



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

Decision 2014

Become informed and vote



Left to right: Ed Cooper, Ann Richmond, Moralea Milne, Bob Gramigna, Chris Moehr, Karen Watson, Kyara Kahahauwila, and John Ranns. Missing: Andy Mackinnon and David Shebib.

It's Election Time Again

BRIAN DOMNEY

Metchosin goes to the polls on Saturday 15 November to elect a mayor and four councillors, as well as to have its say on whom the four school board trustees for the Belmont Zone of School District No.62 (Sooke) will be. The lawn signs are already sprouting and mass mailings and door knocking are inevitable. As in the past, the Association for the Protection of Rural Metchosin will be sponsoring an All Candidates Forum at the Metchosin Community Hall, and the Metchosin Community Association will host an All Candidates Tea at the Community House (see details on both these events elsewhere on this page) These events provide a useful opportunity for electors to ask candidates their views on issues, what they want to accomplish, and why they have thrown their hats into the ring. Not least, these fora also provide an opportunity for residents to hear what issues are on the minds of their neighbours.

Certainly, there are lots of issues. As part of the region, we are seeing development on the Westshore continuing unabated, Spirit Bay is well underway at Beecher Bay, the

effectiveness of the Capital Regional District (CRD) is being questioned, and amalgamation is rearing its head yet again. Some of the local issues Metchosin residents have raised include everything from the roles of agriculture, business and industry play; transportation; bylaw enforcement; residential zoning, low cost housing and secondary accommodation; trees, deer and invasive species; to how volunteers are recognized. This year has seen tremendous turmoil in the school system. How the School Board addresses the issue of education funding and students with special needs is going to be critical, whether you have school age children or not.

The bottom line is that once we elect a mayor and council, we will have them for four years. Yes – the Community Charter has been amended and the term of office for local government has been extended from three years to four. So take some time to consider what you think the issues are, find out what your candidates think about them, and make an informed decision at the ballot box on November 15.

Election 2014

All Candidates Meetings

All Candidates Afternoon Tea

Meet candidates for Mayor, Council and School Board
Saturday, November 1, 2:00 to 4:00 pm
at the Metchosin Community House

Sponsored by the Metchosin Community Association

Please RSVP at 250-478-5155 so we know how many to expect.

All Candidates Forum

A moderated panel of Mayor and Council candidates
Friday, November 7, 8:00 pm
At the Metchosin Community Hall

*Sponsored by the
Association for the Protection of Rural Metchosin*

For more information on voting and on the individual positions of candidates, see pages 10 & 11

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

Oct 31 Hallowe'en at the Fire Hall p. 16 <i>Remember to keep your pets safe!</i>	Nov 11 Remembrance Day; community march.....p. 18 "Grow Me Instead" Talk.....p. 5
Nov 1 MCA All Candidates Afternoon Tea p. 1	Nov 12 Advance Poll /Municipal Elections..... p. 10 Wills and Estate Planning Seminar p. 20
Nov 2 Standard Time Begins. "Fall back" one hour!	Nov 15 Municipal Elections..... p. 10
Nov 5 Advance Poll /Municipal Elections..... p. 10	Nov 15/16 A School of Stinking Fish Art Show p. 9
Nov 6/7 Flu Shots at the Fire Hall..... p. 5	Nov 20 MCA Speakers Series: Derek Wulff..... p. 17
Nov 7 Mycoblitz Talk..... p. 4	Nov. 28 MCA Speakers Series: Randy Nelson p. 17
APRM All Candidates Forum..... p. 1	Nov 30 Sooke Philharmonic p. 14
Nov 8 Metchosin MycoBlitz..... p. 4	

GENERAL VOTING DAY

will be open to qualified electors of the District of Metchosin on
Saturday, November 15, 2014
between the hours of
8:00 am and 8:00 pm at the
Metchosin Community Hall,
4401 William Head Road

Metchosin Muse

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

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CURRENT CIRCULATION: 2700

**SUBMISSION DEADLINE AND
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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. Your letter may be edited for editorial style or length. Please email your letter to metmuse@shaw.ca, or leave it at the Metchosin Country Store. Please sign your letter. An address and telephone number are required but will not be published.

Our Firehall

I think the recent fire on Mt. Blinkhorn made us realize how much we depend on our firefighters for fire protection and first response. Most of our firefighters are volunteers and as such need the best possible equipment, training, and facilities in order to serve our community effectively. I believe we provide the first two but the third needs looking at. Even though the Metchosin Firehall equipment bay is in reasonable condition, the other part which houses the offices, classrooms, and meeting area is old and way below the standard required to withstand even a moderate earthquake. It is an unsafe structure which would likely collapse during an earthquake, potentially trapping and injuring any firefighters who happen to be on site. In order for the Metchosin Volunteer Fire Department to effectively serve the community during and after such a major event, it needs a reliable base from which to operate. The firehall, along with the Emergency Operations Centre, constitute Metchosin's emergency hub.

A new facility built up to current code standards could include such things as show-ers, a first aid room, and a bunk room as well as offices, a common room, a kitchen with food storage, and an exercise room.

Our fire department, which is an important part of our community emergency preparedness, would serve us all much better if we could step up and make these improvements sooner rather than later.

Peter Walsh

Many thanks to the Juan de Fuca Veterinary Staff for their caring and kindness, not only to Hershey, but also to us who are grieving his loss.

Allison Marshall

You think dogs will not be in heaven? I tell you, they will be there long before any of us.

~ Robert Louis Stevenson

Hershey Sadly Missed

Many of my students will remember being welcomed to our home by our Official Greeter, Hershey. Our dog passed away peacefully on October 3. He was still his gentle pleasing self, but almost blind and in increasing discomfort. We are saddened by his loss but have many happy memories from the twelve years with him. He loved to play with his toys and would play little mischievous tricks on David to make him laugh.

It's That Time of the Year

In the early hours of November 2, Standard Time begins, and people will be "falling back" or setting their clocks back one hour. It has become traditional to remind people when Standard Time commences to take the opportunity to check the batteries in your battery powered smoke detectors too.

Metchosin Technical Centre Letters

Change is inevitable. Change is constant. ~ Benjamin Disraeli

"Every day do something that will inch you closer to a better tomorrow." ~ Doug Firebaugh

"When life changes to be harder, change yourself to be stronger." ~ Anonymous

As the only remaining person of the original Metchosin Technical Centre (MTC) staff, I feel the burden of change. It is always hard to say goodbye to colleagues and students at the end of every year and this year was harder than most. We no longer have grades 11 and 12 at this WestShore site in Metchosin. However, we do have a more comprehensive structure for our grades nine and ten students to make choices around graduation.

The students that attend MTC have traditionally written Letters to the Editor based around the themes of this monthly publication. This month our theme is change; specifically, how change affects our community, school and ourselves. The grade 10s have been discussing the municipal elections and our participation in the BC student votes program as well as the changes they will experience in learning the curriculum and participating in the provincial exam structure. The grade 9s have been tasked to write about the change they are experiencing in moving to a new school of their choice. It is interesting to read how change affects all of our lives; truthfully, it is the only distinctive aspect of living that is perpetual.

Sincerely,

Dayna Christ-Rowling,
MTC teacher

I came from Dunsmuir middle school; it was probably my least favourite school out of the seven schools I have attended. On the other hand, Metchosin Technical Centre (MTC) has had a huge impact for the good, in my life. I have been trying harder in school and going on all the hikes and walks in Physical Education class. This has not only made me more fit, it has also enabled me to go longer distances. What I actually want to focus on in this letter is the open campus at MTC. I have a love/hate relationship with the open campus at MTC because, although it is nice to go to the store and walk around, sometimes it rains, sometimes it's cold, and sometimes it's really sunny. We don't have to stay outside but the school is so small that if we were, in fact, all inside it would be too crowded. I really love how we are trusted with the freedom of leaving and coming back on time, it gives me some responsibility even though I may (or may not) have been late once or twice. So although there are upsides and downsides to the open campus, I think it benefits all of us more than there are downsides. I love going to the store and being able to pick out a snack when I'm hungry and being trusted to do so. So, this is my letter to the editor. Hope you liked it!

~ Alannah Logan
Grade 9 MTC student

My name is Amber, I'm in the ninth grade, and I'm attending Metchosin Technical Centre (MTC) and this is my first year here. One of the things I'm writing about is change. I am not afraid of change – for example, I like to change the color of my hair. I've had it brown, blonde, black, purple, and pink.

Last year I dropped out of school. This year I've decided to make a change in myself. I want to succeed, so I've come back to school and I'm re-doing grade 9 at MTC. This school is different; for one there's not a lot of kids here. As well, this school has an open campus, which is pretty cool; another change is the classes are longer than the school I used to go to. Things are different and I don't know if I like it or not, yet. The school has an amazing wood work class; our teacher is teaching us how to be in the work force. The P.E classes are fun, we go on walks around Metchosin and participate in sports, and go to Pearson College. Last year, I thought that nothing else mattered but friends, but this year I want to change, I want to graduate. I want an education.

"You can't change the direction of the wind, but you can adjust the sails to reach your destination" – Jimmy Dean

~ Amber Jackson,
MTC student

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 \$25 a year if it is to be posted to a Canadian address. Please send your information and cheque to the Head of our Subscriptions Department:

Joan Bradley
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Or you can email us at
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Gretta Ruth

September 29, 1934–September 23, 2014

BARB SAWATSKY



Doug and Gretta at the Sheep Dog Trials in Metchosin.

Gretta was born in Victoria on September 29, 1934 to a pioneer family of early Victoria. Her grandfather, Dr. O.M. Jones, arrived on the HMS *Warsprite* as a medical doctor around 1885 and settled in the town of Victoria. Wishing to buy property to build an office where he could establish a medical practice, he purchased a lot out of town at the corner of Douglas and Fort Street from an estate sale. However, to close the land deal, he was required to also buy a second property from the estate, Glengary Farm on Taylor Road in Metchosin. It was to this property that Gretta, newly married to Doug Ruth, arrived in 1965.

Gretta spent the early years of her life at the family farm in Lillooet before being “shipped to Victoria” (her words) to live with her widowed grandmother and maiden aunt on the family estate on Island Road in Oak Bay. Admitting to a lonely childhood while attending St. Margaret’s School with her immediate family far away in Lillooet, she spent her childhood reading and attending teas with the likes of the granddaughter of Sir James Douglas and visiting with Emily Carr who gave painting classes to her aunt.

Gretta met Doug Ruth in 1964 while visiting family friends in the Interior town of Yale. They were married in April, 1965 and once they moved to Glengary Farm and set about restoring the house and cleaning up the property which had been rented to tenants for a number of years, she was most happy being “farm” rather than “society.”

The Ruths’ son, Duncan, was born in 1969, followed two years later by daughter, Sarah. It was through the kindergarten friendship of Sarah and our daughter, Taunya, that we met the Ruths and when Gretta and I formed our friendship.

Foremost in my memories of Gretta was her resourcefulness. A daughter of the Depression, she recycled before the word was invented: jars, paper, clothing, in short, everything. She preserved vast quantities of fruit, vegetables and jam and made wine from anything she didn’t “put

up.” One year she grew an abundant crop of tomatoes, “bottled” as many (probably more) as she felt the family could use that winter and with the remainder, decided to experiment and start a batch of tomato wine. “It was terrible. Awful, actually,” she said. But, as stated earlier, with her ingrained frugality, she could not bring herself to pour it out so stored it in the back of a cupboard, rediscovering it 26 years later. And, oh, my! It was pale pink in colour and tasted like the most delicious sherry: how memorable!

A gift possessed by Gretta was that of dowsing. With a forked stick, willow being her preference, she would walk properties of people who requested her ability to find water and if it was there, she would find it as she did on our property.

Gretta had a huge vegetable garden which fed her family for most of the year, a flock of chickens, a large home and 120 acres to maintain as well as looking after her family. As devoted parents, she and Doug encouraged Duncan and Sarah to join the Metchosin 4-H Club, travelling to all of the lower Island Fall Fairs for many years. She supported Duncan when he rowed with the UVic Rowing Team and she taught Sarah sewing, weaving and knitting. Sarah is still a keen and superb knitter and I am proud to possess one of her creations.

Gretta played badminton at Metchosin Hall on Monday evenings with a group of approximately twenty people who would regularly show up with great enthusiasm and camaraderie. She was almost unbeatable and we were in awe of her ability and sportsmanship. She had been a member of the Commonwealth Badminton Team and really knew her game.

As well as sitting on the board which developed the Galloping Goose, she was a founding member of Metchosin Search & Rescue where, for twelve years, she trained twice a month, going out on many missions: a dedicated volunteer to a very worthy group.

When Gretta decided to join the Handweavers’ & Spinners’ Guild, we saw yet another side of her. Adding to her many other skills, she was an artist with infinite patience, always willing to assist anyone who requested help.

Doug and Gretta became proud grandparents to Eve and Ben when Duncan and his wife, Susan, started their family of the next generation of Ruths. In recent years, her grandchildren became one of her main focuses.

Tragically, in 2005, Duncan died in a helicopter crash while working for a logging company. I believe that this is the event which precipitated Gretta’s decline, ending in Alzheimer’s disease and her admission to the Priory where she passed away on September 23, 2014 to the grief of her family.

No longer will we be able to “Google Gretta” (a phrase coined by Sarah) with questions. The stories are gone but memories remain. She was a good and honest wife, mother, grandmother and friend. I will especially remember her in the spring when shooting stars and Easter lilies appear, a time of year she especially enjoyed.

Memories sent to the family:

“I will always remember Gretta’s strong voice calling Duncan and Sarah home from across the pasture and she and Fred (their dachshund) charging towards the chicken coop, broom in hand, to save the chickens!!”

“Gretta was always ready to help out on any projects ... and was a fountain of knowledge on so many subjects”

“It was always a pleasure to speak with her and to be the recipient of her wonderful smile”

“She was a gentle soul ... and had a welcoming nature”

“... a keen interest in so many things and intensely proud of her family and all their accomplishments. We both feel enriched for having shared some of Gretta’s life”

“always ready to offer help and reluctant to take credit for jobs well done”

“Gretta’s smile stays in my thoughts, it radiated from her eyes and flowed through her face”

“an amazingly perceptive person”

Frances (“Fran”) Eleanor Wadham

April 15, 1942–October 5, 2014

KEM LUTHER

Frances Eleanor (“Fran”) Wadham died peacefully at her home in Metchosin, BC, surrounded by family who loved her and were loved by her, on October 5, 2014. She was seventy-two years old. The cause of death was breast and bone cancer she had been diagnosed with six years earlier.

She was born Frances Eleanor Isaac on April 15, 1942, in London, Ontario, the first child of Alma Edith Reid and Ivan Wilfred Isaac. Her ancestors came to Ontario from Ireland, Scotland, and England in the early decades of the nineteenth century. Fran was the oldest of four sisters, all born within five years.

She graduated from the commercial program at Beal Tech in London, Ontario. She received a diploma in Biblical Studies from London College of Bible and Missions, which was down the street from where her family lived on Queens Avenue in London East, Ontario. From 1967 to 1970 she attended Henry Ford Hospital School of Nursing in Detroit, Michigan, and received her RN certification.

Fran nursed in hospitals in Ontario and BC for several years. In 1973, with the intention of filling a CUSO (Canadian University Students Overseas) nursing position in Ecuador, she enrolled in Spanish Language Learning Centre in Antigua, Guatemala. There she met Philip Andrew Wadham, an Englishman who was a teacher working with the British Volunteer Programme. A brief courtship led to their marriage in Santo Tomas, Guatemala, on September 26, 1973. They returned to England the following year and their daughter, Rachael Louise, was born in June, 1974 (Rachael and her family are now residents of Metchosin).

In December, 1975, Fran and Philip moved to Canada and both found employment in Quesnel, BC. Philip’s biblical and theological studies from 1977–1980 at Vancouver School of Theology were supported by Fran’s work at a UBC hospital. In 1982 they began a three-year term in Ecuador through Anglican World Mission. Their son, Gabriel James, was born in 1983. They returned to Canada in 1985.



For the next three years, Fran and Philip and their children lived in Virden, Manitoba, Fran working as a full-time homemaker and Philip serving as rector of St. Mary’s Anglican Church. From 1988 to 1994 the family found themselves back in England, living in Shipley, Yorkshire. From England they moved again to BC, this time to Ucluelet, where Fran put her nursing experience to work at the physician’s office.

Toronto, in 1997, became the next stop on the winding Wadham itinerary. Fran and Philip lived in Scarborough, Ontario, and Philip was employed at the Anglican Church House as the Latin American/Caribbean Mission Officer. Fran was working with Gabriel in those Ontario years. His cerebral palsy required motor and speech therapy.

In 2006, Philip retired from the Church House and the couple, along with Gabriel, returned once more to BC, this time to the Victoria area, where daughter Rachael had been attending university. They bought a house in Metchosin in 2006. While living in Metchosin, Philip served as interim minister at Holy Trinity Anglican in Sooke and at several other island parishes, while Fran did volunteer work with mentally and physically challenged young people, church seniors, and Pearson College students.

Among Fran’s many friends are people from all over the world. To all who knew her she was a peaceful and wise presence, ever ready to serve a need or heal a hurt. It was the joy of Fran’s last years to see her grandchildren come into the world and grow from toddlers to young boys.

Daylight Savings Time ends on Sunday, November 2. Don’t forget to set your clocks back one hour.



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TALK AND WALK

Fall 2014

Unless otherwise stated, all Talks begin at 7:00 pm at the Metchosin Municipal Hall, 4450 Happy Valley Road (behind the fire hall). Most Walks will convene at the municipal grounds at 10:00 am on the Saturday morning.

SECOND ANNUAL MYCOBLITZ – Friday, November 7, 6:00 pm and Saturday, November 8, 10:00 am

Please note that this talk will be held at 6:00 pm, one hour earlier than usual, to accommodate the all candidates meeting at the Community Hall at 8:00 pm.

This will be our seventieth presentation in our long-running Talk and Walk series!

The Agony and the Ecstasy, or Waiter, there's a fly agaric in my soup ... and I love it!

Britt A. Bunyard, PhD, the publisher and editor-in-chief of *FUNGI* magazine, will be leaving his home in Wisconsin to visit us and shed some light on the fascinating and slightly mysterious world of fungi.

This talk, for general audiences with no prior scientific knowledge needed, will present a number of fungi common to our daily lives ... some less common and many bizarre. Some edible, some poisonous, all very intriguing.

Last year at our wildly successful first annual Myco-Blitz we were able to count approximately 200 species of fungi. Please join us again this year as we attempt to add new species to this already impressive list.

Walk at 10:00 am on Saturday, November 8; meet at the Municipal Hall.

We have a number of excellent and fascinating Talk and Walks planned for 2015, including: *Small Mammals of Metchosin*, *Native Plant Gardening*, *Lichens*, *Butterflies of Vancouver Island* and *Alpine Plants of Vancouver Island*. Check the upcoming *Muse* issues for dates.

Contact moraleamilne@gmail.com for further information about these programs.

Old Barn Books to Stay Open over the Winter

BERT HARRISON, CURATOR/DIRECTOR, METCHOSIN MUSEUM SOCIETY

A cozy fire, a comfy chair and a good book – well the Metchosin Museum Society wants to make that easier this winter so we have decided to keep The Old Barn Books store open every Sunday throughout the seasons. The proceeds from the sale of used books are the main ongoing source of operating funds for both the Metchosin School Museum and the Metchosin Pioneer Museum. We rely on both the donation of used books and the patronage of Metchosin readers to help us preserve and store the artifacts and history of our local pioneers.

The fireplace scene is from a photograph donated by Mrs. Josephine Godman to the Metchosin Museum Society. Her father, the

Reverend W.G.H. Ellison, was appointed to St. Mary's at Metchosin for a period of five years during which time they lived on a farm at Albert Head. The Metchosin Museum Society's book *Footprints* is full of facts and interesting stories on the pioneer families of Metchosin and is for sale at our museums and Old Barn Books.

Hours of operation will be 11:00 am to 2:00 pm on Sundays for Old Barn Books. You can drop off used books any time in the drop-off box; thank you in advance! The museums are compelled to close for the winter as they do not have central heating, however they will reopen in the spring. In the meantime, come and visit us at the Old Barn Books.



This fireplace scene is from a photograph donated by Mrs. Josephine Godman to the Metchosin Museum Society.



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



COUNCIL NEWS NOVEMBER 2014

INAUGURAL MEETING – DECEMBER 8, 2014

Please join your newly elected council for its inaugural meeting on Monday, December 8 at 7:00 pm, and to celebrate the District of Metchosin's 30th Anniversary. Refreshments will be served.

RESIDENTIAL YARD BURNING AND BEACH FIRES

Please check the website at www.metchosin.ca for the current conditions or call the Fire Department at 250-478-1307.

IT'S TIME TO RENEW YOUR BUSINESS LICENCE

Businesses should have received their renewal notices in the mail for the 2015 business licence year (Nov. to Oct.). Every business operating in Metchosin, including home-based businesses, requires a business licence. Metchosin also participates in a regional inter-municipal business licence scheme so that businesses such as contractors and mobile sales based in Metchosin only need one licence to operate in the region.

NO SOIL PERMIT DELIVERY

Property owners are reminded that from November 1 to April 30 each year soil delivery is restricted in order to lessen the wear and tear on Metchosin roads during the winter months. Limited delivery is permitted to areas not in a development permit area or in a riparian (wetland, creek or drainage) area. Please contact staff before you consider bringing material to your property.

IS YOUR CIVIC ADDRESS VISIBLE?

Help emergency services find your home in the dark months of winter by making your civic address sign visible from the roadway. The best signs have large reflective numbers. Be sure that trees, brush, snow and other obstructions are cleared away.

For more information, contact the Metchosin Municipal Hall.



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Left to right: Werner Faust, Ray Creaser, Skip Kennedy, Andrew Spray, Ed Bennington, Wayne Wilson, Doug Ruth. Missing: Terry Cue and Wes Johnson.

Protectors of the Jewel in Metchosin's Crown

BARB SAWATSKY

When the new St. Mary's Church was built, George Bouvier approached Doug Ruth, Ray Creaser and Terry Cue about forming a group to ensure that Old St. Mary's Church would be preserved. Now in their twenty-fifth year, the Monday Morning Group presently consists of about ten men who meet every Monday at 9:00 am, rain or shine except for major holidays. Approximately half the group are members of the church; others are Metchosinites who have some spare time to volunteer. Ed Bennington says this was the first group he joined when he moved to Metchosin in 2008 and is happy that he did. The bantering and laughter among the men attest to their easy friendship.

Maintaining the church grounds is uppermost on their list of chores and when rain stops outdoor work, they spit

and polish the inside of the church. Most recently they built a white picket fence which was partially funded by the District of Metchosin and thanks to the Field family's generous donation they have refurbished the iron gate at the front of the church. The building and painting of the fence ("it comes with a forty year guarantee," says Werner Faust) has taken five months of Mondays. Now that completion is near, their new project has already begun. With appreciation to Langley Concrete on Lombard Drive and Metchosin District Public Works for supplies, parking curbs are being put into place with a gravel pathway between the fence and the curbs which will hopefully stop children from running behind vehicles on busy Metchosin Road. Andrew Spray says a major issue in the group's eyes is the angle parking on

Metchosin Road outside the fence as some vehicles park illegally, protruding onto the road past the white line but they do not know how they can resolve this problem. The men use their own resources as much as possible; for example, Doug Ruth brought his tractor to help with the laying of the parking curbs instead of asking the District to help with the project. In August, 2013 in conjunction with the Metchosin Heritage Committee, they led cemetery tours and had a scavenger hunt.

This group's loyalty to the continuing beauty of Old St. Mary's Church, juxtaposed with the local garage, is to be commended. Thank you to the dedicated Monday Morning Group. If you see them working at the church when you drive past, give them a "tootle of your horn" and a wave.

"Grow Me Instead"

Tuesday, November 11, 7:30 pm, St. Mary's Anglican Church

Metchosin Garden Club will feature Rachelle McElroy as our guest speaker on the topic "Grow Me Instead" on Tuesday evening, November 11.

Rachelle McElroy is the coordinator of the Coastal Invasive Plant Committee (CIPC). Her mandate is to encourage plant choices and practices that will maintain diversified and sustainable ecologies on Vancouver Island. Rachelle's presentation is appropriately entitled "Grow Me Instead." She will present and discuss a variety of beautiful native and exotic alternatives to the dominant plants that have been habituated in our gardens and outlying fields. In order to promote and sustain healthy native plant ecologies we should guard against invasive plants that are overwhelming our garden beds and taking over the botanics of our neighbourhoods in Metchosin.

Since 2005, the Coastal Invasive Plant Committee (CIPC) has been committed to protecting diverse habitats and rare ecosystems of British Columbia's South Coast from the impacts of invasive plants

and plant species. The CIPC serves the geographic areas of Vancouver Island, the Gulf Islands and the Regional Districts of Powell River, Sunshine Coast, Mount Waddington and Strathcona on the Mainland coast. The Capital Region Invasive Species Partnership has created a list of plant species specific to the Capital Region that we should aim to prevent, eradicate, contain, and control. This information is available on the website: <http://www.coastalisc.com/priority-invasive-plants>.

Alternatives to invasive plants is a topic that is important to all of us whether you are a gardener or not. We are fortunate to have Rachelle McElroy as our last speaker this year.

Metchosin Garden Club does not meet in December and January, but will resume our meetings on February 10, 2015.

Please join us with Rachelle McElroy, on Tuesday, November 11, at 7:30 pm, in the main hall of St. Mary's Anglican Church, 4125 Metchosin Road.

Flu Shots at the Fire Hall

Thursday, November 6, 5:30 to 7:00 pm,
& Friday, November 7, 9:00 to 11:00 am

The Seniors Information Resource Centre (SIRC) & Metchosin Fire Department have arranged two free flu shot clinics for Metchosin Residents, Friends and Family Members at the Metchosin Fire Department. You will need to produce your Medical Service Provider number (CareCard).

If you would like more information or require assistance with transportation, please contact Chief Stephanie Dunlop at 250-883-4472 (cell) or 250-478-1307 (office) or Colleen Brownlee at 250-478-5150.




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Jazzercise Passes a Milestone

Jazzercise Metchosin-Sooke has just celebrated a huge milestone – ten years! Jazzercise class is always a party, but this one was something special. Close to sixty enthusiasts took part in a special cardio-only class which highlighted many favourite songs from the last decade. Mandy Webb has positively influenced many lives in Metchosin and Sooke over the years, most recently with her jazzercise classes. She is truly an inspiration – positive, energetic, welcoming and supportive – all qualities she and her team of instructors bring to each class. A HUGE thank you goes out to all the supporters over the years – you know who you are!

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RE-ELECT NOV 15

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SD62 Trustee

diseatonis@gmail.com
250-478-3357

Authorized by financial agent N. Arden



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The Rural Gardener

By Isabel Tipton

Autumn is apple season, and Metchosin has a lot of orchards and apples. I have heard from a few people that this was a different year, apple-wise. Trees that generally produce are lacking fruit; trees that don't often cover themselves with glory have had bumper crops. Nature does what it wants to, doesn't it?

Apples are rich in history, tradition and folklore (though "an apple a day" is proving over and over to be a good idea, the antioxidants, vitamins, minerals and dietary fibre being of excellent quality). This does seem to mean an apple, though, not applesauce or juice and of course not pie. Sad, isn't it?

The first local orchards were the Weirs' and the Grants' at Sooke, planted in the 1850s, by way of San Francisco. Others were planted in the 1870s and 1880s from England or again San Francisco. There are trees from those first orchards just outside the prison at William Head and other old orchards, or the remains of them are on Lombard, Barrow, Duke, Pears and William Head roads and probably many more; those are the first to come to mind. Some owners know the names of some varieties, but there are quite a few nameless apples around. I sat at the identification table at the Metchosin Apple-Bee Fest, and we identified all the easy ones. This year we still had several we had no idea about, "-ish" being a useful qualifier: King-ish, McIntosh-ish, and so on.

We had several that were picked along the Galloping Goose Trail, and those are all seedlings, grown from cores tossed from the train. There are at least two down by Winter Road that are very good apples; one is really worthy of propagation – anyone for grafting it?

The apple apparently originated in Kazakhstan or Armenia, at least in that geographical neighbourhood, although I heard an ethnobotanist interviewed on CBC who held that apples originated in North America, crossed to Eurasia by a long-gone land bridge, and were wiped out on the Americas by an ice age, but survived in Asia. Certainly our apples of today originated in Asia, probably went west with the Romans and were adopted by northern Europeans as a wonderful new addition to the diet.

Grafting the choicer varieties on coarser rootstock has been around since about the first millennium, again probably by the Egyptians, but the Chinese were doing it too. Supposedly grafting came to Northern Europe with returning Crusaders, and the French excelled at the technique. Here in North America, according to apple historian Dan Bussey, some 16,000 apple varieties have been named and nurtured over the last four centuries. By 1904, however, the identities and sources of only 7,098 of those varieties could be discerned by a USDA scientist named W. H. Ragan, who devoted his career to tracking America's extant apple diversity. Since then, some 6,121 apple varieties – 86.2 percent of Ragan's 1904 inventory – have been lost from nursery catalogs, farmers' markets, and from the North American table. In the southern U.S. alone, it is estimated that only 300 of some 1,600 varieties that once flourished in the region remain. The *Fruit, Berry and Nut Inventory of the Seed Savers Exchange* suggests that only a few hundred varieties of apples are currently available from commercial nurseries, and just fifteen varieties account for ninety percent of all apples bought in grocery stores. Today, 129 of the remaining apple varieties have become rare enough to be boarded onto Slow Food USA's Ark of Taste in the hope that being labeled "endangered" might aid in their recovery.

The preceding paragraph was taken from the Cornell University's site on apples. It is shocking that we are losing so much genetic diversity by concentrating on commercial requirements rather than taste!

There are organizations dedicated to saving apple varieties all over the world; right here on the island we have the BC Fruit Testers who are trying to encourage the propagation and registering of as many of the heritage apples and other fruits that they can get hold of. Identification is another basket of apples entirely, as an incorrectly named apple, told you

by your grandfather is forever called "Jim's Favourite" or whatever, and some stranger telling you that it is really "Hewitt's Wonder" will not change many minds.

There are keys to identity, but that is subjective too, and doubts arise.

Joining the Fruit Testers will cost you \$20 a year and gets you four newsletters a year and an order form in the fall, which lists rootstocks and supplies you might need. The orders are to be picked up at the AGM in March, and that is where you can find grafting stock of heritage varieties, as well as Summerland budwood of certified virus-free contemporary varieties. They will have seminars on grafting, pests and diseases and always a keynote speaker who is a leader in the field. I have been a member for some years and am encouraged to see the membership is getting younger, and many families arrive for their orders. Growing one's own food is having a revival, due to both the economy and concern about the quality of food we are eating.

Fruit Tester Groups

www.bcfta.ca is the BC group

www.orangepippin.com is a good site, with a lot of information. Canadian resources should be checked to see if they are eastern, as most are, so not terribly useful here.

www.adamapples.blogspot.ca is another site that is kind of fun, as he has many links and is fairly opinionated about his fruit.

Some wonderful apples have been discovered in a home orchard, and made it into commercial production, McIntosh, in Ontario and Golden Delicious in West Virginia being two that spontaneously appeared, were recognized as superior and grafted for commercial release.

Apples have come a long way since their beginning. Between 7,500 and 10,000 varieties are cultivated today. The leading producer is China, followed by the United States, Turkey, Poland, and Italy. New varieties have been developed that do well in warmer climates without the need of a two-month dormant period. Growers are taking advantage of the seasons all over the world in order to supply fresh apples year round. It is no wonder that the apple is the most well-known and well-loved fruit in many nations of the world.

Since deciding to write about apples this month, the phrase "golden apples of the sun" has been running about in my head, so as I often do, I used Google and found the source, and here it is.

The Song of Wandering Aengus

I went out to the hazel wood,
Because a fire was in my head,
And cut and peeled a hazel wand,
And hooked a berry to a thread;
And when white moths were on the wing,
And moth-like stars were flickering out,
I dropped the berry in a stream
And caught a little silver trout.

When I had laid it on the floor
I went to blow the fire aflame,
But something rustled on the floor,
And some one called me by my name:
It had become a glimmering girl
With apple blossom in her hair
Who called me by my name and ran
And faded through the brightening air.

Though I am old with wandering
Through hollow lands and hilly lands,
I will find out where she has gone,
And kiss her lips and take her hands;
And walk among long dappled grass,
And pluck till time and times are done
The silver apples of the moon,
The golden apples of the sun.

William Butler Yeats

See you in the New Year.

“Follow” and “Like” to Stay Informed

STEPHANIE DUNLOP AND DAWNE KIRWAN

For the past few years, the Emergency Program has made a commitment to run information articles in the *Muse* on all issues emergency related. It is our intention to continue to communicate all aspects of what may be involved if or when a disaster strikes Metchosin.

Ongoing awareness is essential so that each and every one of us can get prepared and maintain preparedness. Our community had “a very close call” in September and not surprisingly, many questions were asked about what to do in a disaster.

It is important to know, in the event of a disaster, how the information that you will need to be safe will be disseminated to you. Vital and specific information will be communicated to you at the time of the emergency. For example, St. Mary’s Church is our primary Reception Centre (for evacuations), but people will not be told to go to St. Mary’s Church until it is essential and until we know St. Mary’s is a safe place to go. St. Mary’s could be in the affected area during a disaster and thus unable to be used, in which case an alternate site would be provided as a Reception Centre.

During the Blinkhorn Fire, a Reception Centre was not opened and people were therefore not informed to go there. Residents in the affected area were given an Alert Notice informing them of the situation, but at no time was an Evacuation Order issued. If one had been issued, it would have been made clear that a Reception Centre was open and where it was located.

Communicating with the public and informing the public in an emergency or disaster includes the following methods. One or all of these methods may be utilized depending on the level of urgency, location and severity of the event.

1) Telephone calls – the public can call the Emergency Information Line at 250-474-3167.

The public can also be called through One-Call-Now, an electronic phone tree that allows custom automated phone notifications and announcements to be made to numerous registered residents instantly and simultaneously.

Phone calls will be made to those who have pre-registered with the program. One-Call-Now is a free service and anyone can register using the link <http://metchosinemergencyprogram.ca/emergency-contact-list/> or by calling the Emergency Program Coordinator at 250-478-1307.

Receipt of phone calls will be dependent on phone/cellular services at the time of the event.

2) Email Notifications – these emails are forwarded to pre-registered participants in the Metchosin Emergency Email Notification Program. Like One-Call-Now, the email will reach many residents instantly and simultaneously. This too is a free service and can be easily accessed via the following link to register, if you are not yet registered and wish to be: go to <http://metchosinemergencyprogram.ca/emergency-contact-list/> or by calling the Emergency Program Coordinator at 250-478-1307.

Email Notifications will be dependent on cellular/Internet availability at the time of the event.

3) Social Media – this includes websites, Facebook and Twitter. Follow and “Like” us at:

Twitter: @Metchosin EOC

Twitter: @Chief Dunlop

Facebook: Metchosin Emergency Program

Facebook: Metchosin Fire Department

Website: www.metchosinemergencyprogram.ca

Website: www.metchosinfire.ca

Receipt and updated information will be dependent on Internet availability at the time of the event.

4) Broadcast Media – keep your ears open to CFX 1070AM and The Q!100.3FM and your eyes and ears open to CHEK News and Global TV. These newsrooms will be kept abreast of current and changing situations.

News and updated information will be dependent on availability and access to media at the time of the event.

5) Door-to-Door Notification – Evacuation Teams will walk door-to-door or in some cases will access homes by way of vehicles. Due to the rural nature of our community, door-to-door notification will be dependent on terrain, type of incident, environment, severity/urgency and availability of Evacuation Team members.

If at any time the Evacuation Team feels a significant safety hazard is present they may choose not to enter the property.

6) Loud Speaker/Sirens – in some cases where door-to-door notification is not a reasonable or safe option, loud speakers, bull horns or other similar means in conjunction with an emergency vehicle (ie. fire truck) and sirens will be used.

In the meantime, please continue to read the *Muse*, follow the Emergency Program and Fire Department websites, Twitter feeds and become friends on Facebook with the Emergency Program and the Fire Department.

We realize not everyone utilizes internet technology and would encourage you to become involved with your Neighbourhood Emergency Preparedness Program (POD), for access to important and urgent notifications.

Local Emergency Information on the Internet

Metchosin Emergency Program

Twitter: @Metchosin EOC

Website: www.metchosinemergencyprogram.ca

Facebook: Metchosin Emergency Program

Metchosin Fire Department

Twitter: @Chief Dunlop

Facebook: Metchosin Fire Department

Website: www.metchosinfire.ca

No Internet? Contact your POD. For more information on PODs, call Mary Gidney at 250-474-6145.

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Apple-Bee Festival a Smashing Success

JOAN KEW

The day began with a threat of rain, but by the time this year's Apple-Bee Festival kicked off, the sun was shining and the day was hot and sunny. People came from all over Metchosin and farther afield to enjoy themselves. Children chipped in to grind and press the apples that were donated, and the juice in turn was given to the thirsty festival-goers. The trebuchets were a hit with kids and adults alike; some of those apples flew quite a distance!

Apple identification went on throughout the day, and while there were fewer apples than in previous years, it meant that there was time to go through them all. Once identified by the team of experts, including Isabel

Tipton and members of the BC Fruit Testers Association, the apples were sliced and put out for visitors to sample. Apple-related presentations throughout the day included tree pruning and a talk about what might just be our first, very own, Metchosin Apple.

The new buzz for this year's apple festival was the bees. Demonstrations of beekeeping, honey extraction, and mead making held the interest of many. A clear-sided hive was on site to watch the busy bees, and the process of getting the honey from hive to pot was too tempting for many little fingers to bear.

For a donation at the Girl Guides' table, you could build your own pie and take it home to bake and enjoy later.

At another table, a team of friendly people sauced and dried apples, and gave out the fruits of their labour all the day. Vendors at the front of the house included the Salt Spring Apple Company, as well as Metchosinites who were selling their apples and other items. The Metchosin Foundation was running a fundraiser/tea inside the Community House, and for those with a sweeter tooth, Joan Rosenberg's popular caramel apple table was open all day.

This event has quickly become one of Metchosin's "must attend" events of the year, and in true small-town spirit, you don't have to spend a cent to have a great time. Don't miss it next year!



Four kids playing with the medieval war machines. Brian Domney photo.



Kem Luther at the Metchosin Foundation bake sale in the House. Joan Kew photo.



Apple-Bee Day sign painting on site. Joan Kew photo.



Above left: the press gang at work. Above right: identified apples for viewing and sampling. Below right: fruit sales were booming. Joan Kew photos.

Left: Sophia Higgins charmed Apple-Bee Fest attendees with her violin. Brian Domney photo.



Sybil and Gary Kangas as Maryann Vine and Robert deVere Weir, "The Laird of Gordon Bush." Brian Domney photo.



Demonstrating how to prepare the frame for honey extraction. Joan Kew photo.

Donald (Robert) Brown

is running for re-election for School Trustee in the Sooke School District 62 (Belmont Zone) on Saturday, November 15th.

Don has been an active community leader in education, sports and business. As a young parent with three children who attend public school and as lacrosse and soccer coach Don has shown a keen interest in the education, health and development of youth in our community (www.votedonbrown.com).

Don is a self-employed businessman (Northern Star Plumbing and Heating) who appreciates the contributions made by local businesses for education, work experience and youth employment. Don has worked very hard the last three years for you as a School Trustee and asks for your support by casting your vote for Donald Brown at the polls on Saturday, November 15th.

This ad is approved by the official agent for the Elect Donald Brown for School Trustee campaign, Don Brown Senior (250) 588-5069



Tell them you saw it in the Muse!



Anne Richmond for Metchosin Councillor

November 15, 2014

<http://annerichmond.shawwebpace.ca/>

AUTHORIZED BY JENNIFER BURGIS, FINANCIAL AGENT FOR A. RICHMOND, 250-881-8280.

Roger Out

BARB SAWATSKY

Painter Pottery is with us no longer. Roger Painter, thirty years after opening his pottery shed on Kangaroo Rd., has left his Metchosin nest and moved to Kelowna to be close to his daughter, Amy, her husband and their two children.

He was born in Ottawa, Illinois, moving to Burnaby with his wife and young son to teach pottery at the Burnaby Art Centre in 1970. When his marriage broke up, he moved to Denman Island then subsequently to Metchosin. He has lived on his acreage on Kangaroo Rd. for thirty-four years, raising Amy and Tamas, his children from his second marriage, while continuing his pottery business.

In the early days of art studio tours, Roger was one of the originators of the Metchosin Studio Tour which eventually became the Stinking Fish Tour as well as being a member of the group who initiated the Fired-Up Show.

Reminiscing on his time here, Roger told me that he and Rick Mawle started the first Metchosin Boy Scout troop when their sons turned six and became too old for Beavers. Drawing on his adventures as an Explorer Scout ('Venturers' in Canada), he and Dennis Josephson would take up to eighty boys, known as the Saturday Morning Scout Group, on regular Saturday morning hikes. Unstructured outdoor activities were stressed for the boys enrolled in this group and they would often end up at Dennis's concrete business where they would take turns running the crane or would build useful items such as tool boxes or stools.

After three decades at his home among the apple trees with multitudes of birds at the



feeders outside his kitchen window, it will be a bittersweet move to the Okanagan. He worked alongside Johann Wessels and Kate Wallace of The Galloping Goose Sausage Company at Metchosin Day for years and it is hoped that he will make an annual migration to this event. A party was held for Roger on Oct. 11 at the MCH where his running group and long-time friends bid him adieu.

Goodbye and good luck to another long-time Metchosinite. Roger out.

A School of Stinking Fish!

November 15/16, West-Mont School

It's a new school of thought for the Stinking Fish Studio Tour. Instead of the traditional studio tour format this fall, the stinking fish artists will be pooling their talent and heading to school. Specifically, West-Mont Montessori School at 4075 Metchosin Road. The show will be for two days – Saturday November 15 and Sunday November 16 from 10:00 am to 5:00 pm. In addition to tour members, there will be a special gallery of recent work from a select group of artists from previous tours.

Some of the Metchosin artists who will be participating in this show include Elaine Morton, Doug McBeath, Detlef Grundmann, and Chiarina Loggia.

West coast imagery is central in Elaine Morton's paintings, from detailed botanicals to soft seascapes. Although primarily a watercolourist, Elaine also creates art in a variety of other mediums, including acrylic, mixed media and clay.

From trademark cutting boards to custom designed furniture, Detlef Grundmann's pieces all have one thing in common – a silky smooth hand burnished finish. Using traditional techniques and locally sourced wood, his designs complement the wood from which they are created and the wood he uses compliments his designs.

Doug McBeath focuses primarily on turning at the lathe. Local materials including crabapple, pear, plum, cedar, yew and big leaf maple are turned into pepper mills, goblets, vases, bowls and more, all designed to show off the beautiful and unique grain of the chosen wood.

Chiarina Loggia is a painter, printmaker, photographer and poet.

Serene and sensitive describes Chiarina's work, in subject matter, composition and presentation.

For more information about the show, or the artists, please go to: www.stinkingfishstudiotour.com

HORSE OF THE MONTH

Island Queen

METCHOSIN EQUESTRIAN SOCIETY

More affectionately known around the barn as "Queen," this sixteen point two hand Belgian/Clydesdale cross lives up to her name. She prefers her hay soaked, her feed stirred not shaken, and her paddock flat, her bedding fluffed. She is gracious in all the amazing things she does for us, but she makes it very clear that she is doing everything on her own terms!

Born in 1995 in Chemainus to Dave Marston, a small farmer, she started her early years learning from her mother how to log the land. After clearing the property, she moved on to Jay Fardella in Duncan, where she learned how to vault, be ridden, and even jump logs instead of pull them! In 2005, she felt summer camp would be a great way to spend her days, teaching kids of all ages to vault at Camp Homewood on Quadra Island. There she decided it was beneath her to mix with the herd of other horses, and instead befriended the lonely donkey. After only a couple years at camp, the vaulting program had to be discontinued, so she was free to vault with the Manestream Vaulters in Victoria.

Now, Queen has a very busy life! Even though she is already nineteen, she continues to do her best in spite of some old-age aches and pains. Every week she helps half a dozen riders who have various disabilities work on their



Above, Queen striking a pose, and left, "posing equestrian."

riding skills. She is very good at bringing out the very best in these riders. Patient with unusual aids and beginners trying to learn new skills, she also loves to move big and show her more advanced dressage and jumping skills.

In the evenings, after teaching her rider of the day, she works on a circle to enable thirty Manestream Vaulters to perform at their very best. Luckily she is having help from her friends "Sam," "Leena," "Nova" and "Viktor" to carry all these vaulters, or she'd likely get dizzy from doing so many circles! Queen's vaulters range from beginners who are just learning to sit on the horse and

move with her movement, to advanced vaulters performing at canter. Last year, she allowed her younger counterparts to carry the teams, as she has to let go of some of the work, and really, carrying three vaulters at once is a bit much for an old lady!

On her days off, Queen enjoys dozing in her paddock in Metchosin where she leans on the shady trees to keep herself from falling over. Queen does not have the ability to lock her joints like other horses do, so keeping her big frame upright can be a challenge when she is trying to sleep! For fun, she also likes to trail ride, pull a carriage and go swimming.

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

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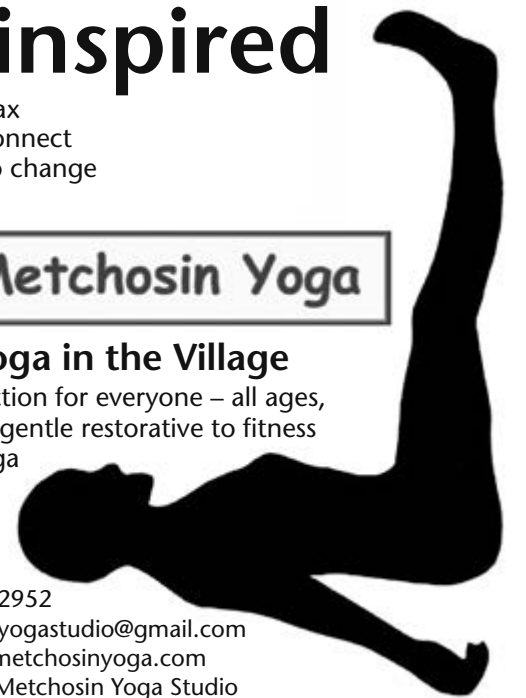
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Decision 2014

Municipal Election – Saturday, November 15, 8:00 am to 8:00 pm

Vote for mayor, councillors and school trustees on Saturday, November 15 from 8 am to 8 pm at the COMMUNITY HALL.

Advance Voting Opportunities: November 5 and November 12

Electors are welcome to vote in advance on **Wednesday, November 5 and Wednesday, November 12 from 8 am to 8 pm at the MUNICIPAL HALL** (behind the Fire Hall).

NOT ON THE VOTERS LIST? You may be able to register to vote at the voting place. Bring 2 pieces of identification that provide evidence of your identity and place of residence. Picture ID is not required, but one piece of ID must have your signature. For elector qualifications see www.metchosin.ca or call the Municipal Hall.

DO YOU NEED ASSISTANCE VOTING? If you have mobility difficulties and are unable to enter the voting place, election officials can attend to you in your vehicle. And if you have difficulty marking a ballot, you may be assisted by an election official or someone accompanying you.

Candidates Preview

MAYORAL CANDIDATES

ED COOPER

My name is Ed Cooper. I have been a resident of the District of Metchosin for fifty plus years; my wife and I raised our five children right here in Metchosin. I'm a former Metchosin Council member, a small business person and now I'm half retired and looking to serve the citizens of Metchosin as your Mayor and to run a good rural place to live. I am old enough to know better and young enough to get the job done. Cheers to all, Ed Cooper



JOHN RANNS

It is a genuine privilege for me to have been able to serve this community since 1987 as Mayor, Regional Director, Councillor and School Trustee. Throughout that time I have steadfastly defended our rural lifestyle and proven that it is possible to remain rural and be financially sustainable.

Metchosin's residential tax rates and per capita administrative costs are among the lowest in the Province. We have established reserve funds sufficient to remain debt free for the foreseeable future while maintaining a modern infrastructure, keeping us well positioned to weather economic downturn.

Issues such as regional amalgamation and Treaty settlement will have to be dealt with this term. It is therefore essential to elect a co-operative, innovative, and visionary council to successfully address the potential impacts.

With your support I will continue to provide leadership and experience, to ensure Metchosin remains one of the most desirable places to live in Canada.



DAVID SHEBIB

Come see my garden if you would like to understand why we stand by our work and think government is just in our way.

No picture submitted.

CANDIDATES FOR THE BOARD OF TRUSTEES OF SCHOOL DISTRICT NO. 62 (SOOKE)

There are 12 candidates running for Trustee in this year's election. Four will be elected in the Belmont Zone and three in the Milnes Landing Zone:

Belmont Zone

Donald Brown (incumbent)
250 883 4347
drkbrown83@gmail.com
www.votedonbrown.com
Facebook – Trustee Donald

Wendy Hobbs (incumbent)
250-478-7443
Whobbs21@gmail.com
Twitter: @wendyhobbs

Stephanie Longstaff
250 213 1772
yestenisenuff@shaw.ca
Facebook: www.facebook.com/longstafffortrustee

Melissa McConnell
250 744 9090 / 778 679 0029 (cell)
melissa.mcconnell.forsd62@gmail.com
Facebook: www.facebook.com/melissaforsd62

Ravi Parmar
778 678 2335
Raviparmarsd62@gmail.com
Facebook: [raviparmar](https://www.facebook.com/raviparmar) for SD62
Twitter: @rparmarsd62

Jan Peever
250 478 6462 / 250 888 4332 (cell)
petpeeve@shaw.ca
www.leaveittopeever.wix.com/janpeever

Denise Riley (incumbent)
250 474 6790 / 250 888 4867 (cell)
driley@telus.net

Timothy Rud
250 478 7302 / 250 661 6141 (cell)
timrud@shaw.ca

Dianna Seaton (incumbent)
250 478 3357 / 250 896 3357 (cell)
diseatonis@gmail.com

Trudy (Elizabeth) Spiller
250 478 5886 / 250 882 7353 (cell)
trudyspiller@shaw.ca
www.trudyspiller.ca
Facebook: [Trudy Spiller SD62](https://www.facebook.com/TrudySpillerSD62)
School Trustee Campaign
Twitter: @spiller_trudy

Dean Sutton
250 478 3895 / 250 893 3895 (cell)
deansutton@gmail.com
Facebook: www.facebook.com/deanwsutton

Sarah Wilson
778 433 0572
sarahannwilson@live.com
Facebook: [facebook.com/sarahinpolitics](https://www.facebook.com/sarahinpolitics)
Twitter: twitter.com/sarahinpolitics

Milnes Landing Zone

Arthur (Russ) Chipps
250-478-7873
russchipps@telus.net

Doris Gulmans
250-642-5993
metent@telus.net

Benula Larsen
250-642-3311 / 250-858-6035
larsenbenula@gmail.com
Twitter: @BenulaLarsen

Robert Phillips (incumbent)
250-642-3297
bother@telus.net

Neil Poirier (incumbent)
250-642-7037
Poirier8@telus.net

Margot Swinburnson (incumbent)
250-642-5429
Margot_bc@shaw.ca

COUNCIL CANDIDATES

BOB GRAMIGNA

I have greatly appreciated the opportunity to serve Metchosin as your councillor for the past twelve years. Our community is a special place. My energies have been strongly and consistently focused on upholding and reinforcing our collective vision, by listening and working with our residents.



Consistent with that approach, as Planning Chair, I have worked collaboratively with the Mayor, and my fellow councillors and our skilled team of professional staff experts.

As the most senior councillor, I will apply my experience and knowledge by working closely and supportively with our new council during the next four year term. My focus will continue being to thoughtfully consider and overcome the challenges that will face us as we strive to serve and protect this community and the lifestyle that we have all built and cherish together.

I would be honoured to receive your continued support on November 15.

MORALEA MILNE

As your two-term councillor, you might not be surprised to hear that the environment is the lens through which I view every decision. I believe that Metchosin, by nature of its vision as enshrined in our OCP, with our determination to maintain low densities and protection of our natural resources, is well placed to offset the future impacts that will come with increasing climate instability. I believe that the stewardship exhibited by so many residents can be further enhanced by incorporating the awareness of environmental consequences into all of Council's decisions.

As Chair of Finance for the past five years I have brought forward a Long Term Financial Sustainability Plan that will ensure Metchosin's financial health and stability into the future, maintaining our current practices that have resulted in no debt, low tax increases and a well maintained infrastructure.

I would be honoured to serve you again.
moraleamilne@gmail.com



KAREN WATSON

I am running for the position of Councillor in Metchosin.

I have been a resident of Metchosin for over thirty-five years. My husband, Art and I have raised our two sons David and Andrew on our acreage in our wonderful rural Community and it is my wish that our family will always reside in Metchosin.

Metchosin politics are familiar to me as I have served previously as Councillor and Mayor for a combined total of thirteen years. At the Council table I always endeavoured to listen to all sides and make my decisions based on what I believed to be the best outcome for our Community as a whole.

If elected I will work hard to serve our Community as an independent and open minded Councillor. I will be here for all of the Residents of Metchosin.



KYARA KAHAKAUWILA

Experienced, Independent, Fresh, Rural. Four words to describe why I am running for Councillor.

Experienced – Having served on Council for three terms previously, I'm aware of the functions of Council and requirement for good governance. Making decisions that affect our community and individuals isn't something to be taken lightly. A balanced approach, based on facts, experience and community input is key, which leads into being –

Independent – During my time on Council I demonstrated that I would make decisions based on factual information, feedback from residents and community knowledge. Party politics and personal allegiances have no place at the Council table.

Fresh – At thirty-six years young I have many more years to enjoy Metchosin and watch my boys grow up in the place that I have helped stay...

Rural – And sustainable. This includes fiscal responsibility, environmental stewardship and providing a healthy community for all ages.

This is what I stand for.



CHRIS MOEHR

I write this on Thanksgiving, asking myself why, after a twelve year absence, I would choose to stand for Council. Perhaps with the first hand knowledge of how fortunate we are to live in our local environment, the answer is simple.

Like you, I cherish this community and the unique lifestyle it affords. I believe I am at a point where I can realistically dedicate the time required and have the commitment to do so. I also believe that I can make a positive contribution to the Metchosin municipal team.

As a Metchosin resident for the past twenty-seven years, I feel privileged to be considered for office. If successful, my guiding principles in decision making are: preserving and strengthening our rural identity and its prerequisites. If you share these values, I ask for your support. Please call me anytime with questions/comments on issues of particular importance to you, at 250-478-9572.



ANDY MACKINNON

I'm a professional forester and professional biologist who has lived in Metchosin for the last twenty-six years with my wife Mairi and two sons. During most of that time I've served on Metchosin's Environmental Advisory Select Committee, as well as helping organize other Metchosin activities such as the annual BioBlitz and the Metchosin Day 5K. I'm running for a position on Council because I support Metchosin's role as a debt-free, green, rural municipality within an increasingly indebted, urban Capital Regional District.

If I was fortunate enough to be elected as a Metchosin Councillor I would continue the work of our previous Mayor and Council in upholding our community's Official Community Plan. I'm opposed to current initiatives for amalgamation of the CRD's municipalities, as I believe that amalgamation might carry with it demands for a consolidation of zoning, and sharing of existing debts, with neighboring municipalities. Contact e-mail: metchosin-macs@gmail.com.



ANN RICHMOND

I'm running for council because it's a job that I can do, and want to do. Metchosin is a wonderful place – a green, rural oasis. Since incorporation thirty years ago Metchosinites have worked hard to maintain our rural character. I chose to live here because of what we have,

and I want to bring my skills to help keep Metchosin sustainably rural. With over thirty years work in governments and public sector organizations in Canada and overseas and recent commitments with SIRC, MACCA and Rough Voice, I continue my goal to reinforce inclusive governance principles and processes. I believe I would bring some fresh perspectives to Council, as part of a team that works together keeping Metchosin rural and strong. November 5, 12 and 15 give you the opportunity to vote for a fresh look on Council. I hope and ask to be part of that new Council table.



PARTICIPATE!!!

In 2011, of the estimated 3800 eligible voters in the District of Metchosin, 1855 actually cast votes. That is shockingly less than fifty percent!

Voting is both a right and a responsibility in a democratic society, and some argue that not participating in a democratic election is the equivalent of voting against democracy. At best, not voting says a person is OK with others deciding how they will be governed; at worst, it says they don't care how they will be governed.

As George Torok wrote recently in the *Hamilton Spectator*:

*"You are responsible for the government you elect by your action or inaction.
Not voting is a vote."*

Please take the time to learn about your candidates and take the time to vote.

Metchosin Girl Ranked Second Best BMX Racer in Canada

CELINE COMEAU

Janel Church, a local ten-year-old BMX racer on the UFO/Double Cross Trophy Team, is bringing home national awards and recognition in her sport.

The BMX star competed in the 2014 Canadian Grand Nationals in Chilliwack with the team during the October long weekend, taking home the title of National Girl Number 2, a title ranking her the second best female BMX racer in Canada. On top of her second place title, Church ranks number one in her age group (10 years) with the title of Canadian National Age Group #1. The UFO/Double Cross competed against five other teams and earned first place as the Canadian National Number One Trophy Team.

Competing since she was four, Janel's mom and UFO

owner, Kathleen Church, says her daughter is a natural: "Janel rides from her heart. She just goes out and does it." Janel and the team spend their time practicing at the Greater Victoria BMX track at Juan de Fuca. "It's been great having the support of our local track. A lot of our riders support each other, BMX is a family sport, and we're one large family."

Team owners Kathleen and Tony Church bought the racing company UFO/Double Cross and the rights to the bike frames patent from previous owners in the US six years ago. Since then the team has grown to include 60 racers from throughout BC and the US who compete nationally and internationally. Riders from as young as five and as old as sixty spend their weekends traveling on the

team bus to compete in competitions on the mainland, up island and in the states.

"It really is a family sport when we think of the local community that has helped our team," says Church. "Kal-Tire (Langford) replaced all the tires on the bus and BC Ferries provide grants for athletes and teams who frequently travel to and from the mainland."

Speaking of family, team UFO/Double Cross friends Tara and Mark Brosius volunteer as team managers. Mark drives the team up island in the bus for races, and Tara takes care of the necessary paperwork.

Church notes that it's costly running a team, and parents can pay up to \$300 per child for a weekend of competing. To help pay for some of the fees, the team has set up a scrap metal bin and participates in bottle drives. Their current goal is to fundraise \$2,500 to pay for team jerseys. "Ideally we would like to provide the team jerseys and uniforms to our riders," says Church. "We are looking to make a name for ourselves in the sport of BMX."



UFO/Double Cross (left to right, Gavin Parkinson, Clayton Davies, and Austin Cornbill) and Janel Church rest before a race at the 2014 Canadian Grand Nationals at Chilliwack Heritage Park on the Thanksgiving long weekend. Photo by Rene Cornbill

As for what's next for the second best BMX racer in Canada, Janel plans to compete in January at the US National in Las Vegas and at the US Grand Nationals in Tulsa in 2015. Her biggest goal is to race in the Olympics.

"We're bringing some awards home to Victoria,

which is really cool," says Church.

If you are interested in sponsoring team UFO/Double Cross or donating scrap metal, they can be contacted at ufocanada@gmail.com. The team also has a Facebook page UFO Bicycles / UFO BMX.

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

Richard Bainsford

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It's a Father-Daughter Thing

RIC PERRON

I'm at UVic today with my daughter Fairo to collect my alumni card for cheaper movies. It's been a while since I've walked the halls of the Student Union Building; nice place, fancy neon signs, smell of good food, fast music bouncing around. "It's the radio station below ground," I point out as we walk by.

Lots to look at but we "gotta go pee," before getting something to eat. Weeeell ... This is where the story begins. And ends. Two separate bathrooms, side by side with wide-open doors: one Women's and one Men's. Left door: no signage but from the hall I can see a woman standing at the mirror. The sign on the wall, lots of words, two of which say, "Gender" and "Washroom." (First reading)

I don't understand it and don't try to understand it because there is a woman in there fixing hair (fact established - Women's).

Fairo remains motionless behind me as I move to the right door, glancing at a sign (second reading). There's a guy at the mirror doing the hair-thing, and as I enter, a woman two sinks down is washing her hands.

I stop, back up, and look for the signage. (I suppose the real sign is the two people of different genders inside.) But it's not quite right, is it, or



really not even close to being right. I glance at Fairo for evidence of discomfort, possible panic-instructions, and backup more, very quickly to see who is making the gender mistake. And to review the signage, again (third reading), to see what I am *not* reading: "GENDER" and "WASHROOM," and, oh ya, "INCLUSIVE," whatever that means.

Fairo shrugs, lifts eyebrows, points with her chin away from the washrooms as if this isn't the right place. Yet stuck between the two doors is that sign (fourth reading). She says "Aaawk ... I think you need a degree to go in there." And she reads it aloud.

Exactly that ... what ... and I have to read it several times

to interpret it. (And as I'm proofing this story, I still need to reread it.)

"What the heck does it mean?", I say to Fairo. "Bathrooms don't need an explanation, do they?"

"It is one of those life-changing moments," Fairo says. "No rules." Embarrassingly now, we are laughing aloud.

I say "After almost sixty years of 'Men's Rooms' (using my fingers as quotation marks), that's a new one. I wasn't prepared for this moment."

She's still laughing. "After seventeen years, it's a little embarrassing sharing a public washroom with your dad."

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The Split Rail Fence

JOHNNIE CARLINE

For most people, I suppose, a split rail fence is no great mystery. I am sure many Metchosin residents have either built one or are at least familiar with how you would go about that. But when you are a recently retired lifetime paper pusher from the big city, like me, it's different. I mean I know a split rail from a hang nail, but beyond that it gets pretty sketchy.

So when the President of the MCA phoned up and asked if I could help them build a split rail fence at the Community House, my immediate thought was: "it depends what you mean by 'can you.' If 'can you' means are you willing and available, then the answer is 'yes.' If 'can you' means do you have the foggiest clue how to do it, then the answer is 'not a chance.' He was looking for the first answer.

That's how I found myself at the Community House with President Bob, Vice President Barrett and Treasurer Heather all ready to build a fence. In another context I would have wondered how a split rail fence involved so much brass. But in the volunteer world, being on the executive and being on the work crew are the same thing.

The first task was to remove the existing fence. Rolling up the wire mesh was no problem, but the posts that had held them in place! Whoever put those in the ground fully intended them to survive a tsunami. But help was on the way in the form of Jason from the fire department. He's a very helpful guy and he operated the front end loader with the precision and speed of a dentist with a commission from the tooth fairy. Pretty soon those poles were flying out of the ground like the front teeth out of the mouth of my six-year-old granddaughter.

Now to the good bit – actually building the fence. I

was dispatched to fetch a rail from the pile. I picked one out and as I turned to start the return journey some sixth sense tells me to stop and look. Good job! I am that close to having begun the process of making Barrett's truck a convertible.

Back at the fence, Bob set out the process. We don't need to pre-drill. Just lubricate the screws in oil, get the angle right, and press with the power driver. If resistance is encountered, stop, back up a little, and try again.

Bob allowed me a crack at driving in a screw. My first screw stopped half way. It hadn't for anybody else, but it did for me. I pressed harder. No result. I reversed. No result. I inspected. I no longer had a regular screw, or a Philips head screw, or a square head screw. I had a miniature bird bath. Bob was not fazed. Two whacks with his mallet, problem solved. I wondered what would happen if he ran meetings that way.

I decided I better focus my participation on simply fetching more rails. But whenever I brought them back to where we had been working, the crew had already moved on. I learned that there is a required progression so that lower rails are first installed a section ahead of where you want to install an upper rail. Otherwise you have nothing to fix the upper rail to. Any Pythagoras could see that!

Heather observed that I was laying the rails higgledy-piggledy. Why not lay the rails with the smooth side consistently on one side and the rough side on the other? Yes, that's better. It's nice to have that womanly eye for detail. But nonetheless, if the result is a wobbly connection, then the rail must be reversed. Consistency is less important than not being wobbly. The art and science of fence building! I nod knowingly; best not to appear a complete rookie.



The new split rail fence gives the community house a rural flavour.

We surprisingly got most of the fence built before Bob called it quits and asked for volunteers for the next day. I had to take my missus to physio so I couldn't come. But amazingly they completed the task without any further help from me. And that is a good thing because it allows me space for the real purpose of this article.

My task at MCA is to encourage all Metchosin residents to become members of the MCA. You can do that by downloading the membership form from our website and sending it in with the ridiculously low fee of ten dollars. You can phone our office (250-478-5155) to request that form.

Or best of all, next time you are in the village, walk down to the Community House and get it all done in one go. The Community House is down Happy Valley Road, just beyond the Fire Hall, behind the fence. The new, really skookum split rail fence that I was the mastermind behind building? Yep, that's the one.

EXPERIENCED LEADERSHIP



Authorized by Denise Riley
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On November 15

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Remember to ...

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Casey Pewarchuk enjoying beautiful early October weather at the Apple-Bee Fest/Farmers Market on October 5. Ed Watson photo.

Overture to Honour an Artist

BETTY HILDRETH



Christiaan Van de Water with tenor sax, as Big Band Director in Germany, early 1940s.

The family of artist, Christiaan Van de Water (1914–1996) is in the process of gathering pieces of his original visual art to form a unique one-man show that will be held here in Metchosin in early December.

These fascinating visual works of art offer a glimpse into a life that would make

an intriguing film of struggle, angst and endurance.

Born in Holland one hundred years ago, Christiaan was raised by an indifferent mother, against a backdrop of poverty and constant relocation. It was his innate artistic ability that seemed to be his ticket to survival. Shortly after beginning primary school as a child, Christiaan was first noticed for his ability to draw. As soon as this young student was handed tools and materials, he promptly illustrated his primer notebooks with fantastic crayon sketches of fish and wildlife. To his amazement, the principal noticed this talent and had the illustrations shown to the entire school. And so began a lifetime of artistic expression. Even as an elder who lost the ability to tell his stories out loud, his wild and vivid memories were articulated through his artistic creations.

Christiaan's artistry is exceptional and varied, ranging

from performing professionally on the saxophone and clarinet to drawing, oil painting, wood turning, furniture making, batik and more.

Over the years and distances many pieces of art were lost in transition and disaster. Each piece that remains, however, is a true one-of-a-kind something that will not be seen elsewhere.

The up-coming art show, assembled by Christiaan's children – Chris Van de Water, Ron Van de Water, Lydia Van de Water, and Marijke Van de Water - will be held here in Metchosin in early December.

The art show will be open to the public on Saturday, December 6th and Sunday, December 7th from 10:00 am to 7:00 pm each day at the Metchosin Community House, 4430 Happy Valley Road.

Call 250-478-5155 for more details.

Warming to Winter

Sunday, November 30, 2:30 pm, New St. Mary's Church

On the last Sunday afternoon in November at 2:30 pm, join Norman Nelson and Wade Noble, the Sooke Philharmonic Chamber Players and the Sooke Philharmonic Chorus, plus soloists Rae Gallimore, viola, and Nancy Washeim, soprano, for the chance to warm your spirits and your ears before December hits.

Rae Gallimore placed second in the Sooke Philharmonic Society's Don Chrysler Concerto Competition last April, with Walton's Viola Concerto; she also received the most "Audience Choice" ballots for her performance. On November 30, she will perform the much-loved Telemann Viola Concerto.

The Sooke Chamber Players will play Handel's *Water Music* and the Air from Bach's Suite Number 3.

With Wade Noble and the Sooke Philharmonic Chorus, the program hits a festive note with Vaughan Williams' *Fantasia on Christmas Carols*, three carols by Rutter – *Donkey Carol*, *Nativity Carol*, and *What Sweeter Music* – as well as Haydn's *Cantilena pro Adventu*, which features our favourite soprano, Nancy Washeim.



Rae Gallimore, viola. Michael Nyikes photograph

The same program will be presented the previous evening, November 29 at 7:30 pm at the Sooke Baptist Church.

Tickets are available online and at the Metchosin Country Store, Sooke outlets, Tom Lee Music (Westshore), or at the door. Young people under 16 years of age are FREE to all concerts this season.

For more details, please go to www.sookephil.ca or call 250-419-3569.

Looking for gift ideas?

Best of the Muse

is on sale now at the Metchosin Store.

Marimba-Tabla Concert Postponed

Due to a date conflict, the November 30 Marimba-Tabla Concert that was recently announced by the MCA's Music Program has been postponed. Look for details in the January *Muse*.

Shop Locally

And tell them you saw it in the *Muse*!

Norman Nelson,
Conductor and
Music Director

Sooke
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Wade Noble,
Conductor and
Choral Director

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Nov 29

7:30 PM

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SOOKE

Sunday

Nov 30

2:30 PM

New St. Mary's Church
4125 Metchosin Rd, Metchosin

METCHOSIN

Warming to Winter

Water Music – Handel
Suite No.3 in D (Air) – Bach
Viola Concerto in G – Telemann
Soloist: Rae Gallimore
Cantilena pro Adventu – Haydn
Soloist: Nancy Washeim
Carols – Rutter
Fantasia on Christmas Carols
– Vaughan Williams

Partnered with the **Sooke Christmas Bureau** for the Sooke concert. A portion from every ticket sold will go toward their Christmas fundraising activities.

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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.

Pearson College Students Outreach – 3:00–4:30 pm. 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.

Knitting Café. On the first and third Mondays monthly, 7:00–9:00 pm, knitters of all skill levels, including beginners, are welcome to this informal and friendly get-together. For information call Laura, 250-478-1197, email laura.farquharson@shaw.ca.

Tuesdays

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

Knitting Café. On the second and fourth Tuesdays monthly, the Knitting Café has afternoon sessions from 1:00–3:00 pm. See the Monday listing for contact information.

Games Afternoon. Every third Tuesday of each month from 1:00–3:00 pm. Bring a game of your choice, bring a friend and a snack if so inclined and prepare to have some fun. Everyone is welcome.

Wednesdays

Vancouver Island Health Authority Adult Day Program – 9:00 am–3:30 pm (see Monday for details).

Thursdays

Creative Rug Hooking. First and third Thursdays, 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, or send an email to 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.

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.

The Metchosin Community House Parent and Tot Program will be running a music session with Sibylle Wilson from PJs Music Studio. The program will run Friday mornings from 9:30 to 10:00 am from October 17 to December 19 (when 10:00–11:30 am, regular drop-in resumes). The program exposes kids to the basics of music like rhythm, concepts of high and low sounds through the use of instruments (bells, maracas, and drums) and props like scarves, and puppets. Everything is very hands on and the children can participate fully. Parent participation is also requested. The music class is by donation and funds go directly to the Community House to help fund the programme. We look forward to seeing you and your little ones. For more information please call Nina at 250-590-2540 or email dalenina@shaw.ca

Pearson Student Teatime Drop-In – 2:45–4:30 pm. Enjoy a cup of tea and conversation with international students from Pearson College.

Events

All Candidates Tea – Saturday, November 1, 2:00–4:00 pm. Come and meet the Municipal and School Board candidates informally at the MCA House sponsored tea. All welcome.

Art Opening – Sunday, November 2, 1:00–3:00 pm. Come and meet artist Doug Gilbert. His works are on display at the House through the month of November. Viewing times are Monday–Friday 9:00 am–1:00 pm.

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. All are welcome (a good singing voice is NOT a requirement) and families with children and grandparents are encouraged to come. If you have questions prior to this date, please contact Barb Sawatsky at 250-478-0553.

Guest Speakers: Thursday, November 20, 7:00–9:00 pm. Derek Wulff – *Creating a Global Toy Business in the Heart of Metchosin.* Derek Wulff, teacher and owner of Pathfinders Design and Technology (and avid gardener and bee keeper) will talk on his work designing toys in an increasingly electronic world. He will also show some of his new ideas, yet to be released upon the unsuspecting world.

Friday, November 28, 7:00–9:00 pm. Randy Nelson – Come and hear the author of *Poachers, Polluters and Politics* tell often-hilarious stories of his life as a Fisheries Officer in British Columbia.

See details on both of these presentations on page 17. There will be time for questions and socializing, plus light refreshments. No charge.

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

Foot Care Program – The last Monday of each month, a foot care nurse will be offering foot care services. Appointments are half an hour and cost \$40. Appointments are between 10:00 am and 2:30 pm. Please call 250-478-5155 to book.

Art On The Walls – November. Works by Doug Gilbert. “Mostly Underwater.” Since his last show at the community house, Doug has been exploring underwater photography with local models, a Metchosin costume designer, Jennifer Small, and a Metchosin body painter, Christina Cheply. Some of the images have been combined with other water-related photographs to create a beautiful dream world. The show opening is on Sunday, November 2, from 1:00–3:00 pm. The collection will be on display for the month of November.

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.

Art On The Walls – December. On Friday, December 5, Saturday, December 6 and Sunday, December 7, the House will feature the works of Mr. Christiaan Van de Water. For the rest of the month Beverly McLeod will have her works on display.

The Art On The Walls program offers the House as a wonderful venue for artists to show and display their works. For more information please call the MCH at 478-5155.

“Made-In-Metchosin Mince Pies” Enjoy a locally created Christmas dessert. Fill your kitchen with the delicious smell of baked mince pies. Impress your dinner guests or give one as a holiday hostess gift. The pastry is created by the generous folks at the Royal Bay Bakery in Colwood.

The light and spicy mince is enhanced using tart, local Metchosin apples. Pies are sold frozen and unbaked @ \$12 each. Only a limited number of pies is made each year. **Order Your Holiday Mince Pies by December 5.** Place your order with MCH at 250-478-5155.

Pick up orders on Monday, December 8 from 9:00 am to 1:00 pm or Wednesday, December 10 from 5:00 to 8:00 pm at the Metchosin Community House at 4430 Happy Valley Road. Baking instructions included. Pop several pies into your freezer (or oven, if you can't wait!). Please forward this gift-giving idea on to family and friends. Gift locally; it helps our community. This is a Metchosin Community Association fund raiser.


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Life in Metchosin

Thank you to Barb Sawatsky for submitting this crossword puzzle. It will give us all something to do on a dreary fall evening!

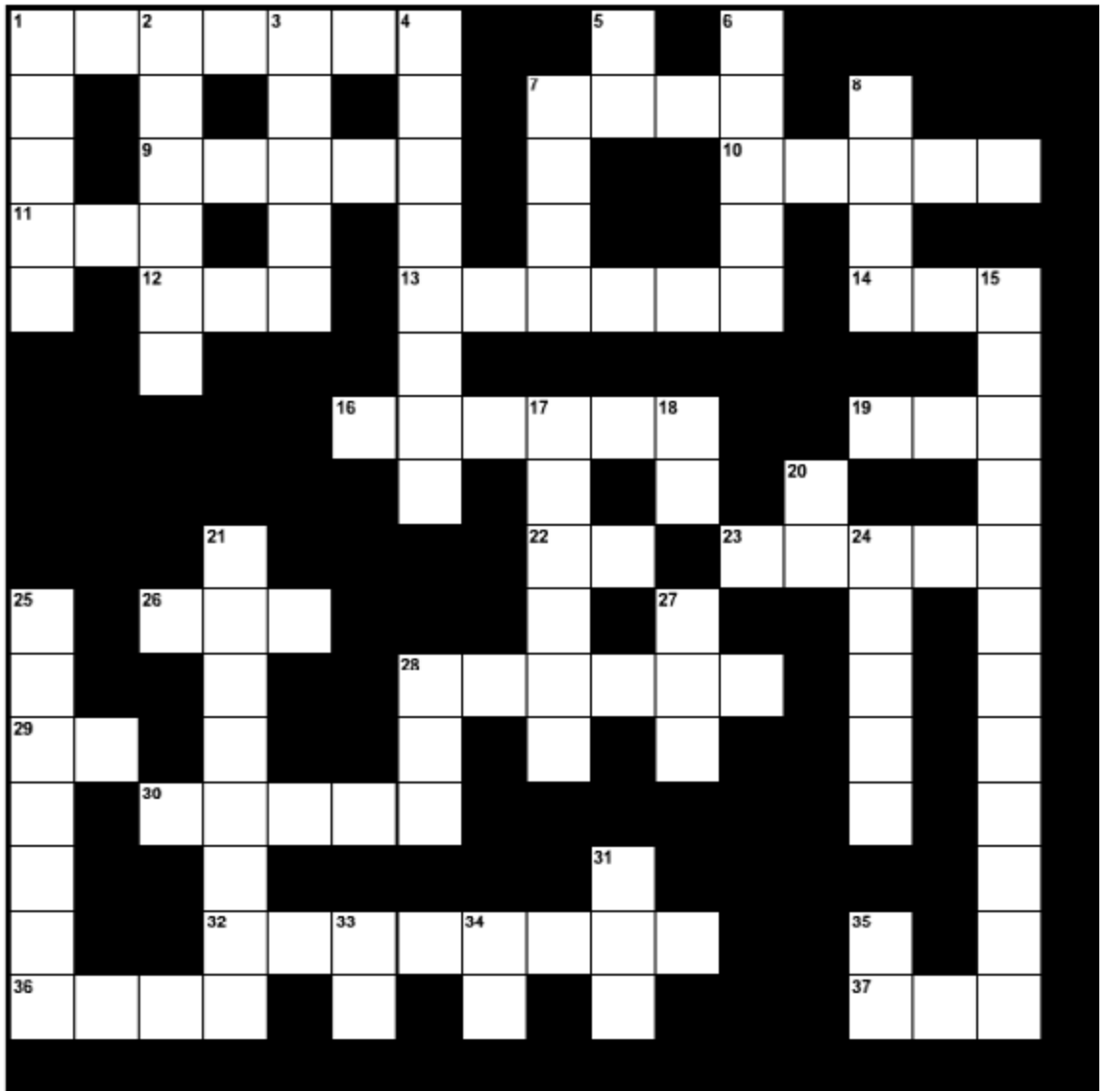
ACROSS

- 1. Place of peace
- 7. Contorted bodies
- 9. Early morn
- 10. Lots of buckbucking
- 11. Night before
- 12. Not downs
- 13. Easter flowers
- 14. Water obstruction
- 16. Where sheep graze
- 19. Fish scooper
- 22. Time for bed
- 23. Witty and Weir
- 26. Strike or ewe's mate
- 28. Byproduct of 1D
- 29. Not out
- 30. Trotter
- 32. Tool for fuel
- 36. To do before making jam
- 37. Before manure

DOWN

- 1. Ruminant animal
- 2. Place of antiques
- 3. Fearless leader
- 4. Metchosin store
- 5. Opposite of fro
- 6. Two in Metchosin
- 7. Call across the fields
- 8. After the sale
- 15. Fun day
- 17. Scourge of meadows
- 18. Us
- 20. Not him
- 21. Small islet
- 24. Tracts of land
- 25. Foot rest
- 27. Often on the walls
- 28. Saves us
- 31. Goes and finds them
- 33. Purchased word
- 34. Negative
- 35. Expression of surprise

Answers on page 19.





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Hallowe'en at the Fire Hall

Fireworks: Depending on weather and cloud cover, between 8:00 and 8:30 pm:
 5 Min Warning: Fire Hall Siren to sound
 3 Min Warning: Single firework set off
 Firework show to start; length 10-15 minutes


Haunted House Opens: 6:30 pm
 Hot Dogs/Hot Chocolate and Coffee: 6:30 pm
 Costume Parade: 7:30 pm; everyone is welcome to join in the fun!
 Fireworks: between 8:00 and 8:30 pm



Where Is It?

In Metchosin, it's not unusual to come across something a little different. With its history and diverse population, this is a great place to find uniqueness, whether person, place, or thing.

The *Muse* hopes to pull some of these treasures out of Metchosin's closet for your enjoyment. **If you can identify the location of the object below, send an email to the editor at metmuse@shaw.ca.** The sender of the first email received that correctly identifies the person, place or thing will receive a free regular coffee, compliments of the Broken Paddle Coffee House. We'll let them know to expect you!



Congratulations to Becky Halvorson for being the first to identify Pearson College's David Hawley. The photo was taken when he dipped his bicycle in the Pacific after cycling across Canada.

sponsored by **The Broken Paddle Coffee House**
4480 Happy Valley Road, Metchosin

Attention Metchosin Residents!



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SPEAKERS AT THE HOUSE

Derek Wulff – Creating a Global Toy Business in the Heart of Metchosin

Thursday, November 20, 7:00 pm
Metchosin Community House



Derek at his well-stocked booth at the Hong Kong Toy Fair together with Donald and Penny from Taiwan who handle manufacturing and global distribution from Taipei.

High energy, contagious enthusiasm plus a wide range of interests and skills describe Derek Wulff, the creator and owner of Pathfinders Design and Technology. Starting with making medieval siege engine models in his studio in Metchosin and selling to one store in Victoria, he now operates an award-winning global educational science kit business and his products, manufactured overseas, can be found in major museums, science centres and toy stores around the world.

Derek's multiple talents include windsurfing – he was on the Canadian National team for four years in the early 1980's and won the Canadian, North American and World championships. He moved on to a coaching career at provincial and national levels. His proficiency in this sport enabled him to spend six years sailing in regattas around the world. "Great fun," he says, and his success gave him the confidence to believe he could achieve in other areas, which has proved

to be true in his flourishing toy design business.

In spite of all the international travel and the time spent in developing his business, Derek still participates as a volunteer in Metchosin. He was a member of the organizing committee of the recent AppleBee Festival, and, like the bees he had on display, was buzzing around at the Festival, showing youngsters how to use his larger model catapults and the trebuchet, demonstrating tree grafting techniques and generally advocating apples and bees and gardening among the joys of rural life, particularly in Metchosin.

Derek's talk will cover the pitfalls and triumphs of building an international business from scratch, and offer a different take on how success is measured. He has also promised to show some of his new ideas "yet to be released upon the unsuspecting world".

All welcome at this lively and interesting talk, question period, plus light refreshments and time to socialize.

Meet Randy Nelson – funny, fast and full of great stories

Friday, November 28, 7:00 pm
Metchosin Community House



Retired Fishery Officer Randy Nelson's first love was catching poachers. That obsession, plus a devious mind and enthusiasm for marathon running, spelled big trouble for law-breaking fishermen. If you were fishing out-of-season, or getting carried away and catching more than your limit, you wouldn't want to meet Nelson. A better place to run into him would be at the Metchosin Community House on Friday, November 28 at 7:00 pm, where he'll be sharing stories and signing copies of his new book, *Poachers, Polluters & Politics: A Fishery Officer's Career*.

The Department of Fisheries and Oceans (DFO) oversees an aspect of the province that is hugely important; BC's waters are central to the province's ecology and vital to our economy and our heritage. Some of BC's biggest issues are in managing the fisheries, and balancing industry, culture and the environment. Randy Nelson worked for the DFO for thirty-five years—a career that provided him with

a whole slew of exciting, often hilarious stories about spying on poachers while hiding in hollow trees, getting attacked by grizzly bears, or awkwardly searching fishermen at nudist beaches. His work in the field, his passion for conservation, and his first-hand experiences interacting with the people of BC have not only given him a huge bank of valuable wisdom about fish conservation, but also rare insight into the identity of the province—its wilderness, its economy, and its people.

Randy Nelson, who was born in Saskatchewan, came to BC and began working as a fisheries officer without ever having seen a salmon. Since then, he has become the most decorated Fishery Officer in the history of the province. Firm but fair, and always innovative, he almost always earned the (often grudging) respect of the communities and fishermen he encountered.

Nelson is also an accomplished athlete and has raced in over two hundred

competitions, including ten marathons. This is a skill that comes in handy when trying to chase down poachers. He has lived all over the province, and currently resides in Kamloops. *Poachers, Polluters and Politics* is his first book—unless you count ticket books.



Daylight Savings Time ends on Sunday, November 2.
Don't forget to set your clocks back one hour.

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14TH JUAN DE FUCA (METCHOSIN) SCOUTS CANADA

Remembrance Day Community March

SHELLY DONALDSON

The 14th Juan de Fuca Scouting Group would like you to join them on a Remembrance Day march, November 11, 2014. We will gather behind the Metchosin Fire Hall at 10:30 am and form a line behind the color party and uniforms. We depart at 10:45 and march through the village toward the St. Mary the Virgin Cenotaph on Metchosin Road. Service starts at 11:00 am. If you have a wreath to lay, poem or song to recite please contact us and we will be sure to put you on the itinerary.

Please park in the Municipal Hall parking lot or at the Farmers Market. Do not park behind or beside the fire hall as these spaces are reserved for volunteer firefighters should there be an incident.

Roads will be closed at Metchosin Road at Pears Road and Rocky Point Road at Happy Valley Road during the march. Upon our return march to the fire hall we invite you to stay for some refreshments. Everyone is welcome!

14juandefuca@victoriascouts.ca

Apple Day Fundraiser

There has been a lot of activity in the 14th Juan de Fuca Scout group this fall. All sections participated in Apple Day, which is a yearly fundraiser for both our group and for Camp Barnard.

Although Metchosin is a small community, the donations to Apple Day show that it is a very generous one! Thank you, everyone, for your support of this event!

NEWS FROM HANS HELGESEN SCHOOL

A New School Year Begins at Hans Helgesen School

DEBRA STOUTLEY, PRINCIPAL



Isaiah with his turkey "Bob"

Hans Helgesen is settling into another school year! Students and teachers are hard at work on both academic and social learning. Below are a few of our highlights:

Some of our classes are incorporating a regular outdoor time each day into their physical education program. A large number of classes are taking their Daily Physical Activity (DPA) time together in the afternoon at 1:45. Students come in from their break and

are more focused on learning for the last portion of the day. They seem to really enjoy this outdoor time too!

Our first school-based fundraising activity was the Terry Fox Run. Students were asked to do a "chore" for Terry to earn a loonie or toonie to donate. When it rained on the day of the run, we did a "health hustle" in the gym to remember Terry in the spirit of healthy activity and giving.

Our grade 4 students went to the Perpetual Salish exhibit at the UVic Gallery downtown on October 17. This was a curricular trip that supported classroom learning. Only fifty classes in the region were able to see this exhibit so we were fortunate to be able to attend!

We also have Mad Science and Art Lessons beginning after school for our students. Keep an eye out for more information coming soon!

Our Meet the Teacher Night was on October 20. Parents and guardians were invited to drop by to meet their child's teacher and see the PAC display. We have had many parents interested in PAC and are looking forward to planning some fun activities in the school as well as discussing our school goals for the year.

Another important date was the district Fall Gathering hosted by our Aboriginal Education department. This year, it was held on October 22 at Belmont School. All families were invited to attend.

Please contact Mrs. Stoutley at the school if you have any questions about Hans Helgesen School.



Please consider voting for
ANDY MACKINNON
as Metchosin Councillor
in November's
municipal elections.

Andy is a long-time Metchosin resident with plenty of volunteer experience in the community. He looks forward to aging gracefully in a lean, green Metchosin.



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CONTRACT OR HOURLY RATES

Fire Dept. Call-Outs

SEPTEMBER 16–OCTOBER 15, 2014

FIRE CHIEF STEPHANIE DUNLOP

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

- Sep 17 SOOKE ROAD – MVI
- Sep 18 SOOKE ROAD – Open Burn
- Sep 19 BROTHERSTONE ROAD – Medical
- Sep 20 LINDHOLM ROAD – Brush/Grass – Smoke Smell / Sighting
- Sep 22 SOOKE ROAD – Vehicle Fire
LOMAX ROAD – Medical
- Sep 25 DUKE W ROAD – MVI
- Sep 26 MUTAL AID – TALC PL – Structure Fire Residential
- Sep 27 LA BONNE ROAD – Medical
TAYLOR ROAD – Open Burn
- Sep 28 Beach Fire
- Sep 29 GLEN FOREST WAY – Medical
TAVANE ROAD – Open Burn
- Oct 01 WILLIAM HEAD ROAD – Medical
- Oct 04 SOOKE ROAD – Open Burn
DUKE W ROAD – Medical
SUTIACUM RD – Structure Fire Residential
- Oct 05 LISANDRA ROAD – Medical
WINFALL RD – Medical
- Oct 07 Brush/Grass – Smoke Smell / Sighting
TAYLOR RD – Rescue – Animal
- Oct 09 GLEN FOREST WAY – Medical
BRIARWOOD LANE – Open Burn
EALES ROAD – Brush/Grass – Fire
- Oct 10 SOOKE ROAD – Fire – Misc Fire
ALBERT HEAD ROAD – Alarm Bells – Commercial
METCHOSIN ROAD – Assistance
HAPPY VALLEY ROAD – MVI
ALBERT HEAD ROAD – Alarm Bells – Commercial
SOOKE ROAD – Assistance – General Public
ROCKY POINT ROAD – Medical
- Oct 13 Beach Fire
SOOKE ROAD – Open Burn



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RCMP Call-Outs SEPTEMBER 8 TO OCTOBER 11, 2014

BY CPL. BRIAN KERR, CENTRAL SAANICH POLICE

- Sep 08 **Lomax Road** – Complaint of found baby stroller, turned into the detachment
Glen Forest Way area – Complaint of assault, no charges.
- Sep 09 **Sooke Road** – Complaint of possible impaired driver, vehicle stopped and driver found to be sober.
Challister Court – Complaint of motor vehicle accident, minor damage.
- Sep 10 **Sooke Road** – Complaint of abandoned vehicle.
- Sep 11 **Rocky Point Road** – Complaint of motorcycles being driven erratically, patrols failed to locate.
- Sep 12 **Neff Road** – Assistance provided to ambulance service for a person who overdosed on drugs.
Glen Forest Way – Complaint of youths gathering and drinking alcohol, given warning.
- Sep 13 **Happy Valley Road area** – Complaint of a person trying to break into a residence, suspect vehicle later stopped and driver found to be impaired, investigation continuing.
William Head Road area – Complaint of domestic dispute, police called to keep the peace.
Rocky Point Road – complaint of noisy party.
Sooke Road – Complaint of single vehicle accident, driver found to be impaired, vehicle impounded and driver charged with impaired driving.
- Sep 14 **Sooke Road** – Complaint of abandoned vehicle.
Neild Road – Complaint of suspicious phone calls.
- Sep 15 **Metchosin Road** – Complaint of lost property.
Metchosin Road – Complaint of domestic dispute, no assault, Ministry for Children/Families called.
- Sep 16 **William Head Road** – Complaint of possible impaired driver, vehicle not located.
- Sep 17 **Sooke Road** – Complaint of single vehicle accident, driver found to be impaired, investigation continuing.
Kangaroo Road – Complaint of breach of the peace, one person spoken to.
- Sep 18 **Metchosin Road** – Complaint of mischief, park sign damaged, reported for information.
Happy Valley Road area – Complaint of possible disturbance, still under investigation.
Sandgate Road – Complaint of possible impaired driver, driver found near the vehicle, vehicle towed from scene.
- Sep 20 **Glen Forest Way area** – Complaint of a possible assault-breach of the peace.
Glen Forest Way – Complaint of suspicious males, riding bikes with masks on, patrols failed to locate anyone.
- Sep 22 **Rocky Point Road area** – Complaint of theft, items stolen from residence.
- Sep 23 **Sooke Road** – Single vehicle accident, tire came off of vehicle, no injuries, vehicle towed from scene.
Rocky Point Road area – Complaint of assault x 2, one male taken into custody and facing several charges.
- Sep 24 **William Head Road area** – Complaint of a suspicious occurrence, one male spoken to.
Sooke Road – Complaint of a vehicle being driven erratically, vehicle stopped by Sooke RCMP.
William Head Road – Complaint of harassing phone calls.
- Sep 25 **Happy Valley Road** – Complaint of lost/stolen licence plate.
Metchosin Road – Complaint of a truck being driven erratically with a dog in the back.

- Gemini Drive** – Complaint of loud noise.
- Metchosin Road** – Complaint of two vehicle accident, no injuries, one driver charged for failing to stop at a stop sign.
- Sep 27 **Kangaroo Road** – Complaint of a suspicious male in a vehicle, vehicle stopped, no problems noted.
Rocky Point Road area – Complaint of loud noise.
Kangaroo Road – Complaint of a single vehicle accident, driver left scene, vehicle later reported stolen, investigation continuing.
- Sep 28 **Rocky Point Road** – Complaint of erratic driver, vehicle not located.
Rocky Point Road area – Complaint of loud noise.
Glen Forest Way – Vehicle stopped for no valid insurance, vehicle towed and driver charged.
Taylor Road – Complaint of loud party on beach, several people warned and asked to leave area.
- Sep 29 **Rocky Point Road area** – Complaint of loud noise.
Happy Valley Road area – Assistance provided to ambulance service for a person overdosed on cocaine.
Duke Road area – Complaint of check welfare, person found to be all right.
- Sep 30 **Rocky Point Road area** – Complaint of possible threats.
- Oct 01 **Happy Valley Road** – Complaint of criminal harassment, one person given verbal warning.
- Oct 03 **Glen Forest Way area** – Complaint of domestic dispute/assault, no criminal charges, Ministry for Children Families advised.
- Oct 05 **Rocky Point Road** – Two complaints received of someone putting fishing line across road. Patrols made, line removed but no one located.
Sooke Road – Complaint of domestic dispute, no assault.
- Oct 06 **Neild Road** – Complaint of deer hit by vehicle.
Impala Road – Complaint of mischief to private property, graffiti on signs.
Rocky Point Road – Complaint of person in possible breach of bail conditions.
Sooke Road – Complaint of possible impaired driver, vehicle stopped by Sooke RCMP.
- Oct 07 **Witty Beach Road** – Complaint of children playing dangerously close to the road, patrols made.
- Oct 09 **Neff Road** – Complaint of stolen property, ongoing investigation, two stolen motor scooters recovered.
Metchosin Road – Complaint of lost hiker, located shortly after.
- Oct 10 **Glen Forest Way** – Complaint of possible fraud.
- Oct 11 **Happy Valley Road** – Two vehicle accident, two people taken to hospital, investigation continuing.
Rocky Point Road area – Complaint of possible disturbance, no problem found.
Rocky Point Road – Complaint of erratic driver, patrols made.

Answers to crossword puzzle on page 16:



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\$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.

LESSONS

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

PIANO LESSONS – Experienced teacher, RCM trained has opening for students. All ages. Location – Cotlow Road, Colwood. Phone 250-391-7915.

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

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Wills and Estate Planning Seminar by Metchosin Foundation

Wednesday, November 12, 7:00 pm, Church of St. Mary of the Incarnation

Metchosinites with questions about estate financial planning, wills, powers of attorney, and representation agreements will want to attend the Metchosin Foundation's free seminar on Wednesday, November 12, 7:00 pm, at the Church of St. Mary of the Incarnation, 4125 Metchosin Road. Legal experts from the firm

MacIsaac and MacIsaac will do a presentation and be on hand to field your questions.

For further information about Metchosin Foundation activities, please see our website at metchosinfoundation.ca or e-mail us at metchosinfoundation@gmail.com.

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.

Directory of Organizations

AIR CADETS
250-590-3690

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

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

BADMINTON
Sunday night cancelled.
Women's 250-478-9648

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

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

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

GIRL GUIDES OF CANADA (Metchosin and Colwood)
tandwcampanandcomish@shaw.ca,
250-478-5484

LA LECHE LEAGUE CANADA
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METCHOSIN 4H, POULTRY, HORSE AND CLOVERBUDS
250-478-4677
Metchosin4H@gmail.com,
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www.metchosincommunityhouse.com

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

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 FOUNDATION
metchosinfoundation@gmail.com,
<http://metchosinfoundation.ca>

METCHOSIN GARDEN CLUB
250-298-7877

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

METCHOSIN HIKING CLUB
250-478-4778

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

METCHOSIN PONY CLUB
250-727-3595

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

METCHOSIN SEARCH & RESCUE
250-478-2210

MT. MATHESON CONSERVATION SOCIETY
250-642-0238

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

ROYAL CANADIAN LEGION Branch 91, Station Rd, Langford
Ladies Auxiliary
250-478-5484

SCOUTS CANADA
14thjuandefuca@victoriascouts.ca

SEA CADETS
250-478-7813

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

TOPS: Take Off Pounds Sensibly
Brian 250-474-1665
Marni 250-999-6757

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 MARYS' METCHOSIN
Anglican Church of Canada
250-474-4119
stmarysmetchosin.ca

WESTSIDE BIBLE CHURCH
www.westsidefamily.org
250-478-8066

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

Events

St. Marys' Metchosin welcomes all to a service of Remembrance with members of the Royal Canadian Legion on Sunday, November 9 at 9:00 am, St. Mary the Virgin (old church). Light luncheon to follow.

The Sooke Christmas Bird Count (which includes Metchosin) is coming up on December 28. We are seeking birders of all ages and experience levels, as well as volunteers for the post-count potluck (to be held in Metchosin). If interested, please contact Cathy O'Connor at 250-580-5673, or email sookecbc@naturevictoria.ca.

For more on Metchosin events, see "Important Dates," page 1.

Cardiovascular Screening Comes to Metchosin!

Don't wait for a heart attack or stroke to happen – know your risk so you can take action today – 7 tests and pain free!
Cardiovascular disease can be reversed



BOOK YOUR HALF HOUR APPOINTMENT NOW

♥ November 4 & 18 ♥
12noon to 4pm

Zen Holistic Nutrition

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250.391.9905 or 250.891.8300
info@cardioscreens.com
www.cardioscreens.com



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.



John Horgan, MLA
Juan de Fuca

Standing up for our Rural Communities

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

Monday-Friday
10am-4pm
#122-2806 Jacklin Rd.
Victoria, BC
V9B 5A4
T: 250-391-2801
john.horgan.mla@leg.bc.ca
www.johnhorgan.ca

The above is a directory of organizations only. Individuals, groups and organizations are invited to submit details on upcoming events, to be included under "Events" on this page. Deadline for submission is, as always, the 15th of the month preceding the issue date.