime we have been working with Council members and staff to develop a Fee for Service Contract to enable SIRC to continue providing the services to residents directly and through the Fire Hall and Emergency Services program. This four-year contract was approved at the Council meeting on March 17. We would like to express our thanks to Council for recognising the work that we are doing and the need for it to continue.

Geeks and Geezers – Our Geeks and Geezers program has been very well received and will continue. Soon we will have some new equipment for everyone to use. Among the new technology we are receiving from the New Horizons grant will be four e-readers. These e-readers will be available for loan.

Meals on Wheels – We have been investigating a form of Meals on Wheels but need to know how many might be interested in this type of service. Information is also available on the “Dinner for One” program. Please drop by to pick up a menu and get more information.

Website – Soon we hope to have a website up and running which will keep everyone up to date about services, speakers and latest issues regarding the well-being of aging actively in the community.

Please drop by with your ideas, requests or your willingness to volunteer. We are always looking for drivers, individuals to do odd jobs and of course at this time of year yardwork.

Call at anytime – 250-478-5150.

Ensuring Healthy Brain Power as You Get Older

VALERIE COCHRAN

My husband and I recently attended a UVic seminar on “Boosting or Maintaining Brain Power as You Grow Older” presented by David Docherty, Ph.D., Professor Emeritus. This presentation was very informative and I thought I would share some of the points with our readers.

Diseases of the brain affect over four million Canadians. Brain diseases are frequently chronic, requiring prolonged support from family, caregivers, and the health care system and we are facing a looming epidemic in brain diseases.

Obviously there are things you cannot change that affect brain health: genetics (you always knew it was all your parent’s fault), often your employment is not flexible and your income is what it is. All affect brain health.

But there are things you can, and should, do to maintain or boost brain health. First, dehydration can cause mental confusion, so quench your thirst, preferably with healthy choices rather than a three-martini lunch. Second, eat right. Energy intake from carbohydrates can enhance memory and low carbohydrate diets can actually impair memory in the elderly. But not just any carbohydrates – low glycemic carbs are best (fruits, veggies, old fashioned oats, brown rice and whole grains).

In addition, low fat dairy products, leaner meats, foods prepared with little or no fat and foods rich in omega-three oils are the best choice.

Ideally you have a rainbow of colours on your plate. One-quarter fruits, one-quarter grains, one-quarter vegetables and one-quarter protein is an ideal combination. And remember, fresh salads with plain dressings are the new dinner.

If you eat this type of diet, there is little need to supplement with vitamins. However, antioxidants like vitamin E (or eating an abundance of leafy green vegetables and nuts) and vitamin C have shown a significantly better memory performance in long-term users. Omega-three has also been shown in some studies to improve memory in healthy people (although not particularly effective if a disease like Alzheimer’s has already been diagnosed).

Third, be socially active. Harvard School of Public Health study in 2008 has shown that this delays memory loss. Stay connected, accept and extend invitations, help someone out, laugh and smile with someone and volunteer, because isolation decreases brain function.

Challenge your brain – play games, pursue new interests, keep up hobbies, join a book club, etc., or get a brain workout using the website Luminosity.com. You can join for free, or take out a subscription for more exercises (these are done on a computer). I have joined Luminosity and get a brain workout every day – and my statistics are improving!

Fourth, did you know that women over sixty-five who do not get a good night’s sleep are more than twice as likely to develop dementia as those who sleep well (UCSF study). Sleep only when sleepy. If you need a nap, make sure it does not exceed twenty minutes, or you will likely disturb your night’s sleep. Sleep and get up at regular times. Use your bed only to sleep, not reading or watching TV. Avoid caffeine, nicotine, and alcohol four hours before bed as this can disrupt your sleep. Upon waking, get some natural light to energize you for the day.

And last, the number one way to boost your brain health is through physical activity. Studies have shown that people who walk between six and nine miles (or ten to fifteen kilometres) a week had less brain shrinkage and cut the risk of developing cognitive problems in half.

A study in 2009 found that aerobic activity four times per week for forty-five to sixty minutes reversed the decline in memory, and this was especially true for women. Taking brisk walks in ten minute bouts a few times a day can significantly delay onset of dementia and even prevent it. Do not forget to add in some weight or resistant training for strength and stability. This aids in decreasing the chances of a fall, which can be a significant problem for us as we age.

Keep a lookout on the UVic and Camosun College websites for more continuing studies courses and talks on this and other topics of interest. That is one way to learn something new, or to get more information on health issues.

More in the coming months on exercises for those sixty-five or older.

TOPS: Take Off Pounds Sensibly

BRIAN DAVISON

TOPS Club Inc’s mission is to support members as they take and keep off pounds sensibly. We come together each week to learn to manage food intake and increase our activity levels. We work at making positive changes in the role food plays in our lives. Once a goal is achieved, ongoing support is provided to assist the member in maintaining their desired weight level. The focus is on lifelong health and wellness.

Our group was incorporated approximately forty years ago. Many of our twenty-three members are from the Metchosin area. Meetings are Thursday mornings at St Mary’s Church, 4125 Metchosin Road. Private, confidential weigh in and time for socializing is 9:00 to 10:00 am. Friendship and fellowship is very important to many members. The meeting is 10:00 to 11:00 am. Agendas are determined by the local club. Each group is provided with a lifestyle guidebook which provides the basics of taking off and keeping off pounds sensibly. It includes help on building a food plan at an appropriate caloric level as well as suggestions for moderate exercise deemed appropriate for your health. In this regard, we do want you to talk to your medical professional and obtain a letter confirming your weight goal. The book may be purchased by members.

TOPS is very affordable: The annual TOPS Inc cost is approximately \$32.00. The monthly chapter fee is currently \$6.50. There is no requirement to buy any specific food or products. A monthly magazine is provided.

TOPS never accepts compensation for mentioning any product or service, and never gives permission to anyone engaged in the sale of products or services to contact chapters or members. We are open to all, regardless of age or gender. For further information contact Lynda, 250-478-3964 or Brian, 250-474-1665.

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The Rural Gardener

By Isabel Tipton

In searching the internet for things to pique your interest, I found this, and am unabashedly quoting www.gardenmediagroup.com.

"Garden Trends Report. More interest in food plants, more decorative, spic and span yards, a greater focus on helping bees thrive, more tree planting and a greater emphasis on simple but elegant flower planting."

These are some of the key trends for 2014 identified by the top U.S. trend-spotting Garden Media Group of Philadelphia. In its thirteenth annual consumer trends report identifying major shifts in the marketplace, the agency says consumers are spending more leisure time outdoors and not only "decorating" their homes, but their gardens as well.

"The rise of social trends, like lawn games and garden parties, are fueling a record growth in garden furniture and accessories, driving demand for tabletop fountains, outdoor chandeliers, garden art, decorative birdfeeders, unusual planters and candleholders," the group's trend report says.

It also notes the worldwide gardening and outdoor living market is expected to increase yearly by almost three and a half per cent through 2016, when it should reach almost \$220 billion. In North America, where the market has been flat for the past four years at \$58 billion, annual growth is expected at one per cent over four years.

"After several years of bleak economic reality, the sun is finally starting to shine again," says Susan McCoy, garden trend spotter and president of Garden Media. "The economy is improving, and people across the country are exhaling a sigh of relief." People are determined to be happy and thoughtful in their actions since they'll have more money to spend in the upcoming year."

According to the trends report, people are beginning to truly understand the relationship between gardening and connecting with nature – and how this can lead to a fully satisfied, purposeful life.

The new twist? People still want their outdoor spaces to look beautiful, but want to invest their time and money into high quality, eco-friendly products with a smaller carbon footprint, says McCoy.

"2014 is all about balance. People finally appreciate that being in nature and in the garden is true bliss. But now, they want the garden to do double duty: a Zen oasis and the social hub for entertaining," says Katie Dubow, creative director of Garden Media.

"Surrounding yourself with nature, with trees in the yard and houseplants in the office, brings a sense of peace,

boosts productivity and enhances your quality of life – in addition to providing a great escape from the hustle and bustle of a technology intense life," says Dubow.

The Garden Media Group says the following twelve trends will dominate during 2014.

1. Ground Up: Recycling food scraps and creating compost is the new recycling. Products that make it easy to pre-compost right on the kitchen counter.

2. Super Foods, Super Models: Edibles are going to the next level with foodies growing everything from quinoa to dandelions in straw bales and keyhole gardens.

3. Drink Your Garden: People are drinking their gardens using such super foods from their gardens, like BrazelBerries® blueberries and raspberries to craft cocktails and green smoothies. "Fermentation gardens are the new chickens," says Rebecca Reed of Southern Living. People are growing hops for home-brewing, grapes for home-made wine.

4. Dress Up Your Yard: From decorative throw pillows to decorative insect traps, shabby-chic mason jar and hummingbird feeders. People want their yards to have a personal stamp.

5. Bee-neficials: It's all about the bees this year. Bees are at the forefront of environmentally aware consumers' minds, inspiring them to plant native, pollen rich flowers, trees and veggies to provide safe shelters.

6. Cultur-vating: Taking local to the next level, people are growing the world in their gardens, mixing cultures and embracing what is local to their own region.

7. Simple Elegance: Think of one colour flower in an elegant container.

8. Frac'd Up: Neat clean lines are out as explosions of colour in fractional shapes like triangles, circles and squares dominate design.

9. Young Men Get Down and Dirty: Big surprise here: young men 18–34 are spending \$100 more than the average gardener. They are grilling, growing their own hops for beer, and taking the kids out to play in the dirt.

10. Think Gardens: Plants make us smarter, more productive and less stressed and are showing up in offices, schools and hospitals across the country. The "O2 For You®: Houseplants with a Purpose" campaign by Costa Farms in Florida is helping to communicate the full benefits of indoor plants.

11. Fingertip Gardens: Gardens go high tech with mobile apps and technology.

12. Tree-mendous Reversal: Losing more than four million urban trees a year, North Americans are being asked to plant trees. There are many environmental, economical,

and emotional benefits of trees. Plant a tree – or care for one you have – this year and be part of this growing trend."

I am not sure we in Metchosin need to plant many trees, but if you take one down, try to find a spot and plant one. We had to have three ornamentals taken out this winter, and I am in search of replacements. My son has fallen in love with a copper beech somewhere in Fairfield, and would like one in our south meadow. If you know where to buy one, do let me know, as I seem to be drawing a blank; golden beech, plain ones, weeping ones but there are no copper to be found.

Repurposed containers are also very trendy, and the Mighty Metchosin Garage Sale is a good place to look for them, but go early and move quickly, as the garden stuff seems to evaporate in the first ten minutes! Really big ones can be used for vegetables, and kept on the deck or porch to discourage the deer. Remember to raise them up on pot feet or bricks or something so the deck dries out and does not rot. Miniature and oddly coloured vegetables are hot this year too – purple carrots, yellow cauliflower etc. Purple potatoes have been around forever, but seem to be gaining in popularity. Mine originally came from my brother, who was given some by Bernie Nikkels, whose family had either got or brought them from Holland. They had a really good flavour and, if you could learn to adapt to pale mauve mashed potatoes, were one of the best. I have lost that stock and those available today do not have all the attributes of the original.

Several farm stands in Metchosin sell vegetable starts, cabbages, kale, tomatoes etc. Keep an eye out and check your favourites frequently as they don't have unlimited stock. I will be keeping an eye out for tomato Sicilian Lace, or some variant of that name, as the one at the Sooke Fall Fair had the best aroma of any tomato I have smelt in years. While on the subject of tomatoes, the plants are extremely sensitive to stress, and rarely recover fully. Baby and cosset your tomatoes to the extent of your ability – they will repay generously. Far too many of us put them out too early and they suffer a cold check and sulk for months.

Have fun in your gardens and try to spend most of your garden dollars locally. See you in June.

The May issue of the *Muse* will feature a Guide to Local Produce about the people, places and farms that produce food, along with a map and key to direct people to vendors. Contact us at metmuse@shaw.ca to be included.

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Metchosin Centre

LISA GEE

Metchosin Centre, located in the heart of downtown Metchosin, has evolved over the years to become the hub of activity you see today. With a strong focus on community services, Metchosin Centre is now home to five vibrant local businesses.

At the core of this business community is the **BROKEN PADDLE**, a friendly, cozy coffee shop with a mouth-watering selection of baking and light meals. All ingredients are sourced locally whenever possible in support of the community and local farmers, and the coffee is sourced through fair-trade suppliers. Owned and operated by Shannon Meeker, the Broken Paddle has become the place to meet, share, and drink great coffee (or the best mochas in all Victoria).

METCHOSIN YOGA, owned by Suzanne Tremblay, has also recently made its home here, providing a variety of experienced instructors for all ages and levels. With the growth in popularity of yoga due to its outstanding health benefits, it has been a tremendous asset to Metchosin to have such high quality instruction right here in the community, offering a wide choice in class times to accommodate every schedule. For more information, check her website, where you will find photos and the current schedule: www.westshoremetchosinyoga.com

A recent welcome addition to our community, **ZARINE VOGEL** has moved her counselling practice from Langford to Metchosin Centre, providing family and individual counselling and support services.

Dr. Vogel is a registered social worker with a doctorate in counselling psychology with thirty years of experience. She specializes in working with individuals, couples and families in the areas of stress, anxiety, life and career transition. Dr. Vogel has worked extensively with people from different cultural backgrounds and with professionals in various occupations. She also conducts workshops and seminars on mental health topics, does consultation work, and provides life coaching sessions.

Occupying the other office space is **TIMBERHAWK HOME BUILDERS**, owned and operated by Angus Stewart and Chris Frang. Living here in Metchosin, Angus and Chris have a strong sense of the flavour and feel of the community that they bring to



Shannon making her famous French toast at the Broken Paddle. Photo by Valerie Cochran

all their projects. You can view a small sample of their beautiful custom work at www.timberhawk.ca, or visit them at their office in Metchosin Centre.

The most recent addition to Metchosin Centre is Elissa Michaud at **ZEN HOLISTIC NUTRITION**. In this beautifully redesigned space, Elissa offers a wide variety of supplements and nutritional counselling with a focus on organic, ethically sourced and sustainably/locally produced vitamins, herbal formulas and much more. Available in May, 2014 will be holistic nutrition coaching/consultations by appointment, Ayurveda and Thai massage, available on Thursdays.



Look for Elissa Michaud at Zen Holistic Nutrition.

Only one space remains available, with an eye towards additional health and wellness services, or complimentary retail. Metchosin Centre extends an invitation to the entire Metchosin community to come out and meet our new businesses and owners.

Watch for articles on the Metchosin Centre businesses in upcoming issues of the Muse.

Tell them you saw it
in the *Muse!*

Debbie's Family Hair Studio

Debbie's Family Hair Studio, owned and operated by Debbie Gignac, has been open for the past fourteen years in Metchosin. Debbie has over thirty years' experience in the industry giving quality, personable service to all her clients, offering a full service which ranges from cuts, foils, perms, and colour. Always current in style. Experienced in both women and men's style.

Debbie has an uptown salon in a rural setting, lots of parking, wheelchair accessible, and she offers a happy relaxed environment. Hours are Tuesday to Saturday. Tuesday 10:00 am to 7:00 pm, Wednesday 10:00 am to 5:00, Thursday 10:00 am to 7:00 pm, Friday 10:00 am to 5:30 pm, and Saturday 10:00 am to 3:00 pm. Debbie's Family Hair Studio is located at 587 Wootton Road. For appointments call 250-391-4096.

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continued from page 7

For many years European Skin Care Centre was located in Victoria's downtown core, where we grew and prospered along with the city. Enticed by the serenity that Metchosin has to offer, the decision was made to move back to our roots, and we haven't looked back since! Our family has lived at this location for thirty-two years, and we are pleased to announce that this year marks our tenth anniversary of operating our business here in Metchosin! We are the longest operating aesthetics studio in Victoria, and feel privileged to have the opportunity to be back in the vibrant community of Metchosin, continuing to develop amazing long-term

relationships with many of our clients.

For more information or to book an appointment, contact us at europeanskincareandcospa@gmail.com or visit their website at www.european-skincarecentre.com.

Atman Massage Therapy

KARA SORENSEN

My father emigrated from Denmark to Canada in the 1950s. Once arrived, he managed to combine his lust to wander with his engineering career and, as a result, I never lived anywhere longer than

four years. He referred to Canada as "his chosen land."

Living a rather transient existence up until my thirties I suddenly found myself in Metchosin fifteen years ago! I remember it well. As I schlepped boxes, my eight-month old daughter, Tierra, in a backpack on my back, peered over my shoulders, curiously lurching from side to side with the novelty. After the schlepping, those of us with a full set of teeth were shocked and delighted to discover we could order local pizza for delivery – way out here in the middle of nowhere!

Little did I know that my first taste of commerce in this rural land would be the locale of my work. Sri Atman Bookstore, a Victorian landmark and legend owned by Libby Connell, had recently relocated to Metchosin and expanded into a Wellness Centre beneath the cafe. I happened to walk in (daughter off my back) looking for a place to practice just after Libby had been referred to receive bi-weekly massage therapy treatments. She had literally just had the thought "I wish there was a massage therapist here," and I appeared. It was a perfect fit. Hence began my Metchosin practice.

We went through many permutations and combinations of practitioners at the Wellness Centre. Eventually Libby sold the bookstore/centre and moved to Salt Spring Island. I stayed on until the cafe expanded and took over the space (for pizza!), then moved our new business of Atman Massage Clinic to Metchosin Road, where I now share with reflexologist Doris Seeton (also from the original Atman) and my colleague Ginger Dowd, RMT. Ginger and I have worked together on and off since we both began practicing over twenty years ago. Ginger is a skilled, warm, nurturing practitioner (my personal favourite RMT) with an interesting and dynamic personality, and Doris is an intuitive, talented angel who will have you calm and centred within minutes. I am honoured to share my work space with such fine human beings.

I am doubly honoured to practice in this community of thoughtful, dedicated, sincere individuals and am ever grateful for the trust I am bequeathed. The fine citizens of Metchosin are a reflection of this majestic land. It has been a privilege to raise my family here, to have experienced, for the first time, what it means to be a part of a community, and to finally be able to answer the question "where are you from?" I have found home and my chosen land.



Tea hut and pond by Greenfield Designs, at the home and studio of Robin Hopper and Judi Dyelle.

Greenfield Design

Greenfield Design is a landscape design and construction company working in the Greater Victoria area. Two generations of Greenfields have worked together in the landscape business for the past thirty years.

From Sooke to Sidney, and occasionally over the Malahat, Michael and Sean have worked with their small crew on both public gardens and private residences. Some of their work can be seen in gardens such as the Japanese garden at the Horticulture Centre of the Pacific in Saanich, and the more recent revitalization of the previously existing Japanese gardens at the Esquimalt Gorge Park. Local residents and visitors will see much of their influence in the gardens surrounding the studios of 'Chosin Pottery, where Greenfield Design worked in phases over the years with Robin Hopper and his wife Judi Dyelle.

Sean Greenfield is living in Metchosin after several years in Victoria, and very happy to be back.

The Greenfield Design website is currently being rebuilt, but in the meantime you can see some of their work on their blog, greenfield-design.ca. Sean Greenfield can be reached via email at greenfield-design@shaw.ca.

Adams Tree Service

Adam's Tree Service was started by Adam Davies, who grew up in Metchosin on Neild Road. This professional hard-working crew has been delivering service to property owners on southern Vancouver Island since 2000.

Tree removal, pruning, spiral thinning, tree falling, topping – whatever your tree service needs happen to be, the crew at Adam's Tree Service has the expertise to get the job done.

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David Gauld Construction & Consulting

David and his family have lived in Metchosin for nineteen years. A journeyman carpenter, he started his construction business in the fall of 1983 and has completed countless renovations, additions and custom built homes for clients from Sidney to Sooke, and everywhere in between.

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RIC PERRON

I have thirty-five years' experience in electrical installations, and fifteen years in Metchosin. My company does residential and commercial installations – new construction and remodelling, security lighting for house, driveway, shops, garages and barns, installation of generator panels and secondary metering for suites and cottages.

We also do data networking – new homes have provisions for telephone, Internet access, security, and television, with cabling routed into a media panel. The panel contains the modem and router away from your feet. By plugging into a simple wall outlet, you are connected without the radio signals in your personal space.

Are you an electric vehicle owner? We also install EVSE Car Chargers. Provincial incentives and grants have plugged electric vehicles (EV) into the system. What costs \$70 in gas now costs \$10 in electricity. Free plug-ins are country wide. We have installed many of the chargers on the island including Port Alberni, Tofino, Telegraph Cove, Port Hardy, Victoria, Sooke and the three beauties in Metchosin. You can view charge times, rate of usage, number of charges, online through eGauge.net, the data monitoring system we have set up with the assistance of the provincial EV infrastructure funding program.

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For more information contact Ric Perron at 250-888-0559 or fax 250-383-1630.

Technology Troubleshooting is My Specialty!

JORDAN WHYTE

I am a born and bred Metchosin resident as well as tech specialist, photographer and local educator, who has recently returned from four years teaching in China. I was the lead teacher of information technology and digital media production at an international school.

I would enjoy the opportunity to help others in my community.

I can assist with the setup and use of:

- Apple & Windows computers and iPads
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- solving WiFi and internet issues
- file recovery from hard drives and other storage devices
- the installation of memory on notebooks and desktops
- digital photography techniques
- music recording

My rates are reasonable, and Metchosin references are available. I am available via email or by phone: 250-893-9301 or jwhite.photography@gmail.com.

IT Consulting Services

ANDREW MCLEAN

Since 2010 I've run a small business out of my home here in Metchosin that offers information technology (IT) consulting services and sales to businesses and residences. I started the business in response to a service gap I saw in the IT industry here that virtually ignored small business and left them no choice but to utilize retail IT services which really could not adequately meet their needs.

The business started out very small, only serving a handful of residential clients, but quickly expanded to the point where we now service clients as far away as Quebec (remotely). Though I employ a number of subcontractors on occasion, the business is mostly just me, which allows me to give better support and responsiveness to all of my clients.

Now I work closely with both residential clients in businesses of all types and industries.

My business strongly focuses on service – setting up equipment or systems. I support people and technology of all kinds: Windows, Mac, Linux. Some examples of services for residences would be computer setups, Smart/Apple TV setups, virus removal, printer support, email configuration, backup and data recovery. More typical of businesses would be server deployment, network design, documentation, training, wiring, cloud solutions, systems monitoring, web or email hosting, virtualization and mobility solutions.

Our support infrastructure and technology allows me to provide rapid support to clients even when abroad. I am available 24/7 for emergencies, and to date charge no emergency or "out of hours" rate. In fact, I have no set hours. My rates are also very competitive.

I would love to find more clients local to Metchosin. My family loves the idea of shopping locally. We've befriended a few local producers this way. This really is a great place to live.

My direct contact information is Andrew McLean, Office: 250-412-5050, Cell: 250-514-2639 (texts also welcome), Website: mcleanit.ca, Twitter: @mcleanit, Facebook: [facebook.com/mcleanit](https://www.facebook.com/mcleanit) (also good for finding testimonials).

Guitar Studio

STEPHEN GILBERT

Stephen is a Metchosin resident who runs a studio in Metchosin to teach guitar. Two of his students were featured on the January *Muse* front page – Sarah Moss and Lara Hamburg – who are writing and recording their own material. Sarah has started teaching guitar at the studio. She specializes in young children's guitar.

The studio instructors teach in a very practical style. Sarah began teaching so that

she could continue focusing her efforts in her area of interest.

Most guitar teachers are older, but having a teacher that is fifteen years old is a blessing for young players as they relate so much better to each other.

Since January, Sarah and Lara have played at Rogers Arena in Vancouver and on CHEK 6 News on Sunday, March 9.

For more information or to book lessons for either Stephen or Sarah call 250-888-9808.



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want someone to drop in on a regular basis, I provide the service that keeps your home looking occupied, pets fed, loved and exercised and insurance companies happy that you're not leaving your home unsecured or unmonitored.

In the near future you may be considering a vacation or voyage which takes you away from home for a few days, a few weeks or even a few months. While you're enjoying your holiday you shouldn't have to worry about whether your home is

secure, or if something has happened in your absence.

Your home insurance policy will continue to offer you peace of mind that you're covered as long as someone is regularly checking your home. Having someone keeping lawns, driveways and paths cleared, swept and/or shovelled, picking up mail, taking out garbage and recycling, and maintaining a "lived-in" appearance will convince criminally minded individuals that your home is still occupied and secure.

Personal Assistant – There are many things you may not be comfortable (or able) to do, and want a professional, prompt and courteous person to help give you an extra hand. Some tasks may be mundane such as driving to the doctor, but other things may drive you crazy like understanding what the doctor says or prescribes for you. Perhaps you need a hand writing a letter, bringing in some wood, clearing the yard of leaves or shovelling a path through the snow. I know that having a trusted person around can be invaluable sometimes, and that is what a personal assistant does – anything you need a hand with. I can give you assistance, or provide the appropriate recommendations for professional trades people.

Here's a list of some of the things I have been asked to do in the past, but your personal need will dictate what assistance I can offer: editing/writing letters, driving to appointments, ferries, airports and entertainment, personal shopping, walking dogs and looking after cats, travel companion and help in booking flights, heavy lifting and moving furniture, some home food preparation, help with real estate decisions (I was a licensed realtor in the past), help understanding bylaws and complaint process, some car maintenance, biking and hiking companion, computer help, painting and gardening. Just ask. Chances are I can do it! Contact me at 250-294-8400 or email me at briankgraham@gmail.com. For rates visit my website at <http://homecaretakingservice.weebly.com/index.html>.

She has also worked with the Humane Society with feral cats as well as volunteering at the Wild Arc Wildlife Rehabilitation Centre in Metchosin.

Cookie also runs a continuous bottle drive raising money for rescued animals. To date, she has raised over \$20,000 to help the animals. Cookie can also be found selling her homemade dog cookies and specialized pet toys at the Luxton and Metchosin Markets as well as on Metchosin Day.

Her homemade dog cookies are the best in Victoria – her clients love them and always come back for more. Cookie will stay at your home to look after your pets, or take them for walks and check on them if you are going away on vacation. Dogs and cats love her and her human clients love her.

To reach Cookie to find out more about her business please call 250-415-9335, email metchosincookie@gmail.com and also come LIKE Cookie on her Facebook page.

MacIsaac and MacIsaac

MacIsaac and MacIsaac is a dynamic community law firm. We specialize in ICBC claims, personal injury, civil litigation, wills and estates, and family law. Our focus is on the needs of our clients and their families. We listen to how your injuries and problems affect all aspects of your life – at home and at work. We learn your story. And we speak from the heart as well as the head.

We serve clients in Metchosin, Colwood, Langford, Sooke, Victoria and throughout British Columbia. We are proud of our deep roots in the community. We enjoy getting to know our clients and building long-term relationships that can span generations.

We are currently a firm of four lawyers with diverse experience and backgrounds. Our managing partner, Dan MacIsaac is a local Metchosin resident. Dan is a founding director of the Metchosin Foundation and an avid annual participant in the Polar Bear Swim and Metchosin 5K.

We believe in giving back to our community and are proud supporters of the Metchosin Foundation, The Land Conservancy, the Habitat Acquisition Trust, and many other charitable organizations.

We are located at 2227 Sooke Road, Victoria BC V9B 1W8, Phone: 250-478-1131 Email: mac@macisaacclaw.ca Web: www.macisaacclaw.ca

Royal Bay Bakery

Community. This is a word bandied about a lot some days but there are two local food folk that do seem to take it seriously! Gwen and David at Royal Bay Bakery help with minced pie production for Metchosin Community House, support events at the Community Hall and are known to assist numerous other happenings and organizations. This community spirit extends beyond these activities and into other aspects of the business, however.

Recent renovations feature stunning sales tables built by Ivan Hoetzel of Classic Cedar utilizing cove trim wood repurposed from a house renovation in James Bay. These counters are fitted with sneeze guards which include fused glass from Fowler Glass and stainless steel supports designed and built by Paul Baines who hails from a studio straddling the Metchosin/Colwood/Langford borders.

The improvements included considerable building upgrades such as new glass and doors, insulation, and heating system to raise the energy efficiency that complements the newly enlarged photovoltaic panel array. "We now produce close to ten percent of our electrical needs with sunshine," says David, obviously proud of his new-found status as a power utility!

Meanwhile the bakery has added a hot meal capability, much new and efficient equipment, and several new full-time jobs.

A fresh coat of paint along with the enhanced business hours (including Monday openings) decidedly appeal to the neighbourhood folks who benefit from these community-minded, good food offerings.

Attention Producers!

The May issue will feature a Guide to Local Produce. If you grow fruits, vegetables, nuts, honey, meat products, or even have forage food such as chanterelle or pine mushrooms for sale, contact us at metmuse@shaw.ca and we will forward you a content/format guide for the information we need to include in the Guide. Help Metchosin buy local!



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Cookie's Critter Care

Cookie's Critter Care started in 2006 and was a booming business right from the beginning. Based out of the core of Metchosin, Cookie's Critter Care is everyone's favourite pet sitter and dog walker. Cookie has done Dog Aggression Training to improve her dog handling skills for the safety of the dogs she walks. She updates her Dog Safe classes every year to keep up to date with new techniques. Cookie also takes part in dog training and how to properly handle aggressive dogs and avoid other dogs with the same issues.

Remember to ...

Shop Locally

And tell them you saw it in the Muse!

MISSA Celebrates Thirty Years

DAVE SKILLING

Registration is now underway at the Metchosin International Summer School of the Arts (MISSA). Now in its thirtieth year, the workshop series takes place on the Pearson College campus each summer. The MISSA 2014 program will include over forty-five courses, ranging from two-day weekend classes to five-day workshops and including a fourteen-day mentored residency program. A wide array of creative pursuits is offered, including jewellery, photography, ceramics, soapstone carving, writing, basketry, metal smithing, digital music, comics, fabric arts and painting.

The peaceful, forested campus on the shores of Pedder Bay serves as an inspiring setting, ideal for creativity and intensive exploration of the arts. "Everyone leaves with a new enthusiasm for their art. The peaceful, yet stimulating atmosphere attracts many students and teachers to return year after year to enjoy the exchange of artistic ideas and take part in the 'MISSA magic'," states Meira Mathison, MISSA Ceramics Program Coordinator. Over 400 students and faculty from across North America attended the school in 2013 to share in this spirited creative exchange.

A number of partial and full bursaries for deserving young artists (nineteen to twenty-nine years old) as well as established artists, are granted each year through the MISSA Bursary Funds. A Young Artist Bursary recipient from Emily Carr University of Art and Design summed up her MISSA 2013 experience as follows. "The open atmosphere of the school, where participants are invited to freely roam the studios and other workshops, allowed me to meet and gain inspiration and advice from those outside my discipline, showing me the importance of not closing oneself off to the possibilities of other ways of making and thinking."

During MISSA each year a member of the BC arts community is honoured as the MISSA Ambassador of the Arts. The award is presented at the Celebration of the Arts evening and recognizes individuals, who through their work and their commitment to the arts, have made a significant impact on the growth and development of the arts in our province. The 2014 Ambassador of the Arts award will be presented to CBC broadcaster Shelagh Rogers, OC on July 4 at the Celebration of the Arts gala evening.

For registration, workshop details and bursary information please visit www.missa.ca. Recipients of the MISSA Ambassador of the Arts award include: Jack Shadbolt, CC, OBC/painter; Myfanwy Pavelic, CM, OBC/painter; Jack Wise/painter; Murray Adaskin, OC/composer; Carole Sabiston, OBC, MISSA founder and fabric artist; Rosita Tovell/collector/philanthropist; Mavor Moore, CC, OBC/writer/producer; Colin Graham, RCA, painter; Fran Willis, curator; PK Page, CC, OBC, FRSC, writer; Bill West, educator; Pat Martin-Bates, RCA/painter/author; Walter Dexter/ceramic artist; Lorna Crozier, OC, writer; Patrick Lane, writer; Norman Yates, RCA, painter; The Newman Family: Victor Newman, carver, Edith Newman, fabric artist, Marion Newman, musician, Carey Newman, carver/jeweller; Martin Segger, curator/author; Valdy, OC, musician; Robin Hopper, RCA, MISSA founder and ceramic artist.



Musical Duo from France to offer Springtime Concert to Benefit Pearson College

Sunday April 27, 2014 at 2:30 pm, St. Mary's of the Incarnation, 4125 Metchosin Road

BENOÎT CHARLEBOIS, DEVELOPMENT OFFICER, PEARSON COLLEGE UWC

When was the last time you sat to listen to a live concert by French classical musicians in Metchosin? When our dear friends Ms. Marie-Pierre Duchez-Paverani and Mr. Cyrille Duchez, two professional musicians and music teachers from Valenciennes in France, wrote us a few weeks ago to confirm they would be visiting us on the campus of Pearson College over the Easter break, along with their three lovely children Elsa, Aurélien and Mélisande, we were absolutely elated for a number of reasons.

First, because each visit they have blessed us with in past years has been magical. Being such a fun-loving, amiable and impressionable bunch, they have taught us new ways of appreciating our singularly Canadian multicultural society and our climate extremes (when we still lived in Montréal).

Secondly, during each of their visits, this family of five talented musicians has been offering their musical talents in very original settings. In the winter of 2011, the then-five-year-old Mélisande impressed the whole village of Ste-Émilie-de-l'Énergie assembled for a Christmas Concert with her sophisticated mastery of piano.

Thirdly, because during one of their stays, while window shopping around the corner from our home, on a whim they actually ended up buying a baby grand piano for the kids, which they simply had shipped to their house in France the same day.

This time around, having heard of Pearson College's mission and its reliance on philanthropy from my wife Anamaria and me, Cyrille and Marie-Pierre decided to offer local music lovers a Benefit Concert. So I immediately turned to Naseem and her Metchosin Community Association colleagues to ask



Ms. Marie-Pierre Duchez-Paverani and Mr. Cyrille Duchez

them to partner with us since they already ran a Concert Series. They responded promptly and positively and Naseem immediately set out to book the church and to share promotional recipes with us.

As a result, Cyrille and Marie-Pierre's gift to the College and to Metchosin will be a flute and piano concert, without intermission, featuring the following pieces from twentieth century French composers: "Fantaisie" by Gabriel Fauré; Sonata for flute and piano by Francis Poulenc; "Prélude à l'après-midi d'un faune" by Claude Debussy; "Feu d'artifice" by Claude Debussy (piano only); Concertino by Cécile Chaminade; and "Fantaisie brillante sur Carmen" by François Borne

They hope to see you in great numbers on April 27! Tickets: \$15 adult/\$5 students; children under 12 – free. Available at door or in advance at 250-391-2414.

A Call to Artists!

Art on the Walls Visions of Metchosin Art Show, July

What is your vision of Metchosin? How does living in Metchosin inspire your creativity? This is an opportunity to share your artwork with the community. If you are an artist and your work can hang on the wall, then this exhibition is for you! Metchosin Community House, Art on the Walls Program will feature Visions of Metchosin art show during the month of July. A special section will be provided for children's art with more information to follow in the *May Muse*.

Artworks are limited to a maximum size of 51 x 61 cm (20 x 24 inches) including frame. Artwork must be wired and ready to hang, one piece per artist. The theme for this year's show is "how living in Metchosin has influenced or inspired my artwork."

Art Festival Exhibition, July 13

If you are a painter, photographer, sculptor, potter, fabric artist, jeweller, etc., then this is an opportunity for you to show, demonstrate and possibly sell your work. The Sunday Art Festival is open to all residents of Metchosin and will be held outdoors at the Metchosin community house on Sunday, July 13. Participating artists should be willing to demonstrate their art forms. A \$20 fee will be charged for a 3 x 3 metre (10 x 10 foot) space. Artists will provide their own tables, coverings and easels, or whatever they require to demonstrate. There will be no commission fees on sales.

We encourage all visual artists to submit their artwork. The Visions of Metchosin, Art on the Walls exhibition and the Art Festival participants will not be juried. Everyone who wishes to submit will be included. If you are interested in participating, please contact Margie Humphreys at margie1@shaw.ca. If you are a musician who would like to perform during the day of the Art Festival, please contact Chris Van de Water, cvandy73@hotmail.com. If you would like to be an exhibitor at the Art Festival by renting a space, please contact Art Brendon, ab@islandnet.com.

Submission forms will be available in April through MCA website. More information to follow in *May Muse*.

Sponsored by Metchosin Arts & Cultural Association (MACCA) and the Metchosin Community Association.

Singing for Everyone, Singing for Community

ANNE RICHMOND

Inspired by the enthusiasm shown by participants in the Metchosin Rough Voice sing-alongs, I am thrilled to announce that Shivon Robinsong has agreed to come for a half day singing workshop here in Metchosin, at the Metchosin Community House, on Saturday, April 5, 9:30 am to 12:30 pm. Who is Shivon, and why is this so cool? Shivon is a passionate, inspired leader in the community choir movement. Her workshops up and down the island have led to the formation of community choruses in many locations, and she leads three choirs: Gettin' Higher and High Noon in Victoria, and Gettin' Higher on Pender. She knows that everyone can sing, and has inspiring, empowering and most of all fun ways to get groups singing out, in harmony, and feeling the great sense of community that comes from doing that.

And what's a community choir? Most importantly, it is a place where people come together to sing, to commit to working together to make a sound full of harmony and richness, to breathe and to connect in a new way with their neighbours and friends. I was privileged to sing in one of Victoria's earlier community choirs – Musaïc – through the 1990s. I can honestly say that I have never had such a good time. Like many people, I came to singing with many bad experiences: being told to "just mouth the words" in grade school choirs, being convinced I had a terrible voice, and never wanting to sing where anyone could hear – and yet I loved singing. My favourite thing was to get in the car and drive, singing along to my favourite songs on the radio. Community singing helped me bring my love of singing out into the open and find that in fact I could sing. I was able to experience the sheer joy of doing my part in a great harmony of voices, singing together.

My experience started with a three-hour workshop – and that is why I think coming to Shivon's workshop may help many Metchosinites "find their voice." At the very least, I know it will be a fun, inspiring and exhilarating three hours.

Cost is \$20 per person but there is a sliding scale for those for whom this would be a barrier. For more information call Anne at 778-440-1773. Learn more about Shivon at <http://shivonrobinsong.com>.

Metchosin Technical Centre Letters

The *Muse* theme this month is featuring local business. I decided to challenge my students at Metchosin Technical Centre to take a closer look at how shopping and working locally can impact our communities and affect the environment. Some of them examined their ecological footprint by doing an online test. We discussed the impacts of how many earths would be needed to sustain their lifestyle if all seven billion inhabitants consumed at the same rate. The responses have been interesting.

I believe local character is built by local business; we are increasingly presented with a homogenized consumer landscape across the globe and I am, therefore, very happy to support a one-of-a-kind business. Shopping locally is a way to link and maintain the web of economic and social relationships in a small community. This concept leads to local decision making as people make informed choices about what happens in their communities. By keeping the dollars in our local economy we enrich the whole community's job creation and promoting entrepreneurship. By supporting local business, whether it is buying Galloping Goose sausage, participating in a local yoga class or stopping in for some fresh baked goods at the Broken Paddle, you are being more environmentally sustainable. When we support and create local business we increase competition, enjoy product diversity and ensure innovation in the future.

There is a commercial space that is vacant beside the Broken Paddle and we have been imagining a store that the students could create. It has been fun dreaming up options and, who knows, maybe a dream will become reality. In the meantime, if you are interested in purchasing a locally grown cedar picnic table made by MTC students contact the school at 250-478-9596.

– Dayna Christ-Rowling,
teacher at MTC

April 22 is Earth Day and I'll be writing about supporting local businesses to reduce our ecological footprint and carbon levels. For example, I live out in Metchosin and I go to MTC, and across the street is a local coffee shop. To be honest, I rarely go to the coffee shop but I find it is better there than buying something that is packaged and imported, because it's better for the earth and atmosphere. For example, if I go to a store and buy a bag of chips, that bag was probably shipped across the country to get here, not to mention the damage of burning gas, disposing of packaging and the air pollution. On the other hand, I could go to the local coffee shop and buy a cookie that was made locally, which is far more environmentally sustainable. Have a wonderful Earth Day!

– Edward Banser, Grade 10

This month at MTC we have done so many things. Some of them include skating, yoga, novel studies, and skim board making. In skating, I learned how to stop but, unfortunately, I did not get to yoga, I wish I could have because it's so fun. The novel we are studying is *Tomorrow When the War Began*. It is a fictional story set in Australia and I am enjoying it. I have not started my skim board yet because I am making a stool out of 2 x 4s but I am looking forward to completing it in April.

– Hunter Scheidt, Grade 9

This past month at Metchosin Technical Centre, our grade 10 Art class got to visit Kivari Studio and afterwards went for a hike in the 100 Acre Woods. The experience was extremely great and the art excellent. We got to look at the art mosaics and spend time asking questions about how the art was made. The cool thing was that we got hot chocolate and were able to walk around and see the art around the property. Our class was wondering if there are any other artists with studios in Metchosin who are willing to share their art with us. If so you can contact our teacher Dayna at dchristrowling@sd62.bc.ca or call the school at 250-478-9596.

– Jacob Foster and Zeke Huber



Edward viewing the art at Kivari Studio

Coming together is a beginning. Keeping together is progress. Working together is success. – Henry Ford

This past month we have been going to Seaparc skating with Metchosin Technical Centre, which was fun. I used to play hockey so I'm ok at skating. The funniest part of skating was playing tag. The Boys and Girls Outdoor Centre is pretty exciting because the games focus on teamwork and the rope swinging is awesome. Another thing that is cool is my Uncle Jay is the Coordinator there.

Here at school, we are building skim boards; we have to cut them out, sand them, bend them and then we sand the boards again. We then create a design on the skim board. I chose a symbol from the game I play. At school, we have P.E. every day and we go on hikes, play football, soccer and basketball. I usually play basketball but if it's not an option, I'll play football. At Pearson College, we play games and go hiking and the most fun I had there would be to meet all the students from around the world, play soccer with them or going on hikes.

– Reese Huizinga, Grade 9

Earth is where we live and it is corrupt, full of pollution and problems; we cannot do anything about it but we can slow the process down by cutting back on our gas and pollutants. We did an online test looking at our ecological footprint, we realized that we used a lot of polluting products and appliances. We live in Shawigan Lake so we have to travel to get to Metchosin to go to school. For this test, we had discussed our entire life of consumption. If the entire world population consumed at our rate we would need four earths in total to support everyone. The way we can reduce our footprint is as follows: shop local, use water saving devices, dry clothes outside, ride bikes, eat locally, and reduce the amount we consume unnecessarily.

– Austin and Travis
Crowther, Grade 10

At Metchosin Technical Centre we like to build things that are useful. I will be talking to you about my skim board making. In shop, I've been making a skim board and I made mine with a different design template and cut into the side to make it faster and will float easier. Hopefully, if I race someone on the water, I can beat them and it will prove my design is better. Since I finished my skim board, I'm now building an airplane to be powered by little rocket engines.

– Sebastian Johnston, Grade 9

Hello, my name is Sean Tierney, I am a student at MTC and I'm going to talk about shopping locally. I prefer to get a coffee from the Broken Paddle than going to a chain coffee shop to get a coffee because the Broken Paddle's coffee is amazing! Tim Horton's coffee isn't strong and too sweet; even when I get a regular coffee I find it tastes like a triple triple. The service at the Broken Paddle is great every day. Shannon, or one of the staff, asks me how my day was, how my weekend went and we chat while she makes my coffee. I find the chain stores are always busy and rushed when I'm waiting for my coffee. I recommend trying the Americano at the Broken Paddle because it is one of my favorites; I wish I could go there every day!

– Sean Tierney, Grade 10

At Metchosin Technical Centre we had my first Career Fair. There was a variety of colleges and universities and employers attending that visited and set up tables. A couple of other schools came and it was a pretty fun day. There are several options for me because I am interested in cars and engineering. I don't really like the math part, but I love the idea of working on my own car. Eventually, I want a Nissan 350Z drift car. Lots of other things happened since I arrived at this school and so far so good.

– Tayler Stapleton, Grade 9

Chick Fest Has Begun in Metchosin 4H!

DEBBIE COOPER

Brooding boxes are made and we are patiently awaiting the arrival of our day old chicks. This month was a fantastic month in Metchosin 4H. We had two wonderful speakers come out to teach our kids about baby chick health and dog safety. A special thank-you goes out to Stan Fry and his wife Nancy who taught



4H Poultry meeting. Photo by Austin Brown, member

our 4H kids all about raising day old chicks. Stan has a huge wealth of knowledge from his own personal experience of taking care of 800 day old chicks. We also talked about breeds, which chickens are the best layers and lots of information about heritage birds. Stan's day old chicks will be arriving on March 24. He has a huge variety to choose from, Buff Orpingtons, black Jersey Giants and many more breeds. If you would like to purchase any of Stan's day old chicks, please contact Tessa Fry at 250-415-4024.

Another huge special thanks goes to Cookie, from Cookies Critter Care for her excellent talk with our 4H kids about dog safety. Cookie always goes the extra mile with anything she does. Cookie provided binders with dog pictures on them along with tons of excellent print outs on how to safely deal with dogs. The kids just loved Cookie's talk and we would like to thank her for taking the time out of her busy schedule to talk to our kids.

Our Craft project kids are working on paper mache bowls. The bowls are finished and we will be painting them next month. They will be on display around our Community. Our Foods project kids were cooking up a storm. The kids were learning more about food science, how to properly read recipes and kitchen safety. The kids made some incredible cookies that were enjoyed by all of the 4H club.

In Cloverbuds the kids learned all about Clothing. They learned about different fabrics, natural and synthetic. After the lesson they each made a handsewn wallet out of denim that will be perfect for lunch money at school. 4H is all about learn to do by doing and these kids are certainly learning a lot!

For more information about 4H, please contact Debbie Cooper, 250-478-4677 or email Metchosin4H@gmail.com.

Never doubt that a small group of thoughtfully committed citizens can change the world. Indeed, it's the only thing that ever has. – Margaret Mead

Earth Day is coming up this month and we were asked to write about buying local. My teacher had us figure out our Ecological Footprint. We took a test and my result is it would take four and two-thirds worlds if everybody was to live like me. I feel I have a lot to learn about better ways to live a clean life, which is easier on the planet. Buying produce from local farmers and businesses, especially those that sell local goods, is one way we can support this. Growing your own gardens gives you fresh organic fruits and vegetables. Wishing you all a healthy and organic life.

– Travis Willson, Grade 10

This month this issue of the *Muse* is about shopping locally and supporting small businesses in Metchosin and the area. I live off of Happy Valley Road and we have 120 chickens and sell our eggs to a local store. This contributes to my food and clothes that I wear. Furthermore, we use less gas or energy by not shipping our food and goods from Victoria. If Metchosin

Technical Centre were to open a store in Metchosin we could sell the stuff we make like: picnic tables, woodwork the kids make, etc. If you are interested in buying a shed, or a cedar picnic table, call us.

– Blake Doerksen, Grade 9

The earth does not belong to us, we belong to the earth.

– Chief Seattle

The theme this month is shopping locally. How can shopping locally reduce the amount of ecological damage? First off, we can help reduce the amount of our ecological footprint and the damage we are causing by choosing our little local stores such as the Broken Paddle, or MyChosen Café; let's say, instead of spending money at a fast-food restaurant. By doing this we are promoting unique products, sustainability, local people and local jobs. Also, by buying products from our local stores we are buying products with less chemicals and bad things that are making our bodies and our planet worse and worse every single day. – Billie Corbin, Grade



HOUSE HAPPENINGS

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

Ongoing Programs

Mondays

Vancouver Island Health Authority Adult Day Program, 9:00 am–3:30 pm. Contact Mobile program coordinator Ken Hillicke at 250-213-2440.

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. There will be no Buddies on April 21, but the program will restart on April 28. 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 – Pre-empted April 21, but back on April 28, which is the last day until September. 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.

Home Learning Families, 1:30–5:30 pm The Metchosin Community Association invites home learning families to gather on the first Tuesday afternoon of each month. Supervision by a parent is required. The Home Learning Family Drop-In is a monthly afternoon of community, support, friendship, play, learning, and cooperative projects for families learning at home. You are invited to take turns bringing any games, activities, projects, music, crafts, etc., that you might like to mentor, share, or work on together – monthly offerings will depend on what everyone brings. The municipal fields and bike jump park provide further possibilities, depending on the weather. Everyone welcome! Parent participation required; there is no drop-off option. Cooperative clean up hugely appreciated.

Wednesdays

Vancouver Island Health Authority Adult Day Program, 9:00 am–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. Here this month only on April 4 and 25, which is the last day until September. Enjoy a cup of tea and conversation with international students from Pearson College.

Events

Art on the Walls – April: Works by Elaine Morton. Elaine Morton presents “The Garden,” a show of her recent watercolour paintings in celebration of spring and the emergence of new growth. She is an avid gardener as well as painter and this is a marriage of two passions. These detailed, colourful paintings were inspired by flowers, fruits and vegetables grown in her garden. **Come and meet the artist on April 5 from 3:00–5:00 pm** at the Metchosin Community House. The works 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.

Singalong – Metchosin Rough Voice Choir: Mondays on the second and fourth Monday of each month, 7:00–9:00 pm. A random group of Metchosinites is attempting to initiate an informal evening of singing at the Community House on Monday, April 14 and 28 from 7:00–9:00 pm. All are welcome (a good singing voice is not a requirement) and families with children and grandparents are encouraged to come. The intention is not to organize a performance choir so there are no auditions; this is for the fun and the joy of community singing. Please bring a water bottle to keep those vocal cords flexible and a \$3 donation (\$5 for families) towards the cost of the House rental and damage deposit. If you have questions prior to this date, please contact Barb Sawatsky at 250-478-0553.

Guest Speaker: Thursday, April 17 at 7:00 pm. Watch for details.

Community Potluck Lunch: April 24, 2014, 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 of every month. Looking forward to seeing everyone again, and newcomers, whether experienced or beginning knitters, are always welcome. For more info, call Laura, 250-478-1197 or email laura.farquharson@shaw.ca.

Creative Rug Hooking – A New Drop-in Program: First and third Thursdays, monthly, 10:30 am–1:30 pm, led by Sheila Stewart, certified Instructor of Traditional Rug Hooking. Beginners are welcome, but should contact Sheila (250-595-6406), email: blueheronstudio@telus.net to discuss needed supplies. Experienced rug hookers are invited to bring their own projects. Bring a bag lunch; tea and coffee available. No fees but donation jar available to cover refreshment costs.

Foot Care Program: The last 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.

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14TH JUAN DE FUCA (METCHOSIN) SCOUTS CANADA

The Twelfth Annual Klondike Derby

On March 8 the 14th Juan de Fuca Scouts attended the annual Klondike Derby held at Royal Roads. It was a very wet and muddy day but the youth dressed for it. The Klondike Derby is an event for the youth to participate in certain activities that relate to what the real challenges the Klondikers on the quest for gold had to encounter. There were nine different activities in this one-day event throughout Royal Roads trails in the forest. Each station required a certain amount of skill or experience. After the youth completed the station, they were judged out of twenty points per activity, and given gold nuggets that could be exchanged for chocolate gold coins. It rained most of the day and after the derby everyone was soaked to the bone. Our troop came in twelfth place – which was pretty good. Both the Metchosin Venturers and Scouts came in first and second place for best carts as well. Overall it was a very fun experience and something to look back on and laugh.



Scouts with their Klondike cart at Royal Roads: Alysha, Eliza, Erin, Rayanna, Anna and Jacob




Marcus, Jacob, Alysha and Anna at the Parry Bay Sheep Farm

Lambing

On March 9 the 14th Juan de Fuca Scouts went to Parry Bay Sheep Farm to assist with the lambing. The youth learned a lot and saw many different things on this trip. We were lucky to witness two baby lambs being born – the mom had three in total. The youth learned the definition of a lot of terms like docking and placenta. We were able to hold the day-old lambs and see the stages of development of the newborns. After the lambs were tagged, some of us carried them up onto a truck where their mothers followed us. They then were driven over to various fields in Metchosin where the lambs can be naturally raised on the rich green grass.

The youth also got to clean out the pens afterwards. We moved heavy feed, loaded the trucks and replaced the water buckets that were emptied fairly quickly. We also helped some of the babies that didn't have moms in the bottle pens. It was a very unique experience; something everyone should take the time to see and experience. We are really lucky being Scouts in Metchosin.

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Neighbourhood Block Watch Program

Block Watch is just one of the many benefits of joining a Pod. NEPP is a provincial program known as the Neighbourhood Emergency Preparedness Program and referred to as Pods in Metchosin. This program has many benefits for all residents of Metchosin. In the past month there has been a number of break-ins in our area. Attending a Neighbourhood Block Watch program with your Pod provides you with knowledge to better protect yourself.

Belonging to a Pod also helps neighbours be better prepared in the event of a disaster. A Pod can help identify potential hazards, prepare a neighbourhood response plan, help neighbours to be aware of fragile members, provide information about existing localized resources you can work with, offer free training in personal preparedness such as first aid, chain saw safety and more, plus keeping everyone safe until emergency responders arrive.

How do you get involved? You may already have a Pod in your neighbourhood; ask your neighbour. If unsure, contact Mary Gidney at mgidney@shaw.ca for more information. If there isn't a Pod where you live, you could become a leader and start one. Call Mary for more information. Also check the web page at www.metchosinemergencyprogram.ca.

RCMP Call-Outs FEBRUARY 16-MARCH 12, 2014

BY CPL. BRIAN KERR, CENTRAL SAANICH POLICE

- Feb 16 **Park Drive** – Complaint of tree down across the road.
Kangaroo Road – Complaint of erratic driver, patrols failed to locate vehicle.
Sooke Road – Complaint of minor assault, landlord-tenant dispute, still under investigation.
Sooke Road – Complaint of vehicle in the ditch, patrols failed to locate vehicle.
- Feb 18 **Rocky Point Road area** – Complaint of threats, one person spoken to, no charges.
Sooke Road – Complaint of erratic driver, vehicle not located but registered owner contacted.
- Feb 19 **Happy Valley Road** – Complaint of possible fraud, no charges.
Rocky Point Road area – Assistance provided to Victoria Police, two runaway youths located and returned to Victoria.
- Feb 20 **Sooke Road** – Complaint of erratic driver, driver given verbal warning.
- Feb 21 **Happy Valley Road** – Complaint of speeding vehicle, vehicle stopped and driver charged.
- Feb 22 **Metchosin Road** – Complaint of minor assault, no charges pending.
Sooke Road – Complaint of child custody dispute, both people spoken to and issue resolved.
- Feb 23 **Happy Valley Road area** – Complaint of vehicle stuck in snow, caused damage to lawn of residence, driver spoken to.
- Feb 24 **Happy Valley Road** – Single vehicle accident, vehicle into ditch on its side, no injuries.
Happy Valley Road – Complaint of abandoned trailer, found to be stolen from Saanich, several tools missing, still under investigation.
Aquarius Road – Single vehicle accident, vehicle into ditch, minor injuries to driver.
- Feb 25 **Sooke Road** – Single vehicle accident, no injuries, driver charged with impaired driving, vehicle impounded.
William Head Road area – Complaint of possible fraud, reported for information purposes.
Kangaroo Road – Complaint of road rage incident, erratic driver, both drivers spoken to.
- Feb 26 **Gemini Drive** – Complaint of mischief to private property.
- Feb 27 **Metchosin Road area** – Complaint of possible unstable person, assistance provided.
- Feb 28 **Rocky Point Road** – Complaint of erratic driver, patrols failed to locate vehicle.
Kangaroo Road – Complaint of person impersonating a police officer, still under investigation.
- Mar 01 **Pearson College Drive** – Complaint of abandoned vehicle.
Rocky Point Road area – Complaint of family dispute, one person removed from residence.
- Mar 02 **Leefield Road** – Complaint of gunshots being heard, patrols failed to locate anything.
- Mar 03 **Lindholm Road** – Complaint of bike being stolen from residence during the night.
Hi Mount Drive – Complaint of harassing phone calls.
Rocky Point Road – Complaint of dog on the road, returned to owner.
Kangaroo Road – Complaint of residential break, enter and theft. Several items stolen, investigation continuing.
- Mar 04 **Rocky Point Road area** – Complaint of threats and mischief to private property, investigation continuing.
- Mar 05 **Sooke Road** – Complaint of criminal harassment, domestic dispute, investigation continuing.
- Mar 06 **Tiswilde Drive** – Complaint of suspicious vehicle in the area, patrols failed to locate vehicle.
William Head Road – Complaint of disturbance/minor assault, no charges, investigation continuing.
- Mar 07 **Rocky Point Road** – Complaint of theft from vehicle, camera equipment stolen, investigation continuing.
Taylor Beach – Complaint of vehicle stuck on the pathway, vehicle towed, driver given verbal warning.
Taylor Beach – Complaint of impaired driver, vehicle stopped, driver given roadside suspension.
- Mar 08 **Kangaroo Road** – Complaint of vehicle on fire, vehicle destroyed, investigation continuing.
- Mar 11 **Devonian Park** – Complaint of suspicious male following people, male later spoken to.
Kangaroo Road – Complaint of possible disturbance, nothing located.
- Mar 12 **Matheson Lake** – Complaint of found wallet, returned to owner.
Duke Road area – Complaint to check on welfare of person, one person taken to hospital.
Mary Hill Road – Complaint of daytime residential break, enter and theft. Several items stolen, investigation continuing.

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CLASSIFIEDS

\$10 per 25 words to go in this monthly paper which is mailed to every Metchosin household. Envelopes for submissions and payments 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.

RURAL COTTAGE with wood combined heat, private with garden space in Metchosin area on farm or acreage for local woman N/S contact 250-381-6171.

SUITE Mature N/S woman, 18 year Metchosin resident, looking for 2 bedroom self-contained suite in or near Metchosin. Don't have pets. Must have laundry, internet connectivity, prefer in-suite dishwasher. For: June 1st, 2014. Phone 250-474-2681.

FOR SALE

PORK, LAMB & CHICKEN Enjoy delicious, healthy pork, lamb & chicken, raised in Metchosin. Buy direct from the farm: Saturdays only, 12-3 pm, 4198 Stillmeadow Rd. www.parrybaysheepfarm.com, www.stillmeadowfarm.ca.

VEGETABLE BOX PROGRAM, providing Metchosin-grown organic produce. Pick-up Wednesdays 8:30-

dusk. Weekly or biweekly, \$10 minimum. Contact Yoshiko at 250-391-0763 or uminamifarm@gmail.com.

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.

GUITAR LESSONS – Adults and kids of all ages. Beginners our specialty. Personalized lessons. New children's teacher that kids love! Evenings and week-ends 250-888-9808.

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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.

QUALITY OF LIFE paid companionship and help for elderly living at home. Excellent references, local with 10 yrs experience, 6 yrs experience with dementia. Joanne 250-381-6171.

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

Sunday night cancelled.
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)

tandwcampanandcomish@shaw.ca,
250-478-5484

LA LECHE LEAGUE CANADA

250-727-4384

METCHOSIN COMMUNITY HOUSE

250-478-5155,
mcahouse@telus.net,
www.metchosincommunityhouse.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, Station Rd, Langford

Ladies Auxiliary
250-478-5484

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.westshorererecreation.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

ST. MARY OF THE INCARNATION—ANGLICAN CHURCH OF CANADA

250-474-4119,
www.stmarysmetchosin.weebly.com

WESTSIDE BIBLE CHURCH

www.westsidefamily.org
250-478-8066

WESTSONG COMMUNITY CHURCH OF THE SALVATION ARMY

250-474-5967
www.westsong.ca

Events

Metchosin Foundation AGM, Sunday, May 4, 2014 at St. Mary's Anglican Church. Guest Speaker: TC columnist Jack Knox. See the foundation's website for details: www.metchosinfoundation.ca

Victoria Natural History Society Events

Everyone welcome.

Tuesday, April 8: Natural History Presentation – Blue Ice, White Bear – The Raw, the Bleak, the Beautiful – Join George Sirk to learn about the Inuit, their deep knowledge of wildlife and their intuitive ability to adapt to unimaginable cold (–60°C), ice, permafrost, and sudden summers. Learn how animals and plants have adapted to the harsh Arctic environment. 7:30 pm, Room 159, Fraser Building, UVic. Bring a mug.

Tuesday, April 15: Botany Night – Domestication and Ethnobotany of Some Asian Melons – Royal BC Museum botanist Dr. Ken Marr lived in China while studying the domestication process of several species of the squash/cucumber family. He will discuss how humans have changed the biology of these plants and the traditional stories that villagers have about them. Swan Lake Christmas Hill Nature House, 7:30 p.m.

Wednesday, April 23: Birders' Night Presentation – Paraguay Birding – Paraguay provides some of the best birding in South America, yet it is relatively unknown to North American birders. The great diversity of bird

species is due to the variety of habitats, from the wetlands of the remote southern Pantanal to the dry thorn forests of the Chaco and the grasslands and Atlantic forest in the east. Val George will share his experiences from a trip to the country. 7:30 pm, Room 159, Fraser Building, UVic. Bring a mug.

Monday, April 28: Marine Night Presentation – Risky Business: Identifying Priorities for Ecosystem-Based Oceans Management – Miriam O is a biologist with Fisheries and Oceans Canada. She has worked in the marine mammal research group, the geoduck stock assessment group, and is currently working on Marine Protected Areas and ecosystem-based research. She will speak about the ongoing work to develop research and monitoring plans for Marine Protected Areas and Large Ocean Management Areas. 7:30 pm, Room 159, Fraser Building, UVic.

Information: Philip Lambert, Victoria Natural History Society, marinenight@pacificcoast.net or 250-477-5922.

Editor's note: These events are not in Metchosin, but many Metchosinites enjoy hearing about these topics so we decided to include them here.

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 15th of the month preceding the issue date.



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