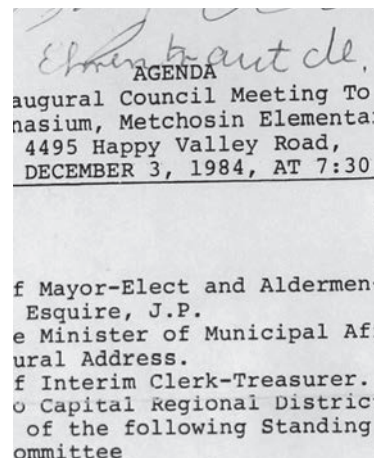
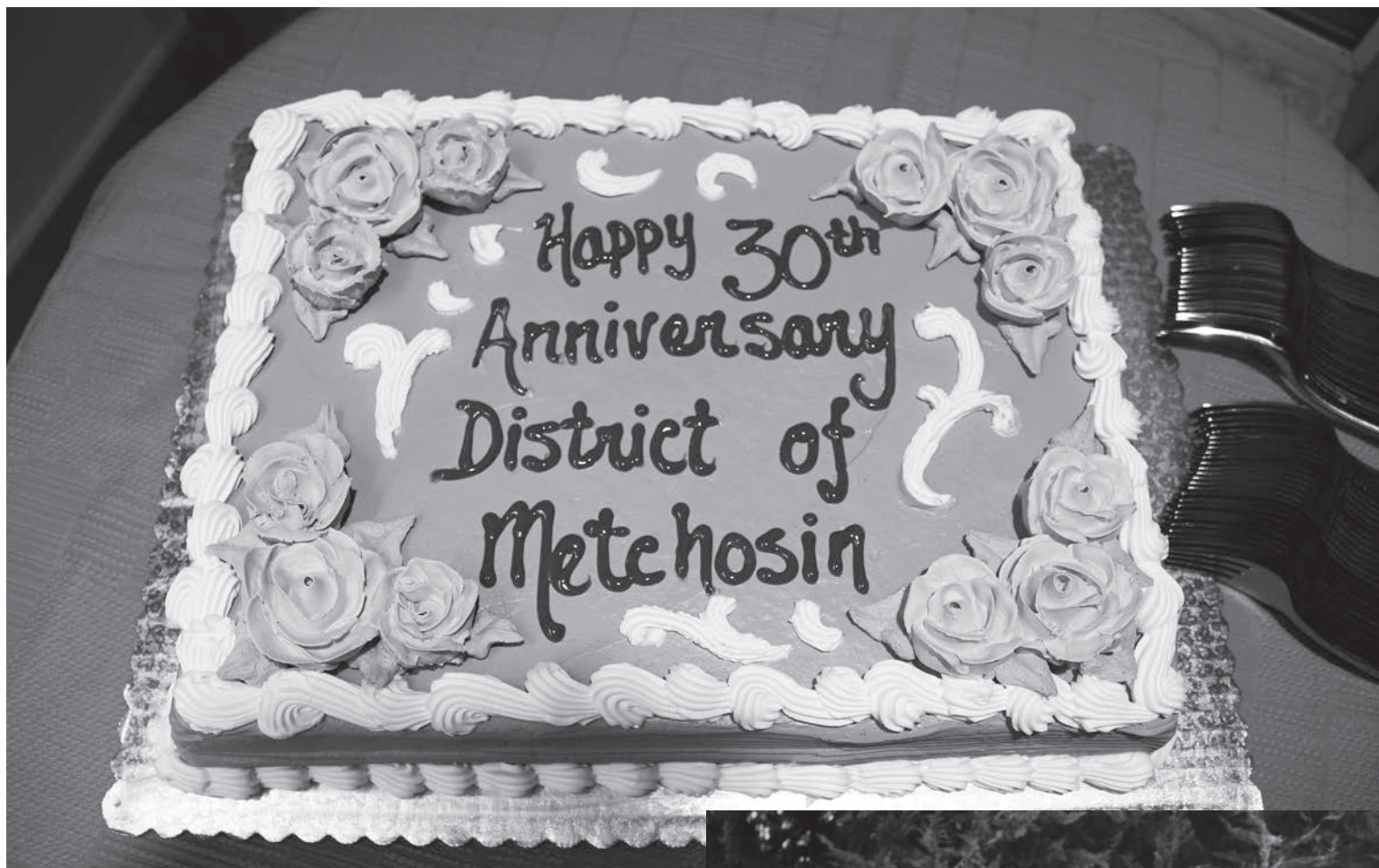


# Metchosin Muse

A N O N - P R O F I T C O M M U N I T Y P U B L I C A T I O N

## Metchosin Turns 30!



Above: Excerpt from the first Council's first Agenda, December 3, 1984.

Left: The District celebrated its 30th Anniversary with cake and refreshments.

Below: Metchosin's first Mayor and Council in 1984. From left to right: Aldermen Ted Stevens, Noel Pemberton-Billing, Brian Killip, Geoff Hadley, and Mayor Hermann Volk.

### New Council Sworn In

BRIAN DOMNEY

It was a full house at the Municipal Hall on Monday, December 8, the final meeting of 2014. The session combined a celebration of the thirtieth anniversary of the incorporation of the District of Metchosin, recognition of outgoing councillors Jo Mitchell and Larry Tremblay, and the inaugural meeting of the newly elected mayor and council.

Gaert Linnaea and Robert Patterson of the Metchosin Heritage Advisory Committee presented the Mayor with a framed picture of the Municipal Hall, and briefly described the current work on the creation of the Community Heritage Register.

Chris Anstey from the Velodrome Association

recounted the role Metchosin's representatives played in saving the Juan de Fuca Velodrome, and presented the mayor with a framed cycling jersey signed by Olympic and National Cycling Team members.

Mayor Ranns gave heartfelt thanks to Jo Mitchell and Larry Tremblay for their dedication to the community and for their contributions both before and during their terms on Council. Both were presented with gift certificates for a stay at the Empress with their spouses. Jo Mitchell was delighted when she was given one of the Council chairs, of which she had become quite fond. An emotional Bob Gramigna was presented with



a Metchosin flag in recognition of his standing as the longest serving Councillor. The formal meeting was called to order at 7:00 pm.

Chief Administrative Officer Lisa Urlacher oversaw the swearing in of Mayor John Ranns and Councillors Gramigna, Kahakauwila, Milne and MacKinnon. All were escorted in by a Colour Guard from the Metchosin Volunteer Fire Hall.

In recognition of the thirtieth anniversary of the incorporation of the District, Mayor Ranns chose to use his Mayor's Address to look backward rather than forward. He gave an overview of the past thirty years, including his own initial skepticism of the idea of incorporation and his subsequent acknowledgement that it had been a good idea, with traditional values and vision remaining intact. Mayor Ranns spent considerable time describing the work of the members of

every council with the assistance of Karen Watson, who spoke about the members of those two councils which she led as mayor. Current and past municipal employees were recognized. The mayor committed to continue the vision of Metchosin as a rural community with a cost-effective approach to finances through contracting of services when appropriate and the use of a committed community of volunteers.

Mayor Ranns announced major portfolios: CRD Board – Ranns (Gramigna, alternate); Planning – Gramigna; Highways – Kahakauwila; Finance – Milne; Parks and Trails – MacKinnon.

A motion to adjourn was carried and the meeting concluded with a social get-together.

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

- Jan. 1 Polar Bear Swim: 2:00 pm at Taylor Beach. Happy New Year!
- Jan. 15 Deadline for February *Muse*
- Jan. 16 Talk and Walk: Mammals of Vancouver Island ..... p. 3
- Jan. 17 Metchosin 4H Year Begins ..... p. 14
- Jan. 18 Raga Recital on Tabla and Marimba ..... p. 10
- Jan. 20 Home Emergency Preparedness ..... p. 4
- Jan. 21 Can Metchosin Remain Rural? A Talk sponsored by APRM ..... p. 4
- Jan. 24 Literacy Connection WestShore ..... p. 14
- Jan. 25 Kati Debretzeni in Concert ..... p. 11
- Jan. 30 Film Night at the Community House: *The Wisdom To Survive: Climate Change, Capitalism and Community* ..... p. 3

# Metchosin Muse

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

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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.

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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.

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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.

## Thank You!

On behalf of the newly elected board of directors of the Metchosin Seniors' Association, I want to thank all members for their support of the organization and for their engagement in the community.

In particular, let me reiterate our appreciation to those members who were able to make it to the association's first annual general meeting. By turning out in such numbers you have put an indelible stamp of ownership on the society and have shown why Metchosin is a leader among age-friendly communities.

Henceforth, if the question arises, "Who looks after seniors in Metchosin?", the answer you have provided is "Seniors look after seniors in Metchosin!"

As those of you who have spent even a short time talking to Colleen know, we are always looking for volunteers for large and smaller jobs and, of course, we are eager for fresh ideas. So please don't be shy; this is your association.

We are looking forward to working with you and on your behalf in the year to come.

David Richardson, Chair

## Rough Voice Singers

As a regular attendee at the Rough Voice Singers, I would like to sing the praises of the people who make this twice-monthly program at the Community House such an inclusive and welcoming event. Rough Voices has been blessed with many talented and creative people stepping forward to play a variety of instruments, lead the singing and put together varied programs. Even the warm-up exercises are fun! Many of us are just "sing-in-the-shower" types, while others have lovely voices and can actually read music! We all love singing together and it is amazing how good we can sound at times.

Many, many thanks to the organizing group for all the work that goes on behind the scenes and in running the meetings. It is truly one of the happiest, warmest, friendliest activities I have ever enjoyed (and I've been around a long time).

Laura Farquharson

## Metchosin Technical Centre Letters

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day." – EJ Pierce

This month I have asked my students to write about a challenge they will face, a long term goal, and, finally, identifying a role model which they want to emulate in 2015. In my case, 2015 will be a challenging year because I will be changing roles to Acting Vice-Principal of Metchosin Technical Centre through June. On a personal level, my long term goal for 2015 is to run a half or full marathon, do yoga as many times a week as humanly possible, and travel to see aging family members in Europe and Ontario over the summer. Finally, my athletic role model is my disciplined brother, Tim Christ, a three time Ironman finisher!

New Year's brings resolutions and goal setting which are always good exercises for everyone. I believe 2015 will be a stupendous year and hope yours starts off well!

Dayna Christ-Rowling,  
Acting VP at Metchosin  
Technical Centre

"Don't be afraid to give up the good to go for the great."

– John D. Rockefeller

Happy New Year. This is my first letter to the editor since I graduated from MTC last January. Currently, I am stationed in St-Jean-Sur-Richelieu, Quebec finishing my basic training. I am on three weeks leave for Christmas and have come home to spend it with my family and to see Dayna and all the lovely staff at MTC. I have overcome some big challenges in my time at the school and away in

Quebec, the biggest of which was my tendency to give up too quickly on stuff when I became discouraged. My goal for this year is to finish basic training and Battle School, then hopefully to help people around the world under the Canadian flag as a Canadian Forces member. One of my biggest role models in life is my father. He has been in the military for over twenty years now and is currently based in Esquimalt on HMCS *Protecteur*. I would like to thank MTC and the community of Metchosin for being so great while I was attending the school; it helped me change the way I was and start to like school again. It also made me realize I wanted to join the Army and serve my country and keep it safe. The school and the community changed the way I thought of school and made it less of a place I didn't want to go and made it into a place I wanted to be and like to go to. Happy New Year to everyone in Metchosin and at MTC.

Alex Parise, MTC Graduate

"Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties." – Helen Keller

My challenge this year is to start at EMCS when I finish my time here at Metchosin Technical Centre. I want to have fun at the cooking program at EMCS next year. Goals for this year are to finish the 10K in fewer than forty-five minutes and do the triathlon this summer. My role model that has been inspiring me is my grandpa; he is a personal trainer and has been training me for this past few months. Another very important set of goals for this year is to pass this year with high grades, work my hardest

against difficulties and conquer my Grade 10 provincial exams.

Zach Lindal, Grade 10 student,

My new year's resolutions? Honestly, I never thought about it, I guess if I had to pick something it would be to find out who I really am. Be happy with who I am, and make the most of my life. Change to be a better me, to reach for the sky, and to rise above the hurt and struggle.

For years I was called out on my appearance, and how I'm supposed to be, act or look. This year, I'm not going to let anyone bring me down. I'm going to be who I'm meant to be, act and look the way I want. I want to become stronger, not only mentally, but physically, I want to be able to look in the mirror and be happy how I look. I will take my life back, in ways I almost never would have thought possible.

"New Year's resolutions are not by force but they help us forge on better, help us avoid the mistakes which tried to hold us back in the past."

– Unknown author

I've never been that kind of person who makes New Year's Resolutions, but this year I want to change, I actually want to pass Grade 9. I want to win the fight within, and I want to be happy, and healthy. It's time I made a change, try and quit the things that bring me down, and start doing things that lift me up, and make myself stronger as a person. Time to get my life together.

One of the things we have to write about is our role models; my role model is MGK, he inspires me to become a better person, and

continued on page 15

On the web at [www.district.metchosin.bc.ca](http://www.district.metchosin.bc.ca) under Community.

## Muse Photos

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

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# Community House Film Night

Last Friday of every month, starting January 30



RIC PERRON

There are so many great films to tingle the senses. What types do we like to watch, or more importantly, should we watch? I'm very much drawn to extreme athletic performances such as Tim Emmett ice climbing in a cave in Wells Gray Park. Or base jumping Squamish's Chief in a squirrel suit over 25,000-volt hydro lines, a logging camp and the Sea-to-Sky Highway.

Such exciting adventures that I will never do, or even think of doing, that I can experience from an armchair within my comfort zone, not to mention extremely beautiful filming.

There has been a lot going on with global changes in recent years. Exploding populations are changing everything. As Bob McDonald from CBC's "Quirks and Quarks" said recently, "Our planet isn't in any danger. The human race is." Planet Earth has gone through several catastrophic meteor collisions, volcanic eruptions that blocked the sun for many centuries, five ice ages with ninety percent of the species eradicated – ninety percent of ALL life. But as usual, the planet recovered. Dominant species often didn't.

We can look forward to a good lineup of non-profit films rather than cinema movies. I am wondering what you might have to share. Some themes for consideration in the areas of social awareness and ecojustice:

- Oil
- Soil
- Water
- Democracy
- Aboriginal rights
- Pollution
- Population
- Climate change
- Child labour, plastic, etc.

Perhaps a fireside conversation afterward (the Community House has a fireplace), arising from concerns that spark the imagination, a little something to stimulate the mind. Contact me at [ricnic2@shaw.ca](mailto:ricnic2@shaw.ca) for more information.

Following are the films scheduled so far:

January 30, 7:00 pm: **The Wisdom To Survive: Climate Change, Capitalism and Community** (56 minutes)  
"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." – Mary Tucker

This compelling and hopeful film explores how unlimited growth and greed are destroying the life support system of the planet, the social fabric of society, and the lives of billions of people and asks questions "Will we have the wisdom to survive?" You can view the trailer at <http://vimeo.com/77>.

February 27, 7:00 pm: **Symphony of the Soil** (104 minutes)

"Explores the complexity and mystery of soil, using a captivating mix of art and science. It is not hard-hitting, and it is easy to watch. You will learn a lot about the scientific qualities of soil and our additives. It's well done with beautiful appreciation, and wonderful music."

March 27, 7:00 pm: **Dark Side of Chocolate** (46 minutes)

A study of child labour in South American chocolate factories – not a feel-good movie.

## Are you ready for the CRD's 2015 Kitchen Scraps Landfill Restriction?

COMPILED BY JOAN KEW WITH INFORMATION FROM THE CRD WEBSITE

Over 12,000 tonnes of kitchen scraps have been diverted from Hartland landfill since 2007.

The CRD is committed to the diversion of kitchen scraps from Hartland landfill to maximize the landfill life and facilitate the responsible recovery of resources from this material stream. We are working towards both short- and long-term strategies for processing materials.

**Starting January 1, 2015 kitchen scraps will be restricted from your garbage.** Organic materials, such as kitchen scraps, constitute approximately 30% of the waste at Hartland landfill. Current recycling (such as the blue box program) and composting programs are diverting 46% of the waste stream from the landfill. In order to achieve our diversion goal of 70% by 2015, kitchen scraps must be removed from the garbage.

### How can you help?

**Reduce.** Make local, in season, organic food choices and purchase items with minimal packaging – or grow your own. Many peels that we discard such as potato, orange, lemon and apple peels are edible, full of vitamins, and add extra flavour to dishes. Better meal planning results in fewer wasted ingredients and will save money and time.

**Reuse.** Eat those leftovers! Leftovers don't have to be boring – last night's boiled potatoes are this morning's hash browns; make a new sauce for those leftover noodles; or pudding out of that rice. Many local charities welcome non-perishable food donations.

**Recycle (Compost).** Residents of Metchosin are responsible for arranging their own service provider. Residential Collection Programs: Through municipal collection programs, residents in Oak Bay and View



Royal have sent over 2,000 tonnes of kitchen scraps for composting. A look at who provides kitchen scraps collection in your municipality or electoral area is available on our site; for private options visit [myrecyclopedica.ca](http://myrecyclopedica.ca) (see web addresses below).

*Backyard Composting Isn't Enough.* Kitchen scraps collection goes "beyond backyard composting" as it includes materials such as meat, bones, fish, cooked leftover food, dairy products, grain products such as bread and pizza, and soiled paper products, like napkins and paper towels that should not be composted in a regular backyard compost bin. Composting facilities with the specialized technology to process kitchen scraps have been established on Vancouver Island.

For a list of local facilities offering kitchen scraps recycling service, please visit this website: <https://www.crd.bc.ca/service/waste-recycling/reduce-reuse-recycle/myrecyclopedica/facilities>.

For more information on this program, please visit <https://www.crd.bc.ca/service/waste-recycling/kitchen-scraps/regional-kitchen-scraps-strategy>.

## TALK AND WALK

### Winter 2015

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

#### MAMMALS OF VANCOUVER ISLAND Friday, January 16 at 7:00 pm

Metchosin resident Dave Nagorsen, author of *Bats of BC* and numerous other identification guides to the mammals of BC, will deliver a presentation on the mammals of Vancouver Island. From bats to bears, racoons to rats, our island has numerous species of small and large mammals.

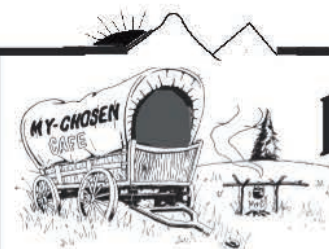
#### ALPINE PLANTS OF VANCOUVER ISLAND Friday February 13 at 7:00 pm

One of BC's preeminent 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, and if there is enough interest, perhaps we will schedule a visit to one or more areas later in the summer.

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

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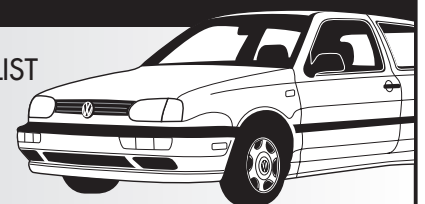
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# Can Metchosin Remain Rural? Should It?

FRANK MITCHELL

The more things change, the more they remain the same. Or do they? Most CRD municipalities (not Metchosin) voted in November for a study on amalgamation. The provincial government has now promised to finance this effort. Where will Metchosin fit in? Over a year ago, Mayor Ranns identified an amalgamation strategy which would not fold the rural municipalities under control of the urban ones.

Just as the amalgamation issue takes wing, residents will be asked to comment on the CRD's draft Regional Sustainability Strategy. (The draft can be found at: <https://www.crd.bc.ca/docs/default-source/regional-planning-pdf/rss/2014-10-15-rssdraft-cow-final.pdf?sfvrsn=2>). This strategy includes ideas for strengthening farming, but also for making it easier to extend the urban containment area.

With so many changes in prospect, will Metchosinites' views be heard? Do leaders outside Metchosin see us remaining rural?

To start public action on these issues, the Association for the Protection of Rural Metchosin (APRM) has arranged for Ben Isitt, CRD board member and Victoria councillor who led the polls, to address residents on his views on the way ahead for Metchosin in the region, and to hear our views. Ensure your voice is heard!

The meeting will be at 7:00 pm, Wednesday, January 21, at the Community House. There will be refreshments. All welcome.

# Everything You Wanted to Know, but Were Afraid to Ask: Metchosin Emergency Program

## Mark Your Calendars!

Join the Emergency Program and a guest speaker or two, on the third Tuesday of each month, for a different and informative session speaking on Emergency Preparedness in Metchosin.

**January 20 – Home Emergency Preparedness.** Let's brainstorm! What can we do on our own – and together – to make our homes, our families and our community ready should an emergency strike Metchosin. We will outline for you what the federal government, provincial government and district emergency programs currently have in place to support the response and recovery of a catastrophic event here in Metchosin.

**February 17 – Social Media.** No smart phone required! Hands-on how to get "in the loop" with social media, without having a smart phone. We can show you how to get all the Tweets, Friends and Instagrams right on your computer! This will be a hands-on session for discussions and questions. Check out how you can stay tuned to what is going on with the Emergency Program, Fire Department, around our local community and beyond!

**March 17 – Animal (large and small) Emergency Planning.** Think back to the Blinkhorn Fire – if that had been on your back door and you needed to evacuate your family and livestock, would you have everything needed? Do you know where you would go? What about the next freeze we have and your well freezes up – do you have alternate plans to water and feed your horses? Let's have this discussion, bring some experts and prepare Metchosin and our

residents (livestock too) to be self-sustaining.

**April 21 – Fire Smarting Your Home.** Often times we feel the idea of "fire smarting" our home means cutting down trees and opening our yard up to a "moonscape" surface. Not at all! This session will cover the basics on how fires start and spread, and provide some easy and cost-effective ways to make your home and out buildings fire smart. No renovations required!

**May 19 – Evacuations – Who, When, Where and How Much?** This session introduces you to what an evacuation is, and the three levels of an evacuation. We will cover the difference between sheltering in place and the need to physically evacuate your home. We will explain what expenses are covered and for how long, where you should go, and what you should bring.

**June 16 – Emergency Social Services.** This session covers what a reception centre is, how it is run, who gets to go there, and for how long. This will be an interactive session with an actual setup of a reception centre and registration process. Learn what to bring with you and what you can expect when you get there. You'll even get to taste some twenty-five-year-old food!

**July 21 – Utilities – BC Gas/BC Hydro/CRD Water.** We are bringing in the experts! How to react to downed power lines – and how they react to you. What happens when the pilot light goes out on your natural gas hot water tank and what about those hydrants? It's all about utilities.

**August 18 – Oil Spill Response in Metchosin.** Where would we begin? A spill on

land vs. a spill in water – how would Metchosin be affected? What would clean up look like and who would we call to assist – what resources do we have here locally and what protection do we have for our shorelines?

**September 15 – British Columbia Emergency Response Management System.** The British Columbia Emergency Response Management System might seem a bit dry to talk about, but this is your opportunity to become aware of how emergencies are handled federally, provincially and here locally. Whose responsibility is whose and how can these levels of government work together? Where does Metchosin fit in? There is an actual structure to the entire process, that starts with a simple 9-1-1 call.

**October 20 – Emergency Communications – Who Ya Gonna Call?** When the next severe windstorm hits, or we suffer that catastrophic earthquake we have all been waiting for, who are you going to call? Or maybe the question is HOW are you going to call? This session will bring in our Emergency Communications Group and we will talk about the Metchosin Emergency Communication Plan and review our redundancies and resiliency, and look at potential holes in the system. It is a continual "what if ...".

**November 17 – Metchosin Emergency Program.** Did you know it is made up of five components – EOC, ESS, EmComm, SAR and NEP? What do all these acronyms stand for and how are they connected? You will receive a "big picture" overview of how Metchosin's Emergency Program responds to an emergency.



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**CRD – REGIONAL KITCHEN SCRAPS STRATEGY**

Are you ready for the 2015 Kitchen Scraps Landfill Restriction? On January 1, 2015 kitchen scraps will be banned from CRD landfills. In the District of Metchosin, the individual property owner is responsible for arranging for garbage and kitchen scrap disposal. This means that residents will have to find optional methods of reducing, reusing or recycling their kitchen scraps. Garbage disposal and composting companies provide service contracts to residents and commercial operations and drop off facilities exist for all recycling and garbage services. Check your local yellow pages for service providers and see the CRD's website for more information. <https://www.crd.bc.ca/service/waste-recycling/kitchen-scraps/>

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**DOG LICENCES**

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

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

Please note that the District tries to put every notice of blasting it receives on the official district website for information of residents. [www.metchosin.ca](http://www.metchosin.ca)

For more information, contact the Metchosin Municipal Hall.

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

# Win Webster – A Metchosin Gem

BARB SAWATSKY

Win Webster, ninety-seven years of age and appearing twenty years younger, was born on the outskirts of Regina, Saskatchewan, with outside temperatures falling to -60°F. From a family of nine siblings, she is the only one remaining. "I'm a tough old bird," she says. "I'll be ninety-eight on January 31 and I'm aiming for 100."

When Win was a child, the family moved to Vancouver Island after her father obtained an engineering position at the Alberni Mill. He built a home in the Alberni Canal on a small island which was called Deadman's Island for the many boxes in the trees which First Nations had used for burials. Her mother made friends with Ed and Louise, a Nuuchah-Nulth couple who lived up the Somas River, who would drop in for tea on a regular basis while they were fishing. In order to attend school, twelve-year-old Win rowed her sister from their home to the dock in Port Alberni "in a ten-foot Indian dug-out canoe" which was equipped with a sail. "Oh, it took about half an hour of rowing but then we had to walk another half an hour up the hill to the school. But that was okay. If the seas were really high we had to wait in the library until our parents came to row back with us." She loved to play ball and "the boys wanted me to be the pitcher. I was a real tomboy," she added.

Sitting in her comfy chair watching the ocean and her garden out the picture window of her home, Win notices everything. "There's the hummingbird." "Is that a tug?" she asks, which leads to stories about the six years of commercial fishing she spent with her husband aboard their forty-two-foot boat, the *Ten Grand*.

Win met her husband, Alex, in Victoria. After their commercial fishing venture, he was offered a job as a customs officer. When he retired they looked all over the Greater Victoria and Saanich area for land on which to build their retirement home before Charlie Burr, a cousin who lived in Metchosin, told them the property next door to his was for sale. When they saw it, they knew this was where they wanted to live, so they hired a contractor to build their home and moved into it in 1962.

Once established in Metchosin, Alex joined the Metchosin Ratepayers Association where he served for ten years, and Win became involved in the Garden Club. They both loved gardening – he for vegetables, she for flowers – so two greenhouses were built. She and her friend Irma, who lived on Triangle Mountain, would drive to all the garden centres, returning home with a vehicle full of new plants for the property. Win's passion for growing fuschias led to her supplying flower baskets to these garden centres. The Websters' beautifully landscaped property is a haven for birds and other wildlife, which she never tires of watching. "I remember standing at the den window one day looking into the yard when a cougar walked across the lawn and sat down under our carport. I was only fifteen feet away from him and was he ever beautiful! Another time, Lucille and I watched a raccoon sitting up and eating a snake from the head down like spaghetti." Lucille couldn't watch.

Alex died in 1999 but Win, loving her Metchosin home, wanted to stay. Through the Metchosin Community House she met Charles Priester, who drove her to doctor appointments, and the two of them



Win Webster

became friends. Five years ago, when she needed more assistance, Lucille from Winnipeg answered her "help wanted" ad and has been with Win since. Ever curious, ever energetic, ever a nature lover, Win still goes into the garden to pull weeds and admire her flowers. Her memories of sport fishing out of Pedder Bay and her many hours in the garden have held her here. As she said, she's tough, but tough with a twinkle in her eyes and a ready laugh, which already has her looking forward to celebrating her one hundredth birthday in 2017.

## News for your Nose ... and Hands

METCHOSIN EMERGENCY PROGRAM

### What Is a Pandemic?

A pandemic is a widespread outbreak of a disease. A pandemic virus spreads easily from person to person and can cause serious illness. It may come and go in waves, each of which can last for months at a time. Everyday life could be disrupted due to people in communities across the country becoming ill at the same time. An especially severe pandemic could lead to high levels of illness, death, social disruption, and economic loss.

### Be Prepared

It is important to start getting ready now for the challenges that you might face if a pandemic occurs. Schools and day care centres may be closed for an extended period of time. Businesses may be closed; banking and credit services may be interrupted. You may have to pay for goods and services with cash. Transportation services may be disrupted – consider other ways to get to work if you rely on the bus. Families may find it hard to keep in touch – create a family communication plan. Shortages of food, supplies and water may occur. Consider stocking a least two weeks' supply of water and non-perishable food, replaced according to expiration date; this can be helpful in power outages and disasters. Have an emergency preparedness kit ready.

### PREVENTATIVE MEASURES

- Wash your hands regularly with soap and water for 20–30 seconds.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Cough or sneeze into your sleeve or a tissue.
- Stay home from school or work when sick.
- Avoid kissing, hugging, and sharing cups and eating utensils with sick people.
- Clean and disinfect frequently touched surfaces, such as toys and doorknobs – especially if someone is sick.
- Stay up to date on vaccinations, especially influenza vaccine, to reduce the risk of respiratory illness.
- Provide special attention to children with asthma.
- Eat healthy foods and be physically active to keep your immune system strong – get lots of rest.
- Put used tissues in a wastebasket, not in your purse or pocket.
- Wash your hands frequently with soap and water for at least 20 seconds.
- Remove any hand or arm jewellery you may be wearing and wet your hands with warm water.
- Add regular soap and rub your hands together, ensuring you have lathered all surfaces for at least 15 seconds.
- Wash the front and back of your hands, as well as between your fingers and under your nails.
- Rinse your hands well under warm running water, using a rubbing motion.
- Wipe and dry your hands gently with a paper towel or a clean towel.
- Turn off the tap using the paper towel so that you do not re-contaminate your hands.
- Don't use a common hand towel for drying.
- Don't use a single damp cloth to wash a group of children's hands.

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# Another “Core” Value in Our Great Municipality of Metchosin

ANNEMARIE GUSTAFSON

Yes, I am talking about the organization named Jazzercise and its prime instructor Mandy Webb and her trained instructors. Jazzercise has been and still is instrumental in restoring and strengthening individuals in our community and therefore brings another value to Metchosin.

Attending the Jazzercise classes between two and three times a week during the last five months has restored my painful knees and back, built my core muscles, and has brought me so much joy and friendly connections, as well as enjoyment of music and dance! Thanks to Jazzercise, and to Mandy!

I learned from quite a few classmates what Jazzercise means to them. They are happy to see their statements printed in the *Muse*. I am sure you will enjoy these comments. Consider it an invitation to anyone who would like to explore another one of our great Metchosin values – Jazzercise!

Here we go! Some comments from some Jazzercise classmates:

“I used to love to dance, but don’t go out much anymore. Jazzercise is a super replacement and an excellent work out.” – Sharon.

“I am fitter at sixty-three than I was at forty-three because of Jazzercise!” – Julie

What more do I need to say? The above explains it all. Don’t worry about special, fancy gear to wear. We all wear our own choice of clothing that suits each individual to work out, dance, sweat and stretch. Supportive shoes are important and Mandy can help you with advice. Send your questions to Jazzercisemetchosin@shaw.ca. Bring a water bottle. We drink!

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## The Rural Gardener

By Isabel Tipton

Happy New Year and all the best to you and yours; may all your seeds germinate and the deer forget the way to your garden.

Winter is a good time to take a really close look at your yard and garden, and decide if any major renovations have to take place. Trees grow, shrubs spread, rain finds new pathways, as does the family dog, so sometimes things have to go, or at least be seriously restrained. My son has done the majority of the outdoor work for the last couple of years while I awaited a new knee, and he is of the “if you are going to prune it, PRUNE it” school of gardening. Some shrubs are the better for it, some have missed a year of bloom. One shrub that has been absolutely spectacular this fall is Camellia Sasanqua, the fall blooming one. I have a single white, but have lost the cultivar name, unfortunately. Generally it has about twenty blossoms, fifteen of which get frosted. Last year I strung old fashioned outdoor Christmas lights around it, and it had the obligatory twenty blooms just before Christmas. This year it had at least 200 blooms in November, survived the cold snap without turning a hair, and has been a spectacular sight beside the front door. I have no idea why, unless the hot summer ripened the wood more than usual. It bloomed early and still has a few on the sheltered inside of the bush. The foliage is that shiny camellia green, and nothing seems to eat it. Most of the cultivars available have red double blooms; my single white looks artificial, it is so perfect. I think I must try cuttings, as it would be welcome in most gardens I know.

As usual, the Stokes seed catalogue arrived before Christmas, but just about all are online these days, if you can’t stand to wait any longer. One you can waste a lot of time with is J. L. Hudson out of California. They no longer send catalogues, but have comprehensive lists online. Following their links can take an afternoon or two, and you find the most interesting stuff, some of which should be worth trying. They have a lot of old open pollinated vegetable seeds, and some pretty weird plants too. They have a great interest in biodiversity, and try to preserve varieties.

The hard thing about growing vegetables from seed is that it is a feast or a famine, as it is so easy to plant half the seed packet all at once. There you are, shelling peas every other day, blanching, freezing, and then come the beans, and the corn, and the tomatoes. Even buying half a dozen lettuce seedlings has you eating salads three times a day for two weeks, then no lettuce. The art of succession planting is tricky to learn. One becomes fond of vegetables that will keep for a while – squash, and the root vegetables.

Another catalogue I cannot resist is Chiltern Seeds out of Britain. They ship promptly, but do not have many pictures. They have an incredible list of eucalyptus seeds, and they all germinate. I used to try two kinds a year, just for fun, and have had some survive several years, but currently none are living. I opened the “new varieties” page on Chiltern’s website, and the last entry sounds interesting. There is a new and quite exceptional Zinnia, *Queen Red Lime* which has earned much admiration: “Of a well-branched, upright

habit, it is the flowers, on high quality stems, which are so elegantly beautiful. The outer petals of the fully double flowers are pale red fading to lime green towards the centre of the bloom and with a deep maroon centre. They are unique. Give them a sunny, well-drained position. Space two to two and a half feet.”

Now who can resist that? Have fun planning your garden, try something new. See you in March.

Below you will find the Canadian seed companies that I have tracked down.

### CANADIAN SEED COMPANIES

- Canada Bamboo World (incl. edible varieties)  
<http://bambooworld.com/>
- Dominion Seed House  
<http://www.dominion-seed-house.com/en-CA/>
- Greta’s Organic Gardens  
<http://www.seeds-organic.com/>
- Halifax Seed Company  
<https://www.halifaxseed.ca/>
- Henry Field’s  
<http://www.henryfields.ca/>
- Kettleby Herb Farms  
<http://kettlebyherbfarm.kettlebyherbfarms.com/>
- La Vie En Rose Gardens  
<http://www.lavieenrosegardens.com/>
- McFayden Seeds  
<http://www.mcfayden.com/>
- OSC Seeds  
<http://www.oscseeds.com/>
- Prairie Garden Seeds  
<http://www.prseeds.ca/>
- Richters Herb Specialists  
<http://www.richters.com/>
- Salt Spring Seeds  
<http://www.saltspringseeds.com/>
- Shoal Lake Wild Rice Ltd.  
<http://www.slwr.com/>
- Stellar Seeds  
<http://www.stellarseeds.com/>
- Stokes Seeds  
<http://www.stokeseeds.com/>
- Sunshine Farm Organic Seeds  
<http://www.sunshinefarm.net/>
- T&T Seeds  
<http://www.ttseeds.com/>
- Thompson & Morgan  
<http://www.thompsonmorgan.ca/>
- Veseys  
<http://www.veseys.com/ca/en/>
- Watercress Seeds and Kits  
<http://www.watercresskits.com/sproutingkitsca>
- West Coast Seeds  
<http://www.westcoastseeds.com/>
- Wildflower Farm  
<http://www.wildflowerfarm.com/>



Kerry van Wiltenberg’s sow, Copper, a Duroc Berkshire cross, gave birth to thirteen piglets on December 27. Kerry van Wiltenberg photo.

# January – A Time for Inner Renewal

JOHNNY CARLINE

I love January. I really do. Oh I know it rains and the mornings and evenings are still dark and a bit gloomy. But there is, for me, a peacefulness, a tranquility and a quiet sense of optimism to January. The sun is on its way back from Capricorn, spring is just around the corner and the hurly-burly and occasional excesses of the Christmas season are over. I can pick up a book, a glass of sherry and sit before a fire and read without my mind racing over some checklist of things to do before the "big day."

It's not that I don't like Christmas. Far from it. I love the build up to Christmas, the sparkling shops, the delight in finding just the right gift, the gathering in of food and drink which we always overestimate our need for and which will inevitably last us into the new year.

I love the memories of traditions past when my boys were young: the lump of coal or onion, or eventually anything to do with goats (after my youngest christened me the old goat of Christmas) to be discovered at the bottom of my stocking; the letters to Santa from the boys accompanied by milk and cookies (which eventually, thankfully, evolved into a glass of brandy and a chocolate); and my replies on behalf of Santa, painfully written left handed so as not to be recognized. I remember the last reply I wrote. It was about 2:30 am on Christmas morning and my wife was urging me to finish so we could get some sleep.

"You're not still writing left handed?" she enquired. "Can't let the cat out of the bag," I replied.

"Johnny!" my better half exclaimed, "the boys are seventeen and thirteen years old! The cat left the bag years ago."

I puffed, stuck my tongue more firmly between my teeth, and carried on writing. I believe traditions should die hard.

The boys flew the nest long ago but I still build a village beneath the tree and invite the neighbours in to decorate the tree with the baubles accumulated over decades. It's a treasured tradition, complete with mounds of food and drink and treats for the kids who come. The neighbours dutifully dress the tree, tuck into the punch and the goodies and a merry time is had by all. We love it.

But peaceful? Hardly. Joyful? Yes. Frenzied? For sure. Uproarious? At times. But not what I would call peaceful. That comes in January when I can quietly savour the memories, renew my acquaintance with forest trails, take picnics to the lagoon and enjoy a good novel to the accompanying sounds of shorebirds.



There is, of course, the business of New Year's resolutions. On balance, I think they are good things to do. It is good to take stock and resolve to live in a better way. Well, once a year, anyway.

But then there is the awkward matter of trying to keep one's resolutions. The first to go, with me, is the one about the alarm clock. Before I retired, my alarm awoke me at 5:45 am and by 7:30 am I was well into my busy day. After retirement I let the light wake me, which is fine in the summer. But in the winter, waking late, making coffee, taking a walk, then breakfast and a shower and the morning has just about gone. So I resolved to once again set the alarm, but in recognition of now being a retired person, I'll set it for 6:15 am.

I stayed up to see the New Year in, drank toasts to friends, present and absent, went to bed, read for a while and turned the light out around 1:30 am. Then I remembered the alarm. One eye opened and looked accusingly at the glowing, threatening face of the digital clock. An arm emerged from the bedclothes, reached out and put an end to the threat. Ninety seven minutes into the New Year and the first resolution is toast.

Then there are the resolutions urged upon me by my doctor. Walk over 5K per day, don't drink more than two glasses of wine per night, drink eight glasses of water every day.

Well the first one is still intact. The second one is also still okay but only because I discovered we have a set of truly enormous wine glasses. You could keep goldfish in them. Except they are needed for my two glasses of wine.

But eight glasses of water? Really! I suppose I could pull the wine trick in reverse and use shot glasses. I thought about it. But it does seem a bit too much of a cheat. So there goes another resolution, and it is only January the second. And I don't want to get to year's end and have carried out none of my resolutions for the year. If not a guilt trip,

it inspires at least a sense of non-achievement.

Fortunately there is a way out for those of us who are faced with this small cloud in the otherwise serene January mental landscape. In fact there are two options, which by now the regular reader will have begun to figure out.

The first is for those who are already fully paid up members of the Metchosin Community Association. For you, the resolution is simply to renew in July and try not to feel too smug about having "done the right thing" for your community. The second option, for non-members, is very simple. Spend just ten dollars to join (phone Heather at 250-478-5155) and resolve to renew in July and you too can be a member of the Metchosin Community Association.

It pays off every month when you receive the regular update on MCA events. But the big pay-off comes next January. Then you too can join that select group who simply have to resolve not to feel too pleased with yourself for realizing that for just ten bucks you can not only look upon yourself as a true Metchosin Community supporter, but also realize that you have shown those MCA volunteers who bring you the Mighty Garage Sale, the Services Auction, the Pearson College Christmas Concert, the Speaker Series, give great support to Metchosin Day, the Parents and Tots program, and maintain the Metchosin Community House for the many more programs and events that occur there, that they are really appreciated.

It's actually quite hard not to feel pretty pleased with yourself and in fact break that resolution not to pat yourself on the back. But that's okay. Nobody is perfect. And while it may not be quite as much fun as breaking the resolution about two glasses of wine, the good feeling lasts longer. Try it. I think you'll like it. Try it this January. It's a time for inner renewal.

## Rediscovered Treasure

Thanks to Jill Armstrong for finding this little gem of a poem. She asked Stanley Broadbent's son, Richard, for some background. Richard and his sister, Jennifer Wenstob, lived in Metchosin for several years, and we received the following from him:

"Benacre was our home for five years in the late fifties where I led a happy childhood and where Metchosin was forever imprinted as my 'home town'. My father was an engineer/poet/painter/inventor who also appreciated the natural and unique beauty of Metchosin. When I visited last year, I was so happy to see that very little had changed – so well worth preserving. I think my father would have approved the policy of maintaining its uniqueness. By all means, feel free to submit to your local paper. When I want a taste of Metchosin, I go to the online version."

### Metchosin

I've seen the big cities  
I've seen the wide plains  
I've travelled far over this earth.  
I've joyed in my living  
I've tasted life's pains,  
I know now what living is worth.  
I don't ask for fortune  
To wither my soul  
Nor power to bolster my pride.  
Just a cap full of heaven  
Where the blue waters roil  
And the arm of my love by my side.  
Metchosin!  
The music that rings in my ears  
Metchosin!  
The rainbow that comes after tears  
The end of my journey  
Where life can be free,  
Metchosin is calling  
My heart's sanctuary.

– S. Broadbent c. 1960

## 2014 Light Parade Spectacular!



The 2014 Light Parade had fire trucks, dump trucks and there was also the SIRC Mobile, piloted by Colleen Brownlee with SIRC Elves Audrey Jenkins and Doris Truscott riding shotgun.

The parade itself was very impressive this year, and great fun for participants and viewers alike.

# Pearson College Christmas Concert Highlights



A very full house enjoyed the fabulous talents of Pearson College students at the 2014 Pearson College Christmas Concert. Some lucky audience members went away with delicious desserts, and the community took the time to wish David Hawley and Leisa Weld the very best as they leave Metchosin for the Netherlands and David's new role with International Baccalaureate.

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# How the Muse Is Made

BRIAN DOMNEY

The *Metchosin Muse* is beginning its third decade as our community newspaper. Over its first twenty years of existence, there has been a variety of visions of what the paper might be, ranging from a literary publication with poems and short stories, to a practical vehicle for informing residents about the events, groups, and individuals of relevance to our community. We continue to encourage submissions of any kind – if it is of relevance to Metchosin, and promotes community harmony, it will be given serious consideration.

Of course, there is a wide range of opinion about the *Muse*. Some love it, some hate it, but it appears that most find something of value in it. Some wonder why we carry certain things; others tell us “don’t dare drop that” about the same certain thing. There are dozens of people who subscribe to the paper; most have lived here, or have some kind of attachment to this magical place that causes them to stay in contact by getting the *Muse* mailed to them every month.

It seems most folks understand that the *Metchosin Muse* is a community newspaper put together by volunteers. Some may not realize that there are costs associated with producing the paper – the layout is done by professionals, the paper is printed by Black Press, and the paper is delivered by Canada Post; these costs are covered by our loyal advertisers. Everything else is done by dedicated community members (and in a few cases, former residents who love the community and paper so much, they travel to proofing sessions from as far away as the Saanich Peninsula). The writing and photography, the formatting, proofing, editing, advertising contact, layout advice, pickup from the printer in Saanich, delivering to Canada Post and to the various drop points around the West Shore are all done by the volunteers of the *Muse* team.

So how does that all work? Here’s a summary of the cycle we go through every issue:

## Review and Planning

Once the paper is delivered to Canada Post and the various drop sites around the Western Communities, we catch our breath for a few days before our business meeting. There, we review the finances, take stock of advertising, and then review the last issue for errors and omissions. Next comes the preliminary planning for the next issue – identifying important events, potential stories of interest, reporting on events that have just happened.

## Content Generation

Although this is really an ongoing element of the cycle, it gears up in the first two weeks of each month, leading up to the mid-month deadline (the fifteenth of the month).

There are the standing items like House Happenings from the Community Association, the RCMP Report, the Fire Hall Call-outs, and Council News, and there is a collection of community organizations that we usually get something from. It is always a pleasure to get a good piece of unsolicited writing that fits our criteria. While content is being worked up, our advertising team is working with our ongoing advertisers as well as generating new advertisers.

## Formatting and Proofing

As the content comes in, it is identified and entered onto a Run Sheet, which allows us to hopefully keep track of all potential articles, with a priority assigned. Any required formatting changes are made at this point. Although we have a style guide and encourage all those submitting articles to follow it, invariably we get material that requires work, some with formatting, some with spelling and grammar, and in the worst case, both. Pieces that make it through the initial screen are printed and taken to the first proofing session on the Monday following the fifteenth of the month.

## First Proof

This is without a doubt the most fun part of the *Muse* production cycle. An incredible group of dedicated volunteers who love language and the community gather to do the initial proof. There is a lot of laughter, intense debate about words, grammar, punctuation, and updates about what is going on. Got strong feelings about the “Oxford comma”?

A sheaf of marked-up articles, each with the initials of at least three proofers at the top, is then taken away by the editor for correction and final formatting for layout.

## Layout

The proofed content, along with pictures, captions and advertising is sent for layout. This is when the paper is put together, and this involves a very important consideration. The *Metchosin Muse* is printed in multiples of four pages – usually sixteen, occasionally twenty, rarely twelve. This is one of the main reasons an article might not be carried. If we have sixteen and a half pages of content, we either magically find an additional three and a half pages of content, or we drop the half page.

If we have fifteen and a half pages, we may end up carrying something we normally wouldn’t.

## Second Proof

The final proof of the paper is printed on ledger paper (that’s 11” x 17”), looking essentially like it will when it goes to press, and the same marvelous team from the first proof assembles the next Monday to take a final look. This usually involves far less red ink than the first proof, but occasionally has a “how did we miss that?” moment. Our layout artist takes the marked-up proof for final tune-up and then it’s off to the printers.

## Print and Delivery

On the Tuesday morning after the final proof, the paper is sent electronically to Goldstream Press, part of Black Press, where it is printed in their facilities on Enterprise Avenue in Royal Oak. It is picked up Wednesday morning by our distribution guy, who delivers about 1700 to the Canada Post depot on Station Avenue for delivery on Thursday. (Note to anyone who does not receive their paper by that Friday: call Canada Post at 250-474-5185 to inform them and then drop us an email at metmuse@shaw.ca.) Papers are then delivered to over twenty drop sites around the Western Communities, from East Sooke to the Juan de Fuca library.

The team breathes a sigh of relief, and before you know it, the cycle starts again.

The key things for those submitting articles to the *Metchosin Muse* to keep in mind are:

- The deadline for submissions is the fifteenth of each month.
- We have a style guide, so please follow it; if you don’t have one, ask and we’ll send you one.
- The best way to ensure your article is carried is to send a well-written, appropriate, relevant and correctly formatted document (see p. 2), on or before the fifteenth of the month.

Occasionally being a bit late is unavoidable. In such cases, contact the editor and accommodation can sometimes be found.



*Muse* editor Brian Domney has an encounter with a famous person. (Submitting to the *Muse* can be this easy!) Photo by Santa’s elf.

# Be a Muse Contributor

BRIAN DOMNEY

The *Metchosin Muse* is a volunteer-driven publication, with a vision of serving the community in a manner that promotes harmony. Whether that is achieved by providing residents with information about upcoming or past events, local products and services, or the human and natural history of our community, we depend on submissions.

We would like to present a challenge to the people of Metchosin. Why not resolve to submit something to the *Muse* in 2015? It does not have to be a doctoral dissertation, a papal bull or a diatribe. It could be as easy as a nice picture of a person or place in Metchosin. It could be a bit of creative writing. It could be an account of a historical event. If it is about Metchosin, by a resident of Metchosin, or of relevance to the people of Metchosin, it will be given full consideration.

Here are a few ideas to get you going:

- My Encounter with <a Famous Person> (see photo above)
- My Encounter with <Wildlife>
- The Person Who Has Influenced Me the Most
- My Favourite Walk in Metchosin

At the APRM-hosted All Candidates Forum in November, someone asked the candidates what their definition of rural was. Many thought, for whatever reason – the time allotted to answer, or the lack of advance notice to put thoughts together – that the answers were a bit thin. Why not take a few minutes to put down your thoughts about what rural means, 150 words or less and send it along, by January 15? We’ll publish the best and most creative, and we’ll even give the candidates a fairer chance to tackle the question.

We’re also thinking of doing a piece on how people came to be living in Metchosin in an early issue in 2015. Why not share your story of coming to Metchosin, what motivated you to choose this place, and whether those factors are still in play or not?

And don’t worry if you feel that you are “not a writer.” We get a full range of material sent to us, and we can work with almost anything. Our crack team of proofreaders are more than happy to do a little fixing – a comma here, a spelling correction there (spell checks don’t always catch those things). You never know – you might look back at your first *Muse* piece as the start of a successful writing career.

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

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Abbas Janmohamed and Rod Thomas Squance, marimba-tabla duo.

# Raga Recital on Marimba and Tabla by Calgary Duo

NASEEM JANMOHAMED

**Sunday, January 18, 2015, 2:30 pm** at the Church of St. Mary of the Incarnation, 4125 Metchosin Road

Tickets, \$15 for adults and \$5 for students and children over 12, are available in advance from the Metchosin Community Association (4430 Happy Valley Road, 250-478-5155).

The Metchosin Community Association is excited to present a unique concert by the only known marimba-tabla duo in Canada – Calgary-based Rod Thomas Squance and Abbas Janmohamed. The concert will consist of a traditional Hindustani raga performance.

Rod Thomas Squance is quickly gaining recognition as one of Canada's most exciting musicians. A stunning soloist, Rod captivates audiences with his perfect blend of mature musicianship, sparkling technique and exotic sound. Rod is very active as a soloist and freelance percussionist in chamber, orchestral, jazz and world music settings. He has collaborated with such renowned international figures as Yo-Yo Ma and the Silk Road Project. He is an experienced performer and scholar of Balinese gender wayang music and also an accomplished performer of Indian classical music, having performed Hindustani raga using the marimba, accompanied by Mumbai-based tabla player Prafulla Athalye. He has studied many different genres of non-Western music including Afro-Cuban percussion, Chinese music and Brazilian music. He currently teaches ethnomusicology and percussion at the University of Calgary and has served on the faculty of the Banff Centre for the Arts.

Brought up in Calgary, Abbas Janmohamed

began learning tabla at the age of nine. His initial introduction to tabla was mainly in the context of accompaniment but he soon developed an appreciation for its vast classical and solo repertoire. Throughout his teens, he remained dedicated to his practice even in the absence of local teachers. As a two-time recipient of the Shastri Indo-Canadian Institute Arts Fellowship Award, Abbas has spent time in India pursuing his study of tabla. He had the fortune of studying intensively under Shri Prafulla Athalye, a distinguished tabla soloist and a senior disciple of the late Ustad Allarakha in Mumbai. Abbas also attended classes lead by Ustad Fazal Quereshi at the Ustad Allarakha Institute of Music. True to his multicultural heritage, Abbas embraces innovative cross-cultural collaborations, but he also places great emphasis on preserving the integrity of this classical Indian percussion.

Rod and Abbas share a mutual respect for each other's art and a common appreciation for a variety of musical genres, not just Hindustani classical. They have become good friends over the years that they have been playing together and this strengthens their musical connection. Rod has constructed a marimba designed specifically for Hindustani classical music; it stands about ten inches off the floor and is played seated on the ground, side-by-side with the tabla accompaniment. The duo will play a full Hindustani classical recital, from the alaap (prelude) through to the jhala section (fast-paced conclusion), in ragas of their choice.

We hope you will join us for this unique concert that is sure to broaden our musical horizons. Rod and Abbas are our first musical guests from out of province – let us show them a warm welcome!

## Another Voice

SHEILA MOULT

Are you someone who loves to sing in harmony, learning parts and blending voices in a choir, even if you believed that you could never do it?

There is a lot of interest in music in Metchosin, and some of us want to try having a leader and focussing on practising and learning songs. Now is your chance to join with others who share your desire and, maybe, fears and who are meeting in the hope of forming a community choir.

Our goal is to sing songs reflective of rural life and social conscience, singing for ourselves and our community. We will be led by a dynamic and skilled director. Let us know and prepare to come along to the workshop we want to organize in February.

Please call Diana at 778-432-4386 or Sheila at 778-440-1773, or send an email to Garry at garryf@gmail.com.



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## Sooke Musicians Continue to Play Beautiful Music

SONJA DE WIT

Metchosin music lovers won't want to miss the concert at St. Mary of the Incarnation, 4125 Metchosin Road, March 22 at 2:30 pm. Mark it on your calendar! Nancy Washeim will be there and we can guarantee she will sound lovely, singing Psalm 42, Opus 42 by Felix Mendelssohn as well as several Schubert lieder. This concert, conducted by Wade Noble, will also feature the Sooke Philharmonic Chorus with Beethoven and Brahms.

Our annual Tea and Symphony event at the Sooke Community Hall on February 15 at 2:30 pm is well worth the trip to Sooke. This is your chance to feel romantic and old-fashioned, sip tea supplied by Christine Hopkins of Honestly Tea, and eat decadent goodies from the Little Vienna Bakery, while the Chamber Players accompany Eve-Lyn de la Haye in some favourite arias by Mozart, Handel, Puccini and Gounod. Also on the program will be the Introduction and Allegro for strings by Elgar, Concerto for Oboe and Bassoon by Vivaldi, Concertino for Clarinet by Tartini, and more. Be warned, this popular concert sells out rapidly.

The Don Chrysler Concerto Competition on April 25 will present five or six musicians aged twenty-five and under, each playing an entire

concerto of their choice, with piano accompaniment. The winner, chosen by a jury of expert musicians, will receive a cash prize and, more importantly, the chance to perform with the full Sooke Philharmonic Orchestra. This is always an exciting evening. It will take place at the Philip T. Young Recital Hall at UVic, starting at 7:00 pm. It usually ends about 10:00 pm.

The Sooke Harbour Chamber Music Workshop is, as usual, already fully booked. String musicians come from near and far to play their hearts out for a week in May. The coaches include some of western Canada's finest professionals. The workshop takes place in and around Sooke May 10 to 16.

This year, the summer concert by the Sooke Philharmonic will feature Brian Yoon, principal cellist of the VSO, playing the well-known Dvořák Cello Concerto. Brahms is reported as saying about this marvelous work, "If I had known that it was possible to compose such a concerto for the cello, I would have tried it myself!" The orchestra will present Brahms' Symphony No. 3, as well as the Prelude to *The Meistersinger* by Wagner, Norman Nelson conducting. The concerts will take place in Sooke on Friday, May 29 at



Nancy Washeim

the Sooke Community Hall (not Journey Middle School as stated in the brochure), and Saturday, May 30 at Farquhar Auditorium at UVic.

June 7 is another day to mark on your new calendar if you are a Metchosin music lover who is also a gardener. The Sooke Secret Garden Tour, as usual on the first Sunday in June, will be a mix of natural and man-made beauty of the finest kinds. Rain or shine, the gardens and the musicians will be there to please you.

The Philharmonic Fling, a free outdoor pops concert held at Ed Macgregor Park in Sooke, is on Sunday, July 12. The Fling is always an enjoyable summer experience, with a varied lineup of local and international musicians.

# Kati Debretzeni, Critically Acclaimed Gramophone Award-Winning Violinist, Returns to Metchosin

Sunday, January 25, 2015,  
3:00 pm at the Church of St.  
Mary of the Incarnation, 4125  
Metchosin Road

Cost: Adult \$27  
Child \$5  
Senior \$24  
Student \$5

Advance tickets are available  
from Reading Room Bookstore  
in Sooke.

Discover Kati Debretzeni, the artist behind the rave reviews, and revel in the expressive mastery of one of the West Coast's finest early music ensembles, Victoria Baroque Players, as they present a programme full of drama, excitement, and

manic energy at St. Mary of the Incarnation.

As one of Europe's most sought-after period violinists, UK-based Debretzeni heads up the English Baroque Soloists and the Orchestra of the Age of Enlightenment and has recorded for numerous labels as a soloist, leader, and chamber musician. She features on two versions of Bach's Brandenburg concertos: first with the European Brandenburg Ensemble under Trevor Pinnock (Gramophone Award winner, 2008), and again with the English Baroque Soloists, directed by John Eliot Gardiner. As leader and soloist, her recent take on Vivaldi's iconic Four Seasons has been hailed by the international press as a groundbreaking record, or, simply put, "Vivaldi vivified" (*The Guardian*).

The Victoria Baroque Players has established itself as one of the finest Early Music ensembles in Western Canada, drawing on talent from Victoria, Vancouver, and Seattle to present concerts that are informed, lively, and full of depth. Since its formation, the group has regularly concertized at its home venue, the Church of St. John the Divine in Victoria, as well as appearing as guest ensemble at numerous concerts and festivals around the Pacific Northwest. This performance builds on a flourishing artistic relationship with Kati Debretzeni, with whom the ensemble recently produced their debut album, *Virtuosi of the Baroque*.

This concert is produced with generous assistance from the CRD Arts Development Service and the British Columbia Arts Council.



Kati Debretzeni

## 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 Hillecke 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. The program will start again in mid January 2015.

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

**Metchosin Rough Voice Choir Singalong** – On the second and fourth Monday each month from 7:00–9:00 pm. All are welcome to join us at the House for 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. Next session, January 12, 2015.

#### 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. The Art Drop In will start again on January 6, 2015.

**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. The program will start again on January 15, 2015.

#### 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 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. The program will start again in mid January 2015.

### Events

**Concert at St. Mary of the Incarnation** – Sunday, January 18, 2:30–4:30 pm. Marimba Tabla Duo. Tickets at the House or call to reserve 250-478-5155.

**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** – January. Museum Historical Photos. Doug Gilbert in collaboration with the Metchosin School Museum Society has compiled and organized a show of 18 historic photographs of Metchosin dating back to the early 1900s. They are hanging on the Community House walls for all to come and enjoy. The photos will be on display at the Community House for the month of January. 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.

# Crossword Puzzle

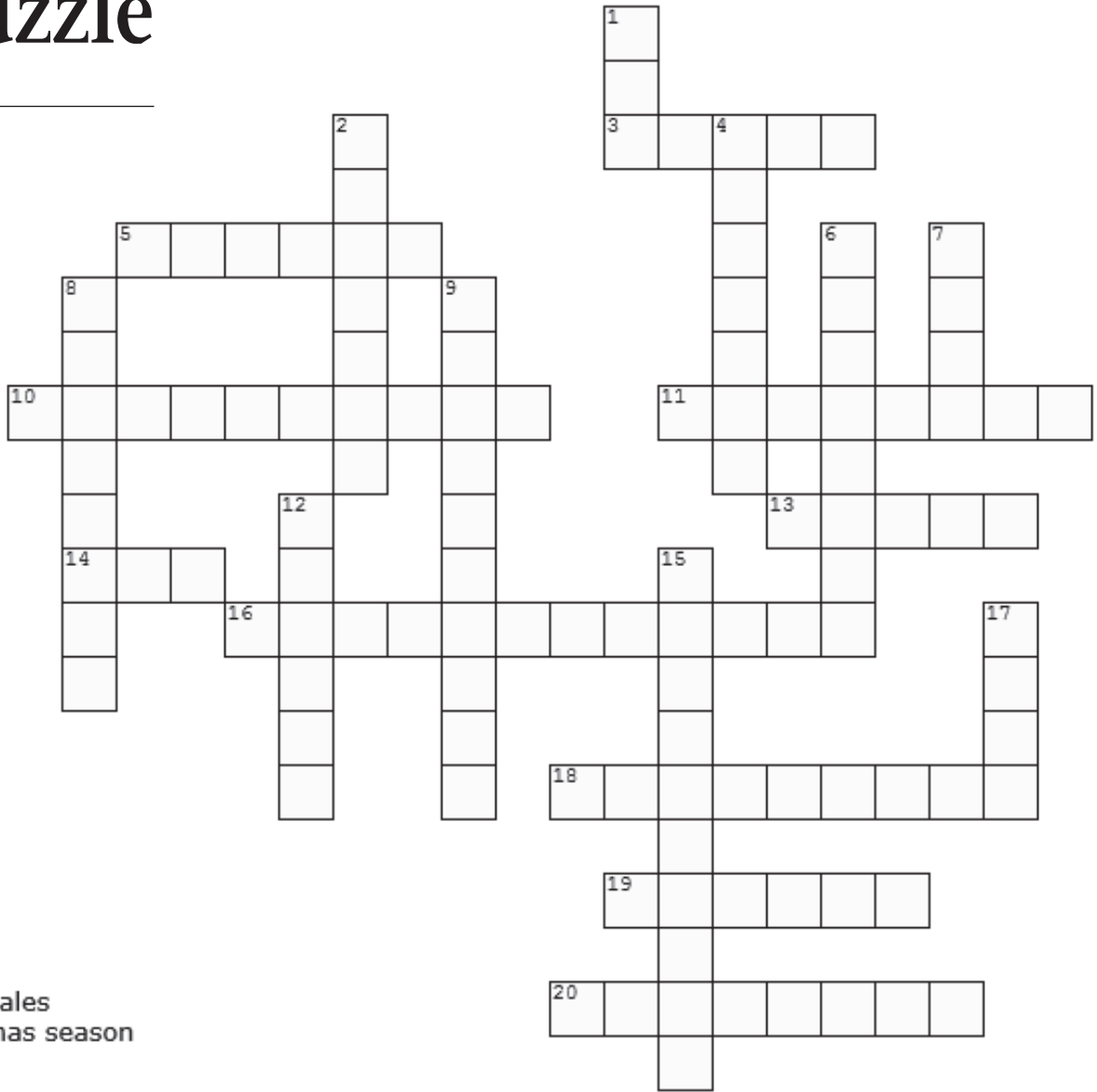
SUBMITTED BY BARB SAWATSKY

## Across

- 3. \_\_\_\_\_ the cradle
- 5. a messy-sounding vegetable
- 10. thorny subject
- 11. woody woodpecker
- 13. drone's name for queen?
- 14. gives a hoot
- 16. hops through Metchosin
- 18. high cholesterol flower?
- 19. bandit quadruped
- 20. hot flowers

## Down

- 1. old (and perhaps sticky) sailor
- 2. buck's response to doe
- 4. chesty bird
- 6. flaming trees
- 7. grime in the garden
- 8. nudist beach sight
- 9. found in swamps and barns
- 12. through the woods and over dales
- 15. they sprout up around Christmas season
- 17. God's beach gift to compost



Created on [TheTeachersCorner.net](http://TheTeachersCorner.net) Crossword Maker

Answers are on page 16.



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## What Are They?

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 objects below – and their intended use – send an email to the editor at [metmuse@shaw.ca](mailto:metmuse@shaw.ca). The sender of the first email received that correctly identifies the person, place or thing will receive a free regular coffee, compliments of the Broken Paddle Coffee House. We'll let them know to expect you!



*Congratulations to Ric Perron* for being the first to identify the site of November's "Where Is It?" photo (on the Municipal Grounds). Ric will receive a free regular coffee, compliments of the Broken Paddle Coffee House.

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



Keith Sutton at his new store, Happy Valley Furnishings

## Happy Valley Furnishings

SHARIE EPP

Happy Valley Furnishings has the lights shining again in a downtown Metchosin store that's been dark for close to two years. In mid-November, Keith Sutton opened his store, next to the Broken Paddle, in the space previously occupied by a tack and feed business.

These days, the glow of Tiffany-style lamps lend their colour to a collection of antique and vintage furniture and decor. The selection ranges from teak bookcases and a late nineteenth or early twentieth century fir dough table, complete with flour storage bins, to a conversation-starter lamp featuring a stained glass shade shaped like a mermaid.

"Vintage and antiques are an embodiment of a completely different sociological aspect of life," Sutton said about why he loves what he does. "This stuff represents how we live and who we are."

The fifty-year-old, who lives in East Sooke, definitely took a circuitous route to land in Metchosin. Born in London, England, he moved with his family to Winnipeg when his parents, who had never been to Canada, decided to make a fresh start in a new country.

It did not take long for Sutton to show his budding entrepreneurial spirit, either. As a five-year-old, he was paid a nickel a bucket for picking rocks. "It was a big bucket, too."

Not loving the weather in Winnipeg, the Suttons found their way to the West Coast, settled in Tsawwassen, then Nanaimo, where Sutton graduated from Nanaimo District Secondary School.

In post-secondary education, Sutton studied international business marketing at BCIT. His well-read tastes also led to university courses in philosophy, history, and sociology.

What he wound up doing, however, was spending a decade as a bike courier in Vancouver, at a time when it was still a "really cool" profession. The job took him on a collision course more than a few times: "I hit the odd pedestrian, but I got hit more than I hit."

Looking for something new, Sutton moved to Vancouver Island seventeen years ago, and got his first taste of what is what in the second-hand market working as an auctioneer at Whippletree Junction Auctions near Duncan.

"We sold antiques, household goods, cars, boats, furniture, dolls, and bull castrators. It was 150 lots an hour for two to three hours straight."

Eventually tiring of the job, which had periods of high stress intermingled with plenty of labour-intensive work hauling goods around, Sutton left to spend five years working in Victoria at Charmaine's Past and Present.

Next he switched to selling brand new furnishings at Ashley's in Langford until it closed, and Sutton found himself out of work. Thinking he'd like to have his own business, he decided to do what he did best, and opened Happy Valley Furnishings at Glen Lake corner. "It was a disaster, because of the location," he said. "I'd sit there watching cars go by, and nobody stopped."

When a friend told him about the space in Metchosin, he made the move. "Time will tell, but hopefully it will work and thrive and be a success."

Sutton acquires his stock from a variety of sources. He has a contact list of "pickers," semi-professional garage sale sellers, and many items come from folks just looking to downsize or make a change. He also accepts consignment sales, of which he keeps fifty per cent.

The trick is knowing what items are likely to sell, or not. It is a skill born of a little bit of experience, some trial and error, and a dash of luck.

"It's knowing what it is, what it's worth, what it does, and does anybody want it," Sutton said. "Sometimes free is too much."

The store is open Tuesday through Saturday, 10:00 am to 5:00 pm, and Sundays, 10:00 am to 3:00 pm. It is closed on Mondays. For information, call 250-590-2415 or check out the website at: [www.happyvalleyfurnishings.com](http://www.happyvalleyfurnishings.com).

## My Comfort Zone (Or, My Dirty Little Secret)

CHARMAINE WELCH

I think as we get older, most of us get to be more like ourselves – truer to our true nature. What if you realized that your true nature was less than socially acceptable? This is where I found myself recently, after years of trying to suppress these unacceptable characteristics.

This realization came slowly, and, coincidentally, while trying to organize my sewing room, and clean out the attic simultaneously, through the Christmas season. The attic needed some physical work done on it and needed to be totally cleared out. We don't have a basement for storage and the garage isn't appropriate for household storage. As some of the attic items were sewing and craft oriented, it made sense to integrate them into the existing sewing room.

The sewing room was already twenty-five percent over capacity, so there were boxes EVERYWHERE. This would make most people

crazy, but I'm happy as a clam. Why?

My adult children have been half joking about doing a hoarder's intervention. This started me thinking – was I a hoarder? No – hoarders save dumb things like newspapers and string. MY stuff was all useful: fabric, buttons, patterns, yarn, etc. And I use my sewing stuff to make beautiful things, like quilts and bow ties. So no, I'm not a hoarder.

So what am I? I ruminated over this and looked at other areas of my life for clues in order to name my nature. I decided to inspect my work life for ideas. Part of my job was working at the Customer Service desk of a major grocery store. I realized I was happiest working on a Saturday afternoon when it was crazy busy; the phone was ringing, customers were lined up for help, and cashiers were needing direction. Some days it was pandemonium! All the better!

What about my social life? Here, again, I am happiest when I have lots of projects on the go: coffee dates with friends, classes to attend, birthday parties to plan, vacations to look forward to! Heaven!

What does my alone time at home look like on my day off? The radio is on loud, the phone is ringing, supper is cooking, there is Jazzercise to rush off to, bow ties to complete and mail off, the dog to walk ... wonderful! I'm ecstatic!

Where did all this information lead me? Can you guess? Chaos. I love and thrive on chaos. Physical and mental. What is the opposite of obsessive compulsive? Chaos.

Now you know my dirty little secret. Thanks for being part of it!

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**NEWS FROM HANS HELGESEN SCHOOL**

# A Busy December at Hans Helgesen

DEBRA STOUTLEY, PRINCIPAL



District is helping students and families prepare for the big transition of both Grade 5 and 6 students into middle schools of Grade 6, 7 and 8 with their webpage "Transitions Forward 2015." Check it out on the SD 62 website or by following this link: [www.sd62transitions.ca](http://www.sd62transitions.ca).

On December 11 our Talent Show took place in the gymnasium. Students at HH are a talented group and the show was much anticipated! To end that week, we all sampled the great Canadian sport of curling on December 12 with a "Rocks and Rings" workshop in our gym. Each class tried the dry curling with "rocks" that were on coasters. It was a great introduction to this lifelong sport.

Our school went skating on December 15 and 16. This was another chance for our students to work together and get to know each other as older students help younger ones tie skates and enjoy the Juan de Fuca arena's Winter Wonderland.

Our intermediate classes have now started working with the "Mathletics" online math practice program. This is an engaging way for children to practice math and have extra practice with our math curriculum all year. We are proud of our Hans Helgesen "Mathletes"! Classes are also working on art cards again this year, with Ms. Rambo coordinating the creation of these cards. We will have them for sale as a fundraiser in the New Year.

If you have any questions about our activities, or about Hans Helgesen School in general, please don't hesitate to contact me at the school. Happy holidays, everyone!

It has been a fun and busy month at Hans Helgesen! Once we finished our report cards, we began the rush to the end of the calendar year and our winter break. By the time you read this we will be nearly finished our break with all these events concluded!

There were several exciting events in December. Our entire school had a Winter Pancake Breakfast together in our gym on Tuesday, December 9, with our PAC providing mandarin oranges and milk to add to our pancake and sausage breakfast. It was Hans Helgesen's first school-wide breakfast and we were looking forward to sharing a meal together as an entire school of students and staff.

Later that day our Grade 5/6 classes went off to visit Dunsmuir Middle School for their first introduction to the school they are most likely to attend next year. The Sooke School



4H members Julia Lozupone and Isaac Van Veen, who won first place in public speaking and went on to represent Metchosin 4H in the South Island Public Speaking Competition.



## Metchosin 4H Starts January 17, 2015

DEBBIE COOPER

Metchosin 4H kicks off its brand new year January 17. Our first meeting will be held Saturday, January 17, 1:00 pm at the Metchosin Community House, 4430 Happy Valley Road.

This year we will be running two projects – our Poultry Project and a Lamb Project for kids ages nine to twenty-one years old.

To pre-register, please email [Metchosin4H@gmail.com](mailto:Metchosin4H@gmail.com) or call Debbie Cooper at 250-478-4677. This is going to be an exciting year for our club on its fifth year back in Metchosin.

Metchosin 4H would like to send out a HUGE thank-you to West-Mont Montessori school and families for the wonderful donation that they gave to our club from their Charity Auction to help us buy our own poultry display cages for Metchosin Day.

# Are Your Children Looking for Something To Do?

JOANNIE CHALLENGER

Well, it's January and the excitement of the holiday season is over. The weather can be dreary at this time of year, it's a long time until spring, and if you have children they may be feeling just a little bored. You might want to know of some upcoming events that are being offered in the Western Communities towards the end of January. Read on to find out more ...

Your Literacy Connection Westshore is offering FREE learning activities for families at a variety of locations on Saturday, January 24, 2015, from 10:00 am to 2:00 pm. Some of the choices are listed below:



Story time on the Langford Trolley at the Goudy Library.

WESTSHORE LOCATIONS, TIMES	ACTIVITY
<b>Goudy Library</b> 119-755 Goldstream Avenue 10:00-10:30 am, 11:00-11:30 am	<b>Story time, songs and rhymes on the Langford Trolley</b> , parked in front of the Goudy Branch, followed by a free trolley ride.
<b>Pacific Centre Family Services</b> 345 Wale Rd 11:30 am-1:30 pm	<b>Dissect and tinker</b> with a variety of small appliances to discover how things work and how you might create something new. Children will also get a chance to meet popular superheroes and enjoy a lunch or snack at the Skookum Youth Café.
<b>Juan de Fuca Library</b> 1759 Old Island Highway 1:00-2:00 pm	<b>Celebrate Family Literacy Week</b> by making a whirligig with local artist and art teacher Anita Brunckhurt. No registration required.
<b>Coast Collective Art Gallery</b> 3221 Heatherbell Rd 11:30 am-12:00 pm, 1:30-2:00 pm	<b>Dabble in the Arts.</b> Children five years and older can create a keepsake book for writing ideas and sketching with Tracy Leal. Glen Lovett will talk about fundamentals of graphic novels and children can try their hand at the art form.
<b>West Shore Parks &amp; Recreation</b> 1767 Old Island Highway 10:00 am-2:00 pm	<b>A self-guided, interactive, nature activity</b> and a Pete the Cat StoryWalk along the local user-friendly trail leading to the Juan de Fuca Library. The Storywalk starts off at the trail next to the library.
<b>Highlands School House</b> 1589 Millstream Rd 10:00-11:00 am	<b>Musical Storytime with Brenda.</b> Coffee provided by Level Ground Trading and snacks for the kids!

For more information about programs and events, you can visit the website at [www.sookewestshoreliteracy.ca/westshore](http://www.sookewestshoreliteracy.ca/westshore).

Also in January, Sooke School District is offering a program called Ready, Set, Learn. This program is designed for three and four year old children, with lots of hands-on learning and play activities. Parents can get ideas on how to support their children's learning and development. On January 28 parents and tots are invited to take part in activities at Sooke Community Hall from 10 am to 1 pm, or at Westshore Town Centre from 10:30 am to 2:30 pm.

Who says there's nothing to do in January?

## Bella Yoga

**Yoga in the Neighbourhood- on Duke Road**

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Call Georgia- 250-391-0497 - Email: [georgia@bellayoga.ca](mailto:georgia@bellayoga.ca)

3863 Duke Road- Metchosin

Believe in Yourself! Commit to Yourself!

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

# RCMP Call-Outs NOVEMBER 15 TO DECEMBER 14, 2014

BY CPL. BRIAN KERR, CENTRAL SAANICH POLICE

- Nov 15 **Happy Valley Road** – Complaint of theft from vehicle during the night.  
**Happy Valley Road** – Complaint of injured deer.  
**William Head Road** – Complaint of an assault, investigation continuing.  
**Wootton Road** – Complaint of theft of money from road side stand.  
**William Head Road area** – Complaint of domestic dispute, one person arrested, investigation continuing.
- Nov 16 **Witty's Beach** – Complaint of a person with fireworks on the beach, not located.
- Nov 18 **Sooke Road** – Complaint of erratic driver, driver later given written warning.  
**Metchosin area** – Information received of indoor marihuana grow operation, Street Crime Unit investigating.
- Nov 20 **Happy Valley Road area** – Complaint of assault, one person injured, one person arrested and held for court.  
**Sooke Road** – Complaint of abandoned vehicle, later moved.  
**William Head Road** – Complaint of possible impaired driver, vehicle not located.
- Nov 22 **Happy Valley Road** – Complaint of person in possession of stolen property, property recovered, investigation continuing.  
**Happy Valley Road** – Complaint of hit and run, suspect driver later located, investigation continuing.
- Nov 23 **Metchosin Road** – Complaint of assault, one person injured, investigation continuing.
- Nov 24 **Rocky Point Road** – Complaint of a bear being observed in the area. Conservation officers advised.
- Nov 25 **William Head Road** – Complaint of single vehicle accident, no injuries, vehicle towed from scene.  
**Happy Valley Road area** – Complaint of gun shots being heard, patrols failed to locate anything.
- Nov 27 **Rocky Point Road area** – Complaint of disturbance at a residence, one person asked to leave the residence.  
**Rocky Point Road** – Complaint of lost/stolen license plate.

- Nov 30 **Kangaroo Road** – Complaint of theft, believed to be a civil matter.
- Dec 01 **William Head Road area** – Complaint of threats/possible disturbance, two people spoken to.
- Dec 02 **Glen Forest Way** – Complaint of theft from vehicle which occurred during the night.  
**Happy Valley Road** – Complaint of person dealing drugs, still under investigation.
- Dec 04 **Neff Road** – Complaint of suspicious vehicle, stolen vehicle recovered from Saanich, still under investigation.
- Dec 06 **Duke Road** – Complaint of speeding vehicles. Request for patrols.  
**Barrow Road** – Complaint of possible disturbance, several people spoken to.
- Dec 07 **Sooke Road** – Complaint of erratic driver, vehicle not located.  
**Glen Forest Way area** – Complaint of unwanted person, found to be gone on police arrival.  
**Glen Forest Way** – Complaint of rural mailbox being broken into.
- Dec 10 **Pearson College Drive** – Complaint of lost property.
- Dec 11 **Rocky Point Road** – Complaint of possible impaired driver, patrols made but vehicle not located.  
**Sooke Road** – Complaint of suspicious male on highway, one male arrested for being drunk in public place.
- Dec 13 **Kangaroo Road area** – Complaint of theft of jewellery, still under investigation.
- Dec 14 **Kangaroo Road area** – Complaint of person acting erratically, one person taken to hospital.

**Note – The rural mailboxes are being broken into on a regular basis.** It may be best to pick up your mail on a daily basis to prevent theft during the night.

*Wishing everyone a very Happy New Year!*

Cpl. Brian KERR,  
Central Saanich Police

continued from page 2

hold on even when there's nothing, and no reason to hold on. Happy New Year.

Amber Jackson, Grade 9 student

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

Happy New Year! I, like all the Grade 10 students, will be changing schools at the end of this academic year. One of my main challenges is to maintain the marks I am achieving at Metchosin Technical Centre (MTC) at EMCS. The difference between MTC and Edward Milne Community School (EMCS) is that the classes are way smaller at MTC. My goal for 2015 is to keep an 85% in all my classes. So that means I will be trying my very best at all times. One of my biggest role models in school is my teacher, Dayna, because she has helped me through my classes. But nobody can help

me more than my Mom and Dad; they are the best people in the world. Happy New Year!

Cory Mills, Grade 10, MTC

"Things turn out best for those who make the best of the way things turn out." – Jack Buck

My challenge for 2015 is to be a more responsible person. In doing so, I will work to hand in all my assignments and make sure all my chores are up to speed. I want to be seen as a very well put together individual, seeing as I will be working soon. My goal is to become more fit so I can feel completely comfortable in my body. Another goal is to have the best year ever enjoying my life to the fullest. Someone I look up to is my Mom because she's been through so much and manages to help keep our family happy as can be; I hope to be as strong as her.

Emma Connors,  
Grade 9 student,

Tell them you saw it  
in the *Muse!*

## 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.

### LESSONS

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

### FOR SALE

**PORK, LAMB & CHICKEN**  
Enjoy delicious, healthy pork, lamb and chicken, raised in Metchosin. Buy direct from the farm: Saturdays only, noon–3:00 pm, 4198 Stillmeadow Rd. [www.parrybaysheepfarm.com](http://www.parrybaysheepfarm.com), [www.stillmeadowfarm.ca](http://www.stillmeadowfarm.ca)

### SERVICES

**COOKIES CRITTER CARE** – Metchosin's Professional Pet-Sitter and Dog-Walker since 2006. Fully insured, bondable and First Aid certified. Cookie 250-415-9335. Comes highly recommended and recognized.

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# Directory of Organizations

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

**AIR CADETS**  
250-590-3690

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

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

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

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

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

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

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

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

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

**METCHOSIN COMMUNITY HOUSE**  
250-478-5155,  
mcahouse@telus.net,  
www.metchosincommunityhouse.com

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

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

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

**METCHOSIN FOUNDATION**  
metchosinfoundation@gmail.com,  
http://metchosinfoundation.ca

**METCHOSIN GARDEN CLUB**  
250-298-7877

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

**METCHOSIN HIKING CLUB**  
250-478-4778

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

**METCHOSIN PONY CLUB**  
250-727-3595

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

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

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

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

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

**SCOUTS CANADA**  
14thjuandefuca@victoriascouts.ca

**SEA CADETS**  
250-478-7813

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

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

**SWANWICK CENTRE**  
A centre for spiritual inquiry  
538 Swanwick Road  
www.swanwickcentre.ca  
250-744-3354  
programs@swanwickcentre.ca

**WEST SHORE ARTS COUNCIL**  
250-478-2286,  
info@westshorearts.org,  
www.westshorearts.org

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

**WEST SHORE PARKS AND RECREATION**  
250-478-8384,  
www.westshorerecreation.ca

## CHURCHES

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

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

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

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

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

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

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

Answers to crossword puzzle on page 12:

- |                   |                |
|-------------------|----------------|
| <b>ACROSS</b>     | <b>DOWN</b>    |
| 3. robin          | 1. tar         |
| 5. squash         | 2. yesdeer     |
| 10. blackberry    | 4. bushtit     |
| 11. pileated      | 6. firewood    |
| 13. honey         | 7. dirt        |
| 14. owl           | 8. fullmoon    |
| 16. Kangaroo Road | 9. horsetails  |
| 18. buttercup     | 12. trails     |
| 19. racoon        | 15. craftfairs |
| 20. fireweed      | 17. kelp       |

The above is a directory of organizations only. Please submit changes to this information to 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.

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And tell them you saw it in the *Muse*

# Events

The Victoria Natural History Society has ongoing events of interest for birders, botanists, and others interested in natural history. Presentations for January 2015:

Tuesday, January 13, 7:30 pm – **NATURAL HISTORY NIGHT: Wildlife 911: When Our Wild Neighbours Need Help (and When They Don't).**

Tuesday, January 20, 7:30 pm, Swan Lake Christmas Hill Nature House – **BOTANY NIGHT: Plant Treasures of the Olympic Mountains.**

Monday, January 26, 7:30 pm – **MARINE NIGHT: Latitude 70°, entering another world ...**

Tuesday, January 27, 7:30 pm – **BIRDERS NIGHT: Return of the Raptors.**

Unless otherwise noted, presentations are in Room 159, Fraser Building, UVic. All welcome. For more information, email marinenight@pacificcoast.net or call 250-477-5922.

Swanwick Centre presents a weekend of spiritual films, January 23-25. For more information, please visit www.swanwickcentre.ca, contact Ralph at 250-744-3354 or email programs@swanwickcentre.ca.

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

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



250-391-9000

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info@lalimo.ca

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contact Suzanne  
phone 778-967-2952  
email metchosinyogastudio@gmail.com  
www.westshoremetchosinyoga.com  
f @ Westshore Metchosin Yoga Studio



## Randall Garrison, MP

### ESQUIMALT-JUAN DE FUCA

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