

Metchosin Muse

A NON - PROFIT COMMUNITY PUBLICATION

Is Metchosin Narnia?

BRIAN DOMNEY, CO-EDITOR

Global TV recently focused on Metchosin on its Weekend News "Small Town BC," a feature using submitted photos to introduce viewers to a community somewhere in the province. I sent a number of photographs in, and waited to see if any would be used. Sitting Lady Falls, the Café, shots from the beaches, the sheepdog trials, trees, the Schoolhouse Museum, an owl shot, Metchosin Day; there's lots of great photo opportunities here. I did make the cut, but the thing that struck me the most was that several of the pictures shown were almost identical to ones I had sent in. Seems a lot of people in our community see our place the same way. It got me thinking. Do we all see this place the same way? Was it just a certain kind of Metchosinite that watches Global TV and sent in pictures? Did Global selectively pick shots that gave a certain perspective? At one point, Sonia Beeksma, narrating the feature said "I feel like I'm looking at something out of Narnia—this town is so gorgeous—a fantasy world!" I have no problem with that. There is no doubt we live in a very unique place.

So what do you think of this place called Metchosin? Is it Narnia? The *Muse* would love to print local perspectives on the place in which we've chosen to live. Try to keep it to a few hundred words, keep it civil, and if you have a great photo that supports your words, send it along too. If we get enough interest, maybe we'll make it a regular "Why I Live Here" feature. Send your thoughts to metmuse@shaw.ca. You can request a Style Guide at the same address.



Victoria and Mount Baker from Devonian Park.

Photo by Brian Domney

Polar Bear Swim 2014

MUSE ROVING REPORTER

As is the custom in Metchosin, dozens of (brave, hearty, foolhardy, hung over, brain dead – choose one or more) locals took the traditional January 1 dip in the Strait of Juan de Fuca. Some had warmed up with a five kilometre walk/run, while others just arrived, leapt in, leapt out and adopted one or more strategies to warm up. The tide cooperated this year – in some years, getting to water deep enough to immerse oneself involved a middle distance splash run (followed by a middle distance splash sprint). This year, it was splash ... splash ... splash ... splash ... SPLASH! Aaaeeeeee!!! splash splash splash.

As is also the custom, many retired to Mairi and Andy Mackinnon's home for food, drink and great company. Thanks to them both.



Polar Bear Swim 2014.

Photos by Roger St. Pierre

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

Feb 8 Agriculture Workshop.....see page 7
 Feb 10 Rough Voice Choirsee page 3
 Feb 14 Valentine's Day

Feb 15 West-Mont Open House.....see page 9
 Feb 16 Boiler of Seviles.....see page 13
 Feb 19 Wild ARCsee page 3

Feb 20 Visions of the Silk Road.....see page 11
 Feb 23 East Sooke Rug Hookingsee page 13

Metchosin Muse

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

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SUBMISSION DEADLINE AND HOW TO SEND COPY

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

AD DEADLINE

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

ABOUT THE MUSE

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

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

MAILING ADDRESS

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Letters to the Editor

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

An open letter to the thief of my joy

We've never met, and I hope we never do, because you have taken something that used to lift my heart and have left in its place an empty hole.

For years now I have walked my dogs and ridden my horse on the Galloping Goose Trail, finding peace in the natural rhythms around me. Each time I notice something different – a pattern of lichen, the drops of water falling from the ferns, different birds, etc., all according to season and weather. All things in their place, and a place for all things.

My particular joy, however, was a cluster of trilliums sheltered under an enormous maple on the bank of the trail. These trilliums were obviously well established, as they were huge snow white and emerald green jewels that lifted my heart each time I went by. Even when they were dormant, I would look at that spot and send blessings to the sleeping beauties that I could look forward to seeing in the course of time.

And now they are gone. The only trace is a hole in the ground where you, the thief of my joy, dug them up and stole them. I assume you have planted these incredible flowers in your own garden where, selfishly, only you can enjoy them now. I hope they flourish for you, as it would be a crime if the transplant kills them, as much as it is a crime to steal plants from the park. And I hope they give you twice as much joy as they did for me when they were growing wild – joy for you and joy for me, as I will never see them again.

Valery Saunders, Your Metchosin Neighbour

Thanks for the Trail

The Metchosin Equestrian Society's annual Stirrup Cup Ride took place on Sunday, January 5. We began our ride at the municipal riding ring, then on to Bennett Road. The next leg of our journey was along the beautiful new Kangaroo Roadside Trail. In the past, this road was narrow and dangerous to walk or ride along. Now this trail and part of Metchosin can be safely enjoyed by all. Our group of eleven riders and their horses felt extremely fortunate to have access to this new trail in Metchosin. I am sure it will be well used.

Thanks very much to the residents of Kangaroo Road, the Parks and Trails Committee and to Metchosin Council for all its efforts.

Wendy Chartrand, President, Metchosin Equestrian Society

Metchosin Technical School Letters

If we don't change, we don't grow. If we don't grow, we aren't really living. ~ Gail Sheehy

February is upon us at Metchosin Technical Centre (MTC) and with it comes flower bulbs, a graduating class and a new semester. I have longed for spring more than a few times this winter. Spring will come soon and MTC will start our monthly beach cleanings again. If you have any areas that you think need some clean up attention please send me an email.

I am happy to report that we have the first ever MTC graduating class. To commemorate, we are having a school leaving "Congraduation" dinner for our twelve grads. We are celebrating at Glen Rosa Farms with the dinner being prepared by Wittsend Catering Company. We would like to thank Jane and Peter Hammond for the generous donation of their beautiful venue. I would like to acknowledge Heather and Sandy Chown from Wittsend as they have been wonderful supporters of the school; I look forward to indulging in their culinary delights!

In this past semester, the Grade 9 class has been working on a First Nations project where they learn about many aspects of history, culture, residential schools and the practical experience of making a drum. In their letters, the students will be writing about our two guests speakers – Alex Nelson, a Residential School Survivor from Alert Bay, and Wade Charlie, an educator from Vancouver Island who taught us how to make drums. The students will enlighten the readers about their experiences. A special thanks to District Principal Kathleen King-Hunt and the Aboriginal Education teacher Gillian LeRose for making this workshop possible.

As always, we welcome your ideas, responses, and empties for recycling! We are having a bottle drive at the end of February and will be accepting bottles for drop off at the south door of the school. Finally, we have locally grown and milled cedar picnic tables for sale again this spring if anyone is interested – come by the school or email me if you are interested.

Dayna Christ-Rowling, Teacher at Metchosin Technical Centre, dchristrowling@sd62.bc.ca

Alex Nelson, a residential school survivor, visited Metchosin Technical Centre and explained the hardships of attending a residential school and how he survived. The best way to describe a residential school was to compare

it to a prison. The Anglican Church ran the school and separated the children by grade and gender with no contact in between and even siblings could not see each other. I can't imagine how life would be for them; I mean, being taken away from your family with no say in the matter. Some of the kids were very far away from home; they were taken to a location which they did not know anything about. One of the hardest parts for residential school students was that they were unable to express their culture, language or beliefs. It just doesn't seem fair that a school could strip students of their identity like that.

Alexis Boughton, Gr. 9 MTC student

I learned how to make a drum, and it was honestly, the greatest thing ever. It was so much fun. I really enjoyed it! Wade Charlie taught us how to make the drums, and they look really great. I am from Tseycum – Coast Salish. North Saanich by Patricia Bay is where I grew up. The people there show their love for our culture. There is a big show in the Tseycum long house, every Friday. I am making this drum for my dad, because he loves everything about his culture. Gillian LeRose organized all of drum making; she's a great helper and teacher.

Matthew Cook, Grade 9 MTC student.



Photo by Dayna Christ-Rowling

The mind is everything; what you think, you become. ~ Buddha

At Metchosin Technical Centre we have most of our PE off site because we do not have an indoor gym. One of the activities we do is skating. I found skating initially difficult, partially because I came from England and

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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
Roger St. Pierre – jazzcats@magma.ca

Muse Subscriptions

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

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Baby Barn Swallows brought to Wild ARC for care

Photo by C. Carrieres

Wild ARC through the Seasons

JIM MACPHERSON

Here's your chance to learn more about Wild ARC. Kari Marks, Wild ARC Manager will show the film *Wild ARC through the Seasons*, talk about its history, Metchosin support, goals, the future, and more.

7:00 pm, Wednesday, February 19, 2014
Metchosin Community House
Refreshments. Everyone Welcome.

Wild ARC has been a fixture in Metchosin since 1997. We'll all have a chance to hear Kari Marks, Manager, describe just what Wild ARC is all about and see the film *Wild ARC through the Seasons*. This will be great for the kids, too.

In the 1990s, the Victoria SPCA received hundreds of injured and orphaned wild animals at their shelter every year, and identified the need for a specialized facility to care for these animals in the region. To celebrate their centennial anniversary in 1997, the Victoria SPCA built Wild ARC on ten acres of rural land on Malloch Road in Metchosin. Recognizing the uniqueness of Wild ARC in treating only wild animals, the BC SPCA established Wild ARC as a separate branch in 2002.

Wild ARC is permitted by the provincial government to rehabilitate raptors, mammals, amphibians and reptiles, and, by the Canadian Wildlife Service, to treat migratory birds. The facility does not have the appropriate caging nor is it permitted to care for large carnivores such as bears and cougars. Seals and other marine mammals are rescued and emergency medical treatment is administered until the animal can be transferred to a facility which specializes in marine mammal care.

Since August 1997, Wild ARC has treated over 27,000 wild animals. The main reason these animals are in need of help is due to human activity, generally causing trauma to the animal.

Sponsored by the Association for the Protection of Rural Metchosin (APRM).

Metchosin Rough Voice Choir

BARB SAWATSKY

A random group of Metchosinites is attempting to initiate an informal evening of singing at the Community House on Monday, February 10 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 to have fun and the joy of community singing with no thoughts of organizing a performance choir, so there will be no auditioning. If successful, sessions will continue on the second and fourth Monday evenings of each month (excluding Feb. 24).

Leslie Spray, bless her heart, has volunteered to accompany the group on piano. Everyone is welcome to come to this fun, drop-in evening to sing your heart out. 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. During the first session on February 10, as well as belting out a few songs, suggestions regarding the format for the coming evenings and a name (if we must have one) will be discussed. The second and fourth Mondays have been booked at the House for our get-togethers.

If you have questions prior to this date, please contact Barb Sawatsky at 250-478-0553.

Know about an interesting resident of Metchosin?
Submit a story about them to the *Muse*!

TALK AND WALK

Spring 2014

The inaugural Talk and Walk series of Natural History that first began in 2006, was by local forest ecologist and bon vivant Andy MacKinnon, on our coastal Douglas-fir forests. Throughout the (to date) sixty-two following Talk and Walks, we have been privileged to hear from local, regional, provincial and international experts on the many aspects of Metchosin's diverse and endlessly fascinating species and ecosystems. Over the years there have emerged some clear favourites – the annual mushroom forays and presentations have grown to include over ninety extremely keen participants, rivaling the infamously disorganized and well attended Sasquatch talk. Who knew that Octopuses lead such brief but intelligent and adaptable lives? Crows, much maligned and much loved if you judge by the overflowing crowd that was captivated by Dr Rob Butler's research. Wolves and butterflies, lizards and forage fish, rare species and edible native plants, bats and burial cairns, we have been fortunate to explore some of the many facets of natural history that make Metchosin the exceptional place we love.

Please join us for our ninth season of Talk and Walks.

Unless stated otherwise, all Talk and Walks are held at 7:00 pm on a Friday evening, at the Metchosin Municipal Hall, 4450 Happy Valley Rd (behind the fire hall). Admission is free and refreshments, usually home baked cookies, coffee and tea are supplied. If possible, the Talks will be followed on Saturday, with a Walk to illustrate the presentation.

Please add these upcoming Talk and Walk dates to your calendar, more details to follow:

Feb 21 – Showing of the movie *Lords of Nature, Life in a Land of Great Predators*, which was provided to us by Gary Allan, who gave the excellent presentation on Wolves last October. It explains the far-reaching consequences of removing and re-introducing top predators to ecosystems, as well as the issues and solutions to living with wolves within livestock areas.

Mar 28 – Phil Lambert, Curator Emeritus of Marine Invertebrates at the Royal BC Museum will present an illustrated talk titled "Spiny Skinned Animals" about the anatomy and ecology of sea stars and four related groups (Echinoderms) in British Columbia. There is a paucity of tides in March, low enough to enable a walk.

April 19 – at noon, the Walk on Echinoderms will be held at Tower Point.

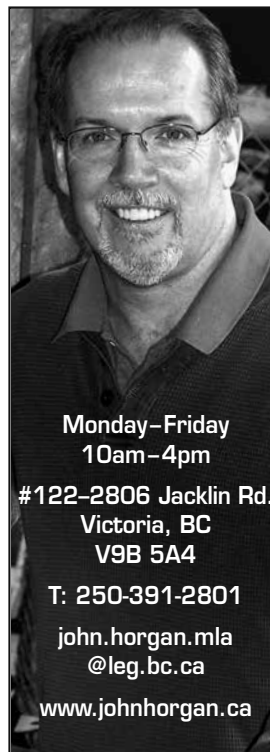
April 25 – there will be Talk only, featuring Mike Yip, author of three gorgeous books on birds of Vancouver Island and an upcoming book on the butterflies of Vancouver Island. We haven't yet decided which of these fascinating topics we will explore. Stay tuned!

May 9/10 – people who attended Gary Schroyen's 2012 Walk where we learned how to recognise animal signs and viewed the amazing photos he has captured on his wildlife cameras will be thrilled to know he will be back.

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 TBA.

If you would like to be added to the Talk and Walk email list, please contact moraleamilne@gmail.com

Moralea Milne



John Horgan, MLA
Juan de Fuca

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

Services Auction

RON TENOVE

NEED HELP? Come to the Metchosin Community Association Services Auction!

As spring weather arrives, we start to plan and undertake all manner of projects inside the house and around the yard. What better way to look forward to the tasks than to obtain local business services to ease the workload or enjoy some special health and wellness treatments.

Our vision is to raise the awareness and support of local businesses and service providers within Metchosin and nearby communities. Our donors remark very favourably on the increased publicity of their services and the recipients are impressed with the local and regional talent, plus the generosity of the donors.

At the 2013 auction, over fifty local service companies and individuals with special skills were donors to the MCA Services Auction. There was a generous diversity of services within the sectors of:

- Entertainment
- Food Preparation
- Health & Wellness
- Hobbies
- Maintenance
- Yardwork
- Pets

This year we expect many of the same donors plus numerous additions who have heard of the mutually beneficial results of the MCA Services Auction. As well, MCA earns some revenue which helps to subsidize other programs serving our community.

The Metchosin Community Association will hold the Fourth Annual Community Services Auction at the Metchosin Community House from 7:00 to 9:00 pm on Friday, March 28, 2014. We plan both silent and live auction sales plus the usual warm hospitality when Metchosinites get together. Online bidding will be available prior to the live auction, the highest bid being the starting bid for the live auction.

So mark your calendars and keep an eye open for further announcements. The MCA website will shortly have information available for your viewing and a circular to MCA members will be distributed soon. Further details will be published in the March Muse. Interested donors are encouraged to leave their names with Heather at the Metchosin Community House, 250-478-5155, or contact a member of the MCA Board.

Funding Available for Community Projects

The West Shore RCMP Community Policing Advisory Committee (CPAC) continues to provide funding for organizations and schools in the West Shore area to develop projects focused on the prevention of drug and alcohol use, reducing crime and promoting public safety. Programs must be community based, not for profit and:

- tailored to meet the needs of a specific school or community
- involve youth, seniors or at risk populations
- promote healthy choices and lifestyle
- promote public safety

In your application, please provide a brief history of your group and details of how the funds will be used. Once your activity or service has been completed, you will be asked to submit receipts showing how the funds were used. You may be asked to provide a presentation in person to CPAC.

CPAC reviews applications twice a year and provides funding of up to \$500 for each approved project. Deadlines are the last Friday in February and the last Friday in September. The next deadline for applications is February 28, 2014.

Applications should be sent to:

West Shore RCMP CPAC
 Funding Application
 Attn: Cpl. Rochlitz
 698 Atkins Ave.
 Victoria, BC V9B 3A4

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



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COUNCIL NEWS

COUNCIL SEEKS ADVISORY COMMITTEE VOLUNTEERS

Are you interested in the Heritage of Metchosin or do you enjoy Metchosin's parks and trails? Metchosin council's advisory committees need new volunteers. If you're interested, please submit a letter of interest addressed to Mayor and Council to the Municipal Hall.

COUGARS AND BEARS

If you see a cougar or bear, please call Conservation Officer 1-877-952-7277.

The Municipal Office tracks all cougar and bear sightings for our residents, please call the Conservation Officer first, then call the District Office at 250-474-3167.

The BC Ministry of Environment's Bear Smart Community Program encourages efforts to reduce bear-human conflicts. Some things you can do to help bear-proof your home:

- keep garbage in the house or shed until pick up day
- don't add meat or cooked food to your compost
- pick ripe fruit and fallen fruit daily
- use bird-feeders only in the winter
- clean your BBQ after each use and store in a secure area
- don't feed pets or store pet food outdoors

Visit our district website for more information: <http://www.district.metchosin.bc.ca/>

SCAM WATCH — <http://vi.bbb.org/scamwatch/>

Beware of Fraudulent Services – a warning to homeowners about fraudulent companies working on Vancouver Island.

Before you give any money to anyone or allow him or her into your home, the Better Business Bureau (BBB) suggests:

- Get the name and location. Research the name and address of the company the vendor claims to represent. Check the business out at mbc.bbb.org
- Get it in writing. Ensure all details and verbal promises are included in a contract. Review it and make sure you completely understand the document. Never sign a contract with sections left blank.
- Check for qualifications. Verify the individual is licensed, bonded, insured and has registered with WorkSafeBC (Workers' Compensation Board).
- Make cheques payable to the company. Do not pay in cash and do not make cheques payable to an individual, only the company.
- Avoid "bait and switch" tactics. Some disreputable companies will offer low prices for installing items like windows and home siding, but then come back later to the client saying the item is currently out of stock and can only be replaced with a high-priced substitute. Have everything in writing and know the terms in advance.
- Do not be pressured by any person if you are unsure. Take the time to do your due diligence. If you did sign and would like to change your mind, B.C. law states that if it was a door-to-door sales contract, you have ten days to advise the company. For more information, contact Consumer Protection BC at www.consumerprotectionbc.ca.

For more Consumer Tips, go to <http://www.vi.bbb.org>.

Metchosin Municipal Hall | www.metchosin.ca | 250-474-3167 | info@metchosin.ca

Seniors' News from the SIRC

COLLEEN BROWNLEE

A belated Happy New Year to everyone! SIRC is ready to take on 2014 with the following updates:

Geeks and Geezers – sessions started on the afternoon of January 14, with an evening session on January 22. Afternoon sessions are held on the first and third Tuesday of each month from 4:00 to 5:30 pm, and the evening sessions on the second and fourth Wednesdays from 7:00 to 9:00 pm. The interest and attendance at these sessions continues to grow. We soon hope to have more equipment to work with, including a couple of e-readers. Those attending are welcome to bring their own iPads, tablets or laptops, or may wish to make use of what SIRC has available.

Nurse Next Door – Monthly talks will begin on Friday, February 21 at 11:30 am, where current health issues and helpful topics are presented and discussed. The presentation is about half an hour followed by questions and discussion. If you have any particular topic you would like covered, please let Colleen know.

Metchosin Meals on Metchosin Wheels – If anyone is interested in a Meals on Wheels type of service, please call SIRC as soon as possible at 250-478-5150. There is an opportunity on the horizon we would like to pursue to set up a food delivery for Metchosin seniors. Please contact us immediately if you are interested.

We are looking forward to another busy year helping us all connect and stay active in Metchosin's Age-Friendly community.

Office Hours: Tuesday and Thursday 10:00 am to 3:00 pm
Wednesday and Friday 1:00 am to 4:00 pm

For further information contact Colleen Brownlee at 250-478-5150 or email msirc@shaw.ca.



William Head and the Olympic Range from Devonian Park.

Photo by Brian Domney

Program Helps Victoria Residents Shape Dementia Journey

The journey with dementia poses many challenges. For Victoria families and caregivers on the journey, having an understanding of what they will face can make all the difference.

That's why the non-profit Alzheimer Society of B.C. will bring its educational program, *Shaping the Journey: living with dementia*®, to the city this month.

"It helps families build the knowledge and confidence to live well with dementia," says Emily Pridham, First Link Coordinator for the Alzheimer Society of B.C. in Victoria.

The program is designed specifically for people experiencing the early symptoms of Alzheimer's disease or another dementia. It is also intended for care partners, family members, and friends. And that includes many people in the capital city, since an estimated one in three Canadians knows someone with Alzheimer's disease.

"Educating yourself will allow you to gain an understanding of what you and your family members are faced with, giving you the skills to maintain quality of life, both now and in the future," Pridham says.

The program will take place in six Wednesday sessions from 1:30 to 3:30 pm, January 22 through February 26 at Hillside Seniors Health Centre (Yakimovich Wellness Centre), 1454 Hillside Avenue, and will cover:

- The brain and dementia.
- Hearing the diagnosis.
- Maintaining your general health.
- Life after diagnosis.
- Planning ahead.
- Maintaining your spirit.

Participants will not only learn about the disease, but they will also meet others going through similar experiences and learn strategies to cope with changes and maximize quality of life.

Pre-registration is required to participate in Shaping the Journey. For more information and to register contact Pridham at 250-382-2033 or epridham@alzheimercbc.org.

The series is partially funded by the Province of BC and Island Health.

For more information on Alzheimer's disease and other dementias, visit the Alzheimer Society of B.C. website at www.alzheimercbc.org.

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THE RAT WARS

Diary of a long and epic battle for control of my home.

MORALEA MILNE

Week One

One-thirty am and the rat is making the rounds of my bedroom, through the inside of the walls. First I heard him (hope it is a him and not a pregnant female!) behind my bed, now it seems to be over by the window. Two days ago I spent most of the day trying to find where it (they?) are getting in. Walking around the house, it seemed so solid; I couldn't find a crack anywhere. So I figured I had better look under the deck. Sigh ... really big sigh. There's only a few inches between most of the decking and the ground, not enough room to shimmy under and besides, there are lots and lots of spiders under there! So I decided to unscrew a few boards and see if I could pinpoint any of the vents.

I know about two of the vents; I had replaced a couple of boards a while ago and found them. Although they had seemed secure, I had added more steel mesh around them; where rats are concerned, you can't take too many precautions. So I pried those up again, to check they were still secure, and yes they were, then I tried to angle my head in to get a look and see if there were any other openings. Sure enough, I could just make out one that the propane line had been run along. The problem was that it was impossible for me to accurately estimate which 2 x 4 it was under. So, I made a guess and started trying to unscrew the board. Double sigh, the screws had been screwed in quite deep and the lumber had swollen over the screw heads. I had to literally carve out the heads before I could unscrew them. BUT most of them wouldn't unscrew even then, the square slots would strip before they came out. I eventually gave up (after three hours) and found a shovel and a garden fork and used them as crowbars to pry up the lumber. Took me three boards to get close enough to the correct spot to be able to use a mirror and see what shape the screen was in. Sad news was that the screen had only been put in with a pressure fit and had fallen out. Now there was a hole big enough for a rabbit to fit in, let alone a rat. I've managed to get it sealed with some strong mesh, but am at a loss on how to remove the screws in the 2 x 4's so I can put the decking back down ... And I have quite obviously sealed the rat into the house. Arghhh!!!!

I have three traps set in the basement; I hope it will find one of them irresistible. I hate setting rat traps, I'm always afraid I will snap the trap on my fingers. But rats in my house give me the creeps to such a huge degree that I am willing to risk broken fingers.

Week Two

I am having a terrible time with "my" rat ... Just went out and bought a variety of rat traps, hoping that something will work soon. I have found that several of the snap traps that I set out have been snapped, the peanut butter eaten and no rat body as evidence of success. Now I am looking for new strategies to catch this far too wily beast. I had a brain-wave (huh!) last night and decided that if I left the bathroom window open in the basement, that the rat would see it as an opportunity to escape and find some food to eat. I even put a dish with peanut butter outside the window, hoping the scent would induce Ratty to forsake my home ... Sigh ...

This morning I found rat droppings upstairs for the first time. It must be moving through the walls and found the water lines or propane lines, drains or vent of something. I am resorting to using devices that I formerly considered too cruel, some plastic pads, impregnated with a thick, sticky, glue-like substance. Yes, my values have taken a hit with my losses in the Rat Wars ... (editor's note – this appears to be a Moralea dilemma...)

Week Three

Arghhh!!

Put out four sticky traps. These are fairly large pieces of flat plastic impregnated with a non-toxic sticky substance. The idea is that the critter will be enticed to the scent, step on them and suffer a fate much like those ancient dinosaurs in the La Brea tar pits ... hah!

So, Ratty tries one out, but instead of sticking to the surface, it apparently waged an epic battle and managed to get away. Lots of glue on the carpet, lots of rat fur on the sticky substance, but again, no rat. This happened in my kitchen, which is giving me no comfort at all. I didn't hear the pitter-patter of rat feet in my walls last night, nor any sign that Ratty has returned on his hunt and seek mission. And, I might be imagining it, however I fear there just might be a faint "eau de Ratty" in the air. I have someone coming over to work on the house today, so I will try to move the propane stove out from the wall and see if there is a lifeless rat body in an accessible spot. Not quite lifeless of course, as the minutiae of life, those bacteria and molds and insect larvae whose job it is to aid in decomposition, will be commencing their long and smelly process. This is precisely what I didn't want to happen ... I might have to vacate.

Week Four

Ratty obviously survived ingesting the gluey substance; a few nights ago he ate through the drain hose going from the dishwasher, in his search for water. Sigh for me and sigh for the desperation of Ratty.

That night I had heard the gnawing of sharp little rat teeth coming from a kitchen cupboard. As it turned out, the drain from the kitchen sink had a hole large enough for the rat to squeeze through, where it made substantial inroads on chewing through the garbage container and the drain line. It disappeared when I opened the cupboard, but I had an idea to help Ratty leave my house, and leave me in peace, while saving its life.

I opened the cupboard door and laid a trail of apple pieces (local and organic!) heading to the sliding glass door, which I left open. I turned off the lights and sat motionless in a chair for two hours, staring at the door, hoping Ratty would take my offer of release to the outdoors. I sat there shivering in the bitter cold draft, listening to Ratty as he continued to gnaw in the cupboard. Sitting there, so I could hurriedly close the slider door when he finally left. Every time there was silence, I felt my hopes rise that he had finally sensed the open cupboard, the apple trail, and the open door to freedom. Sadly, that never happened.

Have you tried to repair a dishwasher? They are difficult to work around, shoved as they are into a snug space under a counter. In my case, the electrical cord was a smidgen too short to allow my handyman to slide the dishwasher all the way out from the wall and we were constrained to working in pretzel-like contorted positions as we tried to disassemble and replace the faulty hose. It took a number of tries until the hose was properly installed and the leaking water stopped. Unfortunately that was only after soaking through to the basement ceiling. All this is a bit ironic as I only use the dishwasher when there is a large family gathering, such as those chow-down holidays like Christmas, Easter and Thanksgiving.

The clothes washing machine is another matter. I use it at least once, maybe twice a week, and it is something I wouldn't want to live without. No sooner had the gyproc-destroying dishwasher been repaired than I discovered that Ratty, thirsty little creature that he was, had chewed through the drain hose in the washing machine. This proved much easier to access and relatively easy to fix, except that the part was difficult to find.

continued on next page

Week Five

I found Ratty's lifeless, eyes bulging, pathetic, emaciated, little body this morning. I find myself feeling sad for poor Ratty. It was obviously almost starved; I have never seen a thinner rat, which is why I imagine it succumbed to the temptation to outwit the snap trap. I'd found one of the traps snapped, but no rat, a couple of weeks ago, no doubt making it shy of going near them again. Now I can see that it had broken its wrist in that episode, I can barely think about how difficult its remaining life has been.

However my guilt and remorse at ending Ratty's reign of terror is equally tempered with relief that it can no longer inflict damage on my home and psyche!

Since then I've been closing every possible egress I can find, so I sincerely hope that neither another rat, mouse or other wild creature, nor myself, will have to go through this again. From taking up part of the deck and screening some open vents (no doubt where they have been gaining access), to sealing around the drains and various openings, to being very careful with food waste, life has been revolving around Ratty for far too long.

RIP, Ratty ...

Week 8

My house is heated in two ways, with a woodstove, and with an in-floor radiant heating system that has hot water pumped through the subfloor. In the basement the floor is cement but upstairs it is through some magic, penetrable substance that my husband had insisted would be just as good as cement for conducting heat ... hmmm.

For the last two years the pump that sends the water through the upper floors has been broken and I have been happy and warm using my woodstove.

This Christmas, my son came home and started working on the many little household maintenance chores that have somewhat fallen by the wayside over the years. One of these was to replace the broken pump, which he did over the course of a weekend. It is not an enviable task to unsolder the various components, find and buy a new pump and then get the whole shebang back together, but he accomplished this with apparent ease and no cursing emanating from the basement. I was out of the house for the next part, but apparently the moment arrived to start up the repaired system, valves were turned, pump was primed and ready to go and heated water started moving through the upper floors again.

Unfortunately, it was at this point that water started leaking through the basement ceiling in a number of spots. Seems Ratty had left me with one more memory of its determination to find a source of drinking water while stranded in my house. It had eaten through the hose in several areas, hoping to slake its thirst. Now I will have to cut out sections of the basement ceiling, find and repair the hoses, replace the gyproc, mud, sand, and repaint the ceilings ...

Those pangs of guilt and remorse ... I'm over that.

Agriculture Workshop

BRENT DONALDSON

The Metchosin Agricultural Committee along with the Metchosin Producers Association welcomes you to an opportunity to meet local farmers and learn about many different topics relating to agriculture and our local Market.

Location: Metchosin Community House, 4430 Happy Valley Road

Date: Saturday, February 8, 2014

Free admission. Refreshments provided by Metchosin 4-H Club

9:00-10:00	Market Round Table hosted by the Metchosin Producers Association
10:15-11:15	Growing Organically by Mary-Alice Johnson
11:15-12:00	Backyard Chickens by Theresa Sutton
12:00-1:00	Lunch Break
1:00-1:45	Hobby Farm Tractors and Implements by Nick Moss
1:45-2:30	Bees and Beekeeping by Karen Hoffman
2:30-3:30	Fruit Tree Pruning by Michael Dowling

For more workshop information, please contact Brent Donaldson at 250-474-7303.

Calling All Farmers to the Market!

MARTHA HAYLOR

The executive members of the Metchosin Producers Association (MPA) cordially invite you to a Market Round Table, an informal gathering, that kick-starts the scheduled events of the Agriculture Workshop, February 8, 2014 at 9:00 am (See Schedule of Events, above). Metchosin residents have told us that they miss local produce and other farm products at the Market, and we hope you (large producers and small) will come and share your ideas. Many of the newly elected board members of the MPA will be on hand with ears wide open for opportunities to strengthen market-producer relationships and collaboration.

While a primary focus of the Market is the availability of Metchosin's agricultural products, we also envision the Market as a reflection of the larger community, such as artists, crafters, bakers, 4-H, so if you have ever had an interest in the Market and would like to learn more, please consider attending. Fresh cinnamon buns will be available for all participants. We look forward to seeing you!



Jason Kew photo

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The Rural Gardener

By Isabel Tipton

February can be considered early spring most years. In mid-January there is no way of telling if we will be gingerly wandering about the garden, not stepping on bare soil, checking on the hellebores or hugging the fireplace and reading the catalogues.

One of my really useful reference books is *Down to Earth Gardening* by Jack and Hilda Beastall, published in 1982. Jack and Hilda wrote a gardening column in the Victoria Times, and had a small garden just off the highway before it turns into Douglas Street. They were tireless in promoting gardening, very involved with the Victoria Horticultural Society and in demand as speakers at local garden clubs. The last section of the book is a weekly guide to chores and I frequently refer to it to see what I ought to have done but haven't.

February's list contains, amongst other things:

Week 1 – clean and sharpen all hand tools, wipe down both sides of house plant leaves, and use your crowbar to make planting holes for parsnip seeds. You then fill the hole with screened compost, seed your parsnips in early April, three seeds to a hole and thin out the two weakest. Never use last year's seed, as parsnip seed degenerates fast.

Week 2 – start begonia tubers, if soil is dry enough. Lightly cultivate to aerate soil and encourage drying.

Week 3 – start your saved Pelargoniums, sow sweet peas outdoors, prune fruit trees.

Week 4 – if conditions permit, sow lettuce, peas, spinach, parsnips. This is on the early side for me, but those of you close to the Strait should be fine with the Beastall's schedule.

My daughter lives on Witty Beach Road and her garden is two weeks ahead of mine, on the west side of Rocky Point.

One of the chief advantages of writing this column is that I am obliged to spend time on the Internet or in the library searching out new information. A chance meeting with Lynda Dowling in the library last week alerted me to the mildew affecting Impatiens. This is a new arrival from the East, and both the US Garden Bureau and UBC have the same recommendations – don't plant the usual Impatiens. You can't tell infected from clean till later in the season, and they simply wilt away. Fortunately the New Guinea Impatiens seem to be immune.

This from UBC:

Last year, we encountered a widespread, extremely destructive disease called Impatiens Downy Mildew, affecting Impatiens walleriana (common impatiens). It is an aggressive and easily spread disease that causes the plant to lose its leaves and eventually die. Some of you may have encountered this at your property last summer. Downy mildew is not easy to detect in its early stages, so by the time you know you have it, it's likely to have infected all of your impatiens. The disease has impacted impatiens in other parts of the United States for several years now, but first became a problem here during the 2012 planting season.

Infected plants will develop yellow spots on the leaves and appear to be unhealthy. An examination will reveal white spores on the underside of the leaves, which soon will begin to drop from the stems. The disease can be controlled in a greenhouse environment with use of fungicides, but the effects of the fungicides lessen with time. Impatiens that appear healthy upon purchase can deteriorate quickly once they're planted at home. Established, downy mildew spores can be spread by the wind, blowing from site to site easily infecting other impatiens. Fortunately, the disease does not spread to other plant varieties, including New Guinea impatiens. Because the disease is so difficult to prevent and control, the only real solution seems to be not planting impatiens.

Fortunately, there are many common shade-loving annuals that make great alternatives to planting impatiens. New Guinea Impatiens, Reiger Begonias, Coleus, Caladium, Tuberos Begonia "Non-Stop" varieties, Impatiens Hybrids "Fusion" series are just a few of the wonderful alternatives to select from. Nurserymen are not stupid, you probably won't find a susceptible Impatiens anywhere this year, but be warned.

A new introduction I shall be looking for is Shasta Daisy Lacrosse a.k.a. Leucanthemum superbum.

Height: Short 1' (don't believe it, the last "dwarf" Shasta I bought is up to my waist and falls over in the wind or rain, but gardeners live in hope) (Plant 18" apart)

Bloom Time: Late spring to summer

Sun-Shade: Full sun to mostly sunny

Soil Condition: Normal, clay

Flower Colour / Accent: White / White

Pristine white open-faced flowers with sunny yellow centres emerge quilled, like tiny Lacrosse sticks! Very desirable for its compact habit, allowing placement in the front of the border and along walkways. The dark green clump-forming foliage is slender and toothed.

Easy to grow in containers, perfect for wild-flower gardens and borders. It's hard to imagine a summer flower garden without Shasta Daisies. Deadhead to prolong flowering.

General Information: Likes sun, at this height should not fall over; neither deer nor rabbits bother Shastas in my garden. Seems to thrive on poorer soils, does not require much water, and is a really perennial bed. Excellent cut flower.

Give them a sunny spot and a balanced plant food in the spring and again when buds form for healthy, showy plants. Remove flowers as they fade to promote further bloom. Give these plenty of space since they don't like to be crowded. Can be divided every two to three years in spring or fall. Good winter drainage is essential.

Another highly recommended is Osteospermum "3D™ Pink."

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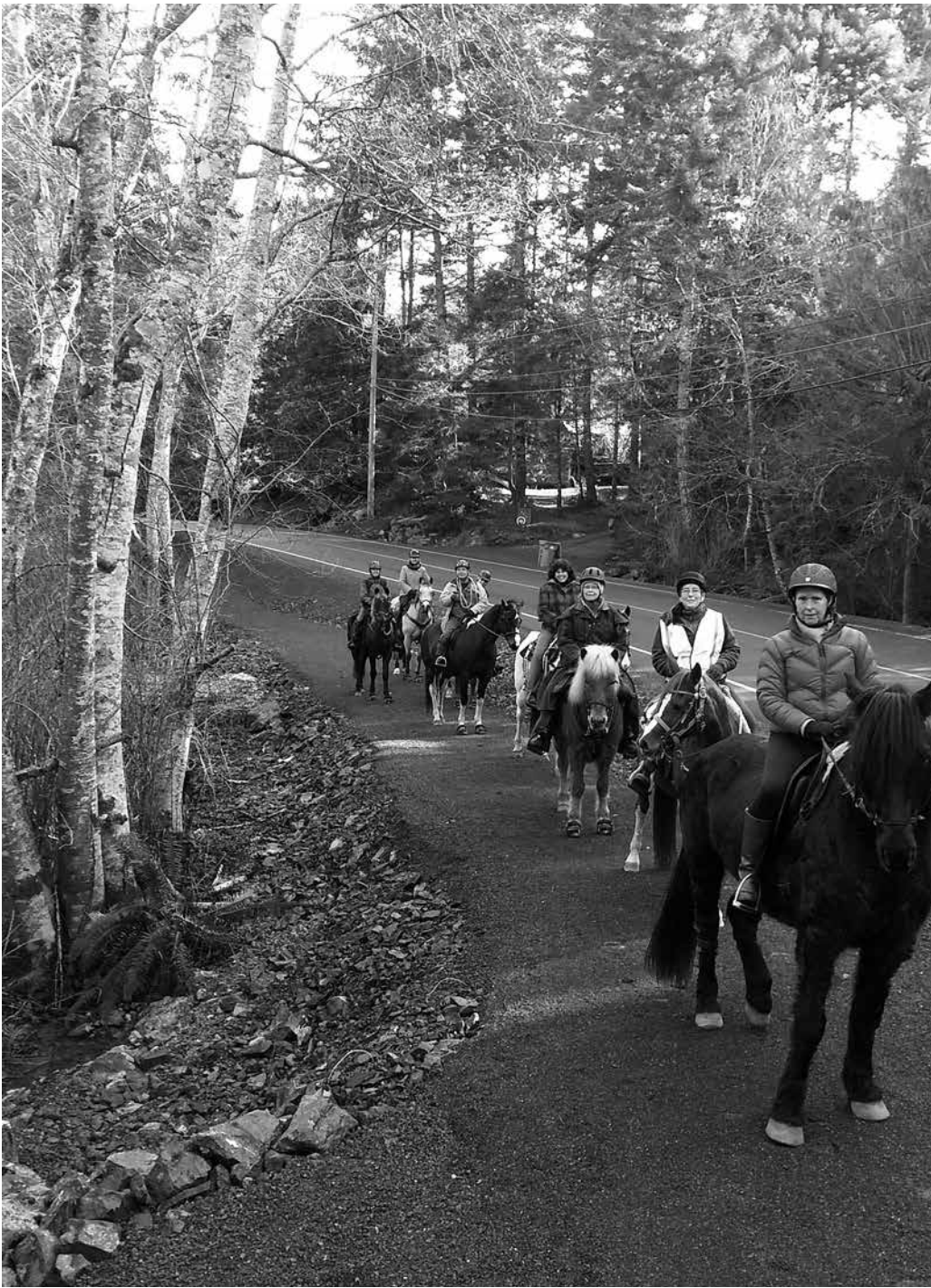
Will you noticed it stays open day and night? Will try in the house, as they would be good in table arrangements if they only stay open.

There are as usual many "new" Hostas, indistinguishable from many old ones, decide which do best for you and divide and propagate your own.

I have been reading *Planting: A New Perspective* by the English expert Noel Kingsbury, and the Dutch guru Piet Oudolf. It is available from the public library, and promotes the European planting model used in many public and larger private gardens. They depend on swathes of the same plant, used in combinations that complement each other, repeated at intervals. Colouring your garden with a broad brush is one way of describing it. Many of us on the north side of seventy are considering simplifying our gardens and trying for less maintenance. This summer look at your garden and make a list of the eight or ten "bullet-proof" plants therein. Maybe deleting some of the weak sisters and replacing with one of the list would make less work.

I know Lynda is addressing the vegetable garden next month, but couldn't resist adding in this bit of trivia. Physicians of the seventeenth century prescribed placing fever patients on a bed of cucumbers so they would become "cool, as a cucumber." John Gerard wrote in *The Herbal* that cucumbers eaten three times a day in "otemeal porridge," would heal red noses and pimples of the face.

See you in April.



Members of the Metchosin Equestrian Society enjoying their annual Stirrup Cup Ride, which took place on January 5. Photo by Ellen Dewar



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Notice to Local Farmers and Producers

In the past few years, the *Muse* has had a fall "Harvest Edition" with local farmers reporting on the past growing season.

In order to promote local produce, and to encourage residents to "shop locally" we plan on moving to a spring version of the edition. At this time, we plan on having the centre pages of the May *Muse* be the Local Producers section so it can be pulled and used as a reference for Metchosinites looking for local produce.

If you are a local producer and want to be included in this focussed issue, please contact the Metchosin *Muse* at metmuse@shaw.ca.

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Metchosin Does Indeed Have Talent!

MUSE ROVING REPORTER

A wonderful evening was spent at Pearson College on Saturday, January 25 watching the entrants to the second annual Metchosin's Got Talent show. We were first treated to toe tapping Marimba bands (Chihuta, West-Mont Maputi, West-Mont Makondo and West-Mont Mushana bands) with performers who were in their first year of marimba music to experienced hands of three and more years. It was a joyful start to the evening.

Then Joseph, Francis and Lawrence Barss performed Act V, Scene 1 from *Hamlet* (... Alas poor Yorick!). Such poise and skill from ones so young speaks of a great future in theatre. This was done to perfection – with a little whimsy thrown in for good measure.

The Angry Cup Sisters (Skylar Maber-Cousins, Asia Gruhn, Ilaria Davis, Katerina Kurz and Saiyah Aujla) was performed with great hilarity and we definitely have a couple of blues singers in the making here.

The Pearson College students took us to intermission with their famous Gumboot dance. They even gave lessons for those agile enough while the rest of us had cake and chatted with friends and students.

The second half began with Beethoven's "Ode to Joy" performed on the piano by eight-year-old Alex Buhr, followed by his older brother Will Buhr with Beethoven's "Turkish March." Definite skill being developed there, so keep up the practicing boys. It is worth it.



Lawrence, Francis and Joseph Barss performing an excerpt from Act V, Scene 1 of Shakespeare's *Hamlet*.



The Resistance (Paige Sutton, Avery Sutton, Lily Vokey and Eaden Vokey) performing "Roar" by Katy Perry.

Then Lucas Christ-Rowling treated us with an original piano composition. It was wonderful to watch the skill of his playing while marveling at his talent to compose.

Next Chiara and Ilaria Davis performed an eerily beautiful rendition of Howard Blake's "Walking in the Air" from the 1982 animated film *The Snowman*.

Deborah Sawyer-Fairfield sang "Iris" by the Goo Goo Dolls and all I can say is "Watch out Goo Goo Dolls! You have competition in Metchosin!"

Then we had Lucas Christ-Rowling accompany several Pearson students with their host family (Lucas, and Abby Christ-Rowling) singing The Beatles' "Eleanor Rigby," touting the importance and benefit of being a host family. Anyone interested should contact Deanna at dcuthbert@pearsoncollege.ca or call 250-391-2411. It really is an enjoyable experience getting to know these young people from around the world.

The evening ended with two songs by The Resistance (Paige Sutton, Avery Sutton (on guitar), Lily Vokey (on piano) and Eaden Vokey (on drums). Paige belted out Katy Perry's "Roar" with such confidence for someone only thirteen. She then finished the evening with a rousing rendition of "Wrecking Ball," made famous by Miley Cyrus.

Photos, left and below by Alfredo Torres; above: Muse Roving Reporter



West-Mont's Makondo marimba band playing "Mbira Jam." Right to left: Rowan Kew, Nicholas Voss (hidden), Daria Drys, Matthew Krop, Will Buhr, Torin MacFarlane, Ilaria Davis, Theresa Kew and Samuel Beels.

MCA Guest Speaker Series Presents

VISIONS OF THE SILK ROAD – A Talk by Chris Pratt

Thursday, February 20, 7:00 pm at the Community House

Chris Pratt's naval career, plus his own curiosity, has taken him to many parts of the world, but there was "one piece missing from the jigsaw" as he put it – the area which encompasses The Great Silk Road. It was during a conversation with another well-travelled Metchosinite, Bess Page, that Chris learned he could fill in that final hole in his travel jigsaw with a three week journey organized by Elder Trek.

Daniel Alvarez, now resident in Montreal but originally from Guatemala and one of the many Pearson College students Chris has befriended over the years, welcomed the opportunity to accompany him.

The journey started in Islamabad in northern Pakistan (a destination which aroused alarm in many of Chris's friends and family, as terrorism is far from unknown in the area) and continued through the valleys between the Karakoram Range and the Himalayas, on to western China, Kyrgyzstan and Uzbekistan ending in



Daniel Alvarez and Chris Pratt on their journey.

Tashkent. Before returning home, Chris and Daniel finished their holiday in Istanbul.

All are welcome to what will be an interesting and well illustrated talk with opportunities for questions and finishing with light refreshments and time to socialize.

– Laura Farquharson

Guest Speaker Coordinator, MCA Board

Learning More than Just a Language

JOANNIE CHALLENGER

Lavina Charles gets a lot of hugs from the little children as she goes through a typical day of teaching at Hans Helgesen School. This is not really surprising: Lavina, or Lee as she is also called, knows most of the children in the school and greets them with a ready smile and respectful, quiet calm. For the past few years she has been teaching the First Nations dialects of Halq'emeylem and Sencoten to all of the classes, which range in grades from kindergarten to Grade 6. When Lavina first started teaching languages at the school it

was only to the First Nations students, but was later asked to include all of the children in her lessons. "Eventually I tried teaching everyone and it turned out that the children loved learning the languages."

Lavina is one of only a few people who are fluent in both languages. As a young child she learned Sencoten from her great grandparents, who fought to keep her from attending a residential school, and later learned Halq'emeylem from relatives on Kuper Island who visited her family each winter. It is the latter dialect that is currently the most widely used among First Nations people on the southern part of Vancouver Island.

The purpose of Lavina's teaching is to spread awareness of the language and parts of the culture. "When I was young I was told at school that our ways were sinful, but at home I was told we must honour our cultural ways. It was confusing! Things are better now: people respect our traditions and culture. People say that if more people lived that way – living off the land and helping one another – the world would be a better place."

"I'm proud to be able to work here [at Hans Helgesen School]; the teachers are all really good. Everyone is so nice and respectful, including the students." High praise from a lady who herself is so obviously respected and respectful of others.

Lavina has passed along to the *Muse* readers a few of the words that she has been teaching the children:

EMET (pronounced uh-muht) – which means sit down

EMI (pronounced um-ee) – meaning come

HICKE (hich-kuh) – thank you

YENES (yuh-nis) – teeth



Lavina Charles teaching at Hans Helgesen School.
Photo by Joannie Challenger

Know about an interesting resident of Metchosin?
Submit a story about them to the *Muse*!

A Discussion on Smoke and Open Burning

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(Thoughts and opinions at the website are solely those of one smoked out Metchosin resident. No association with the Metchosin Muse is implied or intended.)



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Chair Yoga – a first step to flexibility

SUZANNE TREMBLAY, METCHOSIN YOGA

Defy aging, or even better: reverse aging! ... Do yoga!

Do you know of anyone who doesn't wish they could remain young forever, or given that this is clearly impossible, wish they could stop getting old or reverse aging? Do you remember that, at one time in your life, it was easy to bend down to tie your shoe laces, that you didn't think before you turned your head to look over your left shoulder while driving? When getting in and out of the car was automatic, you didn't think of it? Or getting up from your seat in the evening didn't require a superhuman effort?

We all know that there is no such thing as a magical cream that will return the smooth complexion of a newborn face to its grandmother, nor the child's ability to run without pain or tiring to his eighty-five-year-old arthritic grandpa. There is however a means to put aging at bay, and even to regain some of our lost youth. Iyengar yoga offers you this possibility. Of course, it is not the panacea that will cure everything, but if practiced faithfully with regularity, it will make you feel better, that much is certain.

I am struck by how often people tell me that they cannot do yoga because they are much too inflexible. "No one is more inflexible than me," I am told, and the person laughs ... Funnily, I don't feel like laughing when I hear this. I think it is a rather sad statement. Stiffness and lack of flexibility along with progressive loss of balance with its associated risk

of falling and consequent injuries are not the inevitable stuff of old age. We will grow stiff and inflexible as we age unless we do something about it. Yes, it will involve stretching, some of it will feel strenuous at first, but isn't it better than seeing your capacities progressively diminish with time?

Chair Yoga for seniors is an excellent place to start, particularly for people who have challenges with balance and mobility. Some folks find that their mobility improves and transition to a regular yoga class. In a fun and relaxed atmosphere, we get older adults to move limbs and progressively increase their range of movement. We get to explore new places with movement or revisit movements that had almost been forgotten. Sitting straight, with the spine elongated, we do a series of yoga asanas (or poses) to open the chest, broaden the space between the collarbones and increase the space in the upper chest for more relaxed breathing. We practice safe spinal twists to reinvigorate the spine, awakening muscles along the spine that have not been stimulated in a while. We extend and stretch legs, open the groins in a safe and stimulating manner. We lift arms, interlock stretched fingers, roll the shoulders up and down. And we do this having fun. Every class finishes with deep relaxation.

So what is chair yoga? It is simply doing yoga with a chair as support to assist with balance. Chair yoga is also done sitting in a chair when working different muscles groups that do not require standing. Mostly, it gets



Peter Walsh and Claire Lowery with Gini Walsh at the back doing Uttitha Pandagustasana at Metchosin Yoga.

Photo by Suzanne Tremblay

older adults moving again, helping them to stay healthy. Chair yoga allows older adults and others with impaired mobility to do yoga which would otherwise be impossible because of lack of flexibility or balance impairment. Give it a go!

It's the Year of the Horse – Kung Hei Fat Choy!

JOAN KEW

January 31 marks the end of the lunar Year of the Snake, and the start of the Year of the Horse. According to Wikipedia, the beginning of Chinese New Year started with the fight against a mythical beast called the Nian. Nian would come on the first day of New Year to eat livestock, crops, and even villagers, especially children. [Have you counted your children today?] To protect themselves, the villagers would put food in front of their doors at the beginning of every year. It was believed that after the Nian ate the food they prepared, it wouldn't attack any more people. One day, the villagers saw that the Nian was scared away by a little child wearing red, and understood that the Nian was afraid of that colour. When the New Year was about to come again, the villagers hung red lanterns and red spring scrolls on windows and doors. People also used firecrackers to frighten away the Nian, which never came to the village again.

The twelve creatures of the Chinese new year – rat, ox, tiger, rabbit, dragon, snake, horse, sheep, monkey, rooster, dog and pig – reflect the rural origins of the Chinese people, and most of the creatures are regular sights in Metchosin today. And while we have reason to believe a certain monkey named Woo may have visited our shores, thankfully we've seen no sign of dragons or tigers (but bears, oh my!).

So, to the year at hand: the horse is energetic, bright, warm-hearted, intelligent and able. Ancient people liked to designate an able person as "Qianli Ma," a horse that covers a thousand li (500 kms) a day, according to www.chinaguide.com. We're accustomed to getting things done around here, so being a Qianli Ma shouldn't pose too much of a challenge. Happy New Year!



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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. Registration forms and contact info are provided to Hans Helgesen School. For more info you can call MCH at 250-478-5155.

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

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 – Enjoy a cup of tea and conversation with international students from Pearson College. Pearson College Students Outreach – Helping seniors and youth in our community. Invite Pearson College students to visit or help with a project.

Particularly aimed at Metchosin seniors, but call 250-478-5155, and leave a message for Jane Hammond or John Hollemans, to see if you might be eligible.

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 250-478-5155 to book.

Art on the Walls. February – Margie Humphreys. Margie Humphreys has developed a new technique in her art and it is now being featured as the Art on the Walls display at Metchosin Community House for the month of February. She has combined two to four original art pieces into one composition keeping in mind colour, balance, texture and theme. She has made prints and transfers of her original acrylic and watercolour paintings for the overall composition. They are hanging on the Community House walls for all to come and enjoy. Viewing times are Monday – Friday, 9:00 am–1:00 pm. The Art on the Walls program offers the House as a wonderful venue for artists to show and display their works. For more information please call the MCH at 250-478-5155.

Special Events:

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, February 10 from 7:00 to 9:00 pm. For more details, see the article on the choir in this issue of the *Muse*. If you have questions prior to this date, please contact Barb Sawatsky at 250-478-0553.

Guest Chef: The Boiler of Sevilles. Sunday, February 16, 1:00–3:00 pm. If you've never made marmalade, are interested in honing your techniques, or are willing to share your marmalade secrets, why not participate in the latest Metchosin Community House Guest Chef event. Brian Domney, a marmalade fanatic, will take participants through his process of preparing the oranges, and a batch will be boiled and jarred. For a \$15 registration fee, people registered will receive enough Seville oranges to make a batch of seven to nine 250 ml jars of orange marmalade, and some useful techniques that should ensure well-jelled heaven. Proceeds will go to the Community House. The workshop will be limited to fifteen registrants, but a second session will be held if demand warrants.

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

Community Potluck Lunch. February 27, 2014, 12:00–1:30 pm. Everyone welcome!

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, 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.

New Rug Hooking group in East Sooke

If you can't make it to rug hooking on weekdays in Metchosin (see Creative Rug Hooking, above) – or you simply can't get enough of it – there's a new rug hooking group being formed in the East Sooke area. Gatherings to be the last Sunday afternoon of the month, from 1:30–4:00 pm. First get together is Feb. 23, 2014.

New and experienced rug hookers from Metchosin, Sooke, East Sooke and Shirley/Otter Point are welcome. If you want to come and see what rug hooking is all about, please come as well!!! If interested please email dalemorrison@shaw.ca or call 250-642-0583.

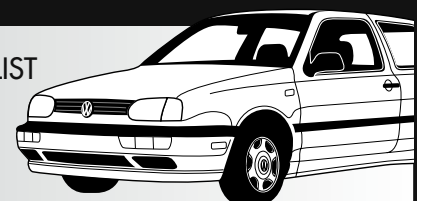
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14TH JUAN DE FUCA (METCHOSIN) SCOUTS CANADA

YVONNE BECKER

14th Juan de Fuca Scouts

Thanks, Metchosin, for your support of our Scouts Annual Bottle Drive.

The big bottle drive, to support all scouting sections, took place on Saturday, January 4 behind the Metchosin Fire Hall. The sun was shining on this very crisp and cold Saturday – nothing that the warm hot chocolate couldn't fix for the participants. Special thanks once again to our awesome community for their support of our 14th Juan de Fuca Scouts. We appreciate you all and are grateful to be in such a wonderful supportive community!

If for some reason we missed you and you would still like to make your donation of bottles, don't hesitate to give us a call or email and we will happily pick them up. Email toby_voss@hotmail.com or call 250-886-5633. Thank you.

14th Juan de Fuca Venturers

The Third Annual 14th Juan de Fuca Venturer Christmas tree Drop off / Pick up service once again was a huge success. The Venturer Company youth of Metchosin started accepting calls on December 27 and followed through until January 5 as they stock-piled trees at the Luxton Fair Grounds. This year we saved over 400 trees from the dump, chipping the trees and recycling the chips for a local farm. We even helped out the Wild Arc Rehabilitation Animal Hospital in Metchosin by dropping off trees to them for the wild animals on site. The tree pick up service was up quite a lot from last year, so our drivers were especially busy.

Special thanks to Rick Petillion at Race Rocks Automotive for taking in trees during the week when the Company was not manning the drop off, and a special thanks to Luxton Fair Grounds for the use of their grounds. We thank everyone that called us for a pick up or went out of their way to drop off and make a donation to our Venturer Company. The funds will be used wisely on outdoor scouting activities and special events.



Brandon Racine and Tristan Becker stacking trees.
Photo by Curtis Becker

Fire Dept. Call-Outs

DECEMBER 15, 2013–JANUARY 15, 2014

FIRE CHIEF STEPHANIE DUNLOP

- Dec 16 PEARS RD – Medical
- Dec 18 NEFF RD – Medical
- ALBERT HEAD RD – Alarm Bells
- Dec 21 WILLIAM HEAD RD – Medical
- Dec 22 SOOKE RD – MVI
- TAYLOR RD – Public Assistance
- Dec 23 METCHOSIN RD – Public Assistance
- EAST SOOKE RD – Medical
- Dec 25 HAPPY VLY RD – Public Assistance
- Dec 26 DERRIEN RD – Medical
- Dec 27 LA BONNE RD – Alarm Bells
- Dec 31 ROCKY PT RD – Structure Fire
- Jan 02 BRIARWOOD LN – Medical
- Jan 03 FERNCLIFFE PL – Medical
- WINFALL RD – Medical
- SOOKE RD – MVI
- Jan 04 METCHOSIN RD – Structure Fire
- Jan 05 TISWILDE RD – Medical
- Jan 06 FERNCLIFFE PL – Medical
- Jan 07 DERRIEN RD – Medical
- ALBERT HEAD RD – HazMat
- Jan 08 LEEFIELD RD – Medical
- Jan 09 SOOKE RD – MVI
- DERRIEN RD – Medical
- Jan 10 KANGAROO RD – MVI
- Jan 11 GILBERT DR – Medical
- Jan 12 LA BONNE RD – HazMat
- TAYLOR RD – Public Assistance
- Jan 13 PARRY RD – Medical
- Jan 14 PEARS RD – Structure Fire
- Jan 15 HAPPY VLY RD – Medical
- SOOKE RD – Open Burn

MTS Letters *continued* from page 2

had never done skating before. So I am quite happy with the practice I have been getting during our PE class at SEAPARC and my improvement even though the only way I can stop is if I either crash into the boards or if I just slide without moving for a while. Although I am beginning to be taught by Dayna my English/Social Studies teacher – who is quite the skater herself – how to do a slide stop. I don't know what it is actually called so I'll just call it a slide stop for now. Still skating is fun and great and one of the fun things I get to do at this great school. (Special thanks to Dayna for making it possible to go skating and helping people who don't know how to skate.) – Tom, Grade 9 MTC student

At Metchosin Technical Centre, I had a lot of fun making a drum. It was an enjoyable experience to have and I hope I can make another one someday. First we made the drum rim in our shop class out of cedar in preparation for the workshop. The process of making a drum was to first soak the hide in warm water. Then we put holes in the hide by either a drill or a hammer and punch. Next we cut strips of hide to hold the hide to the wood. Then we wove the sinew that you hold on to when playing it. Finally, you let the drum skin dry and cure. The person that helped us build the drums was Wade Charlie; he had a lot of patience and helped us a lot when it came to construction.

Brandon Prowse –
grade 9 MTC student

Dear Metchosin Muse

I enjoy MTC woodworking program, I benefit from my classmates, teachers and all the learning programs I've done. First project we did was to build cutting boards. The skills I've learned from this project were how

to use a table saw, jointer, planer, and router. The project included cutting strips of hard wood, laminating, gluing, clamping, and super sanding, and finishing with canola oil. The second project we made was First Nation drums with the construction of the wood frame and the stretched elk hide. The first step was to build wooden drum frame, second step was to cut the elk hide, third step was to soak the hide in water; next step was to strip the hide and put it around your drum. I'm enjoying the program and looking forward to what is to come!

Blake Doerksen, Grade 9 student

Do you remember what Physical Education (PE) was like when you were a kid? We do not have an indoor gym at Metchosin Technical Centre because it is a big woodshop; therefore, we do field trip PE every day. For example, we go swimming, skating, hiking, yoga (I am doing yoga today), climbing at the outdoor centre and we do PE at Pearson College. We also do forest games – my favorite is the survival game; next time I play I would like to be predator like a grizzly bear.

This year I am going to do the TC 10km run with our team the MTC Power Tools. My goal is to complete the run in under an hour. Our team is going for number 1. The race is on April 27th.

Sebastian, Metchosin Technical Centre,
grade 9 Student.

Unfortunately, I missed out on the making of First Nations drums and never got to construct one for myself. But thankfully Dayna is willing to give me her drum to paint on a spirit animal. The spirit animal I would more than likely choose would be the spirit bear. The reasons I'd choose the spirit bear are the traits it holds

with it: inner-knowing, sweetness of truth, great strength, fairness, courage, deliberation, and healing. Some of these traits follow my own characteristics closely and I feel that painting it on to the drum would give the drum and the design a higher meaning than just an educational project. I'm glad to not have missed out on the entirety of the project, as I'm very much looking forward to painting on the drum and having that finished project. If I had the chance to make and construct my own First Nations drum, I'd be more than happy to do so, and I hope I do get to. – Haley McEachen

In this letter I am going to explain the process of making first nations drums. To start making the drums, you need some elk skin. Then you have to cut the elk skin into a circle. After you do that you have got to wet it, then let it sit for one hour. Before you start weaving the hide, you have to puncture holes in it. After you are done making holes in the elk skin then you go to weaving your drums skins onto the base. Then you let it sit at least one week, and then they will be dry. I am at the stage where the drums are dry and it is time to paint. My design on the drum is going to be a Thunder Bird. After I am done, I will give my drums to my grand-pa.

Zach Lindal, MTC grade 9 student

This semester, I made a drum. It was a very hard and challenging task. At first, we went to the gym and there were huge hides set up against the wall. They were very hard. It was a hard challenge piercing the rock hard hide to cut it out and make holes. After the holes were made we had to soak the circular drum hide. After soaking the hide we were ready to cut the extra hide into string; we used the hide string to fasten the drum. When the hides were done, we put them over the drums and weaved the string. After we finished weaving the

hide on the drum, we had to make the handles. While you were making the handles you had to tighten it. That's where some of the drum rims broke. Luckily mine didn't break.

For a design, I am going to draw and paint an eagle. An Eagle is the power of the Great Spirit. It has great perception and is capable of bridging worlds. It has illumination of spirit, healing, grace, courage, and freedom.

Floyd Dobell, MTC student, Grade 9

Today I am going to talk about my experience with making drums with a volunteer named Wade Charlie. Wade is a first nation educator and he makes drums and teaches for a living. He came in and talked to us about how he hunts and how he skins the animals; he showed us pictures of the steps of how he skinned and gutted the deer or elk so we could appreciate the entire process. I made a drum different than everybody I made my drum inside out and it is a lighter shade than everybody's drums.

By: Zac B – Grade 9 MTC student

Hi, Cory here; I am a student of MTC. We got the opportunity to make a drum with Wade Charlie for First Nations Studies. It was enjoyable learning how to make a drum. If you are ever interested I will inform you of the steps to make a drum. The first thing we did was glue a sixteen inch cedar rim together. Step two you need to cut out the hide sheet in a circle to cover the frame. Then you soak the hide in a tub of water for about an hour. Step three you have to punch holes to secure it to the frame with other cut out strips of hide or string. You tightened the hide to the frame. The last step was to let them dry over the winter break. Lastly, we get to paint on a design for the face of the drum. I am looking forward to seeing the finished product and hearing how it sounds.

– Cory MTC student grade 9

RCMP Call-Outs DECEMBER 15, 2013–JANUARY 14, 2014

BY SGT. BRIAN KERR, CENTRAL SAANICH POLICE

- Dec 15 **Rocky Point Road** – Complaint of an intoxicated female, located and given a ride to her residence.
William Head Road – Complaint of a harassing phone call. Reported for information.
Leefield Road – Complaint of gunshots heard, patrols failed to located anything.
- Dec 16 **Sooke Road** – Complaint of theft from vehicle during the night, several items stolen.
Kangaroo Road – Complaint of suspicious vehicle in the area, patrols failed to locate it.
Metchosin Road area – Complaint of threats, still under investigation.
Sooke Road – Complaint of erratic driver, patrols failed to locate vehicle.
- Dec 17 **William Head Road** – Complaint of suspicious male on Goose Trail, located and spoken to.
Metchosin area – Complaint of an indoor marihuana grow operation, still under investigation
Liberty Drive area – Complaint of threats, still under investigation.
- Dec 19 **Tiswilde Road** – Complaint of mischief to a vehicle.
Happy Valley Road – Complaint of mischief at the school, still under investigation.
- Dec 20 **Sooke Road** – Complaint of possible impaired driver, vehicle stopped in Langford, driver found to be sober.
Happy Valley Road – Single vehicle accident, no injuries, vehicle slid into ditch on icy road.
Happy Valley Road – Several complaints received of thefts from the rural mailboxes all over Metchosin, still under investigation.
- Dec 22 **Sooke Road** – Single vehicle accident, vehicle rolled into ditch on icy road, no injuries.
- Dec 23 **Malloch Road** – Complaint of theft from rural mailbox, still under investigation.
- Dec 24 **William Head Road** – Information received from Port Alberni RCMP with information on a wanted person, attendance made at a residence but the subject was not there.
Rocky Point Road area – Complaint of a domestic assault, one person injured, one person arrested and charged with assault. Investigation continuing.
- Dec 26 **Neff Road** – Complaint of a person being bit by a dog, turned over to CRD Bylaw.
William Head Road area – Complaint of assault, one person injured, one person arrested and charged with assault.
- Dec 27 **Weir's Beach** – Complaint of youths partying on the beach.
Liberty Drive – Complaint of abandoned vehicle, vehicle later removed.
Happy Valley Road area – Complaint of threats, still under investigation.
- Dec 28 **Cliff Drive** – Complaint of a military canister found on beach.
Liberty Drive area – Complaint of theft from a residence, still under investigation.
Sooke Road – Vehicle stopped for driving erratically, driver found to be impaired, vehicle impounded.
- Dec 29 **Sooke Road** – Complaint of mischief to private property.
- Dec 31 **Rocky Point Road area** – Complaint of disturbance, one person arrested for breach of peace, still under investigation.
- Jan 02 **Leefield Road** – Complaint of theft of private property.
- Jan 03 **Rocky Point Road area** – Complaint of a disturbance, one person assaulted, alcohol involved, investigation continuing.
Sooke Road – Single vehicle accident, vehicle rolled into ditch, minor injuries to driver.
- Jan 04 **Sooke Road** – Complaint of vehicle being driven erratically, patrols failed to locate vehicle.
- Jan 05 **Sooke Road** – Complaint of suspicious vehicle parked near business, vehicle gone on arrival.
- Jan 06 **Metchosin Road** – Complaint to check on well being of a person, located and found to be all right.
Glen Forest Road area – Complaint of possible erratic driver, vehicle not located.
- Jan 07 **Sooke Road** – Complaint of person violating bail conditions, located but no charges pending.
Sooke Road – Complaint of mischief to private property.
Neild Road – Complaint of suspicious person/vehicle, person soliciting for paving jobs, vehicle not located.
- Jan 08 **Neild Road** – Complaint of suspicious vehicle, believed associated to complaint from day before, vehicle not located.
Kangaroo Road – Complaint of suspicious person, believed to be associated to people soliciting for paving jobs. Anyone dealing with these people should be very cautious about doing business with them.
Sooke Road – Single vehicle roll over accident, one person taken to hospital, investigation continuing.
- Jan 10 **Rocky Point Road** – Complaint of speeding vehicles in the school zone, patrols requested.
Kangaroo Road – Two vehicle accident, one person taken to hospital, one driver charged under the Motor Vehicle Act.
Metchosin Road – Complaint of vehicle speeding through school zone, still under investigation.
Apollo Place – Complaint of suspicious person, again believed to be related to the paving company.
- Jan 12 **Rocky Point Road area** – Complaint of a possible runaway youth, located and returned to his parents.
- Jan 13 **Happy Valley Road** – Complaint of lost/stolen license plate.
Sooke Road – Assistance provided to Ministry for Children and Families regarding a domestic dispute
Happy Valley Road – Complaint of lost property, iPod Touch reported lost.
Kangaroo Road – Complaint of mischief to vehicle, window broken, probably an attempted theft from vehicle.
- Jan 14 **Kangaroo Road** – Complaint of found wallet, returned to owner.
Sooke Road – Complaint of erratic driver, vehicle stopped and driver charged for no vehicle insurance.
William Head Road – Complaint of suspicious female, believed to be related to the paving company that is soliciting in the area.
Sooke Road – Complaint of deer being hit by a vehicle.
Duke Road area – Complaint of threats, still under investigation.

All phases of excavating and trucking.
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ON-LINE
Ventures



Randall Garrison, MP
**ESQUIMALT-
 JUAN DE FUCA**

Constituency office is now open to serve constituents:

A2-100 Aldersmith Place
 Victoria V9A 7M8

10am-4pm, Monday-Thursday
 or by appointment

T: 250-405-6550

E: Randall.Garrison@parl.gc.ca

F: 250-405-6554

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

CLASSIFIEDS

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

PRIVATE COTTAGE I am a mature, local woman needing a private cottage with wood heat, a.s.a.p. on farm or property with garden use. Excellent local references 250-381-6171.

FOR SALE

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

LESSONS

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

SERVICES

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

MAID 4 METCHOSIN Light cleaning: laundry dusting vacuuming \$15/hr. Heavy: ovens frig \$20./hr. Serving Metchosin & Western Communities. Have a vehicle location not a problem. Phone Kate 778-432-3655.

LONG TERM HOUSE SITTER available for rural Metchosin/East Sooke. Excellent local references. Mature and conscientious. Please contact 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**
Mixed, 250-474-3749,
Women's 250-478-9648

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

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

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

- GIRL GUIDES OF CANADA (Metchosin and Colwood)**
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 St., 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

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

Events

Shaping the Journey: living with Dementia – Alzheimer Society of B.C., on Wednesdays, 1:30 to 3:30 pm, January 22 through February 26, Hillside Seniors Health Centre (Yakimovich), 1454 Hillside Avenue. Pre-registration required. Emily Pridham, 250-382-2033, epridham@alzheimerbc.org. See page 5.

Agriculture Workshop presented by the Metchosin Agriculture Committee and the Metchosin Producers Association at the Metchosin Community House, 4430 Happy Valley Road. Saturday, February 8. See article on page 7.

Metchosin Rough Voice Choir – Interested in being part of a local choir? Monday, February 10, at the Community House. See article on page 3.

West-Mont Montessori School Open House – Saturday, February 15. See ad, page 9.

The Boiler of Sevilles sponsored by the Metchosin Community Association, Sunday, February 16. Learn the art and science of making traditional orange marmalade. See House Happenings, page 13, for more details.

Wild ARC through the Seasons – Sponsored by the APRM. Wednesday, February 19 at the Community House. See article on page 3.

Visions of the Silk Road – MCA Speakers Series, Thursday, February 20 at the Community House. See article on page 11.

Royal Canadian Legion Craft Fair – Saturday, March 9, 10 am to 2 pm, 761 Station Road, Langford. Free admission.



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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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