

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

Happy New Year



Photo by Roger St. Pierre

Metchosin's Home-Grown Talent

JOANNIE CHALLENGER

After music teacher Stephen Gilbert contacted the Muse to talk about his students Sarah Moss and Lara Hamburg, I had the good fortune to meet with the two Belmont High School students and hear about their recent forays into the local music scene. Sarah and Lara have been making quite an impression locally, singing at various locations around Victoria and on the mainland. You may have heard them at Metchosin Day or at the Blue Moon Christmas Night last year. They sing regularly at Serious Coffee in the West Shore and Cook Street Village, and have performed at Canuck Place as well as in the atrium at Jubilee Hospital. "One patient came down to hear us who hadn't left his bed in weeks," Sarah noted. "It's things like that that mean a lot to us."

Sarah and Lara's music has been influenced by a variety of genres: rock, pop, country, among others. As well as playing songs by other artists the girls have been writing their own songs, which has drawn more attention to their music. The topic of one of their latest songs - bullying - is a timely subject which has been in the news a lot lately. Darren Laur, a police officer who visits many schools around British Columbia and Washington to speak about bullying, had heard the girls sing and suggested to Sarah that she write a song about bullying. She immediately took on the challenge, collaborating with Lara as they put words to music. From there, music teacher Stephen's childhood friend, Mike Ravenhill, CEO of the David Foster Foundation, offered to help the girls get *Better than This* recorded. Pretty exciting stuff!

Since then Lara and Sarah have gone on to write another song, this one promoting organ donation, entitled *Miracle Today*. Strange topic for a song, you might say, but an important subject for the David Foster Foundation. Stephen challenged Sarah to come up with words for a song, and twenty-five minutes after he presented the idea the lyrics were finished. Lara then



Sara on left, Lara on right

Photo by Brian Domney

worked with Sarah and Stephen to put them to music. Watch their video on YouTube and you will probably agree that the result is a powerful, moving song. To hear their music online you can visit their website www.sarahandlara.com or go to YouTube and Google their song titles.

Articulate, motivated and focused, Lara and Sarah acknowledge that, "It's important to support each other, to build each other up." What are their goals? "We want to take our music as far as we can, and hopefully make it a career." And they just might.



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

- Jan 11 Victoria Baroque Players.....p. 9
- Jan 16 Beam Me Up Scottie.....p. 13
- Jan 24 Making Maple Syrup.....p. 3
- Jan 26 WestShore Family Learning Tour....p. 6
- Feb 8 Agriculture Workshop.....p. 14
- Feb 15 West-Mount Open Housep. 7

Metchosin Muse

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

CO-EDITORS

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

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

EDITOR EMERITUS

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

MUSE TEAM

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

ADVERTISING

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

CLASSIFIEDS

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

ACCOUNTS

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

DESIGN AND LAYOUT

Capamara Communication Inc.
Metchosin

DISTRIBUTION

CO-ORDINATOR
Barrett Fullerton

EVENTS metmuse@shaw.ca

CURRENT CIRCULATION: 2600

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

AD DEADLINE

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

ABOUT THE MUSE

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

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

MAILING ADDRESS

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

Letters to the Editor

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

Metchosin Technical School Letters

The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience

— Eleanor Roosevelt

As we ring in the New Year with all the fan fare and earnest promises, I would like to wish you a very happy, healthy and productive new year.

I have had many opportunities in my life and one of the highlights to date, as a teacher, is getting to know and instruct the same small group of students from grades nine through twelve. Our first graduating class at Metchosin Technical Centre (MTC) will complete their High School diploma in 2014. I reflect on our first years together as they complete their last month at MTC. The graduating students have written letters to comment on their time at MTC and their future goals.

The grade tens have completed an assignment in which they were asked to write a fictitious self obituary this month and discuss what they want to accomplish before their life ends (assuming seventy years from now). In this month's letters they have shared some of their dreams and aspirations, some immediate and others long term. This process has been surprising for all of us and has made me more reflective on what I would like to accomplish in my lifetime. For the record, I would like to watch my children grow up and have children of their own, hike and climb mountains, learn to speak Spanish, do an Iron man triathlon, travel back to Turkey with my mother, ride my bike to Venezuela, touch and help as many lives as humanly possible, leave a small ecological footprint, make art, grow organic vegetables and perfect dahlias.

I think it is important to appreciate each day for what it has to offer and take advantage of all opportunities that are presented. Finally, I believe that *carpe diem* is the best motto for making the most of our present.

Happy 2014!

Dayna Christ-Rowling

Tomorrow is the first blank page of a 365 page book. Write a good one. — Brad Paisley

Happy New Year! This year we are starting at Metchosin Technical Centre and our crazy teacher Dayna is making us write some goals. We both want to do well on our provincial exams. From just passing to a B average we want to complete English, Science and Math. No summer school for us! We are going to get our learner's licences this year and we have a goal to be employed for the summer. A goal for the world would be to reduce the amount of garbage we create. Until next month!

Travis Willson and Travis Crowther, Grade ten students from Metchosin Tech

If you don't know where you are going, you'll end up someplace else.
— Yogi Berra

This is my last year at Metchosin Technical Centre (MTC). The last four years have been a blast and I will never forget all the fun memories I had going to this school. My years of high school are almost over and I can't believe it. I will always think of the good times I had at this school like the first time I made the cutting board myself, going on fantastic hikes, getting to meet interesting people and just having a good time with my classmates. I don't know if we are going to keep in touch after school but I hope we do. We all have bright futures ahead of us.

After graduation, I am not sure what I'm going to do with my life yet but I hope I still play music and become a rap star. My goal

is to make music that will touch people's hearts. I will also need to get a job to get through the days and provide for myself. As I have said, MTC is an incredible school and I have learned a lot and grown in many ways. Hopefully, after completing grade twelve, I will go off to college and do well in my life. It's been fun but all things have to come to an end. Happy New Year everyone and have a nice life.

I am Stoke, Grade twelve

Happy New Year Metchosin. It is our last year here at Metchosin Technical Centre (MTC) after four years and I am looking forward to what the New Year will bring. We will finish our last exam in January and hopefully graduate in June. Looking back we have had a lot of good memories here in Metchosin; I'm surprised that I feel some disappointment that this is my last year of high school, five years ago I never would have imagined me feeling disappointed that it's over, but I am. At the same time, I'm anxious to explore my interests more and begin my career in the trades. I know my teacher Dayna will miss us very much!

Charlie Baron, Grade twelve

Happy New Year Metchosin-ites. This will be my last letter to the editor as I am graduating this month. I have mixed feelings about graduating; I'm excited to be done with school and able to start thinking about my future and my life outside of school. On the other hand, I am scared to graduate because that means I have to start living in the real world as many people would call it and this is frightening for a young man. Once I have graduated and have my diploma, I look forward to pursuing a career in the Army with the Canadian Armed Forces. This won't be easy but it will be fun; I will hopefully get to travel and make many memories. I have had four good years at the Metchosin Technical Centre and the teachers and other staff have been super helpful in my goal of graduating. I would also like to thank the many people of Metchosin who have been super welcoming and helpful over the last few years. I know my teacher Dayna will probably cry on our graduation day, but I will come back to visit her and the school whenever I can.

Sincerely your friend Alex Parise, Grad

Happy New Year! I was asked to write about my goals in life; goals are not important to some people but to me they are. It doesn't matter if you're an average student or a genius; your goals are what you want to succeed in. A goal to me is not super important at this stage in my life but it does matter. The goal doesn't have to be far off in the future; it could be later today or tomorrow. My goal for this year is have a B or higher so when I write my provincial exams, I have the confidence of passing because it feels good to do well in school and life. I also have made a goal in my financial future - to get a good job. However, I also want to be able to live life to the fullest and that is the most important part of life, not just to do good works but to have fun doing it. My final goal is to not just do things for myself but to help others succeed in life too, as well as make good friends in the process. Finally, I want to have adventures because, like I said, I want to live life to the fullest. So to conclude, I hope I will achieve my goals and you can too.

Sincerely, Austin Crowther, Grade ten

continued on page 14

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

Muse Photos

Most of the photos in the Muse are taken by Roger St. Pierre or Peter Lewis (who also handles our advertising). They do this for us on a volunteer basis, and we think you will agree that their expertise has added greatly to the appearance of our newspaper. If you wish to order copies of any of these photos, please go to their respective websites for details of how to order:

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

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Quarantined – Life and Death at William Head Station, 1872 – 1959

MARGARET ROPER

On the evening of Thursday, November 28, you might have noticed a swarm of vehicles packed into the parking lot of the Metchosin Golf and Country Club. The Metchosin Museum Society was hosting a book launch. It is not often that the Museum Society attracts a large crowd! Actually it was the book – *Quarantined* – that lured people out of their cosy homes that evening. Several of our old-timers showed up for the event and sat right up front. However one of them was missing. When the author, Peter Johnson, began his talk he said: “When Joan Watkins arrives let me know.” In preparation for the book, Peter had interviewed Joan about Metchosin and the Quarantine Station in the 1930s. When Joan did not arrive we knew there must have been a mix up regarding her ride. Jane Hammond kindly offered to drive to her house and pick her up. Peter was well into his story when Joan arrived. When she arrived, Peter stopped the proceedings and insisted that she come up to the front. We parted the chairs so that she could make her way. Once she was settled into a chair Peter continued his story.

Quarantined is not a happy story. The publisher describes it well: *It is the heart-wrenching true story of the thousands of forgotten people who arrived on BC's shores only to be felled by disease in an era when medical care was unsophisticated at best and attitudes toward the poor and the sick were often laced with classism and racism. It is also about the men, women, and children who took a sterile environment and made it into a community.*

There were at least 125 of us and you could have heard a pin drop while Peter spoke. At the end of the presentation, Peter showed

Photos by Margaret Roper



Wendy Mitchell, President of the Metchosin School Museum, sells a copy of *Quarantined - Life and Death at William Head Station, 1872-1959* to Bess Page while at the Community House.



Joan Watkins shared her recollections of William Head Station

old photographs of some of the children from Metchosin and William Head. When a picture appeared on the screen of two sweet children in a Christmas play, Faith Walton exclaimed – I

think that's me! And it was!

It was an interesting evening. People left with smiles on their faces and books under their arms. The museum still has a box of *Quarantined* if you missed the opportunity. They can be purchased at Old Barn Books on the municipal grounds the last Sunday of each month from 10 am to 2:00 pm, and at the Municipal Office, or call Margaret Roper at 250-478-5447.



Metchosin Lowline Cattle are Winners

MUSE ROVING REPORTER

Russ and Linda Crawford from Kangaroo Road in Metchosin have just returned from Edmonton, where they entered their Lowline cattle in the Farmfair.

Russ and Linda started with some Black Angus cattle but Linda found them too big and consumers seemed to want a small cut of meat now, from cattle that is grass fed. So Russ started to research various breeds on the internet until he came upon the Lowlines.

Russ and Linda won the grand champion female banner at the Canadian Western Agribition, November 11 to 16. They also took the reserve champion bull at the same showing.

At the Farmfair in Edmonton they took reserve bull and female prizes with different animals than in the Agribition.

They have travelled across the continent looking for new genetics to add to their herd. They now show their cattle to promote their own genetic program.

They show their cattle in Washington state, the Interior Provincial Exhibition in Armstrong, B.C., Farmfair in Edmonton and the National Western Stock Show in Denver. This year was the first time the breed appeared at Agribition with thirty-five head.

When asked about transporting the animals to the shows, Russ stated that their biggest challenge is getting the cattle there in good shape as they have to load them on a twenty-four foot trailer and take the ferry from Swartz Bay. This means that the cattle must stand for several hours in the trailer, where they can lose close to 150 pounds each!

The Crawfords sell seed stock from Salt Spring Island to Fort St. John. In addition, they offer sales from their farm of ten to fifteen head per year. If you are interested you can also find beef jerky, pepperoni and packaged beef patties as well as specific cuts by customer request at their farm.

For more information on this interesting Metchosin enterprise, contact Russ and Linda at info@highpointlowlines.com.



Lucky Lady/High Point Lola - Reserve grand champion at Farm Fare

WALK AND TALK

January 24 – Making Maple Syrup

MORALEA MILNE

First of all, thank you to everyone who has come out to make our little Talk and Walks such a resounding success. From the presenters, to the subjects, to the audience, it is a joy to be associated with everyone. I wish you all a truly satisfying and engaging 2014. Please take time for a walk in the woods through one of our many beautiful parks. Sometimes all that engagement needs to be tempered with some soul restorative nature.

Our first winter Talk and Walk will be held on Friday, January 24, when local sap harvester and bucket builder, Ian McKenzie, will give a presentation on tapping our native big leaf maple trees and how to produce the best maple syrup you have ever tasted! I look forward to trying this myself. I believe Ian might have some home crafted wooden spiles on hand for purchase (that's the piece you insert into the trees). If the weather cooperates we will have a walk the next morning to try our hand at tap dancing with maples! It's worth living through January just to get to such an interesting talk. I have had many requests for Derek Wulff's delicious apple cake that he has brought to some of our Talk and Walks. I think this can be considered as Derek's New Year gift to us all. Enjoy!

Derek's easy to wolf down Apple Cake

1 c sugar

2 c diced apples - mix these two and let sit for 10 min.

Then mix in...

1/3 c oil

1/2 tsp vanilla

1 egg

Meanwhile mix the dry stuff:

1 1/2 c flour

1 tsp baking soda

1 tsp baking powder

1 tsp cinnamon

Optional additions - large handful of pecans - or walnuts - or raisins - (never olives!)

Mix dry with wet

Put in a grease 8 by 8 square pan - or a pie pan

Bake at 350° for 35-40 minutes

Easy! and did I mention tasty? All the best!



Metchosin Yoga

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Contact Suzanne at: tremblays@shaw.ca

Visit our website at <http://www.westshoremetchosinyoga.com/> for schedule and fees.

Metchosin Seniors Stay Home Longer Thanks to New Service Program



United Way

Better at Home is funded by the Government of British Columbia.



United Way helping seniors remain independent.

Seniors on Victoria's WestShore will be able to remain longer in their homes thanks to a new support service program called *Better at Home* being provided by the United Way of the Lower Mainland and the province of BC.

The *Better at Home* program is being implemented in up to sixty-eight communities across British Columbia, including twelve regions on Vancouver Island. It is a ground breaking

initiative that provides seniors with non-medical services such as housekeeping, grocery shopping, friendly visits, yard work, home repairs, snow removal and transportation to appointments.

In order for the program to roll out, United Way is hosting a public meeting on January 16, 2014 from 1:00 to 3:00 pm at the Kinsmen Field House, Westshore Recreation Centre in Colwood. The meeting will be to determine the community's interest in the service and to hear from non-profit organizations willing to step forward to lead the development and delivery of services. WestShore seniors and their family members are invited to attend and refreshments will be provided. Registration is required. Contact Marcy Antonio at 778-269-1089 or Westshore_BetteratHome@shaw.ca.

The local non-profit organization chosen to deliver the *Better at Home* program will create the operational structure to register seniors and offer the services, which will be delivered primarily by

a network of volunteers. Fees for services will be based on an ability to pay as well as local market conditions, and in some cases will be offered free of charge.

As part of *Improving Care for BC Seniors: An Action Plan* that deals with the needs of seniors and an aging population in our province, the BC Government provided the United Way with \$20 million to establish *Better at Home*. The selection of potential communities was based on demographics, local conditions and consultations with provincial health authorities, regional United Ways and local agencies serving seniors.

For more information please contact:
 Marcy Antonio, Community Developer
 Phone: 778-269-1089
 Email: Westshore_BetteratHome@shaw.ca or see www.betterathome.ca.

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COUNCIL NEWS

Mayor, Council and Staff would like to take this opportunity to wish Metchosin residents a happy holiday season and a prosperous 2014.

KANGAROO ROAD

Kangaroo Road is now open. Unfortunately, this was slightly later than planned due to the extremely cold spell of weather at the beginning of December which delayed the asphalt paving.

OUTSTANDING PROPERTY TAXES NOW ACCRUING INTEREST

As required by provincial legislation, overdue property taxes and any penalties are now accruing interest at six percent. Please contact Allison at the Municipal Hall to arrange a payment plan.

DOG LICENCES

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

WINTER ROADS SERVICES — REPEAT IN CASE YOU MISSED IT.

Metchosin's public works is ready for ice control and snow plough service. New stainless steel salter/sanders have been installed on all four trucks. For extreme weather, the large blade grader is available along with a contracted front end loader. For more details visit www.metchosin.ca.

PRIORITY ROADS SERVICE

Please remember that ice control and snow plough service is provided on priority route basis with Happy Valley, Metchosin, William Head, Rocky Point and Kangaroo Roads being top priority. BC Transit routes and school bus routes are next, after which all other roads will be serviced. Response times will vary depending on weather conditions, however Council is confident that response times will be better than the required response set out in past roads contracts. If you do not see trucks pass your residence it may be that your road was serviced before dawn.

HELP US AND BE PREPARED

- Equip your vehicles with good winter tires, carry chains. All-season tires lose their pliability and traction at seven degrees Celsius.
- Avoid parking vehicles on the road or paved shoulders at all times during the winter. Clear snow from your driveway to allow for parking. Roads with vehicles parked on them may not be plowed.
- Clear snow to the left side of your driveway (facing in) where it meets the road to minimize the amount of snow pushed back into your driveway when the ploughs pass.
- If you have an urgent medical appointment or are a medical professional needing to get to work, call the Emergency Program Coordinator at the Metchosin Fire Hall at 250-478-1307; or after hours, Langford dispatch at 250-478-9555 and ask for the Metchosin duty officer to be paged.

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 are interested in representing Metchosin on the Parks and Trails Advisory Select Committee or the Heritage Advisory Select Committee, please submit a letter of interest to the Council at the Municipal Hall or by email to info@metchosin.ca. For more information, call 250-474-3167 or check the website at www.metchosin.ca.



Lynda's Lore

WITH LYNDA DOWLING

A Squeaky Clean New Year!

LYNDA DOWLING

My number one New Year's resolution is to wipe down every leaf of my Myer's Lemon and Bear's Lime citrus trees. I used to struggle with dilution formulas using dish soap or ten percent hydrogen peroxide and warm water to battle uninvited adult mites, aphids or whitefly: then spray with diluted Neem oil to suffocate the waiting eggs of scale or any other legged creature-to-be. Fortunately, Safer's has come up with an insecticidal soap formula called *End All*, with Neem oil, that is diluted and ready to go. A week later I can wipe or spray with simple warm water, perhaps spraying a second time in two weeks or so.

My next clean up job is to apologise for the rude seasonal throw-in to all my greenhouse over-wintering plants. My daughter recently booked me for a greenhouse tour behind the scenes at Butchart Gardens. It was in equal measures a guilt trip, when they showed us one greenhouse where they over-winter standard fuchsias and de-leaf every plant to cut down on disease and bug infestations, and part reassuring when we got to the begonia house and they had not started clean up at all! Both were kept at surprisingly low temperatures to keep the plants (and bugs) in winter stasis. The cutting or propagation greenhouse was the warmest and, surprisingly enough, all cuttings were done in time honoured yellow cedar boxes with coarse sand. No hormone powders with an impressive success rate!

My greenhouse is like a giant cool cold-frame. For plant health, the first things I installed were two continuously running fans. This keeps the circulating air healthier, especially minimizing moulds and mildews settling in corners. Fans are a must, as well, for your home sunroom or conservatory. All my baby lavenders, herbs or scented geraniums get a trim to take off tatty old leaves. Next I scrape a small amount of top soil off every single plant to remove weed seeds, moss and sleeping insect eggs. I replace with sterile potting soil. At this dormant time of year, no fertilizer is required.

January is a great month to check all your houseplants. Change the top inch or so of soil, check for bugs, again no fertilizer yet. Frequently I use a top layer of medium chicken grit granite to keep this surface dry to stop any scum and make it less friendly for soil surface insects to move in. Start lightly fertilizing house plants in March.

Check your Cymbidium Orchids for new bloom spikes and move them to a warmer, no-draft table just inside a window so there is a warmer air pillow between them and your bright window. These are sturdy orchid varieties I can throw outside in partial shade all summer where the first cool autumn temperatures trigger the bloom cycle – but do not let them freeze. Bring them in somewhere frost free by mid-September, even a cool bright sun porch to bud up. Too much heat risks the dreaded red spider mite. *End All* is only a temporary solution; if you do not address the environment stress of hot and dry, the mites will return. In January especially with our homes so warm, red spider mites can run through all your house plants. Try to keep your indoor plants misted, place on saucers of gravel that you water to create moist humidity or move these indoor babies to a cooler, bright bedroom or office until outside starts to warm up and the temperature is not so different in and out.

In my big greenhouse, my middle bench is actually a sand bed with a buried heating cable where I can control the bottom heat temperature. In winter it generally is my only heat source and I set it at ten degrees Celsius with semi-tropicals and non-blooming orchids on top. Come spring, I start with brand new four inch pots or four packs for my new seeds in sterile *Sunshine* style bale soil and this bench becomes my propagation table when I raise the bottom heat. Once the new seedlings pop up, I move them onto outer cooler benches as too much heat can stretch and stress their sturdiness, which is a balance of heat/light/water and oh, oh – attract sap sucking aphids. Soggy soil on the outer benches can attract fungus gnats. An easy trick here is to invest in sticky yellow strips to catch the adults. I staple them to the top end of wooden tongue depressors, then pop them in pots – these can be used in your house too!

Seedy Saturday is in February; a great reminder to start inside seeds in March! Keep it simple, sterile and bright. Restrain your use of fertilizer until a good root and leaf system can take advantage of all that goodness. If you gently tip over your pot and squeeze the sides, your baby should slide out into your other hand, and with any luck, the emerging white roots will hold the soil intact and you will get a good look at its new vigour. Start diluted feeding at this stage, soon full speed ahead! Bugs love your super-duper homemade rich soil; it is teeming with life, not all advantageous, so do not rush to use it and save it for your older seedlings as you pot them on and move them outside.

When I move babies from the four inch pot stage into gallons, I do use recycled pots when plants are more mature and less vulnerable to diseases. It is generally a summer time job to sterilize any pots, even the greenhouse benches when most nursery plants are outside. I simply use diluted ten percent bleach to warm water.

It is that hurry up and wait time of year. I hope you do not have spring fever yet, seed fever and day dreaming of this year's garden successes is right on time! Meanwhile you will find me lovingly polishing citrus tree leaves~ this is one New Year's resolution I can keep!

Happy New Gardening year!



Meyer lemon tree - with lemons!



Cymbidium Orchid

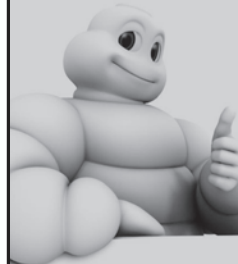


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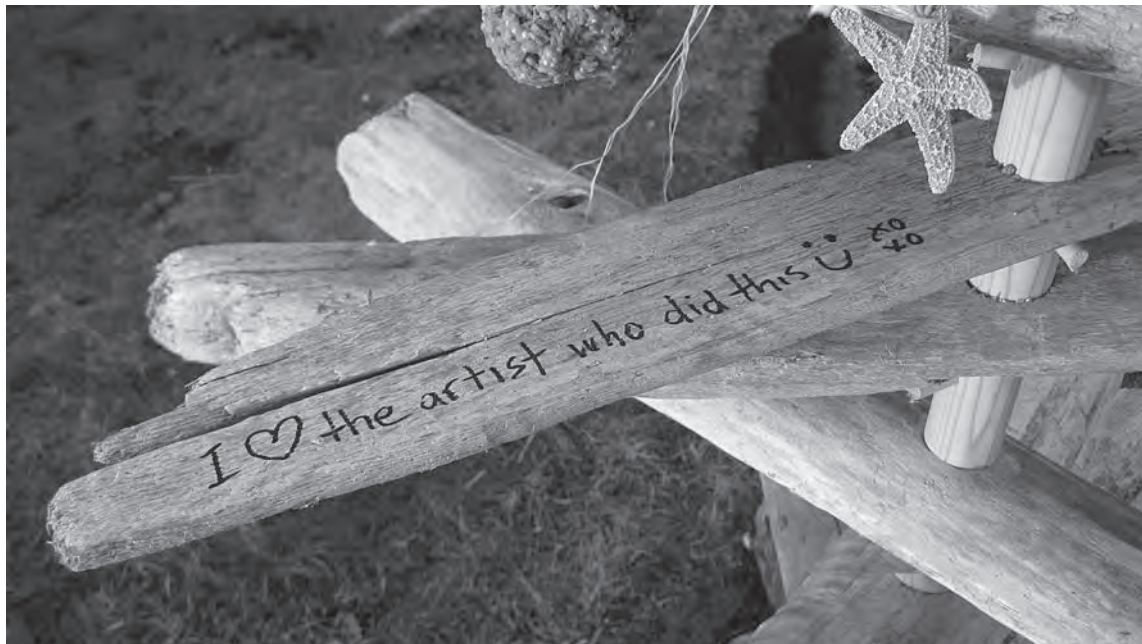
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Photos by Ken Farquharson

Christmas Tree at Tower Point

LAURA FARQUHARSON

Ken and I went for a walk at Tower Point before Christmas and were delighted to come upon the pictured Christmas tree. Hope many of you got a chance to happen upon it as well.

The WestShore Family Learning Tour Comes to Metchosin

SHANTAEL SLEIGHT

The second annual WestShore Family Learning Tour is being planned for Sunday, January 26, 2014. It will be held at various locations around the Western Communities, including the Metchosin Community House, and you're invited to attend! There will be a variety of learning activities for children and adults between noon and 4:00 pm to encourage participants to read and learn together in a fun setting.

The Learning Tour recognizes Family Literacy Day, which was developed by ABC Life Literacy Canada in 1999 to celebrate adults and children reading and learning together, and to encourage Canadian families to spend at least fifteen minutes a day enjoying a learning activity together. These activities may be as simple as enjoying a storybook together, playing with word games, singing, writing to a relative or friend, making a shopping list, using a recipe, or surfing the Internet for interesting sites.

For more information about the Westshore Family Learning Tour please check the website at www.sookewestshoreliteracy.ca.



Lavina Charles

4H New Year Start



DEBBIE COOPER

What was once known as the Boys and Girls Club and then transformed into the 4H Club is officially 100 years old in 2014. We have lots to celebrate this year; a perfect year for kids to join 4H and to be part of the 100 year celebration. Metchosin 4H is heading into their fourth year of being back in Metchosin. Our new year starts on Saturday, January 18 for kids ages nine to twenty-one at 1:00 pm, and for our Cloverbuds ages six to eight years old, our first session is on Sunday, January 19 from 2:00 to 4:00 pm. The program runs from January to October, and we meet at the Metchosin Community house (4430 Happy Valley Road) once a month to work on our projects.

This year we are offering four projects for our nine to twenty-one year old kids, Poultry, Dogs, Foods/Cooking and a Craft project. Your child is welcome to join on our first session. Please remember to bring their personal health card and recent vaccination information with you. The cost for the ten month program is \$145 per child. For more information, please email: Metchosin4H@gmail.com or call Debbie Cooper, 250-478-4677.



A day with the llamas.



The Climbing Wall – what fun!

What's New at West-Mont

CAM WILSON

This school year has been a busy one so far at West-Mont with many new initiatives and additions to our programs. Here are some of the highlights:

New Montessori Programs

West-Mont has been busy implementing a full Montessori program in our Grade one to three classes. This program, with its focus on individualized holistic instruction using hands-on manipulatives, has been extremely well received by the students. Our parents are even fascinated by the scope of what can be taught with seemingly simple materials, with many of our parents jumping at the chance to come out to our parent education nights. These are busy, but highly fulfilling days once you add in the French, Garden, Music and Art programs.

The planning is happening furiously in our Upper Elementary (grades four to six) and Middle School (grades seven to eight) as they also make the move to being fully Montessori. While the Upper Elementary program looks very similar to the Grade one to three, the Middle School program is unique. Developed based on the specific needs of the adolescent, it consists of five week cycles devoted to the study of an overarching theme that integrates all curriculum areas. A sixth week in each cycle has the students planning and going on an out-week – a full five days away to explore the real world applications of what they have been studying. The students help fund these trips by running a business.

Bouldering Wall

The goal of our Parent Advisory Council (PAC) fundraising last year was to build a bouldering wall in our gymnasium. This wall allows students in all our programs from pre-school to Grade eight to challenge themselves in a fun and safe way. Unlike a climbing wall where a climber moves up the wall, on a bouldering wall climbers move sideways. Our students can make this as easy or as challenging as they want, and they have a blast.

Natural Area Restoration

West-Mont has two amazing environments on its eleven acre campus: a Garry Oak reserve and a wetland. On the Garry Oak reserve West-Mont's older students are partnering up with some well-known Metchosin residents to rid the area of invasive species and document some of the rare species that are present. Our Wetland Project is a chance to return our pond to its former glory. Again, invasive species have really taken hold around the pond, so much so that it was really hard to see that there was even a pond! The goal is not only to restore the wetland, but also provide students with an opportunity to explore the abundance of life that exists in that ecosystem.

On February 15 West-Mont will be holding its annual Open House from 9:00 am to 1:00 pm. We would like to extend an invitation to all who would like to come and see our amazing campus, programs and staff. The Open House is a chance to get your hands on some Montessori materials and ask questions about what a Montessori education looks like for your child. All who leave after a visit to our school are taken by our sense of community and devotion to each individual child.



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18 Owl Prowl (Guided Walk)–Mill Hill

19 Winter Wondertime! (Guided Walk)–Mill Hill

25 A Winter Walk In Nature (Guided Walk)–Witty's Lagoon

26 Winter Birds of Island View (Guided Walk)–Island View Beach

31 Anderson Cove-Mt Maquire (Guided Adult Hike)–East Sooke

For details see the website at www.crd.bc.ca/parks for details on where to meet and what to wear/bring with you.

Muse Distribution Co-ordinator a Granddad – Again!

MUSE ROVING REPORTER

Just in time to enjoy his first Christmas, baby Calum Fullerton was born on December 2 at 4:17 am and weighed in at seven pounds, seven ounces, to son Nigel and daughter-in-law Donna. Granddad Barrett was also beaming – and Calum looks quite content in his embrace. Congratulations to the Fullerton family.



With great timing, Barrett Fullerton, a novice knitter and the only male member of the Knitting Cafe, finished his latest project, a baby blanket, on the day that his new grandson, Calum, arrived in this world. Admiring members of the knitting group help him display his finished work which he was able to deliver when he met Calum the next day. Great job, Barrett, and keep those needles clicking!"

Proud Granddad Barrett and Calum

Below: The very happy couple with their new born babe. Merry Christmas indeed!

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Renowned British Violinist to Tour Vancouver Island - Kati Debretzeni Joins Victoria Baroque Players for Three City Concert Series

The Victoria Baroque Players will start the New Year with an eighteenth century bang by taking to the road with Kati Debretzeni, a violinist who *The Independent* calls an "outright star" and whose recordings have been hailed by the BBC as a "smashing performance." The series, *A Festival of Concertos*, includes performances in Victoria, Metchosin, and Nanaimo, culminating in a recording session for the group's debut album. UK based Debretzeni will also be on hand to coach local young talent during her public workshop with the Greater Victoria Youth Orchestra, with admission upon donation. Consisting of works for multiple soloists by hit maker composers Vivaldi and Telemann, as well as lesser-known masters Graupner, Fux, and D'Allbaco, the tour's programme will delight both the die-hard and novice Baroque listeners. The audience is encouraged to explore the contrasting textures and colours of the ensemble's instrumentation, which includes horn, flute, bassoon, and strings. As one of Europe's most sought-after period violinists, Debretzeni heads up the English Baroque Soloists and the Orchestra of the Age of Enlightenment and has recorded for numerous labels as a soloist, leader, and chamber musician. She features as soloist on two versions of Bach's Brandenburg concertos: first with the European Brandenburg Ensemble under Trevor Pinnock (Gramophone Award winner, 2008), and again with the English Baroque Soloists, directed by John Eliot Gardiner.

Now in its third season, the Victoria Baroque Players has established itself as one of the finest Early Music ensembles in Western Canada, drawing on talent from Victoria, Vancouver, and Seattle to present concerts that are informed, lively, and full of depth. Since its formation, the group has performed two seasons at its home venue, the Church of St. John the Divine in Victoria, as well as appearing as a guest ensemble at numerous concerts and festivals around the



Soloist Kati Debretzeni

Pacific Northwest.

Given the breadth of talent on board, including several expatriate European members who share many of the same prestigious credits their English guest presents, Debretzeni is in good company and all should be in top form to record following the tour. Don't miss Victoria Baroque Players with Kati Debretzeni on violin as they bring *A Festival of Concertos* to a church near you.

Performances are being held at St. Andrew's United Church, 311 Fitzwilliam Street, Nanaimo, Friday, January 10 at 7:30 pm; Church of St. John the Divine, 1611 Quadra Street, Victoria, Saturday, January 11 at 7:30 pm and Church of St. Mary of the Incarnation, 4125 Metchosin Road, Metchosin, Sunday, January 12 at 3:00 pm. A workshop and informal performance will take place at 1:00 pm at the Church of St. John the Divine in Victoria with entrance open to the public by donation.

Tickets cost \$25 for general admission, \$23 for seniors, and \$5 for children and students and are available at the door or in advance in Victoria at St. John's office (M-F, 9:00 am to noon) Long & McQuade, Munro's Books, Ivy's Bookshop, and Victoria Conservatory of Music; in Nanaimo at Fascinating Rhythm, Arbutus Music, Heaven on Earth Health Food (Qualicum Beach) and in Metchosin at My Chosen Café and The Readon Room Bookstore (Sooke).

For more information, please call 250-652-0116 or email info@victoria-baroque.com.



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DISPATCHES

Greetings from Charlottetown

SOPHIA HIGGINS

It is hard to believe that I have already been in Charlottetown for two of the three months I'll be spending here on my Canada World Youth (CWY) program. As you may know, I am here as part of a group of eighteen youth, nine from various Canadian provinces and nine from different parts of Indonesia. I live just outside of town with my very kind and welcoming host parents, Michael and Margaret Horne, their two daughters Maria and Tessa, and my zany counterpart Intan from the province of Kalimantan Selatan in Indonesia. Two other CWY participants, Yanti and Dominique, have recently moved in with us – it's a bustling house!

Yanti and I volunteer at the Association for Newcomers to Canada three days a week. Among many smaller projects, our main focus has been helping to organize a community garden that the Farm Centre of PEI will be opening in the spring of 2014 in partnership with the Association for Newcomers. A portion of the community garden will be designated for Nepalese, Bhutanese and Burmese newcomers, many of whom made their lives as farmers in their home countries. We hope that this will be a helpful resource for the farmers involved, being a place where they can incorporate skills from their previous farming experience while gaining new knowledge from local farmers on effective agricultural practices in this region.

Through my research into different community garden models, I have come to appreciate the amount of organization and foresight required to launch this type of cooperative project – from finding a group of interested and committed gardeners and informing them about the garden plan, to creating a comprehensive list of garden guidelines and ensuring that each community member is willing to do enough extra work to keep the area well-maintained according to the city's standards. There is a lot to take into consideration, and it has been inspiring to speak with the project coordinator at the Farm Centre about his ambitious and exciting vision for the community garden.

The Association for Newcomers has been an ideal work placement for me. The great dynamic between the staff members is just as inspiring as the work that they are doing, and the projects assigned to Yanti and me have been



Sophia and her counterpart from Indonesia, Intan, enjoying themselves on a day out



engaging and positively challenging for both of us. I really appreciate that our supervisor, Nancy, has been attentive and supportive while giving us space to take initiative and be creative with our process in the work that we are doing. Nancy was a Canada World Youth participant on the Ontario-Indonesia exchange in 1986 and it has been really interesting to hear stories from her experience and her reflections on the impact of the program on her life.

Aside from our work placements, the rest of the week is filled with group activities to get us learning about and involved with the community of Charlottetown. Thursdays are Educational Activity Days (EAD's) during which six participants have a full eight-hour block of time to educate the rest of the group on a topic relevant to PEI. Participants incorporate a variety of activities, presentations, tours, and guest speakers into their EAD's in order to accommodate as many different learning styles as possible. My group's first EAD was on the topic of *Water and Trees*, and we chose to focus on three main subjects – watersheds, fracking and agriculture – which we presented to the group through a number of activities, videos, discussions and a tour at the Macphail Woods Ecological Forestry Centre. Macphail Woods is an initiative of the Environmental Coalition PEI which works to protect the ecosystems along stream banks through various forms of wildlife enhancement, forest stewardship, watershed protection, environmental education and ecological research. Near the beginning of the program we spent a couple of days planting trees with a team from Macphail Woods and learned a lot about the ecology of PEI in the process. As I am sure you can imagine, the task of organizing and facilitating a day of learning is a very interesting challenge which encourages us to research, ask questions, take a creative approach to acquiring and sharing knowledge, and look to community members and organizations as valuable educational resources. Being challenged to proactively seek a deeper understanding of the positive and negative realities of the Charlottetown community has been a very rewarding experience for me. I am learning that each community has a unique story, and I know that I will be able to employ many of the skills that I have learned here to become positively engaged with my own community in the future.

We spent Fridays practicing for our Culture Show. In mid-December, we hosted an evening of music, dance and refreshments at a church in town to raise money for CWY's *Giving Means* project. *Giving Means* supports youth-led community development projects around the world, and our group's goal is to raise at least \$1500 before we leave Charlottetown on New Year's Eve. We have practiced hard to learn a collection of Indonesian and Canadian songs, the traditional Indonesian Saman Dance, a bamboo instrument called *Anklung* from the province of West Java, a medley of classical and fiddle tunes that I will play on violin with talented guitarist Reinaldy from Lampung, Indonesia, and a number of other performances for our show. Before leaving for the program, I had decided not to bring my own violin from home but was happily surprised, upon arriving in Charlottetown, to find that my host sister Maria has a violin that she doesn't play anymore. Being in Charlottetown has been a great opportunity for me to dip my toes into the Maritime fiddle scene, and I have made a point of going to the bi-weekly fiddle jams at the Old Triangle Irish Alehouse whenever possible.

As we approach the end of our time on PEI, it is exciting to think that we are preparing to embark on the second and very different half of our adventure – three months in Cikandang, Indonesia where we will be doing volunteer work geared more towards agriculture and waste management. However, I am realizing that I have become quite attached to Charlottetown and the many great people I have met here. My host parents have been more welcoming and supportive than I ever could have imagined, and many other people in the community have been just as eager to get to know our group and make our time here memorable and enjoyable. I would also like to mention Kate and Naje, our two Canada World Youth project supervisors, who have been very present and encouraging, acting as great resources for our various projects and providing us with countless valuable opportunities to engage with the community.

Overwhelmingly, I feel very appreciative of all that I am learning and experiencing on this program – it is a unique education that I know I will not forget for the rest of my life. I very much appreciate the support I received from the Metchosin community as I was preparing for this exchange. I'm sorry that I will miss the Polar Bear swim at Witty's Beach this January 1st, but I'll be thinking of all you brave Metchosinites while I am sweltering in thirty degree temperatures in West Java, Indonesia!

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St Mary's Metchosin Welcomes New Rector - Deacon Dimas Canjura

SHARLEEN THOMPSON

As we celebrate Metchosin's long history of connection to immigrant people of our land, we are also celebrating the first permanent rector of the St Mary's Anglican Church since the split from the original St. Mary's congregation. Dimas Canjura is the new rector, and came as a refugee from El Salvador. He has a dramatic immigrant history and story of struggle and achievement in his chosen country.

Dimas Canjura was born in San Salvador, one of five children born to a farm hand. He went to grade three, then started to work in a marble finishing factory to help the family, while continuing to go to school in the evenings. In grade nine, he was laid off and got a job working in a food distribution warehouse. He finished grade nine and married Violeta, his girl friend since grade seven. She was working in a factory sewing pyjamas. After high school he went to the University of Las Americas in San Salvador where he got a degree in Psychology and after that he studied Political Science for three years at the National University.

He has been involved in the church since coming into the knowledge of Christ, as he puts it. His city in El Salvador, Cuscatancingo, a part of San Salvador, was in the middle of where the liberation theology, symbolized by Catholic Bishop Romero, was developing. He worked for eight years coordinating the Base Communities, which are in at the ground level of the liberation theology movement. These communities supported each other by modelling themselves after the Christ of the Gospels, reading the Gospels together, and living closer to the life style in the gospels, while meeting all the needs of a modern life. They understood that each person understands the gospels differently, and respected that. They lived by the principals of justice, equality, caring and love for the other members of the community, no matter how needy. The communities were not popular with the ruling military. They were seen as being communist, even though they had no connections to the communist world, because they advocated for basic social justice such as health care. The Base Community operated within the Church. They held their own Bible study which often included priests from the local churches. Archbishop Oscar Romero was one of the church members that supported them. They were persecuted by the military and police of El Salvador – all the activities of the members of the Base Communities were watched by the police.

On March 24, 1980 Archbishop Romero, who was leading the social justice issues and liberation theology in El Salvador, was murdered during a public church service at the Cancer Hospital where he lived. The Archbishop knew that this could happen at any time. After Romero was murdered, there was increased persecution of the Base Communities. Dimas continued to lead his communities. During the next nine years there were several attempts on his life. At one point both the right wing party and the left wing party asked him to run for mayor of his city. He ended up running for the left wing party but lost. During this time he was told his family, which now included two children Elizabeth and Francisco, would be killed if he stayed in El Salvador. On November 16, 1989 six Jesuit priests, and two of their assistants, were murdered by the Army. Dimas took precautions to avoid the Army, but knew he could be assassinated too for his role in the church. He applied immediately for refugee status in Canada. He was accepted, and assigned to Prince Albert, Saskatchewan in May 1991.

The whole family arrived in Canada with no English, and Dimas got only a little English training before going to work. His children



Deacon Dimas Canjura on left

were now twelve and eight years old. Even in May, they thought that Canada was terribly cold, and then watched with horror in the fall when it got even worse. He worked as a dish washer, then fried doughnuts for Superstore. In 1993 he moved to Victoria and worked in construction and landscaping, and started English as a second language training. He went to Camosun College and eventually got his Residential Care Certificate. He worked at VIHA for the next fourteen years.

When he first came to Canada, his family went to a Catholic church in Prince Albert for three Sundays. Sadly, they felt ignored rather than welcomed and included. There was a big cross across the street that was on a United Church. They went there and felt welcomed, and continued there until they moved to Victoria three years later. They stayed in the United Church until 1999, when a Spanish speaking Anglican Church opened in Victoria. He started to go there and felt very much at home.

He was eventually asked if he would like to prepare for an ordained role in the church. At first he couldn't because his children were in university. He tried to do it through distance education, but the programs were not right for him or were closed. In 2008 he started part time at the Vancouver School of Theology. When he started he was terrified that he would fail because everyone else had impressive degrees and were fluent in English while he had an El Salvador degree and very poor English. He was determined to do it and had the support of the staff at VST. He feels God called him and led him through it. He graduated in May 2013 with a Masters in Theology. Dimas was ordained as a deacon on June 27. He started as the Deacon in Charge of St Mary's of the Incarnation in Metchosin on July 1. He was inducted in a formal ceremony on November 27. The Rev. John McQuarrie is assisting him until Dimas is ordained a priest later in 2014.

He still struggles a bit with his English, so prints out his sermons and readings for those having trouble understanding him and continuously works to improve his spoken English. His Base Communities in El Salvador have survived and are no longer persecuted by the police, but El Salvador suffers from huge problems with gang violence.

He is serving the sixty or so St Mary's members, he has brought with him a Spanish speaking congregation that meets on the first Saturday of the month for an early evening service and a potluck meal.

The congregation of St Mary has welcomed Dimas and Violeta. He brings with him the passion for social justice, a belief in equality between all men and women, and the strength of his vision of Christian life. His warmth, humility, caring personality and extensive history of Christian service are a good match for the warmth and spirit of our community. He feels that God brought him here for one reason, to serve.

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

CONTRACT OR HOURLY RATES

ACCESS Speech-Language Services

for all ages



Assessment, Consultation and Therapy
for Stuttering, Language and Articulation

Marlene M. Lewis M.A.
Registered Speech-Language Pathologist

250-474-6368

mmlewis@shaw.ca

Pearson College Performs

Once again Metchosinites were entertained by the talented Pearson College students from around the world. Some audience members even got up to dance along with the singing. This is indeed a very special gift that the Pearson students give to Metchosin each year – here's looking forward to next year's concert. There were some very talented singers this year and many of us are looking forward to One World on March 28 and 29 - book early for this ever popular event.



Photo: Roger St. Pierre



Photo: Brian Domney



Photo: Roger St. Pierre



Photo: Brian Domney

Season's Greetings from Pearson College

During this season of thanks, we would like to express our deep gratitude for all that Metchosinites do for Pearson College. Wishing you holiday cheer.



Community House Guest Speaker Series – Thursday, January 16, 7:00 pm

NASEEM JANMOHAMED

Beam Me Up Scottie!! Or – *An Earthlings Guide To Life In Space!* (Apologies to *An Astronaut's Guide to Life on Earth* by Chris Hadfield)

Dr. Parvez Kumar, P.Eng., FCASI.

This is the second talk by Dr. Parvez Kumar at the Community House and this time he is focussing on the amazing advances made in the space program. Dr. Kumar, a former pilot, is well qualified to give this talk, which he summarizes below. He has an Honours Degree in Aeronautical Engineering and considerable experience working in this field in the UK and France. In Canada, he was recruited to help establish the Canadian Space Station Program. All welcome, no charge. There will be time for questions, and light refreshments.

“With Canadian Astronaut Chris Hadfield tweeting from the international space station, and with the launch of his book, entitled *An Astronaut's Guide to Life on Earth*, the world has become even more closely involved with living in Space and how it affects humans and physical and chemical processes.

All that we learned in high school physics and

chemistry, has to be literally thrown out of the window and a new set of governing parameters brought into perspective. Since the first artificial satellite orbited the Earth some sixty years ago we have come a long way in our exploration and utilization of space. Humans have landed on the moon, can now live permanently in space on the International Space Station, and are looking to visiting Mars within the next few decades. Artificial satellites have, of course, traveled to the far reaches of the Solar System and brought us images of far flung planets and asteroids. Space telescopes have looked even further into the early days of the formation of the universe.

All these technologies have found applications in countless areas back here on Earth, giving us a quality of life hitherto only imagined in science fiction! This lecture, aimed at the general public, will show how space-related activities have impacted our daily lives and will take you on a space odyssey to bring this high frontier closer to you and, hopefully, stimulate the younger generation to take up science and engineering as a future career.

The Return of the Boiler of Seviles

Last February, a Marmalade Workshop was held in the Community House to great acclaim. A number of people who wanted to participate were unable to attend, and organizers were surprised when a number of folks arrived from neighbouring communities on the WestShore unannounced.

Marmalade, like whisky, is one of the great Scottish elixirs. Marmalade ensures a great start to a day, whisky a great finish.

As a community service, (and a modest fundraiser), the Community House will again be offering a Marmalade Workshop in mid-February. Mark your calendars for the afternoon of Sunday, February 16, and contact the Community House at 250-478-5155 for further details.

Please note that pre-registration is required so that sufficient supplies are on hand. Those that have not registered will not be admitted.



HOUSE HAPPENINGS

Metchosin Community House 4430 Happy Valley Road Info: 250-478-5155

Email: mcahouse@telus.net www.metchosincommunityhouse.com

Ongoing Programs

Mondays

Vancouver Island Health Authority Adult Day Program – 9:00 am to 3:30 pm. Contact Mobile program 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. **Buddies will restart on January 6, 2014.** Registration forms and contact info are provided to Hans Helgesen School. For more info you can call MCH at 250-478-5155.

Pearson College Students Outreach – Helping seniors and youth in our community. Invite Pearson College students to visit or help with a project. Particularly aimed at Metchosin seniors, but call 250-478-5155, and leave a message for Jane Hammond or John Hollemans, to see if you might be eligible. **The program will restart on January 13, 2014.**

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. **The program will restart on January 7, 2014.** 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 – 5:30pm 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, and crafts, 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 to 3:30 pm (see Monday for details).

Fridays

Parent and Tot Program 9:30 – 11:30 am – Calling all Metchosin Tots! The Parent and Tot Drop-In program invites Moms, Dads, caregivers and their young children to join us Friday mornings for our community Parent and Tot program. Children will enjoy our new toys, books and craft opportunities. Parents will enjoy our relaxed, supportive environment, parent resource library and opportunities to connect with other parents and kids. We hope to see you and your little one(s)! For more information please call Nina at 250-590-2540.

Pearson Student Teatime Drop-In 2:30 – 4:30 pm. Enjoy a cup of tea and conversation with international students from Pearson College. **The program will restart in January 17, 2014.**

Events:

Guest Speaker: January 16, 7:00 pm. Beam Me Up Scottie! An Earthlings Guide to Life in Space, Dr. Parvez Kumar, P.Eng., FCASI. Dr. Kumar's talk will focus on the amazing advances made in the space program and how the technologies involved have found applications back here on earth, giving a quality of life hitherto only imagined in science fiction. He promises to “take you on a space odyssey to bring this High Frontier closer and, hopefully stimulate the younger generation to take up sciences and engineering as future careers.” All welcome, no charge, time for questions and light refreshments.

Concert: January 19, 2:30 pm. Fine Spirits with Dave and Lesley Preston. Doors open at 2:00 pm and the concert begins at 2:30 pm. Tickets are \$15 for adults and \$5 for students and children over 12. Free admission for children under 12 accompanied by an adult. Tickets will be available at the door or may be reserved / purchased in advance by calling 250 478 5155.

Community Potluck Lunch – January 30, 2014, noon – 1:30 pm. Everyone welcome!

Knitting Café – Regular meetings are held on the first and third Monday, 7:00pm – 9:00 pm and the second and fourth Tuesday, 1:00 – 3:00 pm monthly. **Regular classes begin again on January 6 at 7:00 pm.** 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 – Sheila Stewart, a certified Instructor of Traditional Rug Hooking. Sheila is a very talented and artistic rug hooker as well as an experienced teacher of this art and craft that can be enjoyed by any age and by both men and women. Regular sessions will be held on the first and third Thursdays monthly, from 10:30 am - 1:30 pm.

Experienced rug hookers are invited to bring their own projects and to share their expertise and ideas, and beginners are asked to call Sheila at 250-595-6406 or email her at blueheronstudio@telus.net prior to the first session regarding supplies needed to get started. It is proposed that beginners will initially all do the same small design and then will be able to move on to their own creations.

Participants are invited to bring a bag lunch, and coffee and tea will be available. As with the Knitting Cafe and Art drop-in, this program is sponsored by the MCA and there is no charge, but a donation jar - a toonie or a loonie is suggested - will be available to help cover refreshment costs with any additional funds going to the Community House.

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 – January. Doug Gilbert in collaboration with the Metchosin-School Museum Society has compiled and organized a show of eighteen historic photographs of Metchosin dating back to the early 1900s. These 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.

MTC Letters *continued*

If you want to reach a goal, you must 'see the reaching' in your own mind before you actually arrive at your goal. – Zig Ziglar

Today I'm going to talk to you about my personal goals and they are to excel in mountain biking so I can go to Whistler and bike for the summer.

A second short-term goal is to improve my skills as a longboarder and go skate with the top longboarders. My final goal is to go snowboarding with the top snowboarders like Shawn White and the others. As for my legacy and long-term goals I am still working on those! Happy New Year to all the Metchosinites.

Sincerely Jacob Foster

Happy New Year, Metchosin! We are back in school after a nice break. I have made a few goals for myself this year. First, I am going to pass my exams; I am doing provincial exams for the first time this year. I want to continue working and fueling the economy with all of my spending. Finally, I would like our government to put more money into trades education.

Bryan Wickheim, Grade ten

Happy new year, Metchosin-ites!

After four fun and short years being a part of this great community, it will be over in a month. I am pretty excited to graduate and start my life but then, again, I'm sad that I won't be at this great school with all these great teachers and friends. There have been a lot of highlights for me throughout the years and some of them are the camping trips we went on, the sheds we have built and all the trips we went on as a class. But I know it's time to look into the future and decide what I want to do as a career and for some people that could be the biggest challenge. I have no idea what I want to be or what I want to do for the rest of my life. Right now my future is a big question mark. All the best in 2014 for all of you!

Sincerely your buddy Calen, Grade twelve

Goals are dreams with deadlines. – Diana Scharf Hunt

Happy New Year! Some of my goals in school are to learn more math skills that I can use later in life. I feel we all need personal and realistic dreams and goals to work on. Personally, I feel New Year's resolutions are silly because people don't stick to what they want and they should do it when it feels right and when they are ready. Don't wait until New Year's to do your resolution, if it's November, do it in November, don't wait. When people don't stick with it, they are disappointed and bummed out.

Jordan, Grade ten

Feliz año Nuevo!

Hello everybody, it's me Corwin. I would like to share something great. Soon, I will be leaving for a holiday to Cuba and I'm super stoked. I will be going to Havana. It will be very hot there; the average temperature is twenty-one degrees celsius. Suffice to say that I will be wearing shorts, t-shirt, flip-flops and sunglasses. Here are some facts about Cuba: the capital city is Havana, Spanish is the official language, and the population is just over eleven million. My short-term goal is to be swimming most of the time in Cuba, although I am a little worried about the box jellyfish. Hopefully I won't run into any of those. When I get back, I will have another letter telling you guys how it went. That's all for now, thanks for reading!

Corwin Nemeth, Grade ten

Happy New Year, readers. Today, in this letter, I am going to talk about my three resolutions, my first one is that I want to get a job and save up to go for a trip next year in February. My mom and I want to go on a cruise for about ten days. My second goal relates to what I liked most about this year – football. We went over to Langley with my football team and we played a game. We may have lost but we tried very hard; most importantly, we had so much fun. My third goal for this next year is I want to do well in school; I want to try to get better grades and just do better in general.

Zac.B, Grade nine

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

Agricultural Workshop Update

BRENT DONALDSON

Metchosin Agricultural Committee, along with the Metchosin Producers Association, is in the final stages of developing the 2014 *Metchosin Agricultural Workshop*. On Saturday, February 8, 2014 we will have an exciting cross-section of presentations by a diverse group of agriculture enthusiasts. Topics for the workshops have been generated from local farmers and residents, and will be presented by the following: Growing Organically – Mary-Alice Johnson, Tree Pruning – Michael Dowling, Beekeeping – Karen Hoffman, Backyard Chickens – Theresa Sutton, Tractors and Implements – Nick Moss. The Metchosin Producers Association will begin the day with a farmers' round table discussion, with the Metchosin 4-H Club providing a concession for visitors.

Whether you are a gardener, farmer or country dweller, this will be a great opportunity for you to meet, learn and experience the many resources at your back door. Look for the workshop schedule and times in the February *Muse*.

All are welcome at no cost. For more information, please contact Brent Donaldson, Agricultural Committee member, 250-474-7303.



14TH JUAN DE FUCA (METCHOSIN) SCOUTS CANADA

Congratulations to Two of Our Scouts!

YVONNE BECKER

The Duke of Edinburgh's Award programme was developed to encourage youth between ages fourteen to twenty-five to be active, to participate in new activities and pursue their current interests in four different areas: service, skills, adventurous journey, and physical fitness. The program is non-competitive and offers youth the opportunity to set goals and achieve results in a fun and challenging way. There are three awards the youth can achieve, Bronze, Silver or a Gold Award. They can achieve this individually, or through an organization such as scouting, cadets or school.

H.R.H. the Prince Philip, Duke of Edinburgh, K.G.K.T. in London England, founded the Award in 1956. The Award,

which bears his name, currently operates in over 120 countries around the world and is a great achievement for youth who apply themselves. We have been fortunate this year to acknowledge two Scouts in our community that have been awarded their Bronze Duke of Edinburgh Award. Robert Bateman himself presented this award on Saturday, November 23, 2013 at the Robert Bateman Centre! Tristan Becker attended the event to accept his and his brother Kyle Becker's award. Unfortunately, Kyle was at a Scout Venturer camp on the mainland and was unable to attend the ceremony. They both used their Scouting trip from the Pacific Explorers journey to Blair Athol World Jamboree in Scotland as their qualifying journey, and logged hundreds of volunteer hours as well.

Congratulations to Tristan and Kyle Becker on their achievement. We are proud to have such ambitious youth in our Scouting group and congratulate them on their success in achieving the Duke of Edinburgh's Bronze Award. This allows them two credits towards their graduation and sets them up to achieve their silver award next. For more information on this award, please go to www.dukeofed.org.

Scouting in Metchosin

CARSON LOUGHRIDGE

During November the 14th and 9th Juan de Fuca Scouts participated in fire making, food dehydration, as well as a review of the *Court of Honor*. As well we had a review on the process required to achieve your *Chief Scout Award*. During the fire making exercise the Scouts learned how to be safe around fires, how to build and prepare a fire, and light fires using flint or matches. Food dehydration is one of those skills that you need to know about because it will help you plan and pack lightweight, which is very important for backpacking and camping in scouting. When we reviewed the *Court of Honor* some of the Scouts had been involved with this before and so were familiar with it, and some were not. The *Court of Honor* is a special group of Scouts (Patrol Leaders and Assistant Patrol Leaders). If there is a problem within the group they will bring it to the attention of the scout leaders, and they assist with planning. During the review of the *Chief Scout Award* the Scouts learned that you have to receive challenge, pathfinder, voyager, first aid, and world conservation badges to receive the award. This award can help you in your high school education, and it will earn you four credits toward high school graduation.

Members of our troop enjoyed the skating Christmas party and are looking forward to many other activities soon to come.

January 4, 2014 Reminder: Scouts Bottle Drive

The 14th Juan de Fuca Scouting sections would like to help you recycle your returnables! The annual Scouting Bottle Drive throughout Metchosin will be on Saturday, January 4, 2014. This is one of our major youth programming fundraisers.

We recognize the environmental impact wasted bottles can create in our landfills and so collecting your bottles helps us do our part to recycle and reuse this material. We will receive full deposit value for beer cans and bottles, liquor bottles, juice bottles, and pop cans and bottles, so you can be sure that the maximum value will be received to support our programming goals.

If you would like help by dropping off your returnables, we will be at the Municipal grounds, behind the fire hall, from 9:30 am until 2:30 pm.

Many thanks to Metchosin residents for your continued support of 14th Juan de Fuca Scouting.

RCMP Call-Outs NOVEMBER 15 – DECEMBER 11, 2013

BY CPL. BRIAN KERR, CENTRAL SAANICH POLICE

- Nov 15 **Metchosin Road** – Complaint of a vehicle parked on road causing traffic hazard.
Kangaroo Road – Complaint of vehicle in the ditch, patrols failed to locate it.
Wootton Road – Complaint of lost property.
- Nov 16 **Metchosin Road area** – Complaint of domestic dispute, no assault, alcohol involved.
Chapel Heights Drive – Complaint of injured female at a house party, taken to hospital.
- Nov 17 **Metchosin Road** – Complaint of abandoned vehicle.
Liberty Drive area – Complaint of trees being cut illegally, civil matter.
Lindholm Road – Complaint of possible disturbance.
Metchosin Road – Two vehicle accident, minor injuries and vehicle sustained severe damage.
- Nov 18 **Happy Valley Road** – Complaint of erratic driver, vehicle not located.
- Nov 20 **Sooke Road** – Complaint of domestic dispute, one person arrested for assault, investigation continuing.
William Head Road area – Complaint of theft of money from a backpack.
- Nov 21 **Neild Road** – Complaint of abandoned vehicle.
Sooke Road – Complaint of speeding vehicle, patrols made but vehicle not located, registered owner contacted.
- Nov 22 **Sooke Road** – Complaint of disturbance, several people spoken to.
- Nov 23 **Matheson Lake Road** – Complaint of missing person, located.
William Head Road area – Complaint of impaired driver, vehicle stopped and driver investigated for impaired driving.
- Nov 24 **William Head Road** – Complaint of abandoned motorcycle, owner located.
Barrow Road – Complaint of mischief to private property.
- Nov 25 **Sooke Road** – Assistance provided to Ministry for Children/Families, children removed from a residence.
- Nov 26 **Witty's Beach** – Assistance provided to Victoria Police regarding a missing person.
Metchosin Road – Complaint of mischief to private property.
Sooke Road – Complaint of domestic dispute, firearms seized from a residence, investigation continuing.
Rocky Point Road – Two vehicle accident, no injuries, one driver failed to stop at stop sign.
- Nov 27 **Happy Valley Road** – Complaint of deer hit by vehicle.
Sooke Road – Complaint of threats, investigation continuing.
- Nov 29 **Sooke Road** – Complaint of possible motor vehicle accident, nothing located.
Mathews Road – Complaint of suspicious vehicle, patrols failed to locate it.
Metchosin Road area – Complaint of possible indoor marijuana grow operation, still under investigation.
Sooke Road – Complaint of possible impaired driver, vehicle stopped and driver found to be sober.
- Nov 30 **William Head Road** – Complaint of domestic dispute, no assault, one person asked to leave the residence.
- Dec 01 **Happy Valley Road** – Complaint of vehicle driving erratically, not located.
- Dec 02 **William Head Road** – Complaint of suspicious persons, not located.
Sooke Road – Complaint of vehicle speeding excessively, vehicle stopped in Colwood, driver charged.
Sooke Road – Complaint of disturbance/threats, investigation continuing.
William Head Road area – Complaint of an unstable person, one person arrested under the Mental Health Act.
- Dec 03 **William Head Road** – Complaint of possible prowler, patrols failed to locate anyone.
- Dec 04 **Sooke Road** – Complaint of vehicle with no tail lights, vehicle stopped and towed.
Rocky Point Road area – Complaint of harassment, one person warned.
- Dec 05 **Sooke Road** – Single vehicle accident, vehicle into ditch on icy roads, no injuries, vehicle towed.
Sooke Road – Complaint of abandoned vehicle, towed from road.
East Sooke Road – Single vehicle accident, vehicle over embankment, no injuries, vehicle towed.
Sooke Road – Single vehicle accident, salt truck rolled into ditch on icy roads, no injuries.
- Dec 06 **Sooke Road** – Complaint of vehicle being driven erratically, patrols made but not located.
- Dec 07 **Libra Place** – Two vehicle accident, no injuries, vehicle towed from scene.
- Dec 08 **Pears Road area** – Complaint of possible assault, one person taken to hospital.
Rocky Point Road area – Complaint of disturbance, one male arrested for breach of peace.
- Dec 10 **Sooke Road** – Complaint of missing youth, later located.
- Dec 11 **Happy Valley Road area** – Complaint of a male carrying a rifle while walking down road, patrols failed to locate anyone.

Fire Department Call-Outs Oct 16, 2013 – Nov 15, 2013

FIRE CHIEF STEPHANIE DUNLOP

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

Call-outs were not received by publication date

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 Home: 250-478-0192



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
 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.

DRUM LESSONS – One of W. Canada's most experienced pro drummer & educator, now available for lessons in Metchosin \$20.00 per lesson 250-532-0228 www.drumgate.com, sadavid@shaw.ca.

SERVICES

COOKIES CRITTER CARE – Metchosin's professional pet-sitter and dog-walker since 2006. Fully insured, bondable and first aid certified. Cookie 250-415-9335. Comes highly recommended and recognized.

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

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)
tandwcampandcomish@shaw.ca
250-478-5484

LA LECHE LEAGUE CANADA
250-727-4384

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

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

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

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

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

METCHOSIN GARDEN CLUB
250-298-7877

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

METCHOSIN HIKING CLUB
250-478-4778.

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

METCHOSIN PONY CLUB
250-727-3595.

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

METCHOSIN SEARCH & RESCUE
250-478-2210

MT. MATHESON CONSERVATION SOCIETY
250-642-0238

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

ROYAL CANADIAN LEGION Branch 91, 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.westshorerecreation.ca

CHURCHES

BAHA'I FAITH
250-514-1757

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

HOLY TRINITY REFORMED EPISCOPAL CHURCH
250-727-3722

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

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

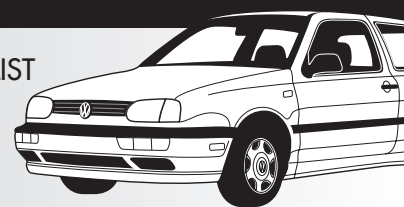
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250-389-6932 Pager

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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 fifteenth of the month preceding the issue date.



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