



# 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

## Polar Bears do it again!



Polar Bear Swim 2015. Over fifty brave??? souls tested (briefly) the waters of the Strait of Juan de Fuca at the annual Polar Bear Swim, this year at Taylor Beach. It was so cold, even the politicians had their hands in their own pockets. Photo by Brian Domney

The *Muse* loves to receive great pictures! However, photographs taken with a cell phone or tablet are unlikely to print well at a usable size. Please use a camera set to take "megapixel" (1600 x 1200) images for better-quality prints, for yourself or for the *Muse*.

## Amalgamation and Regional Sustainability: Implications for Metchosin

JIM MACPHERSON

On 21 January, Ben Isitt gave a spell-binding evaluation of the push behind amalgamation, the CRD's Regional Sustainability Strategy, and just what these may mean for Metchosin. The standing-room-only presentation at Metchosin Community House was sponsored by the Association for the Protection of Rural Metchosin. Isitt is a CRD Board Member and was the top-polling Victoria councillor in the November 2014 election.

Isitt identified three general issues relevant to

amalgamation: social justice, environmental responsibility, and good government. He cited the views of proponents on these grounds, but then described how these concerns could be better met without large-scale amalgamation. He was highly critical of the referenda on amalgamation and draft terms of reference for the study which came from the main proponents, the business sector, and development community. These interests favour amalgamation as a way to reduce the red tape constraining development, to

inhibit public participation in rezoning, and to reduce or eliminate the mechanisms for community input into local land use decisions.

A more democratic solution would be bringing obviously regional services, such as policing and emergency services and major transport, under management of the CRD, a regional body which has representatives of each member municipality. While residents are very aware of some CRD shortfalls (think sewerage), they benefit from an enormous number of services which provide effective amenities (think parks). The analogy is the borough system in the UK in which local authorities retain control over land use and local services. This pattern enables all taxpayers to contribute their fair share to regional services, while not contributing to costs of services they do not use (e.g., sewers in the case of rural areas).

Isitt noted that Metchosin has one vote on a CRD Board of 24, or just over 4%. If voting power were related

to population, Metchosin's share would be just over 1%, assuming it had a representative at all. Councillor Isitt suggested that if residents are serious about preserving Metchosin's rural character, they should oppose amalgamation and support a reformed and strengthened CRD.

Commenting on the draft CRD Regional Sustainability Strategy (RSS), which will replace the existing Regional Growth Strategy, Isitt noted that the urban containment boundary mechanism in the current RGS has been fairly effective at restricting densification and urban expansion. There are pressures to weaken that mechanism, however, and more needs to be done to protect the environment and enhance the rural areas. Isitt mentioned, for example, that he had proposed an agricultural land bank, under which the CRD would apply a levy that would be used to acquire agricultural land under regional ownership, much like the parks levy currently in place. If the issue of land cost were addressed, local farming

and increased food security would become more feasible. Isitt believes the November 2014 elections produced a CRD Board that will be more favourably disposed to conservation and urban containment, but the public has a critical role in ensuring that is the case.

CRD residents have the opportunity to comment on the current draft RSS online (<https://www.crd.bc.ca/project/rss/connect-engage>). The deadline for responses is Sunday, February 15. Municipal Councils will then be asked to advise CRD on contents of the final RSS document.

The draft RSS, and the survey, are not short documents, but the issues are important. Local organizations, including the APRM, are currently reviewing these documents with a view to clarifying the options for members of the public who wish to comment, and for councils that need to direct their CRD representatives.

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

- Feb. 10 "Plants We Love" talk with Jeff de Jong ..... p. 8
- Feb. 13 Talk and Walk: Alpine Plants of Vancouver Island ..... p. 3
- Feb. 15 Sooke Philharmonic's Tea & Symphony ..... p. 10
- The Boiler of Seville's Marmalade Workshop .... p. 13
- Feb. 27 Deadline for Community Project Funding ..... p. 4
- Feb. 28 Four-Part Harmony Workshop ..... p. 9
- Mar. 1 Baha'i Our Place Project ("Our World")..... p. 5

# Metchosin Muse

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## SUBMISSION DEADLINE AND HOW TO SEND COPY

The 15<sup>th</sup> 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. Please visit our website for more information: www.metchosinmuse.ca.

## AD DEADLINE

The 15<sup>th</sup> 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.

## Bottle Drive for Animal Rescue

Cookies Critter Care has been collecting returnable beverage containers for animal rescues for close to five years now and one hundred percent of the proceeds go directly to the local rescues. Since I have been collecting on my own, I have brought in close to \$25,000. I am continuing on my mission to support local rescues and am asking you to help by contacting me for pick up. I collect empty bottles in the Westshore area, Metchosin, Langford, Colwood, the Highlands, and surrounding areas. I can pick up in the outside areas if it's a full car load. I spend my own money on the gas and time to collect. I also provide bags and can swap recycling bins to make it easy and convenient for pick up. You can find out which rescues I have supported with my bottle collection by visiting my website at www.cookiescrittercare.swebby.com. Contact me by text, email or phone call. metchosincookie@gmail.com or 250-415-9335.

Thank you. Cookie at Cookies Critter Care

## Thank You to a Secretive Elf



The mysterious "Charlie Brown Christmas Tree." Photo by Cheryl McGowan

The Spirit of Christmas is alive and well in Metchosin. Over the past several years now, some wonderful resident of our neighbourhood has decorated a tree near our mailboxes with Christmas decorations and left a sign that says "Charlie Brown's Christmas Tree. Merry Christmas to All."

I look forward to this small show of good will every year, my friends who visit comment on it and my grandchildren also know about it and make mention of it when they see it.

I don't know who it is, or even if it is a member of the neighbourhood, but reason dictates that it must be. Last year it was later going up and I feared the individual had moved out of our area. However, there it was a couple of mornings later. It is usually there for a couple of weeks. I have never seen who does it (not for lack of keeping an eye out) as it is always done in the dark of night and it is always cleared away also in the dark of night.

I just wanted to acknowledge this act of kindness and to let the person responsible know how much we all enjoy this and how grateful we are for their efforts.

Cheryl McGowan

On the web at [www.metchosinmuse.ca](http://www.metchosinmuse.ca)

Visit our website! [www.metchosinmuse.ca](http://www.metchosinmuse.ca)

The *Muse* website provides a quick way to access Metchosin's monthly newspaper, and it allows those with vision challenges to magnify the .pdf files to a comfortable reading size.

The current issue and issues from the past year are there, along with contact information and information for submissions, advertisers, and deadlines. Please let us know what you think!

## 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  
10 Bradene Road  
Victoria BC V9C 4B1  
Tel: 250-478-3451

Or you can email us at [metmuse@shaw.ca](mailto:metmuse@shaw.ca)



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Deadline: 15th of each month.  
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## Metchosin Technical Centre Letters

"The clearest way into the Universe is through a forest wilderness." – John Muir

This month we have enjoyed the lengthening of the days and the turn of the weather at Metchosin Technical Centre. I am very thankful because we have been spending a lot of time outside, learning about survival and first aid. The grade 10 class at MTC has recently had the privilege of working on a Wilderness Adventure Leadership Training (WALT) certification with Alison Harle of Rocky Point Outdoor Education. Together, we have been learning many practical skills in Wilderness First Aid and upon successful completion of this twenty-four hour course our students will be well equipped to survive a first aid emergency in the wilderness. I am very grateful that Alison, our trusted instructor, is donating her time, expertise and facilities to my grade 10 students.

We are looking forward to the spring blossoms but, whatever the weather, we will be making our way through the forest, learning as we go. I have asked my students to write about their WALT experiences.

Dayna Christ-Rowling, Acting VP Metchosin Technical Centre

"One thorn of experience is worth a whole wilderness of warning."

– James Russell Lowell

I am a grade 10 student attending Metchosin Technical Centre. At this school, we get a special opportunity to go to WALT or Wilderness Adventure Leadership Training. This course is being taught by Alison Harle. We have learned how to make shelters, signal fires, how to fix injuries like broken bones and cuts. WALT is a very fun and exciting course that we take every second Wednesday. After the course, if you pass, you get a Wilderness First Aid and a WALT Survival certificate. We will be able to use the course content in almost any situation. Some cool things I have learned are: that orange is the colour of distress, how to treat burns and cuts, and three of anything means help (for example, three whistle blows). In the previous session, we learned how to stabilize broken bones and other injuries in an outdoor situation. Alison's facility is just off the Galloping Goose trail near Matheson Lake, it is called Rocky Point Outdoor Education. This is usually a very expensive course but we are very lucky to get to learn this in school. So far I am really enjoying this amazing opportunity.

Floyd Dobell, student at M.T.C.



James lighting a fire in tree bark at WALT.

"We must go beyond textbooks, go out into the bypaths and untrodden depths of the wilderness and travel and explore and tell the world the glories of our journey."

– John Hope Franklin

This month the grade 10 students at Metchosin Technical Centre are writing about our survival and first aid program. In our course WALT (Wilderness Adventure Leadership Training), our teacher, Alison Harle teaches us the steps in order to survive on our own, with not much other than what is on your own back. She created different scenarios such as, "It's been raining all day and now your

continued on page 14

# SIRC Notes and News

ANNE RICHMOND

Metchosin's Seniors' Information and Resource Centre (SIRC) is one of the many home-grown organizations that make Metchosin such a great place to live, and with SIRC, that includes an "Age Friendly" place to live! As of the first annual general meeting of the Metchosin Seniors' Association (SIRC's registered society name) in November 2014 we had over 160 members, but SIRC provides services to everyone who needs them in Metchosin. We'd like to tell you a bit about what we've been up to in the last month and what's coming in the month ahead so everyone has a better idea of what's available to you – and we're always open to new ideas and questions!

**S is for Seniors:** that's what we're all about. Senior, just so you know, is defined as age fifty-five and older by the UN, and as of 2011 that was over one third of all Metchosin residents!

**I is for Information:** That's what we try to ensure is available and useful to people in Metchosin. So what sorts of questions do we get? Sure, we have a plethora of information about services, programs and resources for seniors available in our community, region, and province in the Resource Centre, but Colleen or other volunteers in the Centre can also help you to navigate the information available online. Colleen is also a master networker, so if you have a question about something like "where can I find someone to help with yardwork?" she will track something down for you. A recent caller asked about someone to provide foot care. Colleen was able to

refer the caller to the monthly foot nurse sessions at the Community House, but she could also have provided links to in-home service providers who have been recommended by other seniors in Metchosin. So if you are looking for information and don't know where to start, SIRC is a good place to begin!

**R is for Resources:** and more specifically, the services that SIRC provides with the help of volunteers. You have probably heard of the "Geeks and Geezers" program, but don't be dismayed by the nickname, it's actually a terrific way to get help with any electronic question you have about smartphones, iPads, tablets, e-readers, cameras and computers. We currently have four enthusiastic and knowledgeable young volunteers who look forward to helping you with your questions. This is a drop-in group, every Tuesday from 4:15–5:30 pm, but we can organize an individual appointment for you if that works. A \$5 donation helps with the costs. And did you know, any time the Resource Centre is open, you can come down and use a computer or sign on to our wifi? Although it wasn't strictly speaking a tech question, our young volunteers managed to solve a problem for a member last month – she had broken a treasured hair ornament, and asked if someone might be able to fix it. Well, the nimble fingers and sharp eyes of our "geeks" were up to the task! So you see, there is no question you can't bring!

Other services of the resource centre include our drop-in chat groups,



One of SIRC's resources: these "Geeks" come to help seniors who need assistance with modern technology.

Tuesdays 10:00 am–12:00 pm and Wednesdays 1:00–3:00 pm. We're happy to organize transport for these if that would help. Transport is another service you can ask for help with, whether it's to attend one of the many events and groups in Metchosin (knitting, singing, drop in meals at the Community House and St. Mary's – and more!) or farther afield, our volunteers are available to help.

**C is for the Centre,** located on the ground floor of the old school building, 4495 Happy Valley Road (250-478-5150). We're open Tuesdays and Thursdays 10:00 am–3:00 pm, Wednesdays and Fridays 1:00–3:00 pm. Our website at <http://metchosinseniors.ca/> has all this information and more!

Upcoming events for February include our regular tech sessions and drop ins, and taking part in the Metchosin Emergency Program Question and Answer sessions being held the third Tuesday of every month at the Metchosin Firehall.

## TALK AND WALK

Unless otherwise stated, please join us at the Metchosin Municipal Hall, 4450 Happy Valley Road, located behind the Fire Hall.



Spotted Saxifrage. Photo by Moralea Milne

### ALPINE PLANTS OF VANCOUVER ISLAND Friday February 13 at 7:00 pm

One of BC's pre-eminent botanists, Hans Roemer has recently completed a small guide to the alpine plants of Vancouver Island. When the spring floral display has become just a memory, the flowering plants of the alpine areas are just starting to put on their brief but glorious botanical show. Learn about these plants and their adaptations to extreme conditions. If there is enough interest (Me!) we will schedule a visit to either Mt Arrowsmith (more vigorous hike with more alpine plants), or Mt Washington, perhaps mid-late July. Both Hans and Andy MacKinnon have agreed to co-lead this hike. Date and destination to be announced later.

Hans' foldable, tearproof, and waterproof guide will be for sale for \$10 and the larger field guide *Alpine Plants of BC, Alberta and Northwest North America*, co-authored by Hans, Andy and others will also be available for \$25, with \$5 going to the Metchosin Foundation. Autographs extra.

Contact [moraleamilne@gmail.com](mailto:moraleamilne@gmail.com) for further information about these programs.

## Do You Miss the Metchosin Sheepdog Trial?



Remember "Away!", "Come by!" and a firm "Down!"? Many people in Metchosin and around southern Vancouver Island have missed the annual Metchosin Sheepdog Trial, held in July on the scenic Ruth fields at the bottom of Taylor Road. Using Parry Bay Sheep Farm ewes from John and Lorraine Buchanan, this trial had a reputation as a real test for dog and handler amongst the sheepdog community; many trials use "dog broke" sheep, used to the drill and often overly compliant, but not the Parry Bay girls.

Despite health challenges, Martha McHardy had organized and run the Trial for many years, but now living north of the Malahat, she is no longer in a position to do that. She has, however, offered to play an advisory role, if a group of locals are prepared to carry most of the load.

If you are interested in helping bring back this iconic event in the annual Metchosin calendar, probably in 2016, please contact Brian Domney at [bdomney@shaw.ca](mailto:bdomney@shaw.ca).

That'll do ...



### 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](mailto:Randall.Garrison@parl.gc.ca)

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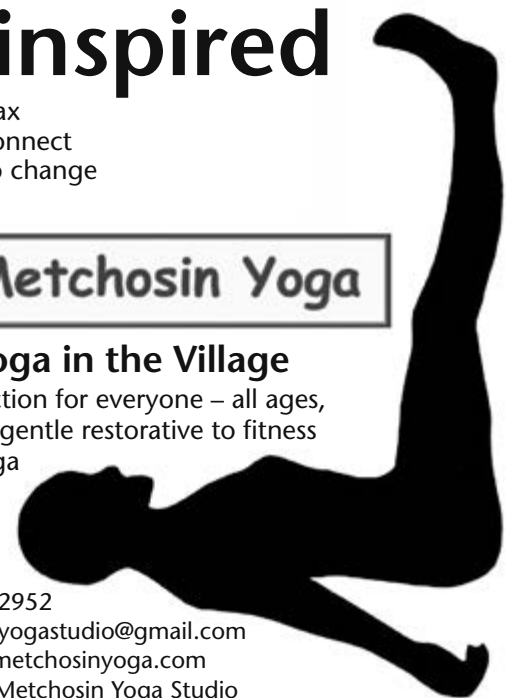
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# Funding Available for Community Projects

DAVID KIRKHAM, COMMUNITY POLICY CONTACT

The West Shore RCMP Community Policing Advisory Committee (CPAC) provides funding for organizations and schools in the West Shore in order to develop projects that prevent drug and alcohol use, reduce crime and promote public safety. Programs must be community based and not for profit and:

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

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

Last fall, \$500 was awarded to West-Mont Montessori School in Metchosin to support students in the shoreline cleanup of Albert Head Lagoon and to provide a technical education course for seniors.

CPAC reviews applications twice a year and provides funding of up to \$500 for each approved project. The amount is determined on how well the project meets the four criteria. The next deadline for applications is February 27, 2015.

Applications should be sent to:

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

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

Tell them you saw it in the *Muse*!

# The Metchosin Muse Is Online!

BRIAN DOMNEY

The *Muse* Team has been contemplating taking our little community newspaper online for some time now, and it has finally happened. There are lots of good reasons, two of the most important are that it now provides a quick way of people accessing past issues, and it allows those with vision challenges to magnify the .pdf files to a comfortable reading size.

The site is still a work in progress, but the current issue and issues from the past year are there now, along with contact information and information for submissions, advertisers, and deadlines.

Check it out at [www.metchosinmuse.ca](http://www.metchosinmuse.ca) and let us know what you think.



# Thank you, Capamara.

BRIAN DOMNEY

The *Metchosin Muse* has just passed its one year anniversary with a member of the local team, Joan Kew, doing the graphic layout of the paper. Until the beginning of last year, the *Muse* was put together by James Lewis of Capamara Communications, a fine local publishing company led by Peter Chettleburgh.

Joan brings a strong background in graphic layout to

the *Muse*, having worked at the University of Victoria's Continuing Studies department, where she was responsible for the layout of their course calendar. She was also managing editor of the BC Museum Association's *Museums Roundup* magazine for two years. Capamara's James Lewis, along with Peter Chettleburgh, set a high

standard and Joan has done a great job of meeting it.

The *Muse* team would like to extend its appreciation to James and Peter for their fine work, and just as important, their patience, working with a bunch of amateurs in the publishing game.

And thank you, Joan, for your fine work and patience, too.



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**COUNCIL NEWS** FEBRUARY 2015

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**COUGARS AND BEARS**

If you see a cougar or bear, please call the Conservation Officer at 1-877-952-7277. The Municipal Office tracks all cougar and bear sightings for our residents. Please call the Conservation Officer first, then call the District Office at 250-474-3167.

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

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

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

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**GRANT-IN-AID PROGRAM**

Is your community organization in need of funding? Not-for-profit societies can apply for a grant-in-aid until March 15. Council announces the names of recipients in June. Applications are available at [www.metchosin.ca](http://www.metchosin.ca) and at the Municipal Hall.

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**DOG LICENCES REMINDER**

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

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**BUSINESS LICENCE REMINDER**

Businesses should have received their renewal notices in the mail for the 2015 business licence year in November 2014. Every business operating in Metchosin, including home-based businesses, requires a business licence.

Metchosin also participates in a regional intermunicipal business licence scheme so that businesses such as contractors and mobile sales based in Metchosin only need one licence to operate in the region.

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**Metchosin Municipal Hall | [www.metchosin.ca](http://www.metchosin.ca) | 250-474-3167 | [info@metchosin.ca](mailto:info@metchosin.ca)**

# Our World Is In Chaos – What Can We Do?

NAN HSIEH

We live in a world where we increasingly feel impotent to make a difference. The volume of oppression and violence that fills our daily news leaves many of us feeling anxious about our future and about our safety – a feeling of powerlessness to make a difference. If you are interested in turning that sense of powerlessness into action we invite you to read on.

There are people in Victoria whose life experience also includes aspects of oppression, violence and fear. They are the homeless, many of whom simply need a helping hand to turn their lives around. There are agencies in Victoria which strive to assist by providing meals, temporary accommodation and support. One such agency is Our Place in downtown Victoria. In addition to providing meals and some accommodation, this agency provides a bath program where people living on the street can come, receive a bath package with a towel and necessary toiletries and bathe in privacy. We would like to

invite all of the community of Metchosin to contribute bath towels, socks and toothpaste to support this program.

Every year for the past seven years, the Baha'is of Metchosin have organized a project at the Metchosin Community Hall where children and adults come with new towels, socks and toothpaste and put together bath packages for Our Place. We especially invite the children to be a part of this service event but we need everyone's help, young or old. The event this year will be on March 1 from 2:00–4:00 pm at the Metchosin Community Hall. There will be entertainment and snacks in a safe, friendly environment where we can put our focus and our energy into creating something positive in our world.

If you are unable to attend the event itself, we would greatly appreciate it if you could drop off new towels and socks at the Metchosin Community House (not the Hall) during the week before from 9:00 am–1:00 pm or the

Senior Information Resource Centre (SIRC) Tuesday to Friday of the week before from 1:00–3:00 pm. Our group is small in numbers but if we all work together, with your help, we can make a big difference. We really do need the help and support of the Metchosin community to provide enough towels, socks and toothpaste. Our Place serves hundreds of homeless people.

We may not be able to make a difference in what is happening regarding safety related to terrorist activity, but we can calm our nerves by focusing on what we can do – making someone who is homeless feel safer and cared about. Thank you in advance for your support in this project.

**Please come to our event and bring items such as new towels, socks, and toothpaste for the Our Place Project on Sunday, March 1, 2:00–4:00 pm at the Community Hall.**



## The Knitting Café

LAURA FARQUHARSON

The Monday evening knitting group at the Community House welcomed a new member at its latest session – five-week-old Jahan who accompanied his mother, Beth Cairns. While not yet at an age to take up knitting needles, it is hoped Jahan, through this early exposure to the pleasures of this craft and the warm welcome he received, will develop an interest in knitting, which is not only a female occupation.

The Knitting Café, sponsored by the Metchosin Community Association, welcomes people of all ages and skill levels, including beginners. The evening group meets each month on the first and third Mondays, 7:00–9:00 pm, and the afternoon on the second and fourth Tuesdays, 1:00–3:00 pm.

Contact Laura for further information at 250-478-1197, or email [laura.farquharson@shaw.ca](mailto:laura.farquharson@shaw.ca).

*Visit the Muse website!*

<http://www.metchosinmuse.ca>

# And So That Was Christmas

JOHNNY CARLINE

The month of December was a busy one for the Metchosin Community Association. On December 7, the MCA sponsored the Christmas Concert by students of Pearson College at the Metchosin Community Hall. The event was a joyous romp from beginning to end and the packed house was thoroughly entertained by a spirited and talented group of young people while the audience snacked on tasty treats and hoped to win the delicious raffle prizes prepared by the bakers of Metchosin. One welcome outcome was the generous donation of a truckful of food for the food bank and \$800 split evenly between the food bank and the MCA.

One highlight of this truly magical evening was, for me, the moment when a young African fellow in the choir was called upon to sing a solo. He was one of the shortest people on the stage and because of that he had to thread his way, somewhat nervously, through the rest of

the choir to perform. Afterwards his face reflected his anxiety of whether he had acquitted himself well. It was then that the tallest person on stage, an immense and immensely talented young man – from the Ukraine or one of those countries named after “Stan,” I didn't quite catch which – reached out a giant arm, embraced the soloist and with a huge grin reassured him that his performance had been great. The responding smile lit up the stage. It was a perfect snapshot of the spirit of the whole evening – young people with energy, talent, enthusiasm and an obviously genuine joy and affection for one another combining together to produce something enjoyable for other people. What an example for the world this college is, and how wonderful, I thought, to be a member of a community and a Community Association that embraces and supports such great kids. The glow lasted all the way through Christmas.

The following day saw the beginning of the MCA Christmas mince pie sale, prepared by volunteers and assisted by the Royal Bay Bakery. Once again the pies sold out quickly and some kind souls even donated their reserved pies to help satisfy the demand. I fed mine to visitors and their verdict was “Deee-lish!”

On December 18 the MCA opened the House for Dave and Leslie Preston's annual Blue Moon Christmas, another delightful session of festive songs and stories by local artists. Metchosin generosity was again in evidence with the food bank being the grateful recipients of another truckload of food and around \$700 in cash donations!

And on December 19, volunteers enjoyed the annual Christmas Tea organized once again by MCA's Linda Hemus – great food, lovely music and Linda's ever-gracious presence is an exquisite combination – the perfect lead in to Christmas.

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# ONE WORLD – A Transformative Night

DANIELLE POPE, PEARSON COLLEGE

For one night, 160 students from eighty countries will come together to put on the show of a lifetime. *One World*, the celebrated theatrical event from Pearson College United World College (UWC), takes the stage on March 7, promising an evening of life-changing proportions.

This rare, collaborative showcase brings the music, dance and stories of countries around the world right to Victoria's doorstep. Yet *One World* is about more than the nations these students come from — it's an example of what the students learn by coming to Pearson College UWC, how they interact, and the transformation they undergo by studying and living together for two years.

All Pearson College UWC students work together to create each aspect of the production — from choreography, writing and costumes to lighting, sound and technical. Audiences can look forward to perennial favourites, like the Gumbot and Ukrainian dances and the Pearson

College Choir, in addition to new performances. As the College celebrates its fortieth year, *One World* has become a symbol of international unity and has highlighted Canada's role in promoting education as a force to unite.

Pearson College UWC is open to 160 students ages sixteen to nineteen from over eighty different countries, including each province and territory of Canada. These students live, study and grow together for two years on a campus in Metchosin, located in the great rainforest at the southern tip of Vancouver Island. The College opened in 1974, under the mandate of its namesake, Prime Minister Lester B. Pearson, to use education as a force to unite people, nations and culture for peace and a sustainable future.

The College purposely recruits students from regions of conflict so the next generation will know how to work together to bring about peaceful change. *One World* has been produced for over thirty years.



## Tickets at the Royal Box Office:

<https://www.rmts.bc.ca>, or by phone: 250-386-6121

EVENT DATE Saturday, March 7, 2:00 pm and 8:00 pm  
 TICKETS \$35 adults / \$20 senior / \$20 students / \$15 children  
 VENUE Royal Theatre, 850 Broughton Street, Victoria, BC

## Advertorial

### Kitchen Scraps are banned from garbage. But what does it all mean?

By now you have probably heard about the regional ban on kitchen scraps, which came in to effect on January 1, 2015. The landfill restriction applies to both the residential and commercial sector. So how might YOU be affected?

What are Kitchen Scraps? Kitchen Scraps are organic waste materials that include meat, bones, grains, dairy products, eggs, vegetables, fruits and soiled paper products.

What does a ban from garbage mean? How will it affect me? As a resident of the capital region, you are now required to keep your kitchen scraps out of your household garbage. Once separated, how it's managed will depend on where you live.

- Some municipalities have created a collection program. If your municipality collects your garbage, then they also collect your kitchen scraps.
- Residents living in municipalities without municipal collection services will need to arrange their own private hauling services for kitchen scraps, the same as they do for garbage. As an alternative to hiring a private collector, residents could install an on-site food digester on their property.

More information about on-site food digesters and backyard composting is available through the compost education centre [www.compost.bc.ca](http://www.compost.bc.ca). Another alternative is to self-haul to designated depots, including Hartland landfill. A detailed list of depots and haulers is available at [www.myrecyclopeda.ca](http://www.myrecyclopeda.ca).

#### Why are kitchen scraps being banned from our garbage?

Once upon a time paper was a major part of our waste, but once we realized that it could be recycled and serve a greater purpose, we banned it from our garbage. Just like paper before it, organic waste has a higher value than garbage heading into our landfill. Organic waste, such as kitchen scraps constitute 30% of the waste stream at Hartland landfill. In order to achieve the region's waste diversion goals, these materials must be diverted from the waste stream. Kitchen scraps are a valuable resource. By separating them for composting, kitchen scraps can be turned into a valuable soil amendment. Composted kitchen scraps contain nutrients and minerals essential for healthy plant development. They also encourage healthy soil ecosystems through the addition of micro-organisms. These organisms can help reduce garden pests and encourage beneficial insects, which can reduce or eliminate pesticide use.

#### How will the kitchen scraps landfill restriction at Hartland be enforced?

This landfill disposal ban will be enforced the same as the region's other disposal bans. Waste is inspected when it is delivered to Hartland landfill. If a waste load contains excessive amounts of recyclable or compostable materials, the hauler may be subject to ticketing under CRD bylaw, in addition to the cost of disposal. When new bans are introduced, there is a transition period where reminders are issued to educate and inform before transitioning to the issuance of tickets.

#### What happens to the organics that are separated from our waste stream?

Currently, the Hartland kitchen scraps transfer station is open to both public and private haulers and tonnages are increasing steadily. Kitchen scraps are being transferred from Hartland and processed by Harvest Power to produce both green energy and compost. Other on- and off-Island processing facilities are also available to take kitchen scraps from our region. The Region is currently requesting proposals for the development of a kitchen scraps processing facility in, or within proximity of, the region. This process has the best potential to create long-term and sustainable local processing capacity.

# Of Hairballs, Underwear and Hearts

CHARMAINE WELCH

Need an attitude adjustment? Have a heart attack! Worked for me. February 4 marks the first anniversary of my totally unexpected heart event.

It was unexpected as twenty-four hours before I had been given a clean bill of health via a complete medical, including low blood pressure, low blood sugar and good cholesterol levels. At fifty-eight, the only prescription I needed was thyroid medication.

It was five days until I was to have my first trip to Mexico. The LAST thing I was worrying about was my health. For fifty-eight years old, I was in pretty good shape! Feel any foreshadowing?

I jumped into the car to whip up to the store. En route, in the space of three seconds, I experienced nausea, light headedness and a heavy weight on my chest. I knew the flu didn't present itself like this, but a heart attack wasn't on my agenda for the day. No pain was involved.

Not wanting to go home to an empty house, I drove to my wonderful friend and neighbour, Cathy Watson. Not liking the symptoms, combined with my pallor, she called 911. The 911 operator suggested aspirin, while we waited for medical help to arrive. She had Tylenol, and ibuprofen, but no aspirin, which would thin my blood, in case I indeed was suffering a heart attack.

Stephanie, Ben and Gord must have been cruising down William Head Road when they got the call, as they

seemed to materialize almost instantly. Cathy seemed relieved to be handing over the responsibility of my continued existence to these knowledgeable and practiced individuals. Oxygen was now gently flowing, and a history being taken. Ben wasn't going to let The Fudge Fairy die!

Just as Ben was lifting my shirt to listen to my heart, I had an awful, terrible, horrible thought! I had my old, ratty, pill infested bra on! Suddenly, that's all I could focus on! All thoughts of what was possibly happening to my body, that maybe I was having a heart attack, possibly not living until the afternoon, were replaced by the absurd notion that by evening, all of Metchosin would know of my slovenly undergarment!

My horror was interrupted by the arrival of three ambulance attendants and three first responders. Things were moving into high gear now! I imagined they were all trying to ignore my grubby bust supporter.

Just after being placed in the ambulance, I began to shake violently. Not being content to just have a heart attack, I decided to have a panic attack as well! The very sweet man tending to me gave me some gravol and a bit of morphine to cope with my anxiety. And, PRESTO! I was not the least bit concerned about much of anything! I have never understood drug addicts. Now I do.

In what seemed to be a five-minute ride to the Royal Jubilee, through the magic of machines and wires and

computers, it was determined I was indeed having a heart attack.

Upon arriving, another ten people were fussing over me, drawing blood and hooking up machines. This time one of these caregivers actually took off my shirt and bra. Guess what? Some sort of premonition was working on my behalf as I was dressing that morning. I had put on a brand new bra! Nothing ratty about it at all! My reputation was safe! I tried to do a fist pump in the air, but the medical equipment was getting in the way.

The painless angiogram I had revealed all clear arteries, except the one at the bottom of my heart. As I had no risk factors, the cardiologist and I decided it must have been caused by a hairball I built up by burying my nose in my dog's fur while grooming her. And she put me on five prescriptions. I'll be having a chat with her about coming off of some of those soon.

I am now going to the gym, walking to the store instead of driving and eating healthfully. And planning my first trip to Mexico.

Seriously though. Here are a few suggestions I have for you. No, I won't nag about your diet or those few extra pounds.

Always carry aspirin – not the coated type. Chew it, don't swallow it whole. Call for help with unusual symptoms. Always buy cancellation insurance (I didn't). And last but not least, wear clean underwear.



The container attached to the Swiss Army knife is a "Mini-container" (\$1.95 each/reference #99K38.75 or 76), available at Lee Valley Tools. *Muse* editor Brian Domney carries a few 325mg ASA tablets in one of these in his pocket, at all times.

Although aspirin, or ASA, is often referred to as a "blood thinner," it actually works by inhibiting the clotting effect of blood platelets; low dose (81 mg) aspirin is often prescribed by doctors for certain people at risk of a heart attack or stroke. However, if a heart attack is happening, it is important to get the platelet-inhibiting factor into your system as quickly as possible.

In an article from the Harvard Medical School titled "Aspirin for Heart Attack: Chew or swallow?", research conducted in Texas revealed that non-coated, 325 mg ASA produced the fastest required effect – that is, a reduction in the clotting effect of platelets in the blood.

*"...people who think they may be having an attack need an extra 325 mg of aspirin, and they need it as quickly as possible. For the best results, chew a single full-sized 325 mg tablet, but don't use an enteric-coated tablet, which will act slowly even if chewed. And don't forget to call 911, then your doctor."*

– Harvard Health Publications

## Signs of heart attack

Thousands of Canadians die from heart attacks every year because they don't receive medical treatment quickly enough. Learn to recognize the signs of a heart attack so you can react quickly to save a life. Warning signs can vary from person to person and they may not always be sudden or severe. Although chest pain or discomfort is the most common symptom of a heart attack in both men and women, some people will not experience chest pain at all, while others will experience only mild chest pain or discomfort. Others may experience one symptom, while some experience a combination.

- Chest discomfort (uncomfortable chest pressure, squeezing, fullness or pain, burning or heaviness)
- Sweating
- Discomfort in other areas of the upper body (neck, jaw, shoulder, arms, back)
- Nausea
- Shortness of breath
- Light-headedness

**If you think you are having a heart attack, you should:**

- CALL 9-1-1 immediately, or have someone call for you.
- Keep a list of emergency numbers near the phone at all times.
- Stop all activity and sit or lie down, in whatever position is most comfortable.
- If you take nitroglycerin, take your normal dosage.
- If the 9-1-1 operator advises it, chew and swallow one adult tablet or two 80 mg tablets of ASA (Aspirin®), as long as you are not allergic or intolerant.
- Do not take other pain medications such as acetaminophen (Tylenol®) or ibuprofen (Advil®) instead of Aspirin. Do not substitute Aspirin for medical care; call 9-1-1 or your local emergency number first.
- Rest and wait for emergency medical personnel to arrive.

– from <http://www.heartandstroke.bc.ca/>

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## Jeff de Jong on "Plants We Love"

JUDITH VAN MANEN

Don't miss our highly informative and most entertaining speaker of all time at Metchosin Garden Club on Tuesday evening, February 10, 2015.

We have been fortunate indeed to feature Jeff de Jong for the last number of years, and he has never failed to produce and present in his peerless and inimitable style an original talk, especially designed for Metchosin gardeners. Artistically themed for Valentine's Day, Jeff's PowerPoint presentation is entitled "Plants We Love."

Jeff de Jong is a professional horticulturist who spent many years instructing horticulture at Olds College in Alberta. Later, when he relocated to Victoria, he became an instructor in the Master Gardener Program at the Pacific Horticultural Institute. He has offered countless courses for gardening groups and organizations throughout the province. Jeff has won several awards for his innovative garden designs so it is not surprising that he also writes articles for several gardening magazines including the Canadian Gardener.

As a popular radio broadcaster, he can be heard every Sunday morning from 10:00 am to noon on C-FAX 1070 AM on the program "Gardening 101."

Jeff de Jong also leads special "Garden Tours" to New Zealand, Europe, and South Africa.

**Please join us with Jeff de Jong on Tuesday, February 10 at 7:30 pm in the main hall of St. Mary's Church, 4750 Metchosin Road.**



## Lynda's Lore

WITH LYNDA DOWLING

# Falling in Love with Your Garden – Again!

Take this quiet seasonal pause to reflect, regroup, and re-energize before Spring Fever hits!

The first year of any garden, veggie or flower, is driven by adrenalin-fueled Passion with a capital P. It often only last a few weeks, usually just past planting and before the mundane maintenance weeding. Or it may fade by late summer when you choose to push yourself for fall clean up, or not! This can start the following spring off with regret or dread, even before you visualize the fun bits again.

For the enduring gardener, this is always the time of renewed hope for better results with less work and a splash of the unexpected, some excitement of perhaps a small new project or new plant choice to play with. There must be something to play with to keep light fingered and light hearted!

So grab your morning coffee or tea and let's stroll into your garden.

Honestly look at your garden canvas and then your "energy bucket," beyond any garden daydreams.

If you have not done it in a while, before you go mad on tomato seeds or drool over the newest variety of frilled Helibore coming out this month: please do a real, professional soil test. They cost about fifty-five dollars, yet this scientific window evaluates your basic garden needs in the nutrition department. Sadly, it is all too common to bulk up on half "ripened" compost, believing you are adding the absolutely best amendment, only to find out your "pure gold" is robbing your plants of critical nitrogen to finish its composting first. The other common accident is to take any extra top dressing material, rough yummy "Fish 'n Forest" you treated yourself to for your shrubbery AND dig the left overs into your veggie patch with the same sad results. Mulch belongs on the top of your perennial borders for a reason – to suppress weeds and NOT to be nutritious for anything in the growing zone. It is heartbreaking the extra work needed now to bring your veggie garden back up to speck. Does this sound like I personally have done either one of these "boo-boos"?! Nitrogen aside, every four or five years, I treat my veggie patch to an amendment of minerals – greensand or granite dust before I begin spring planting. The resulting boost in my greens, especially my basil, is nothing short of amazing! And I'd like to think my body benefits nutritionally from this too, starting with a green finger boost!

I never used to add old potting soil with a perlite base to my pristine veggie patch, yet after a lecture by one of Vancouver's green gurus a few seasons ago, I have seen firsthand the difference to our wet soggy spring soil. It lightens the soil texture, fluffing more air spaces, stopping new seedlings from suffocating and drowning. A good trick is to buy one of those Sunshine soilless bales (\$35/\$40); and as you direct sow, make a furrow maybe 2 inches deep, fill it with this brand new potting mix for your seeds, their roots digging down as they grow through into your nutritious heavier garden soil beneath. Bonus: fewer advantageous weed seeds sprout as well!

For patio gardeners, flowers or veggies, do take the time now to replace a minimum of eight to ten inches of the top soil in any pots. This is especially critical for patio tomatoes to stop any lingering soil diseases AND to remove bug and slug eggs, as with your Dahlia pots. Tip this used potting soil into your veggie area where you might be planting early eating or sweet peas.

I know, we are already making a list on the first "Date" of the year with your garden! Effortlessness and gardening are oxymorons which every seasoned gardener or "Spouse of the Garden" will acknowledge, but it is an ever-learning journey with great rewards to egg us on. The basic garden graces are sun, soil and water. Like real-estate: it is location, location, location. Short of moving, work with what you have and at times think "inside a box" if you are on rock or clay. A common soil blend to fill boxbeds with is 50% top soil/50% seasoil. At the very least, fill the top foot with a very good new soil to give a head start to success. Now is the

month to do any "hard landscaping" so when planting time rolls round, voilà – there is your boxbed ready for your Spring Fever planting!

Starting a new garden block on an old lawn uses the same principles. Remembering the principle of less hard work – don't dig down – build up! Layer cardboard first, then four to six inches of alternating compost, leaves, and manure in four to six inch layers. It is critical to have a sterile topsoil/seasoil blend for the surface layer as it is the first growing medium your flowers or veggies feed in. (Any rototilling for new veggie blocks will be during the fall changeover or clean up time.)

When planting perennials like rosebushes, push layers aside, cut out a cardboard circle, dig down as needed in that spot only. Positioning the rose level with the new soil height, finishing with a good layer of seasoil around its neck. Be careful to not plant too deep, looking for the root flare especially on the trunk area on new trees. Soil against bark will kill trees, a common mistake when mulching around established trees or potting into bigger pots.

Timing – if you plan to be distracted all summer; plant winter squashes, potatoes, even corn, which are harvested at the end of summer. Set up a simple timer for absentee watering. School veggie gardens can plant over wintering veggies in September to eat late the following spring!

Wait ... the post just arrived with another dream seed catalogue. My work lists can wait!

PS: Remember that February is the month for tempting "Seedy Saturday" events. See you there, and remember to choose one new seed package or plant for PLAY!

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Apricot Brugmansia, common name "Angel's Trumpet," Lynda's "play plant" from 2014. Fantastic exotic scent but deadly (literally) to eat! Photo by Lynda Dowling

# Jesse Roper – Picking up Speed

BARB SAWATSKY

Attempting to highlight the man behind the music more than the music itself, it became quickly evident that although you can take Jesse Roper out of Metchosin, you can't take the music out of Jesse Roper.

At Metchosin Day, there is loud cheering when this popular performer walks onto the stage. Jesse and Joel Roper's *Songs About Metchosin*, highlighting our community and especially our mayor and councillors in good-humoured but very funny ballads, are always eagerly anticipated and loudly applauded by Metchosinites. A popular musician locally, his YouTube video, "Yukon Girl," was watched around the world. "No, it's not a true story; complete fiction," he laughs when questioned.

A free spirit who, for the past several years has made his Christmas morning tradition a swim in Matheson Lake, was born to John and Margaret, who guided their five children without pushing them towards traditional careers. They were given freedom to explore Metchosin and explore Jesse did. On two occasions, at the age of six, he left home at night and walked to Taylor Beach. The first time was on July 4 and he was amazed by fireworks on the Olympic Peninsula and the second time by a lightning storm. He attended local schools, remembering his significant teachers: Mr. Scala, Ms. Blatchford ("my first crush") then fell in love with Miss Stenberg in Grade 4.

Jesse began learning guitar at the age of five after listening and watching his father play. Under the direction of his dad, he developed perseverance and stamina and at the age of twenty-one wrote his first song in the woodshed in conjunction with brother Joel. But it was listening to Angus Young of AC/DC which fanned the fire in his belly. An attack of appendicitis and a broken foot forced him to stay home, pick up his guitar and play all day long, which led to the decision to make music his vocation. Four months of voice lessons helped his self-confidence and his breathing. He moved to Toronto when he was



twenty-eight years old to pursue his dream, but the music scene was difficult to break into as he found that promoters and radio stations pay attention to locals who are already known to them, so he returned to the island after a year. Jesse usually surveys up north in the winter to make money to travel to music festivals in the summer. This year jobs were sporadic so he returned to Metchosin and is very grateful to McIntyre Painting who hires him when he is looking for a job locally.

These days, Jesse is out of town more than he is here, playing in and around Vancouver, but will be performing on the grounds of the Legislature for Canada Day and probably Rock the Shores and other festivals around BC. The past year he was very well received at numerous summer music festivals and at a sold out performance in November at the McPherson Playhouse, sharing the stage with Current Swell. *Red Bird*, his latest CD, is to be released at Sugar

on January 23 and he anticipates that his single, "The Hurricane's Eye," will be at least as popular as "Shiny Round Nickle." Future plans include touring for ten years in the USA, especially Kansas, and hopefully Germany – following his dream of a life on the road. He is proud of the fact that he makes enough money from his music to support himself, to travel and live out of his van doing what he loves to do. "I have non-traditional goals with no desire at present to settle down, and no illusions of being rich. I'm addicted to playing and just want to travel, play my music and give concert goers the best value for their money."

Jesse, now thirty-two, loves this community and says, "I will always consider Metchosin my home. I never tell people I am from Victoria; I always tell them I am from Metchosin." His CDs can be purchased locally at The Sweet Shoppe beside My-Chosen Cafe.

## Four-Part Harmony Workshop with Dale Rasmussen

DIANA SMITH

Do you want to practice singing four-part harmony in a friendly and fun atmosphere? On Saturday, February 28, there will be a three-hour *Introductory Singing Workshop* held at Metchosin Community House, 4430 Happy Valley Road, Metchosin, from 1:00-4:00 pm.

The workshop will be lead by Dale Rasmussen, an experienced director of many mixed choirs and a musician who makes singing a joyful and unimimidating experience. We will be singing a range of popular, folk and gospel songs that have simple four-part arrangements.

If there is enough interest from people at the workshop, we will form a choir with a director to meet bi-weekly and continue to sing. We are hoping to have a full range of voices at the workshop, including tenors and basses. No prior singing experience is necessary. The cost of the workshop is \$30 and pre-registration is required.

To register or for more information please contact Garry at garryf@gmail.com, Sheila at 778-440-1773 or Diana at 778-432-4386.

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# The Fifth Annual MCA Services Auction

JOHNNY CARLINE

Is there anything better than getting a really good deal from one of the businesses that serve Metchosin residents? Well, maybe doing something meaningful for a really good local cause. How do you top that? How about getting a really good deal in support of a really good local cause! That is what the 5th Annual Services Auction is all about.

If you went to the 2014 Auction you will know that nearly sixty local companies and individuals donated services ranging from firewood splitting to a limo winery tour; from a septic tank pump-out to portrait painting. The value of the services offered range from about one hundred dollars to well over a thousand. And almost always the winning bid is a steal!

The event is a hoot, with the auctioneers winging it and interacting with the audience in a way that has everyone laughing, feeling good and wanting to bid some more. Which is great because this year the proceeds will go to help fund MCA's services, including the Parents and Tots program. This is an immensely valuable service which provides the opportunity for tots to play and learn together while their parents swap stories, share tips and make friendships.



Ron Tenove with raffle tickets at Services Auction 2014. Valerie Cochran photo

The donors are happy about the increased profile given to their services. In fact 2014 donors confirmed that the auction increased enquiries for their services. Bidders leave happy about the great deals they got or, like fishers, talking about the "one that got away." And the community succeeds once again in coming together to find a way to have a good time while contributing something worthwhile to Metchosin.

**The auction will be held at the Metchosin Community House, fuelled by the renowned MCA Hospitality, on Friday, March 27, 2015, beginning at 7:00 pm.** Mark your calendars and plan on

being there for one of the best couple of hours you'll spend all year.

Keep your eye on the MCA website for more information and the online bidding process, which will start at the beginning of March (the highest online bid becomes the starting bid at the live auction). And if you are one of the wonderful companies or service providers who have donated in the past or if you are a company eager to become part of this great Metchosin tradition (and help your business profile in the process), we encourage you to call Heather at 250-478-5155 and talk about what you might be able to donate.

# Sooke's Tea & Symphony Returns February 15

MARG ELLIOT

"I don't know which was better – the music or the food." This was overheard by Susan Nyikes after last year's Tea & Symphony. This year, the event promises to be as good if not better.

At 2:30 pm on the afternoon of Sunday, February 15, at the Sooke Community Hall, Norman Nelson, the Sooke Philharmonic Chamber Players, the Little Vienna Bakery and Christine Hopkins will be combining their skills to bring you a traditional English Tea – make that traditional, deluxe tea. Guests will be served melt-in-the-mouth treats, delicious coffee and creatively mixed teas, while treating their ears to the sweet sounds of the Sooke Philharmonic's fine musicians, joined by soprano Eve-Lyn de la Haye.

Enjoy excerpts from works by Haydn, Vivaldi and Saint-Saens as well as some of the best-known arias from operas by Handel, Mozart, Puccini and Gounod, sung

by Eve-Lyn de la Haye. Her father, Larry de la Haye will be showing his stuff on the clarinet. Jackie and George Kereluk will call on their understanding of harmony to play Vivaldi. The Chamber Players will back up the Sooke Philharmonic Quartet in Elgar's Introduction and Allegro. Last but not least you'll enjoy a composition by violinist-par-excellence Adrian Dolan, entitled *Old Shoes, New Shoes*.

The Little Vienna Bakery's Nyikes is still pondering the details of her menu, but she promises it will begin with a scone, move to tiny tea sandwiches, and of course finish with an assortment of small, sweet delicacies. The coffee will be by Caffè Umbria; tea by Honestly Tea, locally mixed by Christine Hopkins.

Last year's Tea & Symphony was a sold-out event. Tickets are \$30 and can be ordered online or purchased at the usual outlets.

*Shop Locally*

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

## TEA & SYMPHONY

**SUNDAY**  
**February 15**  
**2:30 PM**

**Sooke**  
**Community Hall**  
**2037 Shields Road**

Join the Sooke Phil family this year at the Sooke Community Hall for an afternoon of relaxation and music. Listen to the Sooke Philharmonic Chamber Players along with our soloist, soprano, Eve-Lyn de la Haye.

Norman Nelson,  
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# MCA Membership Promotion

JOHNNY CARLINE

You may have noticed that the line ups of people outside Metchosin Community House waiting to join the MCA have been shorter of late. Well maybe you didn't, but we did. It was a mystery to us, because we know deep down everyone wants to join the Metchosin Community Association and at ten bucks a year you could not get better value.

That was the clue to solving the mystery – ten bucks a year. You see, last year we changed the membership system so that everyone's membership expires at the same time – July. It avoids the angst that could hit you any time in the year and wake you up in the wee small hours in a cold sweat wondering, "Did my MCA

membership expire last month?" I am told that the possibility of being an expired MCA member is a near death experience!

But in solving that little problem, we may have inadvertently created another one. Whenever you pay your ten bucks, your membership still expires in July. So once you get past January, you're really only getting half a year for your ten bucks. That's still value for money but as my old mum used to say, "It's cheap at half the price."

So, as Vince – that pushy guy who sells mail order kitchen gadgets on TV – would say, "Have we got a deal for you!"

For a limited time only, if you wish to join the MCA (and of course you

do) and pay a fee of just \$15, you will receive a membership that does not expire until July, **2016!**

That is not a misprint, folks. For just an extra five dollars you get a whole additional year's membership!

But don't wait! This is a once in a lifetime opportunity! (Well it is until at least next February). So don't miss out. Don't risk being at a cocktail party where everyone else is congratulating each other on getting in on this deal and you are the only one who has to mumble that you went to COSTCO instead. COSTCO does not have this deal! And you can still go to COSTCO after you have joined the MCA.

But there's more! For just \$30 you can have two memberships, one for you and one to give to someone you care for. Remember February 14, February is the month of love. And so you will both keep on receiving the regular email keeping you right up to date on what is going on at the House all the way until July 2016. And if you do it right now, or at least when Heather is

in the office, we will even fill out the forms for you! Wow! What a deal!

But that's enough of Vince. Let's raise the tone a little. A little romance.

*My love is like a red, red rose  
That sweetly blooms in May  
And the only thing that doth compare  
Is membership in the MCA*

Okay, Robbie, okay – I'm working on it!



Would Burns write a poem to the MCA? Perhaps. But he'd certainly join if he thought there were lassies there.

## HOUSE HAPPENINGS



**Metchosin Community House** 4430 Happy Valley Road Info: 250-478-5155  
Email: [mcahouse@telus.net](mailto:mcahouse@telus.net) Web: [www.metchosincommunityhouse.com](http://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 at 250-478-1197, or email [laura.farquharson@shaw.ca](mailto:laura.farquharson@shaw.ca).

**Metchosin Rough Voice Choir** – The Rough Voice Choir meets at the Community House on the second and fourth Monday each month from 7:00-9:00 pm. All are welcome to join us at this fun, drop-in sing-along group where a "good singing voice" is not a requirement. \$3/person; \$5/family. Contact Barb Sawatsky (250-478-0553) for questions or suggestions.

#### 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 email [blueheronstudio@telus.net](mailto: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.

**Community Potluck Lunch** – Last Thursday of each month, 12:00 pm–1:30 pm. All welcome.

#### Fridays

**Parent and Tot Program** – 9:30–11:30 am. Calling all Metchosin Tots! The Parent and Tot Drop-In program invites Moms, Dads, caregivers and their young children to join us Friday mornings for our community Parent and Tot program. Children will enjoy our new toys, books and craft opportunities. Parents will enjoy our relaxed, supportive environment, parent resource library and opportunities to connect with other parents and kids. We look forward to seeing you and your little ones. For more information please call Nina at 250 590-2540 or email [dalenina@shaw.ca](mailto: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.

**Film Night at the Community House** – January 30, 7:00–9:00 pm. This month, January 30, *The Wisdom To Survive: Climate Change, Capitalism and Community*. "This film is deeply moving and profoundly engaging. Indeed it has the potential to transform lives, because it provides visions of how we should live in the midst of massive environmental challenges. "I cannot recommend it more highly," says Mary Tucker. This compelling and hopeful film explores how unlimited growth and greed are destroying the life support system of our planet, the social fabric of society, and the lives of billions of people and asks the question, "Will we have the wisdom to survive?"

### Events

**MCA Services Auction** – March 27, 7:00–9:00 pm, details to come.

**The Boiler of Sevilles Marmalade Workshop** – February 15, 1:00–3:00 pm. Learn how to make marvelous marmalade. Pre-register and get information at the House.

**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 – February: Natalya Reed.** Born in 1953 and originally from Kazakhstan (former Soviet Republic), Natalya Reed is a medical doctor (ophthalmologist) who holds a PhD degree in eye surgery. She immigrated to Canada in 2005.

Artist's statement: "Art is my passion to spend fair time, but I really feel that it could be my profession, if I would not chose medicine. Walking along a beach I always found a piece of bark, driftwood or seaweeds those must to be demonstrated to people due to their beauty ... I began to do art using this material as part of my sculptures. My aim is to draw attention to nature one more time through my art.

"My sculptures are very decorative in interiors and able to give character to room. See you at exhibition 'Art on the Wall' in February 2015."

With all my love, Natalya Reed  
Viewing times are Monday–Friday, 9:00 am–1:00 pm.

The Art on the Walls program offers the House as a wonderful venue for artists to show and display their works. For more information please call the MCH at 250-478-5155.

## 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 "robust" arbutus featured 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!



Nobody offered any guesses on the "his and hers" cuspidors (aka spittoons) featured in the January *Muse*. If you are curious to see – but not try! – them for yourself, they can be found in the Metchosin Pioneer Museum.

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

# Kivari Auto Now in Metchosin

MUSE ROVING REPORTER

*"Don't be afraid of change. You might lose something good, but you'll gain something better."*

– Unknown

Kevin Kivari has experienced a change. After fourteen years of owning and operating the quaint Saanich Auto Repair business on Gorge Road, he hastily had to close his doors. His landlord, also experiencing a huge change in his life, sold his property after eighty-five years of having it in two families and it is in the process of development.

After much contemplation and sleepless nights, Kevin decided to set up his auto repair business on his own property in beautiful Metchosin. "We are now Kivari Auto Repair, a family run home-based business, with my wife, son and daughter."

His auto repair shop is located in the lower portion of the barn while his wife and daughter have their art studio upstairs where the hayloft used to be. "My customers enjoy visiting the studio and farm animals when they drop off their vehicles," Kevin notes.

One huge advantage of operating his business from home is no more commuting to work. "Two minutes, and my shop is open. I feel complete. Now I can live and work in the community I love, surrounded by my family and friends."

To book an appointment for auto repair, or to visit the studio, please contact Kevin or Jennifer at 250-474-7403, drop them an email at [jennifer@kivaristudio.com](mailto:jennifer@kivaristudio.com) or visit [www.kivaristudio.com](http://www.kivaristudio.com).



Above: the Kivari barn – art studio upstairs, auto shop downstairs.

Below: Kevin at work in his new shop.



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

## February with the Victoria Natural History Society

Unless otherwise noted, meetings are at 7:30 pm in Room 159 of the Fraser Building, University of Victoria. Everyone is welcome. Bring a friend. For more information contact Philip Lambert, [marinenight@pacificcoast.net](mailto:marinenight@pacificcoast.net), 250-477-5922.

**Tuesday February 10**  
**NATURAL HISTORY NIGHT: Wetland restoration Northwest Wildlife Preservation Society**

Carlo Acuña will help us learn how the Northwest Wildlife Preservation Society is working to restore a degraded wetland on their Manley Farm property in Cobble Hill and how you can become

involved in this important ecological endeavour.

**Tuesday, February 17**  
**BOTANY NIGHT: Travels with a Botanist in 2014: The Okanagan and Boundary Regions**

Terry McIntosh's talk will focus on his various searches for at-risk plant species in the Okanagan and Boundary Regions in 2014. Meet at Swan Lake Christmas Hill Nature House, 7:30 pm.

**Monday, February 23**  
**MARINE NIGHT: Squishy and Fishy: Marine Biodiversity in BC**

Curators from the Royal BC Museum, Melissa Frey and Gavin Hanke, will highlight recent discoveries of

invertebrates and fishes, as they provide an overview of marine biodiversity in British Columbia.

**Wednesday, February 25**  
**BIRDERS NIGHT: Parasites—More than Meets the Eye**

The lives of parasites are intriguing, captivating, and often perturbing. While seldom seen, the impact they can have on their hosts is often nothing short of life-altering, and their contribution to ecosystem functioning is rarely appreciated. Elsie Hampshire of Vancouver Island University will introduce some of the most compelling aspects of parasite-host relationships, with a particular focus on the helminths of birds.

# When One Door Closes ...

JOANNIE CHALLENGER



A happily retired Kathy Cameron. Photo by Emily Winter



The Trickster, acrylic, by Kathy Cameron

Whenever Kathy Cameron entered a classroom at Hans Helgesen School her positive energy almost always had the effect of lifting the spirits of those around her. Colleagues will remember how Kathy's ready smile and infectious laugh made the staff room a happier place to be. So staff and students at the school must be missing her very much as Kathy begins her retirement after more than eighteen years as an education assistant in Sooke District. Starting her career with a brief stint at Sooke and Savory Schools, she moved to Metchosin School, then Hans Helgesen, where she has been a much-loved and respected staff member for many years. "It's difficult to say goodbye to Kathy," notes principal Debra Stoutley. "She has been an important part of the team that supports students; we will miss her wonderful smile and the work she's done."

What is an education assistant? In a nutshell, an "E.A." supports students' learning in the classroom. This means helping them to acquire academic skills, as well as to develop social, emotional and physical skills that they may need. In her career Kathy worked with children who had a wide range of abilities and challenges: academic, physical and behavioural issues, including autism. "My goal was to bring out a child's full potential," Kathy states. And the biggest challenge of her job? "How to fill a child's 'tool bag.' Each student needed different 'tools' to

be successful. It has been so exciting to be a part of their discovering that new skill which will ready them for the rest of their life. Self-discovery, seeing their own potential is important; every child has a passion, or something that gives their life purpose. I would tell students all the time, 'Do what makes your heart sing'."

Kathy's passion for working with children and their families is evident when she speaks of the importance of building long-term, trusting relationships with students and their families. She sees school as a smaller community, where students prepare for the bigger, adult world to come. "I've encouraged parents to be involved in their child's education. It can be overwhelming at times, but so important – they're our future."

### ... Another Door Opens

So what will Kathy do, now that she is retired? Well, first of all, there is her husband,

three daughters and two grandchildren (with two more on the way) with whom Kathy will be able to spend more time. And then there is her life as an artist that she is anxious to expand upon.

It is funny (and a little bit scary) how a chance comment can have a huge impact upon your life. In 2009 Kathy was at a conference when the speaker asked the audience, "If you were on your deathbed is there something you would regret never having tried?" Kathy's first thought was how she hadn't yet explored her art skills. She went home that day and signed up for an art class at the local community centre, and embarked on a journey that continues today.

In the intervening five years Kathy has devoted a lot of her spare time to painting, completing some impressive mixed media work as well. Her former principal Debra Stoutley commented that Kathy "makes beautiful artwork, and positively shines when she does it." As a member of the Federation of Canadian Artists and the Island Illustrators Society, she has won awards for her work, including first place for her painting "The Trickster" in the federation's spring exhibition. She is a licensed commercial artist, whose images will be displayed on journals, albums and books sold by stores such as Target, Ross and TJ Maxx. For more information about Kathy's artwork, please visit her website at [www.kathy.cameron.ca](http://www.kathy.cameron.ca).

After talking with Kathy the other day, I couldn't help but think of the advice that Kathy gave her students: "Don't be afraid to try new things. If you never try you'll never know what could have been."

Good advice, well taken, Kathy.



Pretty in Pink, mixed media, by Kathy Cameron

## The Boiler of Sevilles



The MCA presents a Marmalade Workshop on Sunday, February 15, 1:00 to 3:00 pm at the Community House

They're back! Seville oranges are available in a very narrow window of time every year, from late January to the end of February and it's these oranges that are needed to make authentic traditional marmalade in the Scottish style.

If you've never made marmalade, are interested in honing your techniques, or are willing to share your marmalade secrets, why not join Brian "The Black Douglas" Domney at the Community House on February 15 from 1:00 to 3:00 pm. For a \$15 registration fee, people registered will receive enough Seville oranges to make a batch of seven to nine 250 ml jars of orange marmalade, and some useful techniques that should ensure well-jelled heaven. Proceeds will go to the Community House. The workshop will be limited to fifteen registrants.

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

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14<sup>TH</sup> JUAN DE FUCA (METCHOSIN) SCOUTS CANADA

# Help Support 14th Juan de Fuca's Pacific Jamboree

SANDRA MEYER

The 14th Juan de Fuca Scouts are accepting ALL your scrap metal at 1293 Liberty Drive! All proceeds go to the 14th Juan de Fuca Scouts and Venturer Groups. Also, if you have any bottles or expired used batteries please

feel free to drop these off as well. All proceeds go toward our youths' registrations for this summer's Pacific Jamboree at Camp Barnard, where they're expecting close to 4000 youth!



## 14th Juan de Fuca Beavers

**14th Juan de Fuca Scout Group is happy to announce that we will be starting a Beaver colony and the Beavers would like to make some new friends. The Beavers program is built on having fun and making new friendship along the way in the Scouting program. We are planning indoor/outdoor activities, games, music and much more!**

**Meetings will be held on Wednesday evenings from 6:30–7:30 pm.**

**If you have a Beaver (5–7 yrs) who is interested, or you have any questions, contact our new Beaver leader:**

**Rusty (Ann Friesen), 250-474-8899 or anfried60@telus.net**

**Registration fee will be \$90 for February to August.**

### MTC Letters continued from page 2

clothes are soaked through, you're cold and need a fire to survive", and she teaches us how to survive with what you have around. Alison also teaches us how to deal with broken bones and how to make different types of splints for many types of incidents. Rocky Point Outdoor Education is where Alison teaches her class to people of all different ages. The property and the course it is on resembles the "middle of nowhere", with a stream flowing through her forest and thick trees all over the place. I am thankful to be taking this course because I love the outdoors and plan on doing a lot of different and adventurous things in my future, and these lessons will come in handy.

Jake Cygun

*"It seems to me that people have vast potential. Most people can do extraordinary things if they have the confidence or take the risks. Yet most people don't."*

– Philip Adams

We have the opportunity to get our wilderness first aid certification. For the past few months we have been attending first aid courses taught by Alison Harle, who has so generously given up her free time to teach us how to survive. We have learned to build shelters, make fires and signals, and how to treat burns,

cuts, sprains, and fractures. I am so grateful that I got this opportunity as well as get the opportunity to meet Alison. She is an amazing teacher and I just wanted to thank her for spending her free time teaching us life lessons that we will most likely use every day of our lives. This will help us have the confidence to take risks and reach our potential.

Alexis Boughton Gr. 10 M.T.C

*"Wilderness is not a luxury but a necessity of the human spirit."*

– Edward Abbey

At WALT, there is this instructor named Alison Harle. Alison came into our class this last session to discuss fractures, sprains, strains and taught us how to make soft splints, rigid splints and anatomical splints. She discussed certain materials that can be used to make a splint out in the wilderness. Sweaters, shirts, sticks, paddles and sleeping pads are just a few items that will be useful to make a splint. I found that the information would come in handy for my friends or myself, if we were away from help for a length of time and suffered a fracture, sprain or dislocation.

Previously, my classmates and I have learned how to make fires, survival shelters and I am looking forward to building more and putting my skills to use.

– Dalton, Grade 10  
MTC student

*"Survival can be summed up in three words - never give up. That's the heart of it really. Just keep trying."*

– Bear Grylls

Since October, my class has been working with Alison Harle; she owns Rocky Point Outdoor Education. She has been kind enough to volunteer her time to teach us Wilderness First Aid. We go every two weeks but yesterday was one of the best WALT (Wilderness Adventure Leadership Training) classes we had because we learned about how to splint arms, legs, fingers and collar bones. We made soft splints rigid splints and anatomical splints. To make these splints we used cut up bed sheets, yoga mats, pool noodles, wooden doweling and even our clothes were used to make the leg splint more rigid and the limb stable. We usually travel to her outdoor classroom at Matheson Lake through the forest just off the Galloping Goose trail. On a very wet, cold, dreary day in December, we had a class about building fires for survival training. Our challenge was to build a fire to roast a marshmallow then we had to boil water so our groups could make hot chocolate. It was fantastic; thanks, Alison.

Cory Mills grade 10  
MTC student

# Ready, Set, Learn – Early Learning Experiences with School District #62 (Sooke)

Join us at these upcoming events, from 6:00 to 7:00 pm:

- Monday, February 16 Willway Elementary
- Wednesday, February 18 Poirier Elementary
- Wednesday, February 25 Crystalview Elementary

## BEDTIME SHENANIGANS

Join us for pre-bedtime fun! We will be playing games, enjoying snacks, and listening to a few delightful stories and songs. This FREE evening is for children aged 0 to 5 years and their parents/ caregivers. Activities take place in the school gym, 6:00–7:00 pm.

Running shoes suggested, wear pajamas if you like.

Time for little shenanigans!

For more information, please contact [jsmirl@sd62.bc.ca](mailto:jsmirl@sd62.bc.ca).

## RCMP Call-Outs DECEMBER 15, 2014–JANUARY 14, 2015

BY CPL. BRIAN KERR, CENTRAL SAANICH POLICE

- |   |   |
|---|---|
| <p>Dec 15 <b>Rocky Point Road area</b> – Complaints of landlord tenant dispute.<br/><b>Metchosin Road</b> – Complaint of possible fraud involving a credit card.</p> <p>Dec 16 <b>Rocky Point Road area</b> – Complaint to check welfare of a person, found to be all right.</p> <p>Dec 17 <b>Sooke Road</b> – Complaint of erratic driver, vehicle stopped in Langford and driver charged for passing on solid line under the Motor Vehicle Act.<br/><b>Sooke Road</b> – Complaint of possible impaired driver, vehicle not located.</p> <p>Dec 18 <b>Sooke Road</b> – Complaint of truck driving erratically, passed onto Sooke RCMP.<br/><b>William Head Road</b> – Complaint of possible assault, investigation revealed it was unfounded.</p> <p>Dec 21 <b>Metchosin Road</b> – Complaint of attempted theft of items from a shed.</p> <p>Dec 22 <b>Park Drive</b> – Complaint of gun shots heard, patrols failed to locate anything.<br/><b>Rocky Point Road</b> – Complaint of mischief/ damage to rural mailbox, appears to be an attempted theft of mail.</p> <p>Dec 23 <b>Matheson Lake</b> – Complaint of vehicle parked after hours, towed from parking lot.</p> <p>Dec 24 <b>Happy Valley Road area</b> – Complaint of possible threats/ domestic dispute, one person given verbal warning.</p> <p>Dec 25 <b>Metchosin Road area</b> – Complaint of breach of peace/ disturbance, one person given verbal warning.</p> <p>Dec 26 <b>Kangaroo Road</b> – Complaint of single vehicle accident, one person taken to hospital, icy road conditions.<br/><b>Metchosin Road</b> – Complaint of deer hit by vehicle.<br/><b>Rocky Point Road area</b> – Complaint of landlord tenant dispute.<br/><b>Happy Valley Road area</b> – Assistance provided to Victoria PD for a wanted person, not located.<br/><b>Neff Road</b> – Complaint of suspicious vehicle, found to be stolen from Victoria PD, investigation continuing.</p> <p>Dec 28 <b>Sooke Road</b> – Complaint of possible impaired driver, vehicle stopped and driver found to be sober.</p> <p>Dec 29 <b>Rocky Point Road area</b> – Complaint of disturbance, one person taken to hospital under the Mental Health Act.</p> <p>Dec 30 <b>Metchosin Road area</b> – Complaint of breach of court order, criminal charges pending against one person, still under investigation.<br/><b>Happy Valley Road</b> – Two vehicle accident, two people taken to hospital, still under investigation.</p> | <p>Dec 31 <b>William Head Road</b> – Complaint of deer hit by vehicle</p> <p>Jan 01 <b>Taylor Beach area</b> – Complaint of large group of people leaping into frigid water. Investigated under Mental Health Act. No one found in water.<br/><b>Metchosin Road</b> – Assistance provided to ambulance service, one female taken to hospital.</p> <p>Jan 03 <b>Happy Valley Road</b> – Complaint of gun shots being heard, patrols failed to locate anything.<br/><b>Kangaroo Road</b> – Single vehicle accident, no injuries, appears driver left scene prior to police arrival.</p> <p>Jan 04 <b>Glen Forest Way area</b> – Complaint of possible disturbance, one person given verbal warning.</p> <p>Jan 05 <b>Sooke Road</b> – Complaint of vehicle being driven erratically, vehicle not located.<br/><b>Sooke Road</b> – Two vehicle accident, two people taken to hospital, driver of one of the vehicles is being investigated for impaired driving, investigation continuing.</p> <p>Jan 06 <b>Happy Valley Road area</b> – Complaint of possible stolen vehicle, later recovered in Sooke.<br/><b>Tiswilde Road</b> – Complaint of possible prowler, patrols failed to locate any suspects.</p> <p>Jan 07 <b>Lindholm Road</b> – Complaint of gun shots being heard, patrols failed to locate anything.<br/><b>William Head Road</b> – Complaint of found property, item returned to owner.</p> <p>Jan 08 <b>Metchosin Road</b> – Complaint of vehicle speeding in school zone, driver to be charged under the Motor Vehicle Act.<br/><b>Rocky Point Road</b> – Complaint of disturbance, two people spoken to.</p> <p>Jan 09 <b>Duke Road area</b> – Complaint of possible fraud, reported for information purposes.<br/><b>Duke Road</b> – Complaint of loud party, home owner spoken to and music turned down.</p> <p>Jan 10 <b>Glen Forest Way</b> – Two vehicle head-on accident, two people taken to hospital, one driver charged for driving on wrong side of the road.</p> <p>Jan 12 <b>Metchosin Road</b> – Complaint of possible indoor marijuana grow operation, still under investigation.<br/><b>Metchosin Road</b> – Assistance provided to Oak Bay Police to arrest person on a warrant, not located.</p> <p>Jan 13 <b>Metchosin Road</b> – Complaint of erratic driver, vehicle not located.</p> |
|---|---|

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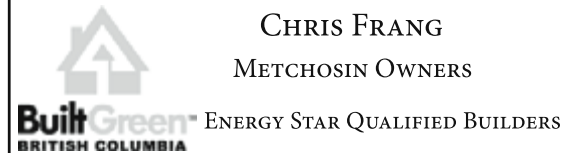
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## CLASSIFIEDS

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

**Deadline for submissions is the 15th of each month and can be dropped off at Metchosin Country Store.**

### WANTED

**COOKIES CRITTER CARE** is collecting beverage containers, dog food, leashes, collars and toys for animal rescue. Call Cookie @ 250-415-9335 for pickup.

visit our website at [www.hospitalitytrainingplus.com](http://www.hospitalitytrainingplus.com) for information or contact Evelyn for on-site group classes. Call 250-474-5596.

### SERVICES

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### LESSONS

**FOODSAFE – LEVELS 1 AND 2, MARKETSAFE AND WHMIS** – Classes taught by certified instructors. Please

# Directory of Organizations

The following is contact information for not-for-profit organizations, but fuller descriptions are given in the "Directory of Metchosin," available at the Municipal Hall and the Community House. Brief articles highlighting special events should be mailed to [metmuse@shaw.ca](mailto:metmuse@shaw.ca) by the 15<sup>th</sup> of each month, as should any amendments or additions to this list.

- AIR CADETS**  
250-590-3690

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- ALZHEIMER SOCIETY OF BC**  
250-382-2052,  
[www.alzheimerbc.org](http://www.alzheimerbc.org)

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- ASSOCIATION FOR THE PROTECTION OF RURAL METCHOSIN (APRM)**  
250-478-1197, [www.aprm.ca](http://www.aprm.ca)

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

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- BILSTON WATERSHED HABITAT PROTECTION ASSOCIATION**  
250-478-2387,  
[ikmcken@islandnet.com](mailto:ikmcken@islandnet.com),  
[www.bilstoncreek.org](http://www.bilstoncreek.org)

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- 'CHOSIN CHATTERS TOASTMASTERS**  
[info@chosinchatters.org](mailto:info@chosinchatters.org),  
[www.chosinchatters.org](http://www.chosinchatters.org)

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- CRD PARKS**  
250-478-3344,  
[crdparks@crd.bc.ca](mailto:crdparks@crd.bc.ca),  
[www.crd.bc.ca/parks](http://www.crd.bc.ca/parks)

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- GIRL GUIDES OF CANADA (Metchosin and Colwood)**  
[tandwcampanandcomish@shaw.ca](mailto:tandwcampanandcomish@shaw.ca),  
250-478-5484

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- LA LECHE LEAGUE CANADA**  
250-727-4384

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- METCHOSIN 4H, POULTRY, HORSE AND CLOVERBUDS**  
250-478-4677  
[Metchosin4H@gmail.com](mailto:Metchosin4H@gmail.com),  
[www.metchosin4h.com](http://www.metchosin4h.com)

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- METCHOSIN COMMUNITY HOUSE**  
250-478-5155,  
[mcahouse@telus.net](mailto:mcahouse@telus.net),  
[www.metchosincommunityhouse.com](http://www.metchosincommunityhouse.com)

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- METCHOSIN COUNCIL**  
250-474-3167,  
[mayorandcouncil@metchosin.ca](mailto:mayorandcouncil@metchosin.ca),  
[www.district.metchosin.bc.ca/meetings](http://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

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- METCHOSIN EQUESTRIAN SOCIETY**  
250-391-7511,  
[exchanging@shaw.ca](mailto:exchanging@shaw.ca),  
[www.mesmetchosin.org](http://www.mesmetchosin.org)

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- METCHOSIN FOUNDATION**  
[metchosinfoundation@gmail.com](mailto:metchosinfoundation@gmail.com),  
<http://metchosinfoundation.ca>

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- METCHOSIN GARDEN CLUB**  
250-298-7877

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

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- METCHOSIN HIKING CLUB**  
250-478-4778

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

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- METCHOSIN PONY CLUB**  
250-727-3595

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- METCHOSIN PRESCHOOL**  
250-478-9241,  
[metchosinpreschool@gmail.com](mailto:metchosinpreschool@gmail.com),  
[www.metchosinpreschool.wordpress.com](http://www.metchosinpreschool.wordpress.com)

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- METCHOSIN SEARCH & RESCUE**  
250-478-2210

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- MT. MATHESON CONSERVATION SOCIETY**  
250-642-0238

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- POD LEADERS**  
250-474-6145,  
[mgidney@shaw.ca](mailto:mgidney@shaw.ca)

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

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- SCOUTS CANADA**  
[14thjuandefuca@victoriascouts.ca](mailto:14thjuandefuca@victoriascouts.ca)

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- SEA CADETS**  
250-478-7813

- SENIORS' INFORMATION RESOURCE CENTRE (SIRC)**  
250-478-5150, [msirc@shaw.ca](mailto:msirc@shaw.ca)

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

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- SWANWICK CENTRE**  
A centre for spiritual inquiry  
538 Swanwick Road  
[www.swanwickcentre.ca](http://www.swanwickcentre.ca)  
250-744-3354  
[programs@swanwickcentre.ca](mailto:programs@swanwickcentre.ca)

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- WEST SHORE ARTS COUNCIL**  
250-478-2286,  
[info@westshorearts.org](mailto:info@westshorearts.org),  
[www.westshorearts.org](http://www.westshorearts.org)

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- WEST SHORE COMMUNITY BAND**  
250-474-3999

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- WEST SHORE PARKS AND RECREATION**  
250-478-8384,  
[www.westshorerecreation.ca](http://www.westshorerecreation.ca)

## CHURCHES

- BAHA'I FAITH**  
250-514-1757

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- GORDON UNITED CHURCH**  
250-478-6632  
[www.gordonunitedchurch.ca](http://www.gordonunitedchurch.ca)

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- HOLY TRINITY REFORMED EPISCOPAL CHURCH**  
250-727-3722

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- OPEN GATE CHURCH**  
250-590-6736  
[www.theopengate.ca](http://www.theopengate.ca)

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- ST MARYS' METCHOSIN**  
Anglican Church of Canada  
250-474-4119  
[stmarysmetchosin.ca](http://stmarysmetchosin.ca)

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- WESTSIDE BIBLE CHURCH**  
[www.westsidefamily.org](http://www.westsidefamily.org)  
250-478-8066

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- WESTSONG COMMUNITY CHURCH OF THE SALVATION ARMY**  
250-474-5967  
[www.westsong.ca](http://www.westsong.ca)

The above is a directory of organizations only. Please submit changes to this information to [metmuse@shaw.ca](mailto:metmuse@shaw.ca).

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.

*Visit the Muse website!*

You'll find back issues, submissions and advertising information, and more.  
<http://www.metchosinmuse.ca>

## Events

**CRD Guided Walk at Devonian Park: Look Who's Talking** – all ages; February 1, 1:00–2:30 pm. Meet at the kiosk.

**Social Media and the Emergency Program;** February 17. contact the Fire Hall for details: 250-478-1307.

**Community House Film Nights:**  
*The Wisdom To Survive: Climate Change, Capitalism and Community;* January 30, 7:00 pm  
*Symphony of the Soil;* February 27, 7:00 pm

*The following events appear in this issue, but they take place outside of Metchosin:*

**Ready, Set, Learn: Bedtime Shenanigans:** see page 15.  
**Natural History Society Events:** see page 12.

*For more on events of interest to Metchosinites, see "Important Dates," page 1.*

## Best of the Muse

Volume 2 is available now at the Metchosin Country Store.



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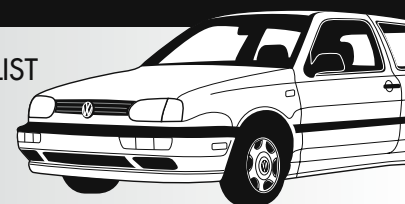
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