



# 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 Gets Lit Up with the Light Parade



The Light Parade had an impressive number of vehicles decked out for the festive season. Robert and Eileen Carlson (*Muse* accounts volunteer) hosted a neighbourhood get-together at the bottom of their driveway.

Photo by Brian Domney

### Breakfast with Santa at the Fire Hall



On December 20, comfortably set up in Engine #4, Santa listened to young visitors as they told him they had been good and deserved a visit on Christmas Eve. A pancake breakfast followed. Brian Domney photos



### Polar Bear Swim 2016

ANDY AND MAIRI MACKINNON

Please join us for Metchosin's 27th annual Polar Bear Swim, this year at Taylor Beach near the end of Taylor Road, January 1, 2016. The swim is at 2:00 pm, usually lasting until approximately 2:01 pm. For those so inclined, the swim is preceded by a run of about 6 km, and a walk of about 3 km, both of which end at Taylor Beach just before 2:00 pm.

For details about the run and walk, please call Mairi or Andy MacKinnon at 250-478-8232. Following the swim, we encourage

everyone to join us at Mairi's and Andy's house, 504 Witty Beach Road. We have showers and places to change. We'll have simple food and hot apple juice, and we encourage everyone to bring food and drink to share. (This is often food and drink left over from Christmas and New Year's Eve that doesn't fit with New Year's resolutions!)

**Please try to carpool!** For more information, please call us at 250-478-8232 or send us an email at metchosinmacs@gmail.com.

### Important Dates

See also the Events listing on the back page, and for ongoing events, the directory of organizations.

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# Metchosin Muse

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

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**CURRENT CIRCULATION:** 2600  
(July/August: 3000)

**SUBMISSION DEADLINE AND HOW TO SEND COPY**  
The 15<sup>th</sup> of each month. Please send copy as an email attachment using Microsoft Word, text or RTF to: metmuse@shaw.ca. Typewritten or handwritten copy is acceptable if you have no access to a computer. Do not send PDFs. Photos should be high resolution, i.e., not taken with phone or tablet. Leave hard copies of articles in the *Muse* box at the Metchosin Country Store or fax 250-483-5352. Please visit our website for more information: [www.metchosinmuse.ca](http://www.metchosinmuse.ca)

**AD DEADLINE**  
The 15<sup>th</sup> of every month for month-end publication.

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

The *Muse* is delivered, free of charge, to most households in Metchosin. Copies are also available at Metchosin Country Store, the Community House, the Municipal Hall, The Broken Paddle Coffee Shop, My-Chosen Café, Red Barn Market, Happy Valley Store, Bill's Food and Feed, Royal Bakery, Willow Wind Feed & Tack, and at the Juan de Fuca and Goudy branches of the Victoria Public Library.

**MAILING ADDRESS**  
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4985 La Bonne Road  
Victoria, BC V9C 4C5

Social gathering for friends, neighbours, co-volunteers of  
**Norm and Mary Gidney**

at the  
Metchosin Country Golf Club  
**Sunday, January 10, 2:30-4:30 pm**

Please drop by to wish them well in their next "adventure."  
Come to visit, share a laugh or story and meet up with  
some new or old friends.



Norm and Mary Gidney

## The Kindness of Knitters

LAURA FARQUHARSON, COORDINATOR, MCA KNITTING CAFÉ

Two weeks after Nancy Meyers, a regular of both the evening and afternoon Knitting Café at the Community House, put forward the idea that we should knit hats for Syrian refugees (a suggestion from her stepdaughter who is working with a camp in Vienna), 52 brightly coloured toques were ready for mailing. A warming effort in every sense!

In addition to knitting for family, friends and, occasionally, for themselves, the knitters have made nests for birds recuperating at WildARC, bees for the Apple-Bee Festival and cuddly cats to go to a kindergarten class in a deprived area of Prince George.

Many of the knitters make warm scarves, mittens, socks and hats for Our Place, Work Link and the Dandelion Society. The Compassionate Warehouse is the recipient of teddy bears, receiving blankets and clothes for new babies. These are tucked around the large items in the containers sent overseas. A number of knitters make little hats for premature babies (including Christmas-themed ones for December arrivals) and other hats go to an organization which assists shaken babies. Some items are made specially for sales and the money raised goes to charities. One lady does this in aid of the Greater Victoria Police Chorus and another for the Ovarian Cancer Society.

Knitters can be found volunteering at the Metchosin Garage Sale and the Apple-Bee Festival as well as attending and helping at other events.

We have a donation jar at every session and the money is used to buy tea, coffee, and

refreshments with the remainder going to the Metchosin Community Association. The Knitting Café started in February 2012 and contributions to MCA to date total \$1118.30. This sum includes money made from the generous donation of yarns, needles and patterns from two gentlemen whose late wives were keen knitters. The items are offered to the Knitting Café members who then make a donation to MCA, and any materials remaining are distributed to non-profit organizations.

Recently the drop-in Arts group, led by Arlene Welch, invited the Knitting Café and the Rug Hookers to join in a Handicraft and Bake Sale at the House. Despite the weather outside being frightful, it was indeed delightful as members of the groups scurried in from the wind and rain with their creations which showed a wonderful range of artistry and skill. This cooperative effort by three of the MCA-sponsored drop-in programs was great fun, and to round things off, we had pianist Lois Wiens, from another very successful drop-in program, the Rough Voice Choir, who led us in singing Christmas songs and carols. A good baritone was added when some late shoppers, Councillor Andy McKinnon and wife Mairi, joined in. \$242.20 was raised for the MCA.

People coming from outside Metchosin always comment on how fortunate we are to have the Community House to help foster a sense of community and to have it available for such a wide range of programs. This appreciation is certainly shown by members of the Knitting Café.

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

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

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

The current issue and issues from the past year are there, along with contact information and information for submissions, advertisements, and deadlines.

## Muse Subscriptions

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

Joan Bradley  
10 Bradene Road  
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Tel: 250-478-3451

Or you can email us at  
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**14<sup>TH</sup> JUAN DE FUCA (METCHOSIN) SCOUTS CANADA**

## Scouts' Annual Bottle Drive - Saturday, January 2, 2016

The 14th Juan de Fuca Scouting sections would like to help you recycle your returnables! This annual Scouting Bottle Drive is throughout Metchosin and is one of our major fundraisers for the youth of 14th Juan de Fuca Scout Group.

We recognize the environmental impact wasted bottles can create in our landfills and so collecting your bottles

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

If you would like help by dropping off your returnables, we will be at the Municipal

grounds behind the Fire Hall on January 2 from 9:30 am until 2:30 pm.

If you would like to arrange for an earlier pickup please contact our Group Commissioner, Tony Friesen, 250-474-8899.

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

## Scouts' Christmas Tree Chipping Fundraiser

Our last Tree Chipping Fundraiser was a great success and something we look forward to doing again this year. We saved over 500 trees from the landfill, contributed to the environment and supported recycling in our community.

The 14th JdF Venturers and 9th JdF Rovers will be using

the proceeds towards funding various Scouting events.

**Drop off at Luxton Fair Grounds**, 1040 Marwood Ave., January 2 and 3, 9 and 10, all day from 10:00 am-4:00 pm.

**Drop off at Race Rocks Auto**, 1057B Marwood Ave., January 4-8, 8:00 am-5:30 pm.

Suggested donation for drop off \$5, or \$10 for pick up. Call now to reserve pick up.

Proceeds go to yearly programming for the Venturer Scouts! For more information and pick up, call 250-589-7715.

Thank you!

# Ann Nightingale Honoured



Shown here with Lieutenant General Judith Guichon, Ann Nightingale was recently honoured with the Governor General's Caring Canadian Award in recognition of her work at the Rocky Point Bird Observatory. Created in 1995, the award recognizes individuals who volunteer their time to help others and to build a smarter and more caring nation. Congratulations, Ann!

## Emergency Preparedness Seminars ... ended ... when the lights went out.

DAWNE KIRWAN

There was supposed to be one last seminar session on November 17, 2015, but due to the severe storm and power outage, we thought it prudent to cancel. However, because the power was out, we really did not have a way to let people know. Sorry to those who showed up, but also thank you for being so keen. Thank you, also, to all of you who attended, whether it was

for one session or for all of them. We really appreciated your participation, questions and insight.

Watch for Emergency Program articles in the *Muse* throughout the 2016 calendar year and for information on further seminars for 2016. A couple of topics already requested were to bring in an insurance agent to talk about pertinent coverage for natural

disasters, someone to speak on Rapid Damage Assessment of buildings damaged in a disaster and a class on CPR.

If you have a suggestion for a seminar topic, email the Emergency Program Coordinator, Stephanie Dunlop, at [firechief@metchosinfire.ca](mailto:firechief@metchosinfire.ca) or phone her at 250-478-1307.

Thank you again and have a wonderful New Year!

## TALK AND WALK

Unless otherwise stated, talks are held at 7:00 pm at the Municipal Hall, 4450 Happy Valley Road, behind the Fire Hall.

### Winter/Spring 2016

#### SEA OTTERS – A VERY NATURAL HISTORY – Friday, January 15 with Jane Watson

Sea otters, prized for their thick fur, were hunted to extinction in British Columbia in a commercial fur trade that started in the late 1700s and lasted until sea otters were protected in the early 20th century. Otters were reintroduced to BC from 1969



"Mike" Michael L. Baird photo

to 1972 when 89 Alaskan sea otters were released into Checleset Bay off the northwest coast of Vancouver Island in a series of three translocations. Since their "repatriation," the Canadian sea otter population has grown and spread; today there are over 6000 sea otters along the outer coast of BC and northern end of Vancouver Island. The return of sea otters, which has resulted in dramatic changes to coastal ecosystems, has not been without controversy. Sea otters depend on a thick fur and prodigious appetite to stay warm in their chilly ocean environment and it is these two features – their luxurious fur coats and enormous appetites – that have made sea otters both desired and hated. In this talk we will explore the biology and ecology of this important and charismatic species – in what is truly a very natural history.

Jane Watson grew up on the BC coast, and knew from a very early age that she wanted to be a marine biologist. She completed her BSc at the University of British Columbia in 1981 and her PhD at the University of California at Santa Cruz in 1993. She presently teaches biology at Vancouver Island University. She has spent more than 25 summers studying sea otters and kelp on the west coast of Vancouver Island.

#### INVASIVE SPECIES: A PERSPECTIVE ON THE PROBLEM AND PRACTICAL CONSIDERATIONS FOR CONTROL – Friday, February 12 with Joel Ussery

What makes a species invasive, why are some such problems, and what should be considered when deciding what to do?

Metchosin local Joel Ussery graduated from the School of Resource and Environmental Management in 1997. His masters project was entitled "Managing Invasive Plant Species in Garry Oak Meadow Vegetation Communities: A Case Study of Scotch Broom."

There will be a Walk the following day on Saturday, February 13; meet at the Devonian Park parking lot at 10:00 am.

#### CO-EXISTING WITH CARNIVORES (Bears, Wolves and Cougars, Oh My!) – Friday, March 4

Information TBA.

#### NATIVE ORCHIDS – Friday, April 8 with Sasha Kubicek

Sasha is a lifetime Metchosin resident and orchid savant. He's been growing orchids since childhood, combing the woods of Metchosin and Vancouver Island for the past two decades, finding and photographing our local orchid species. For his valuable contributions Sasha has been awarded an American Orchid Society designation for orchid culture, and has led tours for the orchid club and alpine club.

Join us for the Walk on Saturday, April 9 at 9:30 am at the Pearson College Grounds.

#### LICHENS, CHIMERAS, AND SUPERORGANISMS: LIFE ON THE BORDERLANDS BETWEEN SPECIES AND ECOSYSTEMS – Friday May 20 with Kem Luther

This talk will be the Metchosin launch of Kem Luther's new book, *Boundary Layer* (Oregon State University Press, 2016). Drawing from sections of his book, Kem will talk about the problems encountered by traditional ideas of species in a world increasingly populated by organisms that are packaged ecosystems.

For the Saturday, May 21 Walk, meet at the Devonian Park parking lot at 10:00 am in a search for lichens.

Metchosin local Kem Luther has had a diverse academic career encompassing philosophy, computer science and college administration. He has gone on to publish a number of books and penned a series of natural history essays. Kem is also a critical component of the BioBlitz/MycoBlitz organizing team.

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

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*Eat the Island*

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# An Udder Side of Metchosin Municipal Staff



Carol Carmen (right) was surprised to find Farmer Sheila MacKay with her fine herd of Tammie, Laura and Melissa – the “Metchosin Moos” – at the Municipal Hall just before Halloween.

Photo by Brian Domney

## COUNCIL NEWS JANUARY 2016

### PRIORITY ROADS SERVICE

Please remember that ice control and snow plough service is provided on a priority route basis with Happy Valley, Metchosin, William Head, Rocky Point and Kangaroo Roads being top priority. Next are school bus and BC Transit routes, followed by all other roads.

### ENVIRONMENTAL ADVISORY COMMITTEE VACANCY

Metchosin Council is seeking to fill vacancies on the Environmental Advisory Select Committee. Preference will be given to applicants having familiarity with environmental issues. Meetings take place on the fourth Tuesday of each month at 7:00 pm. Please submit a letter of interest and a brief resume. For more information, please contact Councillor Moralea Milne at 250-478-3838.

### CITIZEN VACANCY FOR THE INTERMUNICIPAL ADVISORY COMMITTEE ON DISABILITY ISSUES

A committee designed to improve accessibility for those with disabilities has a vacancy. If you are interested in volunteering on this committee, please contact Tammie Van Swieten, Deputy Corporate Officer at 250-474-3167.

### DRIVEWAY CULVERT MAINTENANCE

Residents are reminded to clear driveway culverts of debris to help prevent flooding. It is also property owners' responsibility to ensure that water and gravel from your driveway does not enter onto the roadway. A permit is required to undertake any work on the municipal roadway, including installation of driveways and culverts.

### DISTRICT OF METCHOSIN MEETING SCHEDULE – JANUARY 2016

Below are the meeting dates and times for the upcoming month. Meetings are held in the Council Chambers unless otherwise stated.

Council and Standing Committees	Jan 11, 7:00 pm	Environmental Advisory Committee (MEASC)	Jan 26, 7:00 pm
Council Meeting	Jan 25, 7:00 pm	Heritage Advisory Committee (HASC)	Jan 27, 7:00 pm
Parks & Trails Advisory Committee (PTASC)	Jan 19, 7:00 pm		

Meetings are subject to change; for updated information, please call the district office at 250-474-3167 or refer to the website at [www.district.metchosin.bc.ca](http://www.district.metchosin.bc.ca). Thank you.

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

*Shop Locally* and tell them you saw it in the *Muse!*

# “Ageless in Metchosin”

## Report on Metchosin Seniors’ Association Community Consultation, December 6, 2015

JO MITCHELL

This well-attended session of 37 participants at the District Council Chamber started with two short “playlets” illustrating a range of themes in Metchosin life as residents age. It set the scene for a lively hour of discussion, as participants moved among seven tables to reflect on seven different themes: Housing, Transportation, Health and Wellness, Isolation, Multigenerational, Household Chores and Animals, and “Everything Else.” After three rounds of discussion, participants had a chance to review all the points made on each theme, and “vote” for the ones that most resonated for them. All in all the session produced a rich supply of ideas and concerns, as well as pointing out some of the real successes of SIRC’s work to date in terms of responding to community issues identified in an earlier round of consultations in 2011. A detailed report will be prepared for Council, but in the meantime, here are some of the noteworthy points that came up:

### List of Local Service Providers

There was great interest in resources for help around the house, handymen and so on as residents age and are less able to take on these chores themselves. Many people were not aware that SIRC maintains a continually updated list of service providers. The more people are aware of this and use it – to obtain referrals and to provide feedback on the quality – the more effective this will be. So please – call SIRC whether you need someone, or have had a great experience with a worker who deserves further referral in our community! Due to legal constraints, SIRC does not supply a printed list, but will name two or three possible

candidates on request at 250-478-5150.

### Transportation

Transportation options continue to be a concern. Again, not everyone was aware of the services SIRC has available, so more needs to be done to publicize this.

### Health and Wellness

On the theme of Health and Wellness and addressing isolation, participants talked about the many good initiatives already in place in our community: monthly lunches, chat groups, singing groups, and other opportunities to get together. However, more opportunities for recreation and exercise in Metchosin, outdoors and in, were suggested, along with access to day programs for particularly frail elders.

### Housing

There is great interest in exploring a range of options for housing in Metchosin – people discussed ideas such as cottages or micro-homes that could use some shared facilities, other types of shared space and use of existing large homes in Metchosin. The potential for enabling younger farmers to keep existing farms in agriculture was a strong thread in many discussions.

### Multi-generational Activities

Finally, the theme of connecting across generations was raised in many discussions – creating events and opportunities for older and younger to come together and to benefit from each others’ strengths.

The success of the consultation was due to our intrepid group of local thespians and TheatreWorks Director River Chandler, and the Metchosin

Seniors Association Board. There will be a more detailed report in the February *Muse*.

## Other SIRC News

### Seniors Advocate to Speak in Metchosin

Wednesday, January 27, 7:00 pm at the Community House

SIRC invites you to join us at the Community House on Wednesday, January 27, to listen to Seniors Advocate Isobel Mackenzie discuss key concerns for seniors in BC. This is also an opportunity for you to share the pros and cons of growing older in a rural community.

For more information, follow this link to the BC Seniors Advocate website: [www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca) Share the post “SIRC brings BC Seniors Advocate, Isobel Mackenzie, to Metchosin.”

### SIRC Office Hours

Closed during the festive season, December 18, 2015 to January 5, 2016.

For any emergencies during this period, please call SIRC at 250-478-5150.

SIRC (Seniors Information and Resource Centre), 4495 Happy Valley Road, is located on the ground floor of the former Metchosin Elementary School Building right opposite the Broken Paddle Café.

Opening times are as follows:

Tuesdays and Thursdays, 10:30 am to 2:30 pm  
Wednesdays and Fridays, 1:00 to 3:00 pm.  
Closed Mondays

Call for special appointments (250-478-5150). Coordinator Colleen Brownlee is always very happy to hear from you with any queries or problems.



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## MPA’s First-Ever Christmas Market a Success



The Metchosin Producers Association sponsored the First-Ever Christmas Market on the Municipal Grounds and a good time was had by all. Brian Domney photograph



**John Horgan, MLA  
Juan de Fuca**


**Standing up  
for our Rural  
Communities**

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## GUEST SPEAKER SERIES

# Travels through Conflict with Nazim Açar

MCA Speaker Series, Thursday, January 28, 7:00 pm at the Metchosin Community House

RIC PERRON, MCA GUEST SPEAKER COORDINATOR

The Guest Speaker Series is back! Mark your calendars – third Thursday of every month (7:00–8:30 pm) at the Community House.

Laura Farquharson is taking a break after coordinating a series with some very inspiring and informative speakers, so we have a tough act to follow. But we will try to live up to the high standards Laura has set.

The first speaker of 2016 is Nazim Açar, Mathematics Teacher at Pearson College. Some of you may know Nazim through his passion for astronomy. Nazim will speak on the chaos and conflict incited by ISIS in Syria, which neighbours his homeland of

Turkey. While the threat of ISIS may seem distant and remote to us in small-town Metchosin, Nazim will help us understand how each of us can contribute to a more peaceful world.

Nazim Açar speaks philosophically on Eastern Turkey: Travels through Conflict ...

He states: "Visiting my mother over this past summer in a remote Turkish village near the Syrian border, looking up into the dark sky I could see Saturn, Venus, the International Space Station, and fighter jets to fight ISIS in the same sky with clarity equal to none I had seen before."

We all share a common struggle with understanding eternity. We are a curious kind and we want to understand and make sense of the world and what goes on around us. Our interests are limitless. One side of us desires the infinite, and the other side is pulled down and confined by what's given.

We prioritize with what is close, and generalize with what is far. We share something in common with all; the pains of everybody resonate with us. There is a reality out there, part naked, part shrouded. Do we dare to look?"

## Start the year in harmony!

SHEILA MOULT

Come and sing with the Harmony Choir! The first practice is free for all comers – that's 7:00 pm on Tuesday, January 19. Pre-register for that first meeting, or get the early bird rate for the winter session of eight weekly practices by calling or emailing.

We are a community choir; we practice in downtown Metchosin. Our intention is to participate in community events and add the dimension of harmony with a song or two. This fall, Art Brendon of MACCA presented a start-up grant to the choir. This means that

money doesn't have to be an obstacle if you want to join us.

We have a committed group of singers, balanced between the four parts, including beginners and experienced musicians. Songs of winter, harvest and the country are part of our learning and there is nothing better than listening to all of us singing differently and together.

Contact information: Diana Smith at dsmith2006@shaw.ca, or by phone at 778-432-4386.

## Film Night at the Metchosin Community House

RIC PERRON

Friday, January 29, 7:00 pm,  
Metchosin Community House

**Raincoast Conservancy:**  
*Directly Affected* (20 minutes),  
and *Reflections* (10 minutes)

Hey – did you see Misty MacDuffy blurb her response to commit to January's Film Night? She remembers it, too. Bam – committed. Have you seen her portfolio? I had no idea how lucky we are to have such a superstar facilitate (again) a movie in Metchosin.

To list some superstars we have hosted: Larrisa Stendie (Sierra Club), Simon Ager (Sea Shepherd), Misty MacDuffy (Raincoast), Andrea Palframan (Raven, thanks Susan Smitten), Janet Gray (Kiaros),

Taylor Kennedy (Serene Chocolates), and oh yaaa, Andy Mackinnon and Nicole Lalonde (poppopcorn).

Misty has been in several Raincoast films (movie star). She will be possibly bringing some personal slides, and two short films: *Directly Affected* and *Reflections*. There is also a possibility that artist/musician Mae Moore may join us.

### Reflections

Fifty artists, including some of Canada's most celebrated (Robert Bateman, Roy Henry Vickers, Mae Moore) and First Nations, travel with Raincoast to the heart of Enbridge's proposed Northern Gateway oil tanker route through Canada's Great Bear Rainforest (HD of the Great Spirit Bear, Grizzlies, paradise valleys).

Artists have donated their time, vision, and art in a effort to stop tar sands oil from travelling through one of the most pristine and wild places left on the planet.

### Directly Affected

The Project: Kinder Morgan's Trans Mountain pipeline expansion plans to transport 890,000 barrels per day of tar sands oil from Edmonton to Vancouver. Tanker visits to Vancouver will increase by 574% (stats 2010), 408 oil tankers every year. Oil storage capacity at Burnaby will triple with 14 new holding tanks to increase capacity by 3,900,000 barrels. Most oil is not for Canadian use.

This has left many individuals and grassroots groups excluded from sharing their opinions within the review process. *Directly Affected* is Raincoast's response to the frustration felt by communities across BC who want to have their voices heard.



One of 50 artists' contributions painted on the *Reflections* voyage to Klemtu.

Suggestions, comments, please contact Ric at ricnic2@shaw.ca.



# HOUSE HAPPENINGS

**Metchosin Community House** 4430 Happy Valley Road Info: 250-478-5155  
 Email: [mcahouse@telus.net](mailto:mcahouse@telus.net) Web: [www.metchosincommunityhouse.com](http://www.metchosincommunityhouse.com)

## Ongoing Programs

### Mondays

**Vancouver Island Health Authority Adult Day Program** – 9:00 am–3:30 pm. Contact Mobile program coordinator Ken Hillicke at 250-213-2440.

**Buddies** – 2:45–4:30 pm. Buddies offers Reading and Math tutoring as well as help with homework for Metchosin students grades K–6. Students receive a half hour, one-to-one tutoring session with an adult or teen volunteer. Registration forms are available at Hans Helgesen School or call MCH at 250-478-5155 or the coordinator, Nancy Evans, at 250-642-4613.

**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 restart January 11.

**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). The next session for the evening group is January 4 and January 12 for the afternoon group.

**Singalong – Metchosin Rough Voice Choir** – The Rough Voice Choir meets at the Community House on the second and fourth Monday each month from 7:00–9:00 pm. All are welcome to join us at this fun, drop-in sing-along group where a “good singing voice” is not a requirement. \$2/person. Contact Barb Sawatsky (250-478-0553).

### 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. Restarting January 5.

**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. The next session for the evening group is January 4 and January 12 for the afternoon group.

**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. Restarting January 19.

### Wednesdays

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

**Garden Club Meetings** – 7:30–9:00 pm – Metchosin Garden Club. Our enthusiastic and informative club features a guest speaker on relevant garden topics on the first Wednesday of every month (except June, July, August, December, January) at 7:30–9:00 pm. Membership is \$10/year or \$2 for drop-in visitors. For more information call Suze Bowen (250-298-7877) or email [suzebowen@shaw.ca](mailto:suzebowen@shaw.ca).

### Thursdays

**Creative Rug Hooking** – First and third Thursdays, 10:30 am–1:30 pm, led by Sheila Stewart, certified Instructor of Traditional Rug Hooking. Beginners

are welcome, but should contact Sheila (250-595-6406, or email [blueheronstudio@telus.net](mailto:blueheronstudio@telus.net)) to discuss needed supplies. Experienced rug hookers are invited to bring their own projects. Bring a bag lunch; tea and coffee available. No fees but donation jar available to cover refreshment costs.

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

### Fridays

**Parent and Tot Program** – 9:30–11:30 am. Calling all Metchosin tots! The Parent and Tot Drop-In Program invites moms, dads, caregivers and their young children to join us Friday mornings for our community Parent and Tot Program. Children will enjoy our new toys, books and craft opportunities. Parents will enjoy our relaxed, supportive environment, parent resource library and opportunities to connect with other parents and kids. We look forward to seeing you and your little ones. For more information, please call Nina at 250-590-2540 or email [dalenina@shaw.ca](mailto:dalenina@shaw.ca). No P&T January 1.

**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 restart January 11.

**Ukulele Gathering** – 5:00–6:30 pm, second Friday of each month. Tell all your ukulele-playing students, friends and relatives! Spread the word! Open to community members of all ages and levels of talent! Bring: a ukulele, capo, tuner, music stand, and a few songs you are willing to share/lead/teach others with appropriate song sheets for others, if not from songbook below. Suggested songbook: *Jumpin’ Jim’s Daily Ukulele* (as a base resource to work from), if you have it.

**Film Night** – 7:00–9:00 pm. Last Friday of each month. See page 6.

## Events

**Guest Speaker: Nazim Açar** – Thursday, January 21, 7:00–9:00 pm. The first speaker of 2016 is Nazim Açar, mathematics teacher at Pearson College. Some of you may know Nazim through his passion for astronomy. Nazim will speak on the chaos and conflict incited by ISIS in Syria, which neighbours his homeland of Turkey. While the threat of ISIS may seem distant and remote to us in small-town Metchosin, Nazim will help us understand how each of us can contribute to a more peaceful world.

**Foot Care Program** – The last Monday of each month, a foot care nurse offers foot care services. Appointments are half an hour. Appointments are between 10:00 am and 2:30 pm. Please call 250-664-6810 to book.

**Art on the Walls – January:** 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 works 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.

## WORD SEARCH

### ROADS AND STREETS OF METCHOSIN

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# What Is It?

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

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



Nobody correctly identified the object pictured in the November issue of the *Muse*, which was sent in by Doug Sawatsky: grass windings wound around the cutting head of his weed eater. It really *did* look like a hummingbird nest!

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# The Woad Show

BRIAN DOMNEY

We've been hosting a Summer Solstice celebration for several years now – an opportunity to welcome old Sol to the northernmost position it holds in our annual cycle, resulting in the longest day of the year; to honour the Earth and our place on it; and to enjoy food and drink with friends. The solstice fire is lit with the rays of the solstice sun, using a Fresnel lens, and there are songs sung. In the traditional solstice rituals of the Druids, bodies were painted with woad dye, and one notable member of the Metchosin community has in the past threatened to paint himself with woad and dance around the fire. What better reason to try making the stuff myself?

I was fortunate to discover that Metchosin Farm had, amongst its extensive collection of seeds, woad seeds, so decided to "Hit the Woad, Jack!" I got a package and started some seeds under lights, then transplanted the starts when the soil was warm enough, and the game was on:



1. The woad plant is 40 to 50 centimetres in diameter, with long, spoon-shaped leaves.



2. The leaves are harvested and torn by hand into small pieces, then rinsed to remove any dirt.



3. The shredded leaves are steeped in 90°C water for 10 minutes. Not 95°C, not 85°C water, exactly 90°C water. If the water is too hot, the dye is destroyed. If it is too cool, the dye is not extracted adequately.



4. After brewing for 10 minutes, the tea is cooled in an ice bath in order to prevent the dye from breaking down.



5. Here's where the magic starts. The leaves are strained out and put in the compost. Three teaspoons of soda ash are mixed into the remaining liquid, and it is then aerated by pouring it back and forth between buckets. It bubbles and froths, and turns from green-yellow to a dark blue.



6. The blue liquid is then transferred to jars so the dye can precipitate over many hours. The clear liquid is decanted off and the blue slurry is put in a large non-stick frying pan to allow the remaining water to evaporate off, leaving ... woad!



7. This picture shows why woad was so valuable. That's a loonie in front of the vials for comparison. Not a lot of the stuff for a considerable amount of work!

So ... a fascinating process, developed centuries ago, steeped in legend. Fussy, but fun, so next year, we'll be "On the Woad Again" ...

Now, if I could just stop talking like Elmer Fudd ...

Photos by Kathleen Sutherland and Brian Domney

Up to something interesting? Write an article for the *Muse*!

# Ella Speckeen: A Positive Future in the Past

BRIAN DOMNEY, AS RELATED BY SUZANNE STEELE

Ella Speckeen, a former student of Hans Helgesen and West-Mont, is in her first year at Oxford University studying archeology and anthropology at Hertford College, one of the university's oldest colleges. Her first dig will be at Pompeii in the autumn of 2016.

Proud mother Suzanne Steele gives full credit to Ella, her father, her family, and all who helped Ella academically and otherwise in her school career and her personal life. She particularly thanks Ella's preschool teacher Rosanne from West-Mont. Rosanne recognized Ella's bright mind and quiet leadership and helped Ella to develop her curiosity and intellect from an early age. Those early years

playing and learning within hearing distance of Sitting Lady Falls were formative and happy times for Ella and her family.

Others deserving credit for helping in Ella's success are her Girl Guide leader, Trudine, many wonderful friends such as Linda Dowling, Star Weiss, the Prestons, the Buchanans, Dexine (Ella's violin teacher), Mrs. Cooper from George Heriot's school in Edinburgh, Madame Chartrand of St. Margaret's, Victoria, and a host of amazing teachers at The Maynard, Exeter.

Suzanne says there are many more who helped Ella along the path to Oxford – it truly does take a village to raise a child.



Ella Speckeen (centre) with colleagues in front of their Oxford College on the day of their matriculation. October, 2015.

# Westshore Family Learning Tour Jan. 23

SHANTAE SLEIGHT

Learning can happen anywhere and the 2016 Westshore Family Learning Tour will showcase a variety of learning activities that families can experience together. Join Your Literacy Connection Westshore and our community partners on Saturday, January 23, between 10:00 am and 2:00 pm for our fourth annual Free Family Learning Tour event.

Pick and choose which learning activities you would like to partake in and have fun exploring them as a family! The Victoria Conservatory of Music will host an Instrument Petting Zoo and Musical Story time, while the West Shore YMCA/YWCA will get everyone active and moving in some physical literacy activities.

Head out to Highlands' Caleb Pike house for some great Lego building activities led by the Victoria Lego Enthusiasts or join local artist, Shantael Sleight, for an hour of creative family art and tinkering.

Tweens and teens can head over to the Juan de Fuca library for the popular DigiLab and join others on the nearby outdoor trail to enjoy a Story Walk, hosted by West Shore Parks and Recreation. For parents interested

in learning how to teach your children about money, you can partake in a one-hour interactive workshop while your children play nearby.

Don't forget to swing by the Colwood Peninsula

Co-op gas station for a cup of coffee! Lots of fun and giveaway prizes at each location! For a full listing of learning activities and locations, visit our website; see below.

**Your Literacy Connection Westshore:**  
[www.sookewestshoreliteracy.ca/westshore](http://www.sookewestshoreliteracy.ca/westshore)

**Great family literacy resources:**  
<http://abclifeliteracy.ca/fld/family-literacy-day>  
<http://decoda.ca/resources/library/library-materials-by-topic/family-literacy-materials/#overview>



Brenda Harvey of the Victoria Conservatory of Music, running a "musical story time" activity. Photo by Carol Sherwood



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## NEWS FROM HANS HELGESEN SCHOOL



Hans Helgesen students on the beach at Devonian Park.

Photo by Ms Washbrook

# December at Hans Helgesen

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As the calendar year draws to a close, schools are busy! As well as the usual curricular activities, December has its own seasonal excitement that schools enjoy.

At Hans Helgesen, we began the month of December with a Pancake Breakfast cooked for us by the local Knights of Columbus group. Students looked forward to this opportunity to wear their pajamas to school and have a celebratory breakfast in the gym. That afternoon, we all participated with our Family Groups in Craft Afternoon. I hope that parents all had a new item to hang on the tree this year from that day!

While we work hard at learning, the following week saw us enjoying Hot Chocolate Day. Our Healthy Schools commitment means that treats such as this are a rare occasion and also very appreciated by students. Some classes enjoyed a skating outing that day. Because some students don't skate often, this winter outing is one that we always

see spectacular growth with some students who show perseverance in mastering this physical activity.

In the final week of the month, we had our Christmas Re-Gift store, caroling, and a beach walk. The store was a fundraising project by our PAC. It offered students an opportunity to purchase a gently used item for a parent or grandparent. This helps students find affordable items, and teaches both the value of money and the pleasure of giving. The money raised goes to classroom field trips and equipment.

While we had to cancel our winter concert due to illness, we had our caroling time in the gym and classes were able to share the songs they learned in music with their peers and family. Grade five students learned ukulele songs with a guest parent and gave a rendition of a Swedish seasonal song as well!

In our tradition of making use of our beautiful surroundings, Hans Helgesen

students walked to Devonian Beach for the last morning of school! Generous parent volunteers accompanied us to help supervise and to prepare a hot dog for each of us as we made the trek back up the hill to return to school! The beach has been put to great use by our teachers this year. It is a local treasure that is a perfect location for us to use for many teaching opportunities.

December really is an exciting time for students and teachers. On behalf of the entire Hans Helgesen staff, I hope you have had a safe and happy winter break!

Stay tuned in the New Year for exciting developments in our school including our new playground equipment, a Music and Art Show with local musician Mathew Hodgins, and other exciting ventures! We will see you back on Monday, January 4, 2016. Also, please check out our new website: [www.hanshelgesen.sd62.bc.ca](http://www.hanshelgesen.sd62.bc.ca)

## Fire Dept. Call-Outs NOVEMBER 2015

FIRE CHIEF STEPHANIE DUNLOP

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

- |  |   |
|--|---|
| Nov 4 <b>William Head Road</b> – MVI                       | Nov 16 <b>William Head Road</b> – Medical     |
| <b>East Sooke Road</b> – Medical                           | Nov 17 <b>Branson Road</b> – Hydro Lines      |
| Nov 6 <b>Rocky Point Road</b> – MVI                        | <b>Liberty Road</b> – Hydro Lines             |
| Nov 7 <b>Sandgate Road</b> – Beach Fire                    | <b>Cook Road</b> – Hydro Lines                |
| <b>Sooke Road</b> – MVI                                    | <b>Kangaroo Road</b> – Hydro Lines            |
| Nov 8 <b>Happy Valley Road</b> – Open Burn                 | <b>Duke Road</b> – Hydro Lines                |
| <b>Lombard Drive</b> – Medical                             | <b>McVicker Road</b> – Hydro Lines            |
| <b>Sandgate Road</b> – Beach Fire                          | <b>Sooke Road</b> – Structure Fire            |
| Nov 11 <b>Kangaroo Road</b> – Medical                      | Nov 18 <b>Kangaroo Road</b> – Hydro Lines     |
| <b>William Head Road</b> – Medical                         | Nov 24 <b>William Head Road</b> – Medical     |
| <b>Clapham Road</b> – Grass Fire                           | Nov 26 <b>Blanchard Road</b> – Structure Fire |
| Nov 12 <b>Not Identified</b> – Medical                     | Nov 27 <b>Happy Valley</b> – MVI              |
| Nov 13 <b>Metchosin Road</b> – Structure Fire              | Nov 28 <b>Sooke Road</b> – Medical            |
| <b>Rocky Point Road</b> – Medical                          | <b>McVicker Road</b> – Public Assistance      |
| <b>Albert Head Road</b> – Alarm Bells                      | <b>Bilston</b> – Open Burn                    |
| <b>Kangaroo Road</b> – Public Assistance                   | Nov 29 <b>Sooke Road</b> – Vehicle Fire       |
| <b>Albert Head Road</b> – Alarm Bells                      | <b>Sandgate Road</b> – Open Burn              |
| Nov 14 <b>Park</b> – Public Assistance                     | <b>William Head Road</b> – Medical            |
| Nov 15 <b>Race Rocks</b> – Rescue – Water/Ice/<br>Drowning |   |

Tell them you saw it in the *Muse!*

# Farm Forum 2016

BRENT DONALDSON

The Metchosin Agriculture Select Advisory Committee is hosting another Farm Forum, open to the public. Every two years the committee organizes a get-together of local farmers and folks who are interested in local food production.

This year we are featuring livestock feed guru Everett Dixon, mill nutritionist, of Top Shelf Feeds in Duncan. Everett will give his perspective on feeding conditions in drought situations. Other presentations will focus on meeting your local farmer, growing sheep, pigs, meat birds and honey bees. Have you ever wondered what it takes to sell your produce, baked goods, art work or hand-crafted jewellery at our local Farmers' Market? Members from the Metchosin Producers Association will be on hand to field your inquiries regarding the marketing process.

The Farm Forum is scheduled for Saturday, February 13, at the Municipal Council Chambers located at 4450 Happy Valley Rd. The

forum schedule will be posted in the February *Muse* and on the Metchosin District website.

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



## RCMP Call-Outs NOVEMBER 2015

BY CPL. BRIAN KERR, CENTRAL SAANICH POLICE

- Nov 01 **Park Drive** – Complaint of landlord/tenant dispute, possible assault, still under investigation.
- Nov 02 **Rocky Point Road** – Complaint of disturbance, one person arrested under the Mental Health Act.
- Nov 03 **William Head Road** – Complaint of a person maybe trying to sell stolen property, still under investigation.  
**Sooke Road** – Complaint of single vehicle accident where vehicle hit a deer.
- Nov 04 **Kangaroo Road area** – Complaint to check welfare of a person, one person arrested under the Mental Health Act.  
**William Head Road** – Complaint of single vehicle accident, no injuries, vehicle towed from scene.
- Nov 05 **Sooke Road** – Complaint of erratic driver, vehicle not located.
- Nov 06 **Olympic View Drive** – Complaint of an abandoned vehicle.  
**Rocky Point Road** – Complaint of a hit and run accident where the driver of the offending vehicle punched the other driver, still under investigation.  
**Glen Forest Way area** – Complaint of a possible disturbance.
- Nov 07 **Sooke Road** – Complaint of single vehicle accident, vehicle found rolled in the ditch, no driver around, still under investigation.  
**Metchosin Road** – Complaint of possible impaired driver, patrols failed to locate suspect vehicle.
- Nov 08 **Glen Forest Way** – Complaint of a vehicle being driven erratically, patrols failed to locate vehicle.  
**William Head Road area** – Assistance provided to Coroner's Service.  
**Kangaroo Road** – Complaint of loud noise.
- Nov 09 **Pears Road** – Complaint of tree down across the road.
- Nov 11 **Happy Valley Road** – Complaint of tree down across the road.  
**Happy Valley Road area** – Complaint of threats being made, one person arrested and held for court, investigation continuing.
- Nov 13 **Kangaroo Road** – Complaint of tree down on road.  
**Metchosin Road area** – Complaint of civil dispute, police attended to prevent breach of peace.  
**William Head Road area** – Assistance provided to Duncan RCMP regarding an assault in their jurisdiction.
- Nov 14 **Metchosin Road area** – Complaint of dispute between landlord and tenant.  
**Happy Valley Road area** – Complaint to check welfare of a person, located and taken to hospital.
- Nov 15 **Rocky Point Road area** – Complaint of domestic dispute, no assault.  
**Pedder Bay Drive** – Complaint of boat overturned off Race Rocks, assistance provided to Coast Guard.
- Nov 17 **Kangaroo Road** – Complaint of power lines down on road due to storm.  
**Rocky Point Road** – Complaint of tree down across the road.
- Nov 18 **Rocky Point Road** – Complaint of licence plates being found on side of road. Checks confirmed plates were on a vehicle stolen in Sooke the day before.  
**Duke Road area** – Complaint of harassment, no charges.  
**Kangaroo Road** – Complaint of suspicious vehicle, patrols failed to locate vehicle.
- Nov 19 **Kangaroo Road** – Complaint of found property, turned over to the owner.  
**William Head Road area** – Complaint of missing youth, later located.
- Nov 23 **William Head Road** – Complaint of a deer being hit by a vehicle.  
**Happy Valley Road** – Complaint of assault, still under investigation.
- Nov 25 **Happy Valley Road** – Complaint of break and enter to a shed, several items stolen.  
**William Head Road area** – Complaint of suspicious male, not located.  
**Happy Valley Road** – Complaint of disturbance, one person arrested, held in cells until sober.  
**Rocky Point Road area** – Complaint of ongoing harassment, still under investigation.
- Nov 27 **Happy Valley Road** – Complaint of single vehicle accident, no injuries, vehicle into ditch on icy roads.  
**Sooke Road** – Complaint of possible impaired driver, vehicle stopped and driver found to be sober.  
**Sooke Road** – Complaint of vehicles passing school bus in school zone.
- Nov 29 **Kangaroo Road** – Assistance provided to Fire Department, motor home on fire.



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JUAN DE FUCA

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A2-100 Aldersmith Place  
Victoria V9A 7M8

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

T: 250-405-6550

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

F: 250-405-6554

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

## CLASSIFIEDS

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

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

### WANTED

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

**WANTED TO RENT:** Professional woman leaving Nova Scotia practice Jan, Feb, March. Wants to house-sit or rent in Metchosin, East Sooke, West Shore. References. Cat-sitting, light gardening. Email [sharron.villanueva@hotmail.com](mailto:sharron.villanueva@hotmail.com).

**MASSAGE THERAPIST** to share new clinic space on Brookside Drive (by Red Barn) with Chinese medicine and osteopath practitioner, starting February. Contact: Colin@structure-health.com

### LESSONS

**FOODSAFE – LEVELS 1 & 2, MARKETAFF & WHMIS** – Classes taught by certified instructors. See website [www.hospitalitytrainingplus.com](http://www.hospitalitytrainingplus.com) for information or contact Evelyn for on-site group classes. Call 250-474-5596.

### FOR SALE

**KIDS' STUFF:** OR Gravita-tor mitts, size S. MEC Toaster

Parka, size 10: blue, tiny hole in sleeve, \$40; green, \$50. MEC rain jacket, red, size 10, \$30. Adams Trail-a-Bike, \$35. 250-478-2125, [bogfairy@shaw.ca](mailto:bogfairy@shaw.ca).

### SERVICES

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

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**MASSAGE THERAPY** Gift certificates available for massage therapy, aquatic massage therapy, hot stone therapy, ayurvedic treatments, reflexology and facials. Contact Atman Massage Therapy Clinic for details or to book an appointment 250-474-4622.

### FOUND

Lady's silver pierced earring at bus stop on Jacklin Road across from Tim Horton's; contact Stuart, 250-891-5743.

## Events

January 1, 2:00 pm to 2:01 pm at Taylor Beach – the 27th Annual Metchosin Polar Bear Swim. Warm up at the New Year Levee at Mairi and Andy MacKinnon's, 504 Witty Beach Road.

Friday, January 15 – Metchosin Bandwagon is bringing in The Shorty Parker Band! Music 7:00–9:30 pm. \$5 donation for musicians. Metchosin Golf Course, 4100 Metchosin Road. Kitchen and bar available at 5:30 pm. Band: <https://www.reverbnation.com/shortyparkerband>

CRD Parks events: for information, please see <https://www.crd.bc.ca/about/events>.

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

## Best of the Muse

Volume 2 is available at the Metchosin Country Store.

## Directory of Organizations

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

### AIR CADETS

[www.848royalroadsaircadets.com](http://www.848royalroadsaircadets.com)  
[www.facebook.com/848aircadets](http://www.facebook.com/848aircadets)  
 250-590-3690  
[848air@cadets.gc.ca](mailto:848air@cadets.gc.ca)

### ALZHEIMER SOCIETY OF BC

250-382-2052,  
[www.alzheimerbc.org](http://www.alzheimerbc.org)

### ASSOCIATION FOR THE PROTECTION OF RURAL METCHOSIN (APRM)

250-478-1197, [www.aprm.ca](http://www.aprm.ca)

### BADMINTON

Women's 250-478-9648

### BILSTON WATERSHED HABITAT PROTECTION ASSOCIATION

250-478-2387,  
[ikmcken@islandnet.com](mailto:ikmcken@islandnet.com),  
[www.bilstoncreek.org](http://www.bilstoncreek.org)

### 'CHOSIN CHATTERS TOASTMASTERS

[info@chosinchatters.org](mailto:info@chosinchatters.org),  
[www.chosinchatters.org](http://www.chosinchatters.org)

### CRD PARKS

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

### GIRL GUIDES OF CANADA (Metchosin and Colwood)

[tandwcampandcomish@shaw.ca](mailto:tandwcampandcomish@shaw.ca),  
 250-478-5484

### LA LECHE LEAGUE CANADA

250-727-4384

### METCHOSIN COMMUNITY HOUSE

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

### METCHOSIN COUNCIL

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

### METCHOSIN EMERGENCY PREPAREDNESS

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

### METCHOSIN EQUESTRIAN SOCIETY

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

### METCHOSIN FOUNDATION

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

### METCHOSIN 4-H

250-478-4677  
[Metchosin4H@gmail.com](mailto:Metchosin4H@gmail.com),  
[www.metchosin4h.com](http://www.metchosin4h.com)

### METCHOSIN GARDEN CLUB

250-298-7877

### METCHOSIN HALL SOCIETY

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

### METCHOSIN HIKING CLUB

250-478-4778

### METCHOSIN MUSEUM SOCIETY

Pioneer Museum, 250-382-1989,  
 School Museum, 250-478-5447

### METCHOSIN PONY CLUB

250-727-3595

### METCHOSIN PRESCHOOL, a parent-run cooperative

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

### METCHOSIN SEARCH & RESCUE

250-478-2210

### MT. MATHESON CONSERVATION SOCIETY

250-642-0238

### POD LEADERS

Kathleen Sutherland  
 250-474-3966

### ROUGH VOICE SINGERS

September to April  
 250-478-0553

### ROYAL CANADIAN LEGION Branch 91, Station Rd, Langford

Ladies Auxiliary  
 250-478-5484

### SCOUTS CANADA

[14thjuandefuca@victoriascouts.ca](mailto:14thjuandefuca@victoriascouts.ca)

### SEA CADETS

250-478-7813

### SENIORS' INFORMATION RESOURCE CENTRE (SIRC)

250-478-5150, [msirc@shaw.ca](mailto: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  
 250-744-3354  
[programs@swanwickcentre.ca](mailto:programs@swanwickcentre.ca)  
[www.swanwickcentre.ca](http://www.swanwickcentre.ca)

### WEST SHORE ARTS COUNCIL

250-478-2286,  
[info@westshorearts.org](mailto:info@westshorearts.org),  
[www.westshorearts.org](http://www.westshorearts.org)

### WEST SHORE COMMUNITY BAND

250-474-3999

### WEST SHORE PARKS AND RECREATION

250-478-8384,  
[www.westshorerecreation.ca](http://www.westshorerecreation.ca)

## CHURCHES

### BAHA'I FAITH

250-514-1757

### GORDON UNITED CHURCH

250-478-6632  
[www.gordonunitedchurch.ca](http://www.gordonunitedchurch.ca)

### HOLY TRINITY REFORMED EPISCOPAL CHURCH

250-727-3722

### OPEN GATE CHURCH

250-590-6736  
[www.theopengate.ca](http://www.theopengate.ca)

### ST MARYS' METCHOSIN

Anglican Church of Canada  
 250-474-4119  
[stmarysmetchosin.ca](http://stmarysmetchosin.ca)

### WESTSIDE BIBLE CHURCH

[www.westsidefamily.org](http://www.westsidefamily.org)  
 250-478-8066

### WESTSONG COMMUNITY CHURCH OF THE SALVATION ARMY

250-474-5967  
[www.westsong.ca](http://www.westsong.ca)



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The above is a directory of organizations only. Please submit changes to this information to [metmuse@shaw.ca](mailto:metmuse@shaw.ca). Individuals, groups and organizations are invited to submit details on upcoming events, to be included under "Events" on this page. Deadline for submission is, as always, the 15th of the month preceding the issue date.

Visit the Muse website!

<http://www.metchosinmuse.ca>