



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



No ... Andy MacKinnon did not part the sea. The month of May saw spring tides with Witty Beach extending almost to the Haystack Islets.

Brian Domney photo

How Many Kilometres on that Head of Lettuce?

BRIAN DOMNEY

It's 2016 and time for the annual "buy and eat locally" encouragement we began some years ago. Has anything changed since last year? Well ... our provincial government has embarked on a megaproject that will destroy 20% of the best agricultural land in British Columbia, spending well in excess of 10 billion dollars to do it. The Consumer Price Index just came out for the past year, and it has gone up 1.7%. The sobering details are that the price of gas actually dropped 5.3%, but the price of fruit went up 11% and the price of vegetables 11.7%. My dream of celery for less than a dollar seems to be gone for good. Gone for good, unless, of course, I grow it myself, or trade and barter with friends – hot peppers for celery, perhaps?

Our approach to promoting our local producers and encouraging people to embrace the 100-kilometre diet has changed a bit this year. Rather than little stories about each farm/producer, we've created a nice tight summary matrix with the details you'll need to find

what you want and where to find it. You'll also find a piece by Robin Tunnicliffe of the Metchosin Agriculture Advisory Committee on this page, introducing the "Metchosin Grown" campaign, encouraging people to support our local producers

There are some amongst us who believe the idea that Metchosin is an agricultural community is a sham, and that we have a significant amount of ALR land but it sits fallow, with more and more stately mansions being built on it as we merrily gentryfy. Let's prove that concept wrong, and encourage more local farming by buying locally.

And let's go a bit further. Several local eateries source locally; Glenrosa Restaurant, the My-Chosen Café and the Broken Paddle all have local produce in their offerings. When you dine out, ask if they source anything locally, and if they do, consider trying it. Last night at Spinnakers I had a mutton burger made with Parry Bay Sheep Farm mutton, and washed it down with a fine Spinnakers IPA. It all tasted great, and I felt quite righteous.

**Don't miss this year's
Mighty Metchosin Garage Sale!
May 28/29**

Metchosin Grown: A Small Logo with a Big Mission

ROBIN TUNNICLIFFE

We're Metchosin Grown, and proud of it! Show your farming pride by purchasing T-shirts and bumper stickers at the Metchosin Market, starting in June.

The Metchosin Agricultural Advisory Committee is launching the "Metchosin Grown" campaign in celebration of the many and diverse agricultural operations that are thriving in our community. It's a small logo with a big mission: to brand Metchosin as a destination for local food and farm products. The logo was designed by Metchosin artist Heather Buchanan.

The idea of branding Metchosin as a place to forage for local foods, fibres and other agricultural products has many benefits. It will help our farmers to market their products. It will draw visitors to Metchosin who may also patronize the arts and the other services of Metchosin. It will strengthen our image as a primarily pastoral municipality with strong ties to the land.

Metchosin is holding firm as a green haven amidst the clutter of development. We're proud of our rural character and the delightful vistas that the farmland provides. However, our rural character is only a mirage unless we can shore it up with economic opportunities for our residents that are in tune with our values. The more we can encourage Metchosinites to use their rural properties for agricultural and/or rural value-added enterprises, the more likely we are to maintain a vibrant, and hopeful community into the future.

"I think this is a brilliant initiative," says Metchosin



Councillor Andy MacKinnon. "I encourage all Metchosinites to support local agriculture and to get themselves a beautiful T-shirt and bumper sticker."

We're Metchosin Grown and proud of it. Buy a T-shirt and sport a bumper sticker. Look for the logo where you buy your food and encourage local businesses to seek out the logo and to walk the talk. Let's help agriculture thrive within our borders.

- Supporting farmers means a bounty of fresh, healthy, and delicious local offerings.

- Vibrant farmers' markets and farm stands add rural character
- Farmers can be the backbone of a flourishing rural economy, providing specialty products for local businesses, agri-tourism opportunities and jobs for local residents.
- Maintaining the tradition of farming creates meaningful landscapes for the community and a connection to our past.

Important Dates

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

- May 28/29 Mighty Metchosin Garage Sale
- May 29 Metchosin Foundation AGM ... see Events, p. 20
- June 4 Parisian Café p. 5
- June 15 APRM Retrospective and AGM p. 16
- June 16 MCA Guest Speaker: "Climate Change, Our World on Fire?" p. 14
- June 21 Emergency Info Session: Insurance Policies ... p. 2
- June 24 Film Night: *Manufactured Landscapes* p. 14

OPEN BURNING BAN – EFFECTIVE MAY 13

Due to the High Fire Hazard rating, all open burning has been closed. Campfires are still permitted, no larger than 2' x 2' in a contained fire pit, fully extinguished by midnight. No beach fires permitted. See page 4 for more information.

Metchosin Muse

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**SUBMISSION DEADLINE AND
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The 15th of each month. Please send copy as an email attachment using Microsoft Word, text or RTF to: metmuse@shaw.ca. Typewritten or handwritten copy is acceptable if you have no access to a computer. Do not send 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

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

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

The *Muse* is delivered, free of charge, to 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.

CURRENT CIRCULATION: 2800
(July/August: 3000)

On the web at www.metchosinmuse.ca

Visit our website! www.metchosinmuse.ca

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

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

Muse Subscriptions

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

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

Or you can email us at
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1/6 page (H) – 5.95" w x 3.3" h	\$95.00	\$87.00	\$75.00
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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.

Key Lyme Guy Writes In

I was most interested to read the article "Tick-ed Off in Metchosin" in the May 2016 issue of the *Muse*. I recently retired from my pediatric medical practice in Orillia, Ontario. We moved to Colwood two years ago to be closer to our children in Metchosin and Langford. I have researched Lyme disease extensively since my daughter contracted Lyme disease in her garden in Langford three years ago. It is indeed fortunate that Bob Gramigna was diagnosed early on the basis of clinical history and treated exactly as he should have been.

I attended the Lyme conference in Ottawa on May 15-17, along with others from Victoria and Vancouver, that was to put in place the recommendations of Bill C442, the Lyme bill. There is general agreement that tests done anywhere in the first four to six weeks after a tick bite can be unreliable. This is also the time for early diagnosis based on clinical findings and history, so that early treatment can be initiated with the best chance of cure. Failure to do so misses that opportunity and results in the person involved being at risk for developing post-Lyme treatment syndrome (PLTS), also known as chronic Lyme syndrome, a very controversial diagnosis fraught with medical politics.

There is also general agreement that most people are unaware they have been bitten by a tick. Less than half the people will have a rash and of these, less than one half will have a classic bulls-eye rash. The latter is the hallmark of a tick bite by a tick infected with borrelia, the bacteria causing Lyme disease. No testing is necessary and treatment should be started immediately.

A recent paper refutes the claim that removal of an embedded tick in less than 24-48 hours makes the transmission

of borrelia unlikely, stating that "the minimum attachment time for transmission of borrelia in humans has never been determined."

In January 1942 an article in *The Canadian Entomologist* by J.D. Gregson from the Dominion Entomology Laboratory, Kamloops, reported that the *Ixodes pacificus* tick, i.e., the one that transmits Lyme disease, had "obtained considerable prominence as a pest of man, pets and livestock." "It was distributed over most of the southern BC coastal region including Vancouver Island. ... [and] is a common parasite on dogs, cats, man, goats, sheep and cattle."

Lyme disease was not named until the mid 1970s but he commented that "the tick must certainly be a potential agent in human infection and likely to be an actual one" – a prediction that has now been proven. The first time Lyme disease is mentioned in the *Muse* is in Volume 1, Number 1, 1993 in an article submitted by the aspiring cub reporter Brian Graham of Metchosin.

Ted Cormode, MD FRCP

New Syrians Need Help

My name is Janet Reynolds, I live in Metchosin and have been involved with the private sponsorship of Syrian refugees.

Here is a donor plea that I sent out on Mother's Day to help an elderly Syrian couple settled in Victoria. Contact me if you would like to discuss this. My email address is: janet.jmmr10is@gmail.com, phone: 250-858-8884.

Waseem B was a young Syrian student studying in Canada when the war broke out in his country. Waseem's parents convinced him not to return home, saying it was too dangerous. He was granted asylum in Canada, and his parents fled to Lebanon, but in Waseem's words, "They were not safe in Lebanon. They were all alone and there is a lot of discrimination

because of the large number of refugees. I had to help them."

Desperate to help his mom and dad, Waseem applied to sponsor them to come to Canada last fall. It was under the Harper government, when Syrians waited 18 months or longer before getting clearance to come to this country. Four months after he applied, Waseem got word that his parents had been swept up in the new government's promise to settle 25,000 Syrians, and they had arrived in Victoria, BC.

Waseem was thrilled, but also dismayed. As a student working to finish college, he had no means to support his beloved, elderly parents. While he was beyond grateful to have them in Canada, Waseem had assumed that he'd have time to finish his college semester, get a secure job, and plan for their arrival. Since they came to Canada, Mr. and Mrs. B have been living in a dark basement room with relatives, and Waseem has quit school and started construction work to support them.

With your help, Waseem can go back to school and pursue his dream of becoming an engineer, and finally get a good job to support his parents. Here is how to help (any size donation will be gratefully accepted):

1. Go to VIRCS (Victoria Immigrant and Refugee Centre Society) website: www.vircs.bc.ca
2. On the home page: at bottom, right is a blue square marked | Donate Now |
3. Select the Fund You Wish to Support: | General | only option available
4. Fill in your donation amount: | \$ Enter Amount |
5. Message for Victoria Immigration and Refugee Centre Society: (for the Syrian seniors. (This is imperative to ensure that your donation goes to the Barhoum family.)
6. Proceed to the pay section and follow the prompts.

Janet Reynolds

EMERGENCY PROGRAM INFORMATION SESSION

Insurance Policies

DAWNE KIRWAN, METCHOSIN EMERGENCY PROGRAM

**Emergency Information Session:
Insurance Policies**
Tuesday, June 21, 7:00 pm
Metchosin Fire Hall

You are not alone if you find yourself dwelling on the recent disaster in Alberta, and likely one of the issues on your mind is that of insurance. There has been a lot of talk out of Fort McMurray about what people may have lost and what their insurance will cover, and when.

We all pay for and rely on our home insurance to cover expenses should a disaster strike, but do we really understand our policies and know what our policies cover? What exactly does fire insurance cover and what does earthquake insurance really mean anyway?

Also, what are our personal obligations and what assistance is included in Provincial and Federal Programs?

An insurance specialist will be with us on June 21, to review what we may or may not know about our home policies and to let us know exactly what insurance companies are going to cover.

It's Fire Season, Folks

BARB SAWATSKY

Scientists tell us that the Fort McMurray fire is a harbinger of things to come. Blame it on global warming, on lightning or a smoker, blame it on campfires or an irresponsible backyard burn, the fact remains that whatever the cause, you could lose everything if fire takes control of your property.

We live in an interface community because we love nature and want to be surrounded by it. When we build on forested land with woodpiles close to homes and shrubbery growing against outside walls, our houses can become fuel for a fire. In 2003, when the Kelowna wildfires were burning, Duncan Ruth was dumping water onto the inferno. In fact, Duncan was the man who initiated dipping buckets from the helicopters into homeowners' swimming pools instead of flying back to the lake after each drop. When he returned to Metchosin after this assignment, he said that every property where bark mulch was used was difficult or impossible to save as the mulch acted as a wick right to the house.

Fire Chief Stephanie Dunlop talked about using common sense and what should

be obvious to rural property owners: keep fir needles, small twigs and overhanging branches off roofs, and clean out gutters. A firebrand (live cinder) can fly two kilometres and start a fire should it land on a dry roof and especially if there is an accumulation of debris. Store firewood away from your home, not under a deck, and remember that fire can run along a fence so do not attach it to your house. She lists chainsaws, lawn mowers and vehicle exhausts, all of which can throw a spark and quickly ignite a fire in dry grass. Under no circumstances should any paper be burned outside as the burning bits, carried by air currents, can land high on trees, setting them alight. These are some obvious causes of fires but there are rare and bizarre causes as well. Firefighters responded to a call which was caused by the hot sun shining through a window onto a magnifying glass left on a couch which caused the couch to smoulder then burst into flames. "Heat, fuel and oxygen are what cause fires, not necessarily a flame. It's an accumulation of heat," she says. "Those glass bulbs [that] people sometimes use as plant waterers in containers? They can get hot enough to ignite the foliage."

Metchosin Volunteer Fire Department has been kept hopping this year. These are the stats:

- March, 2015: 29 call-outs / March, 2016: 52 call-outs.
- April, 2015: 35 fires but in April, 2016 there were 44.
- Worst of all, as of May 16, 2016 they have gone to 41 fires *by mid month* as opposed to 35 in all of May, 2015.

To help us out before and if a major fire should hit, Metchosin Fire Department has assembled kits at an approximate price of \$30 which may buy some security should a fire rage here this summer. Each kit consists of a length of pipe which is closed at one end, a sprinkler head, instructions, and a burlap sack which is to be filled with sand. The pipe lies along the ridge of the roof, the sand-filled burlap bag holds it in place and when a forest fire breaks out, the homeowner attaches a garden hose to the open end of the pipe and the sprinkler is activated when the hose is turned on. They sell them at cost in hopes that people in the community will find it easy to pick them up locally and then to install them immediately, so they are ready in the event we are hit with a wildfire. A wet roof is



Volunteer firefighters Owen and Aiden with rooftop sprinkler kits. Photo by Barb Sawatsky

less likely to catch fire from a firebrand (live cinder) than a dry one.

Keep fire safety on the front burner of your mind. If you see anyone flaunting fire restrictions, phone the

fire department at 911 if it's an emergency or, if a non-emergency, call 250-478-1307. Metchosin Fire Chief Stephanie Dunlop can be reached at firechief@fire.ca.

Did You Miss Your Muse?

If you don't receive your *Metchosin Muse* on the last Thursday of the month (or the first Thursday of the month if the first day is on a Wednesday or Thursday), please let us know! Email the editor at metmuse@shaw.ca, or call him at 250-474-3966, and we'll try to make sure it doesn't happen again.

In the meantime, see page 2 under "*Metchosin Muse*" for a list of locations where you can pick up a copy.

Margaret "Betty" Burroughs

October 12, 1935–May 7, 2016

Betty Burroughs passed away peacefully at home on May 7, 2016 in Victoria, BC, with her children, Lynn and Neil, by her side. She was loved by many and will be dearly missed.

Betty was born in Burnaby, BC, on October 12, 1935 to Leonard and Netta Thom. She taught Grade 1 at Tolmie School in Victoria from 1956 to 1959, and again in 1962. In between, she taught at Cranberry Lake School in Powell River. She met her husband Bill in Victoria and they married in 1963. He predeceased her in 1981. Together they had two children, Lynn and Neil Burroughs.

Always dabbling in arts and crafts, she found her passion in pottery. She was a

founder of Esquimalt Arts and Crafts, South Vancouver Island Potters Guild, and Garden City Potters. She was a devoted student, and later a board member at Metchosin International Summer School of the Arts held at Pearson College in Metchosin.

Lynn and Neil would like to thank all of Betty's wonderful friends who supported her through her illness. It was a great gift to know that she had so many good friends. A celebration of Betty's life was held at McCall's Floral Chapel on May 17; if so desired, a donation to BC Cancer Agency, or to MISSA.ca, would be much appreciated. Condolences may be offered to the family at www.mccallbros.com.



Camas flower. Brian Domney photo



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Exhibition of Ceramic Art

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Opening Gala: Friday May 27, 6-9 pm
 Exhibition continues: Sat - Sun May 28-29, 10 am - 5 pm



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See it Sprout ... Tug it Out!

KATHY ATHERTON

Oh no ... it's happened again! Spring has sprung, and so has the indomitable tansy ragwort.

Once again that evil weed (and no, I don't mean cannabis) has spent the winter ruthlessly plotting how to expand into Metchosin's bucolic fields and farms. It is counting on the apathy of property owners to turn a blind eye to its encroachment on their boulevards and fields. Now is the time to take up the battle cry, "See it sprout ... tug it out!" It looks as innocent as the proverbial daisy as it nods its

lovely brilliant yellow head. But, at its evil heart it is toxic to the core and is, like broom, bent on total domination.

Don't let this seductive yellow invading army fool you. The first year it innocently appears as an enchanting little rosette of frilly green leaves. Then the next year it shoots up to a meter or more in height and propagates up to 150,000 of its subversive seeds on each beguiling plant. Then it patiently waits to be consumed by some unsuspecting horse or cow, so it can stealthily ravage its liver.

The District of Metchosin has once again declared



Sunday, July 10 as "Tackle Tansy Ragwort Day." So please do your part to help keep tansy ragwort at bay at our borders by declaring war on it. If you "see it sprout ... tug it out!"



COUNCIL NEWS JUNE 2016

2016 PROPERTY TAXES

If you have not received your notice, we recommend that you contact the municipal office to obtain a duplicate copy. Taxes are due on July 4, 2016 – penalties will be levied on the following day and cannot be waived, even if you have not received your tax notice.

WITTY BEACH STAIRS

The District of Metchosin will be constructing a new staircase within the road right-of-way providing access to the Witty's Lagoon Regional Park. Expected completion date: July 1, 2016.

OPEN BURNING BAN – EFFECTIVE MAY 13

Due to the High Fire Hazard rating, all open burning has been closed effective May 13, 2016. This fire ban includes all yard burning, land clearing and incinerators. Campfires are still permitted at this time – no larger than 2' x 2' in a contained fire pit and fully extinguished by midnight. Any questions or concerns, or to report someone burning – please call the duty officer at 250-478-7770.

BEACH FIRES PROHIBITED

The District of Metchosin does not allow beach fires. The Metchosin Fire Department patrols the beaches to educate and enforce the regulations. Signs are posted advising of the beach fire ban.

METCHOSIN FARMERS' MARKET

Metchosin Farmers' Market is open on Sundays from 11:00 am to 2:00 pm from Mother's Day to the last Sunday of October. Buy your fresh vegetables, breads, jams, salsa, baked goods and gifts (or crafts) for your loved ones. Then come again the next week.

HEALTHY COMMUNITIES ADVISORY SELECT COMMITTEE (HCAC)

Our Healthy Communities Advisory Committee supports community activities that seek improvements in all aspects of living in Metchosin which reflect on our health, well-being and happiness while strengthening our sense of community. HCAC was very successful helping the Senior Information Resource Centre (SIRC) get on its feet and has been on a bit of a break looking for new directions to take the committee. Young families and children is one direction HCAC would like to look into, and is in need of new volunteers for the committee.

The committee usually meets every other month, or at the call of the chair. Meetings are in the evenings for one to two hours, a small amount of time that can make a big difference in your community. If you are interested, please submit a letter of interest addressed to Mayor and Council to the Municipal Hall.

HERITAGE ADVISORY SELECT COMMITTEE (HASC)

Are you interested in the heritage of Metchosin? HASC needs new volunteers. If you're interested, or would like more information regarding this committee, please contact the municipal office, 250-474-3167.

DISTRICT OF METCHOSIN MEETING SCHEDULE – JUNE 2016

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

Finance and Environment Committee.	June 6, 7:00 pm	Healthy Communities Advisory Committee (HCAC).	June 23, 7:00 pm
Council Meeting.	June 6, 7:00 pm	Council Meeting.	June 27, 7:00 pm
Planning, Parks and Highways and Public Works Committees	June 13, 7:00 pm	Environmental Advisory Committee (MEASC)	June 28, 7:00 pm
Parks and Trails Advisory Committee (PTASC).	June 21, 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. Thank you.

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Ladies of Metchosin

JOSEPH BARSS

In late February, I continued my conversations with the ladies at the Seniors' Information and Resource Centre (SIRC). This time, I talked to Anne Greenwood and Doris Truscott, who, although they grew up thousands of miles apart, shared the experience of an island girlhood.

While Mrs. Greenwood has lived in Metchosin for more than 40 years, she grew up in the far-flung Shetland Islands. Mrs. Truscott, on the other hand, grew up in what was then a remote part of Metchosin, moved to the Peace River country for 40 years, then returned to Metchosin a few years ago.

It was interesting for me, growing up in a time when transport is easy and technology makes our lives very connected, to hear of the ladies' experiences growing up in sparsely populated areas. Then as now, rural children knew how to make their own fun! As Mrs. Greenwood recalls: "Something I loved in Scotland was playing badminton. I'd go to school and come home and have my dinner, and run back – we had to run over the hill to school – we lived in a croft, so there was no road. It was two and a half miles to get to the village, and of course we just ran all the way. We played badminton about three times a week!

My favourite was running, and I played soccer right up until I came to Canada. We competed in the school sports days, of course; we'd compete against the Orkney Islands."

Mrs. Truscott also had lots of exercise as a girl in a rural area: "We grew up in the bush at the end of Rocky Point Road. I had three brothers and a sister that grew up at the same time as I did. We played in the bush, and that was our playground. I went to a one-room school that had all eight grades in it out at Rocky Point, which is now the Department of National Defense. We went to school there and had to walk quite a few miles. Some of the years we had a car pick us up, which was like a school bus and we'd get there that way, but most of the time, we walked. It was about three miles from home. So it took quite a while to get to school and get home again. We had to find our own entertainment, which was climbing around the trails and the mountains out where we lived."

After marrying and moving first from Scotland to Nanaimo, Mrs. Greenwood wound up in Metchosin in the early 1970s: "We had four acres behind the fire hall, and we had purebred cattle there for a few years. We also had the two horses – my

daughter's pony, Cheyenne, and little David, he had a pony called Charlie Brown. And we had quite a time when they broke out, going to rescue them from some of the neighbours' farms." The Greenwoods enjoyed boating from Pedder Bay and flying around the province (and to Ottawa!) in their Piper Cherokee. Mrs. Truscott worked for several years after the war in a bank, until her husband's work took her to northern BC. In retirement, she found memories of Metchosin tugging at her heart and came back to where it all began.

Both ladies think Metchosin is wonderful, and enjoy various activities at the SIRC and the Community House. As Mrs. Greenwood remarks: "I love Metchosin because it is so peaceful and quiet. I know some people like to build houses to make money off their land. But when you come through Happy Valley Road, up at the other end at Glen Lake where they have built so many houses, it just looks awful. And then you get into Metchosin, and there are fields and there are cows and there are sheep, and you come home to your own place and it's peaceful, it's quiet. There are birds, I feed all the birds – there are quail around, and the deer, and you can sleep at night. I have a sea view from

my place, so I love Metchosin. I've been here since 1971. I love it." And to quote Mrs. Truscott: "Well, for me, it's like coming back home again where I grew up, and it is a nice place to be. It's nice and quiet, and I know the area quite well, having lived over half of my life in this area, so it's a great place to live."

Joseph Barss is a 15-year-old homeschooler who has been a resident of Metchosin since he was three. He lives on Happy Valley Road with his parents and two younger brothers. Joseph enjoys opera, fencing, cycling, math, and thinking about architecture and urban design. He began volunteering at the Metchosin SIRC as part of his work toward the Duke of Edinburgh bronze award, and has really enjoyed getting to know some of our



Doris Truscott, circa 1942, and below, Doris today.

community's elders. This is the second of two articles about the ladies of Metchosin he met at SIRC.

SIRC: SENIORS' INFORMATION AND RESOURCE CENTRE

Metchosin Seniors' Association
operating as SIRC
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Ongoing at SIRC

MAHJONG

Every Thursday to the end of June from 10:30 am to 12:30 pm. Join "majh" coach Martha Haylor and have fun with this ancient game similar to rummy. No previous experience necessary.

GEEKS AND GEEZERS

SIRC is pleased to offer one-on-one sessions to help you with your computer or other electronic device. Please call SIRC, 250-478-5150 to set up an appointment.

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Email: msirc@shaw.ca
Web: www.metchosinseniors.ca

SIRC HOURS

Tuesday and Thursday: 10:30 am–2:30 pm
Wednesday and Friday: 1:00 pm–3:00 pm
CLOSED MONDAY
Coordinator – Colleen Brownlee

Seniors, nearly seniors, and their families are welcome to join. An individual life-time membership is only \$10.



Doris Truscott, a regular at the Metchosin Community Association-sponsored Knitting Café at the Community House, shows her latest batch of knitted teddy bears ready, as Doris puts it, "to go off to foreign parts." Doris has knitted countless numbers of these little bears which are sent overseas in the large containers of useful contributions put together by the Compassionate Warehouse to go to third world countries. Recently, a CBC reporter found a small girl in an earthquake-ravaged area of Nepal, hugging a little knitted bear, which might well have come from Doris here in Metchosin.

Nance Maki photo

Paris in Metchosin

Everyone is invited to the 3rd Annual Parisian Café, on Saturday, June 4, 2016 from 10:00 – 12:00 noon in the SIRC Courtyard, 4495 Happy Valley Road.

Do you need a ride?

Thanks to our volunteers, we now have a great roster of volunteer drivers. Please call the SIRC office, 250-478-5150 if you need a ride to a medical appointment or to the grocery store. We would still like to hear from you if you are interested in becoming a volunteer driver. Every lift helps!



Coordinator, Metchosin Seniors Information and Resource Centre (SIRC)

The Board of the Metchosin Seniors' Association is inviting applications for the position of Coordinator, Metchosin Seniors' Information and Resource Centre. This is a contract position for up to 21 hours per week.

The key responsibilities of the Coordinator include:

- Responding to seniors' inquiries regarding community services and support, recruiting and supporting volunteers, and managing the program budget.
- Providing short term counseling/support
- Maintaining positive working relationships with key stakeholders including Metchosin Council, Metchosin Fire Department, Metchosin Emergency Operations Centre and the West Shore United Way Better at Home Program
- Representing the interests of Metchosin seniors at regional forums and networking events
- Working with the SIRC Board and community businesses, associations and individuals to provide educational and cultural events as well as intergenerational connections in the community

Interested candidates may apply for this position by submitting a cover letter and résumé by June 24, 2016 to:
Jo Mitchell, Chair, Metchosin Seniors' Association

by email- jomitchell@shaw.ca or by mail- Jo Mitchell,
Metchosin Seniors' Association
c/o 4430 Happy Valley Road, Victoria, BC V9C 3Z3.
Anticipated start date is August 15, 2016.

A Grateful Heart a Garden Is

SUZE BOWEN, MGC PRESIDENT

Did you miss the Metchosin Garden Club's Annual Spring Plant Sale held Saturday, May 14 at the Metchosin Community House? Don't worry ... see you next year. We'll be back!

What a jolly wonderful success this year was! Heartfelt gratitude to the volunteers who donated their time, their many plant treasures, and their delicious homemade treats for all to enjoy at "the Annual Tea."

The Metchosin Garden Club wishes to express appreciation to the following list of donors who contributed

to making our Annual Raffle such a huge success:

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West Coast Tire
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The Rural Gardener

by Isabel Tipton

If I have written about grasses before, it is long enough ago that I have forgotten, so you probably have too. As many of you know, since we last met I have been to Africa, half of it game viewing in Botswana. A week in the Okavango Delta has given me a renewed love for grasses.

The rains were two months late this year, coming in February instead of the expected December. This resulted in the grasses still being in full growth, hectares upon hectares of them as tall as I. This meant no cheetahs, as they hunt in short grass areas, but I got to see an astonishing array of grass. Picture several hectares of golden stalks with black seed heads, flanked by an equal amount of red, fronted by gold and then at the roadside a border of white fluffy knee-high seed-heads. One guide eventually provided a book on grasses as I kept asking if he knew the names of them. This also meant there were a lot of seed-eating birds about, but the lasting memory will be the great expanses of grass in a multitude of varieties, waving in the breezes. (I did see many varieties of animals, with a vast number of elephants being the standout.)

Why are ornamental grasses so popular? Here are some of the reasons for growing them:

- low maintenance;
- make a nice rustling sound in the wind, and sway in the mildest breeze;
- hardy and long lived;
- largely unaffected by disease and pests;
- four seasons of interest. We cut ours down in early February and within a couple of weeks they are showing new growth. Fifty weeks of pleasure from a deciduous plant is extraordinary;
- wide variety of size and form;
- speed of growth and vigor;
- useful in a wide range of soil types;
- revitalize poor soils;
- largely deer resistant;
- soften massive projects, such as fences or walls;
- provide shade;
- often at their best in the fall;
- make wonderful dried flower arrangements;
- many varieties are drought tolerant, once established;
- fantastic for container planting;
- can stabilize steep slopes;
- effective as specimens in borders;
- easy to propagate and test for other areas;
- provide a habitat for birds and other wildlife;
- stems that have been cut off in spring make good mulch or compost material;
- have an upright form that doesn't take up the width of most shrubs; and

- wonderful winter interest!

Those are some of the attributes garnered from various websites.

Grasses are good garden plants for us, and have the advantage of being deer-proof. I grow a cultivar or two of most of those species available here and deer have never even nibbled one. Grasses love heat, and can be divided in spring as long as you are prepared to water till they get established. One of the most popular and probably the easiest to find is *Miscanthus*; many cultivars are around, from fairly dwarf to the very tall *Striata* with gold bars on the foliage. They are late bloomers, but their flowers are welcome in fall. I grew a bunch from seed and some bloom at least a month earlier than others, so I am going to rogue out the latest bloomers and divide the earliest. Morning Light and *Gracillimus* are readily available and reliable. Plant at least one where it will be backlit by a rising or setting sun – the effect is magical.

Here are only a few favourites that have proved extremely valuable for me:

- Purple fountain grass – *Pennisetum rubrum*
- Blue oat grass is a mounding evergreen grass, suitable for pots or borders – *Helictotrichon sempervirens*
- *Hakonechloa macra* "Aureola" seems not to have a common name, but is very effective in partial shade. I had a couple flag before I found a spot it was happy in, and now in rather heavy soil and part shade it thrives.
- *Miscanthus* "Cosmopolitan" is one of the very best,

showy, hardy and good all year. It is a very large grass, growing to five feet, so not a front-of-the-border candidate, but good either backlit or against evergreens.

- Most of us in our early gardening stage have had *Phalaris arundinacea* or "Gardeners Garters." This is good in its place, which should be somewhere you can contain it, as it is a rampant spreader.

If you are interested in grasses, one interesting site is the Missouri Botanical Garden; they catalogue a lot of them. Below you will find the kind of information they provide, using *Pennisetum* as an example, as well as their website address.

Lastly a grassy look-alike in favour at the moment, but again requires careful placement of surrounding plants, as a black grass against dark soil is virtually invisible, Black mondo grass (*Ophiopogon planiscapus* "Nigrescens"). Stunning contrast for the front of the border! Dense, purplish-black, grass-like foliage is exceptional. If happy, it produces dark lavender flowers and purple fall berries, adding interest. Use in mass as an edging or tuck into mixed containers. If it is happy, it will spread, but not invasively.

If deer are giving you a hard time, go to the Plants Delight website at www.plantsdelights.com and click on "Deer Resistant." Aside from the fact that deer don't read, it provides a comprehensive list of plants unlikely to be eaten.

Enjoy the summer, and remember – weed, water and deadhead.

An example of the kind of information provided at www.missouribotanicalgarden.org, the Missouri Botanical Garden website.

Pennisetum "Heavy Metal"

Common Name:	switch grass
Type:	Ornamental grass
Family:	Poaceae
Zone:	5 to 9
Height:	4.00 to 5.00 feet
Spread:	1.00 to 2.00 feet
Bloom Time:	July to February
Bloom Description:	Pink-tinged
Sun:	Full sun to part shade
Water:	Medium to wet
Maintenance:	Low
Suggested Use:	Rain Garden
Flower:	Showy, Good Cut, Good Dried
Leaf:	Colorful, Good Fall
Attracts:	Birds
Other:	Winter Interest
Tolerate:	Drought, Erosion, Dry Soil, Wet Soil, Black Walnut, Air Pollution

Found on Facebook ...

Only in Metchosin would anyone read this and respond without laughing:

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Know any interesting residents of Metchosin?
Submit a story about them to the *Muse*!

METCHOSIN VOLUNTEERS

Wild ARC: Volunteers Make It Work

JIM MACPHERSON

In deepest Metchosin, off Malloch Road, the BC SPCA operates its Wild Animal Rehabilitation Centre (Wild ARC). Now treating about 3,000 injured and orphaned animals a year, the success of Wild ARC depends upon a crowd of volunteers.

At the moment about 200 volunteers help the eight permanent staff care for about 140 species of animals that come through the doors each year. Of these volunteers, about 14 live in Metchosin; the remainder come from across southern Vancouver Island. All together they donated about 25,000 hours last year to help local wildlife.

For the volunteers, it's all about the love of animals and helping where they can. From 8:00 am through 8:00 pm, volunteers work four-hour shifts to help deal with the thousand and one things that have to be done. A recent article in the BC SPCA's publication *Animal Sense* "A Day in the Life at Wild ARC" gave a flavour of the myriad contributions of volunteers ... preparing formula for many baby mammal feedings and for the fragile young songbirds who need syringe feeding as often as every 15 minutes throughout the day ... scrubbing kennels and hosing down enclosures ... collecting greenery for snacks for growing deer fawns ... changing the bandages on a young injured mink ... picking up donated produce and cleaning supplies from local stores. These are just samples of the work done by volunteers.

Still other volunteers look after a lot of the maintenance and housekeeping chores, from washing innumerable

piles of dishes and laundry to helping mend shelters, or collecting piles of blackberry vines with ripe fruit for the crows. In addition, Wild ARC has a volunteer Practicum Program to help aspiring wildlife rehabilitators gain exposure to the field and start to build their skills.

The number of animals brought into Wild ARC seems to be increasing every year, so there is always a need for more volunteers. In all areas, volunteers are provided with training and orientation. These are especially important in animal care where volunteers learn how to prepare foods for perhaps 200 different animals, or how to handle a robin or a mallard that might have a broken wing, or how to feed a newly hatched bird, or help care for animals recovering from many types of injuries such as a raccoon entangled in horticulture netting.

Some volunteers help Wild ARC without actually getting into the daily nitty gritty of hands-on. Some volunteers contribute to education and outreach programs and help take the message of wild animal welfare to schools, fairs, farmers' markets and other community events. These help inform people of the do's and don'ts of rescuing a wild animal and how Wild ARC can help. They have contributed magnificently to our changing attitudes to wildlife.

And then there is fundraising. As a volunteer-based organization, there is always fundraising. Special events such as "Paws for a Cause," raffles and coin box programs are all made possible through the commitment and effort of volunteers.

Wild ARC is always in need of volunteers. Volunteers



Wildlife Chef volunteers showcasing the range of diet ingredients consumed by Wild ARC's recovering patients. Heather Schmitt photo


are crucial to the success of organizations like Wild ARC since no government funding is provided. You might want to take a look at Wild ARC's web page (www.wildarc.com). It gives an excellent introduction to the work of Wild ARC and highlights the various roles available to volunteers.

Even Christmas trees get a second chance at Wild ARC, providing shelter and perches for recovering songbirds.



Wild ARC's Animal Care Team ensures that each patient has fresh food and water, a clean enclosure, and plenty of enrichment. Heather Schmitt photo

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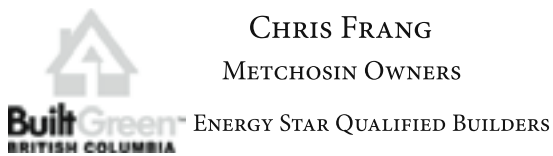
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METCHOSIN OWNERS



Metchosin Village Square Update

BARB SAWATSKY

The boom on Facebook about the Village Square proposal in downtown Metchosin prompted Councillor Kyara Kahakauwila to arrange an open house on April 24 for discussions about location and funding, and to record ideas. Appropriately held in council chambers where all decisions regarding the future of Metchosin have been made, over 40 adults and children showed up on that sunny Sunday afternoon, proving community interest in this project. Many a noisy meeting has been held here but never has there been one with so much laughter and Lego. Finally, someone opened the door and the kids flew outside like caged birds with newly given freedom, and how delightful it was to watch through the windows, children chasing each other on municipal grounds.

Kyara's presentation included the fact that the land next to the BMX track floods in the winter and that any permanent structures would have to be closer to the Metchosin Day site. She has agreed to talk to Public Works and to look into an engineer's opinion regarding drainage of the site then to report back to council and the group. Interest was shown when she talked about Healthy Communities, explained its role in the start-up of another group through grant money, and she asked attendees to consider sitting on the board to represent the younger segment of the community.

The location favoured is the mostly unused land between the BMX track and the adjacent fence. When the suggestion of the old Metchosin Elementary School property was voiced, groans went up and concerns voiced about dealing with the school board and the glacial speed at which decisions are often made. As well, it is across busy Happy Valley Road from the Broken Paddle coffee shop, the Sunday Metchosin Market and the toilet facilities opposite the Pioneer Museum Book Store.

Shannon Carman, undeclared spokesperson of the group, brought up the subjects of time lines, grants, volunteers and location. Although the wish list for a public space/playground grows longer, she pointed out that energies should be concentrated on Phase I: a few benches and possibly a picnic table. Good call, as originally this project developed from a simple desire to have a spot in the sun in downtown Metchosin visible to passing cars where parents could meet up and kids could chase each other on the grass. Phase II might take a little longer because more planning and work would have to go into it but in the meantime, benches could be in place for this summer.



Shannon, Nina, Charlie, Morgan, and Elizabeth. Photo by Barb Sawatsky

The location of the Village Square will be paramount to its success. Metchosin Municipal Hall, the Fire Hall, the Community House, bookstore, the market, BMX track and Metchosin Day are concentrated around municipal grounds. Surely benches and picnic tables would only enhance this area and make it more "user friendly" to Metchosinites of all ages and to visitors including those who cycle through the community. Too, if located next to the Fire Hall with all the call-outs, practices and courses, there might be less possible vandalism simply because of the amount of activity and, therefore, watchful eyes.

Kyara, who has been tasked by council to be liaison to the group, summed up the meeting by saying, "This initiative is being driven by grassroots. From its inception to the current planning and organizing phase that is being worked on now, it is being done by interested and motivated residents. It's a great thing to see for our community the level of drive

that families have to see this project come to fruition. It's a real pleasure to be able to work with them and I'm excited about what the future holds!"

Initially, thoughts and ideas were voiced on the Metchosin Mamas and Papas Facebook site but because of the volume and number of comments, Shannon started the Metchosin Village Square Facebook page. If you would like to be part of this group or just to keep in touch, post a message. If nothing else, you will see that Metchosin has a huge resource of amazing young people. As an aside, one heartwarming offshoot of the Village Square idea is that young Metchosinites are meeting new friends, expressing surprise that there are so many people with families of the same ages as their own.

At this point we can say that, although the train is still in the station, the switch has been flipped and the engine is warming up. Hopefully, next month's issue of the *Muse* will bring you news that the wheels have started to turn.

A Picture Is Worth a Thousand Words ...

MUSE TEAM

The *Muse* loves to receive photos of local interest to Metchosinites. Unfortunately, many of the photos we receive have been taken with cell phones. Unless your phone's camera is really good, and it has been set to take high-resolution pictures, we probably won't be able to use it, because it will print like this:



instead of like this:



So please, if you are taking photos of something you really value, make sure you capture the moment with a camera capable of taking high-resolution photos.

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Knitting Together



Nance Maki presenting Ada Harding with her "Mother of Purl" poem and card at the Mother's Day Tea at the Wellesley.

LAURA FARQUHARSON

It is now four years since Wendy Mitchell suggested the Metchosin Community Association should sponsor a "Knitting Café" at the Community House, as people who wanted to combine their interest in yarns and needles

and exchange ideas with others had to travel into Victoria to join a group.

The Board agreed this was a good idea and there was a gratifying response to an article in the *Muse* about this new drop-in program. Knitters, both beginners and experienced, came not only from Metchosin, but from other municipalities and both the afternoon and evening sessions have loyal participants with newcomers always made welcome.

One of the original members of the afternoon group, 82-year-old Ada Harding, came from Oak Bay and not only participated in the Knitting Café but also volunteered at such fundraisers as the Garage Sale and the Apple Festival. Ada has health issues and is now in a seniors' home, but friends she made at the Knitting Café still keep in touch with her. Ada invited Nance Maki, a special friend who has been very supportive during the ups and downs of Ada's last few months, to join her at a Mother's Day tea at Berwick House. Nance, who is younger than Ada, wrote the following poem which highlights one of the benefits of knitting together.

It is really interesting is it not ...
 How life lessons are sometimes taught.
 Our friendship began at the Knitting Café
 And it wasn't just knitting that blossomed that day.
 The art of knitting is intended to produce
 A creation of something that is comfy and loose.
 It has done that and more ... and blessed me to this day
 Because you've become my "Mother of Purl" in a very special way.
 It is really interesting, is it not ...
 How life's lessons are sometimes taught.

– Nance Maki

Hello from Bess



Photo by Barb Sawatsky

Bess Page sends greetings and love to all her friends in Metchosin. She is now in Dogwood House at the Priory and although she said that she would love to return to her home in Metchosin where she lived since 1953, she is well looked after and staff is wonderful. She reminisced about her teaching career at Metchosin and Hans Helgesen Schools, her writing and the museum society, and spoke fondly of her family and friends visiting her at her new place. Her sunny bedroom looks out onto the lovely garden where she can walk or sit to enjoy the flowering shrubs.

Sooke Philharmonic Orchestra
 Conducted by Norman Nelson

MIDSUMMER MAGIC

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Saturday June 18 | 7:30 PM
 Teechamitsa Theatre, Royal Bay Secondary School
 3500 Ryder Hesjedal Way, Colwood

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Down to Earth Nursery Happy Valley Road				●	The nursery is managed organically and our philosophy is to give you the best service we can by providing knowledgeable staff, healthy plant material, open communication. We work hard all year to create and maintain the best gardens you can have!
Eisenhower Organic Produce 4266 Happy Valley Road 250 474 7161 deisenhower@pacificcoast.net	●	●			We have a good selection of greens, mesclun mix, potatoes (six or seven varieties), carrots, parsnips, leeks, onions, beans, peas, squash, herb tea and eggs. Jostaberries, blueberries, and golden raspberries are available in small amounts. Tomatoes, cucumbers, basil, and peppers are growing in the green houses. There is also mint, sorrel, green onion, horseradish, and lovage. We grow about 98% of our own seed, which is also for sale and is well established for this area. There are apples, plums, pears, hazelnuts, and figs available in the fall.
Flower Power U-Pick Witty Beach and Metchosin Road 250 474 7062 chasnighton@gmail.com www.charlesthedgardener.com				●	A very wide selection of cutting material is grown, stressing the exotic, unusual, and hard to find. Perennials, flowering shrubs, many ornamental grasses and restios, and select annuals are all to be found. Hours of operation are daily 5:00 pm to dusk, all day Saturday and by appointment.
Glenrosa Farm 5447 Rocky Point Road 250 478 6126 jh5447@shaw.ca www.glenrosafarm.com	●	●			Heritage apple varieties of King, Lemon Pippin, Wolf River, Baldwin and more are produced on century-old trees, featured at the annual Metchosin Apple Festival and available by mid-October. Wool from the resident sheep is made into several products, including socks, yarn, comforters, pillows, and mattress pads. Glenrosa Farm Restaurant serves a variety of locally sourced foods, including Parry Bay Sheep Farm lamb.
Karen and Don's Blueberry Patch and Honey 4405 Happy Valley Road 250 478 9349 donlindsay@hotmail.com		●		●	The main crop on the farm is blueberries, with a small crop of gooseberries and black currants. We have four varieties of non-sprayed blueberries on the farm. Honey from Derek Wulff's bee hives is also available.
Kai's Farm corner of Metchosin and Pears Roads ib.jensen@shaw.ca	●			●	Kai's Farm sells bedding plants, annuals, hanging baskets and planters. We also sell (in season) cucumbers, potatoes, tomatoes, and strawberries.
Metchosin Farm 542 Wootton Road www.metchosinfarm.ca	●	●			We grow organic heirloom vegetable starts, perennial fruit bushes (gooseberries, currants, raspberries, gojiberries and Chilean strawberry guavas, and more). Since 2012, we have also operated a small organic seed company with all of the seeds being grown here at Metchosin Farm. We are growing and slowly adapting varieties in our gardens, producing plants that thrive in our Pacific Northwest/ temperate Mediterranean climate. Last winter we took over Carolyn Herriot's Seeds of Victoria, so we are now growing out her genetics, too. We are also breeding some of our own (!) totally unique "Metchosin" varieties of common vegetables and fruit.
Parry Bay Sheep Farm johnbuchanan@parrybaysheepfarm.com www.parrybaysheepfarm.com https://www.facebook.com/parrybaysheepfarm/			●	●	We produce hay, lamb, mutton and wool, and in partnership with Stillmeadow Farm, also wheat and chickens. These products are available at our farm store, which is located at 4198 Stillmeadow Road and open every Saturday from noon until 3:00 pm. We will also be at the Metchosin Famers Market Sundays from 11:00 am to 2:00 pm.
Ragley Farm 5717 East Sooke Road www.ragley.ca	●	●		●	We feature a wide variety of produce, fresh-baked bread, pastries, and soups at our on-site market, which runs every Saturday from 11 am to 2 pm, April to December.
Sea Bluff Farm 565 Wootton Road	●	●			Six acres of vibrant, certified organic farmland where we grow over 30 of our favourite veggie varieties from asparagus to zucchini. We specialize in greens, tomatoes and of course, corn! Come and visit our farm stand every Tuesday and Saturday year round for choice offerings from the farm. We also offer a year-round veggie box subscription that folks can pick up at the farm featuring the best from our farm, as well as choice offerings from our farmer friends at Saanich Organics.
Stillmeadow Farm 4198 Stillmeadow Road 250 478 0588 www.stillmeadowfarm.ca			●	●	The farm produces sheep, hay, hogs, and holly, and in conjunction with Parry Bay Sheep Farm, grows milling wheat and raises broiler chickens.
Southwind Honey 1530 Neild Road 250 474 3708 b.lady@rogers.com				●	Our purely local honey is derived from the following floral sources. In spring, maple, arbutus, garden and orchard blooms get our colonies off to a good start. With ideal weather, we can sell spring blossom honey. Fortunately most years the weather settles down in time for the blackberry bloom in June. After that, the booming colonies are moved to the high country near Jordan River. Here the early source is salal blossom, followed by fireweed and an assortment of other wildflowers.
Three Creeks Farm 777 Winfall Road 250 478 9521				●	Three Creeks Farm is a U-pick flower farm specializing in Old English type flowers (e.g., dahlias, zinnias, baby's breath), with a wide variety of annuals and perennials.
Umi Nami Farm 961 Matheson Lake Park Road 250 391 0763 uminamifarm@gmail.com www.uminamifarm.com	●	●			Our produce includes Japanese greens (komatsuna, mizuna, karashina, chingensai, kakina, etc.), traditional tender Japanese turnips, daikon, chard, kale, carrots, beets, rapini, collard greens, green onions (especially traditional Japanese types), bulb onions, broccoli, strawberries, tomatoes, eggplant, green peppers (including the Japanese shishito), snow peas, snap peas, green beans, dry beans, potatoes, summer and winter squash, and zucchini. Fruits include melons, watermelons, strawberries, and tree fruits (apples, quince, and Asian pear).
Wind Whipped Farm 4645 B William Head Road 250 661 8099 windwhippedfarm@gmail.com www.thelocalfoodbox.com/wind-whipped-farm/	●	●			A mix of vegetables and fruit that are sold primarily through the Local Food Box Program along with local meats and eggs from other Metchosin farms.

PULL OUT AND SAVE!

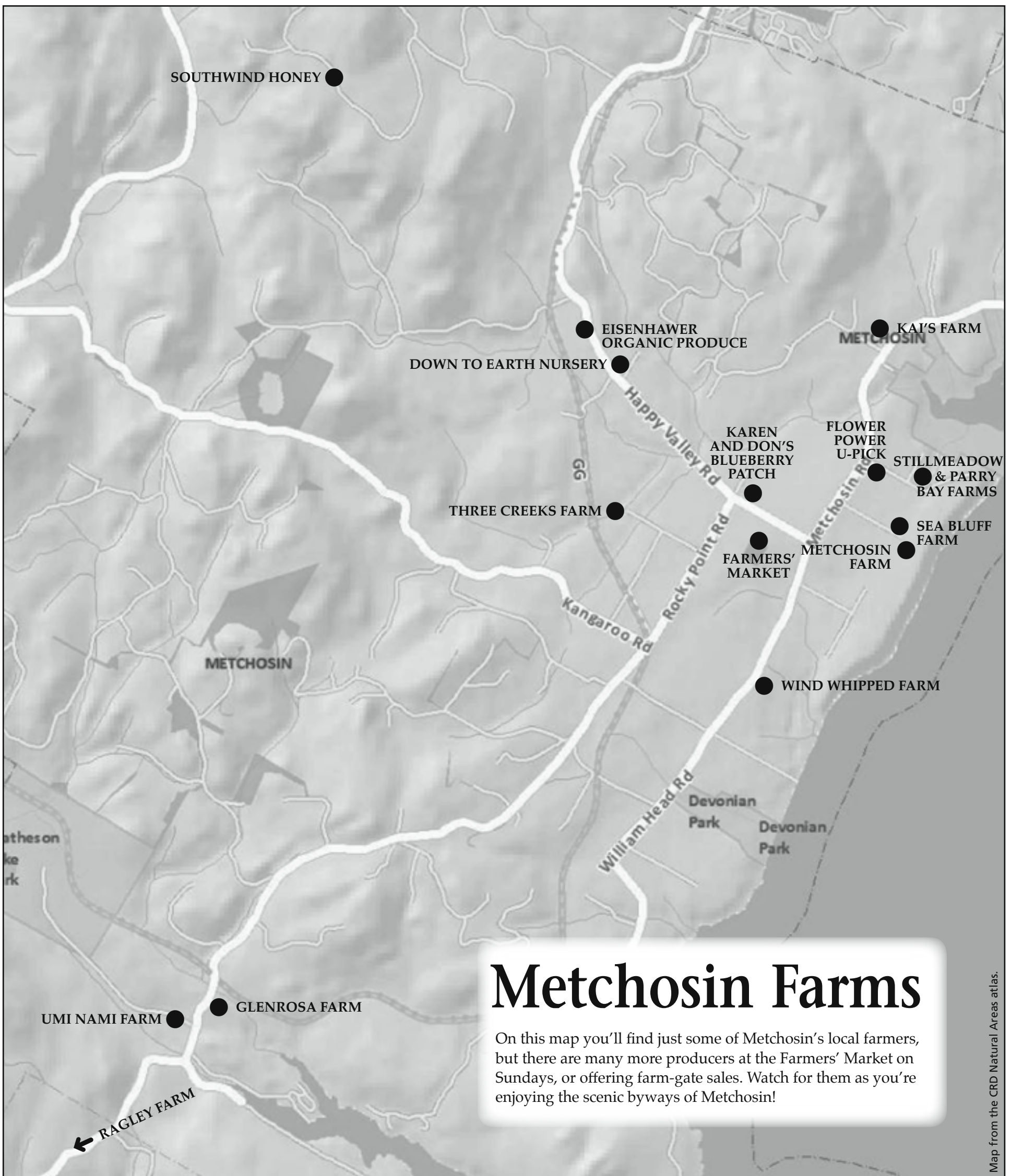
locally grown goodness

Metchosin Producers, Metchosin Market

The Metchosin Farmers' Market is open on Sundays from 11:00 am to 2:00 pm from Mother's Day to the last Sunday of October, and is a great place to connect with local producers.

Buy your fresh vegetables, breads, jams, salsa, baked goods and gifts (or crafts) for your loved ones. Browse at the Pioneer Museum, purchase a book from the Old Barn Bookstore to read as you listen to music, or have lunch at our picnic tables and meet old friends.

The Metchosin Producers' Association (MPA) is a non-profit organization which is the governing body of the local Metchosin Farmers' Market. The MPA also keeps an ear open for important issues regarding farms and farmland. They hold representation on the Metchosin Agricultural Advisory Committee and in the past have used a Tourism BC grant to make improvements to the Market site, including the construction of kiosks.



Metchosin Farms

On this map you'll find just some of Metchosin's local farmers, but there are many more producers at the Farmers' Market on Sundays, or offering farm-gate sales. Watch for them as you're enjoying the scenic byways of Metchosin!

Map from the CRD Natural Areas atlas.

Drop off your drugs safely and help combat the epidemic of opioid abuse

MATILDA MEYERS, COMMUNICATIONS MANAGER, BC PHARMACY ASSOCIATION

Residents of the Capital Regional District are encouraged to safely dispose of their medications to ensure they don't get into the wrong hands or pollute the environment.

Given the recent news that BC will likely have a record number of drug overdoses this year, the safe disposal of medication is especially critical. Prescription drugs can be effective in helping people to manage pain and other conditions, but if used inappropriately they can have deadly consequences.

BC residents can return unused or expired medications to community pharmacies across the province at any time of the year at no charge. The BC Medications Return Program ensures medications aren't thrown in the garbage where they could be found by young people or pets, or flushed down the toilet where they can harm the marine environment.

"There are 49 community pharmacies in the Capital Regional District that will accept medication returns at any time," says Geraldine Vance, CEO of the BC Pharmacy Association (BCPhA). "Your pharmacist is the best person to help you dispose of unwanted drugs."

To encourage the public to heed this message, the BCPhA and Health Products Stewardship Association have produced a new video on the theme of Fish Can't

Say No to Drugs, which you can look on Youtube (www.youtube.com).

"In our region, proper medication disposal and pollution prevention are essential to protecting our marine environment, regardless of the level of wastewater treatment," says Vic Derman, chair of the Capital Regional District Environmental Services Committee.

"In addition to working with industry to ensure best practices, partnering with groups like the BCPhA helps us raise awareness and educate residents on the importance of proper disposal of unused medication."

The Medications Return Program covers all prescription drugs, over-the-counter medications, including topical antibiotic and antifungal creams, and natural health products that are orally ingested such as vitamins, minerals, traditional Chinese medicines, herbal products, probiotics, and homeopathic medicines. More than 95 per cent of community pharmacies in BC participate in the program, which is free for all British Columbians. Any liquid or cream medications should be kept in their original container with any personal information removed or blacked out, and solid medications like pills should be combined into a small bag.

For more information, visit www.healthsteward.ca.

Sixty Years of Living in Metchosin – Jo Lennox

JOANNIE CHALLENGER

Do you ever drive past the various homes and driveways in Metchosin and wonder who lives there? I have passed by Jo Lennox's home probably thousands of times on my way to and from town, but only recently did I get the opportunity to meet her when I began a series of interviews on longtime Metchosin residents. What a perfect chance to meet Jo and learn a bit about her life here in Metchosin, where she has lived for the past 62 years.

When I called her to set up an interview, Jo couldn't imagine why I would want to interview her for the *Muse*. "I've only lived here since 1954. But you're welcome to come over and talk," she said. When I arrived at her doorstep a few days later on a glorious sunny May afternoon she welcomed me with a smile, and invited me to sit with her on her patio overlooking her garden. For the next hour we talked about her life and what brought her to Metchosin.

Jo's mother Violet grew up in England, and her father, Pierre Hovelaque, was of French and English heritage. After the First World War Jo's grandmother and six children moved to Canada, and somehow found their

way to Vargas Island, near Tofino, which is where Violet and Pierre met. Jo was born November 30, 1925 in Victoria. Shortly after, her family returned to Vargas Island where she lived as a child. "It took an hour to row from Vargas Island to Tofino," she remembers. "The only way to get to the rest of the world was by the *Maquinna*, a steamship that supplied goods to the small communities up and down the coast. Once a year you could order canned food, otherwise you ate what you grew in your garden, drank milk from the goats, and traded your extra clothing to the local First Nations people for salmon. I remember seeing a huge salmon hanging in the entrance to our house."

When Jo was seven her family moved to Duncan so that Jo could go to Queen Margaret's School. When asked to describe what kind of student she was, Jo smiled and said, "Quiet and independent!" She liked school, and remembers playing a lot of sports, especially grass hockey. Sadly, her father passed away when she was ten years old, and her maternal grandmother died the same year – a hard year for her and her mother. Jo's mom was active in the church, and Jo went to summer church camps. "A good friend of mine was Joy, who became the mother of Tom Henry (a Metchosin writer). Joy and I used to float on old logs in the swamp at the back of our property. It was pretty stinky when we fell in!"

Later, Jo's mother moved to Victoria so that Jo could attend Victoria College. After Victoria College she attended the University of BC, then the University of Toronto, where she took a librarian's course. She worked very briefly as a librarian at the Victoria Library. It was there that Jo met her future husband Bernard Lennox, who had arrived from England just after the Second World War. He was teaching in Victoria and boarding with a friend of her mother. They married in 1953.

Jo and Bernard lived in Victoria for a while but Bernard had always wanted to farm, so they set off in search of property in the country. They first looked for a piece of land out in Saanich, but their search led them to Metchosin, where land was a bit cheaper. There they met Johnny and Daisy Bligh at the local store, who mentioned that the Reids were thinking of selling their home. A deal was struck, and the Lennoxes became Metchosin residents in 1954. For the next few years Jo and Bernard worked at fixing up their new home, which "needed a lot of work", as Jo explained. Country living, as most of us know, is not without its challenges,



Jo Lennox

Photo by Joannie Challenger

particularly when you get water from a well. Every summer the well would go dry and Bernard had to cart water from the school where he taught. During the next years Jo and Bernard raised three boys – Jamie, Bruce, and Angus. Of the three children, Angus is the only one who still lives with Jo in Metchosin. Jamie moved to Coquitlam, and Bruce enjoyed a very happy life here in Metchosin until he was in his 50s, passing away a few years ago. Along the way Jo and Bernard were blessed with three grandchildren.

Nowadays Jo still lives near the original home, in a newer home that was built on the property. Although she describes herself as not being really involved in community happenings, Jo mentioned that she did help in the revival of the Garden Club. For several years she served as president of the Club. "Gardening keeps you busy, and I've had wonderful help," she smiled. Sitting on her patio, it is evident that she loves growing things. Her garden is a beautiful oasis, tucked out of view of the road, with little trails wandering through the flowering shrubs and plants.

So, after so many years of living in Metchosin, the obvious question to ask Jo is what she finds special about Metchosin. "Well, it's because it is in the country, it's farming. I wouldn't want to live in the city, that's for sure. The thing I like about Metchosin is that people more or less let you do your own thing if you want to. It's relatively close now to town, with cars and all. There are better roads now. The paved road used to stop at the gate to our property on Rocky Point in the old days, with gravel further past our place."

All in all, we spent a very pleasant afternoon getting acquainted. Jo Lennox provided an insight to her life these past 60-some-odd years in Metchosin, along with a bit of the community's history. I'm glad I took the time to journey down that driveway I had driven by so many times.

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Small Beginnings

JOHNNY CARLINE

Generally, I think it is good to be positive, to be optimistic and hope for the best. But sometimes looking at some of the things that are going on in the world makes that a challenge. Whether it is the sickening decapitation of innocent people, the underwhelming response to climate change, the bombing of MSF-staffed hospitals or the support for Donald Trump for President of the USA, there is a lot that makes it hard to look on the bright side of life.

But if you look for them, you sometimes come across a little treasure, insignificant in the grand scale of things, but precious enough that it gives you some hope.

I had such a moment recently when I visited the Community House to check up on how the Parents and Tots program was going. The long-time co-ordinator, who had carried the program for many years, had decided to move on, so I decided to pop in and see how her replacement was doing.

Although I had briefly met Anamaria Gomez Upegui before, her greeting was still like a new sunrise. Her smile just radiates both warmth and sincerity. She is one of the very few people you know

that you are going to like right from the start.

We started by chatting about what the program means to the moms. Not all the caregivers who come are moms. But moms are a key beneficiary of the program. I asked Anamaria for her perspective.

"When you are a new mom, you are not sure about your ability as a parent. Kids need to have limits and when you set them and hold the line, they cry and you worry about maybe being a bad mom. When you give in, they take advantage, and again you worry about maybe being a bad mom."

"It helps to talk with others and in the city you can walk to the park and meet other moms that way. But here in Metchosin that is harder to do. This program allows moms to get together in a relaxed environment and share their experiences. Having a few experienced grandmas helps too." This conversation is repeatedly interrupted as parents and tots arrive and each is warmly greeted, the tots running eagerly to get a hug in Anamaria's outstretched arms.

"Some of the moms form friendships that continue outside the program. That helps too. My hope is that by sharing, all the moms go home

with a little more confidence that they are in fact good moms."

The conversation breaks off as the day's program gets underway. Some of the tots are scurrying about with that special energy they have. But when Anamaria introduces Sibylle, who delivers the music program, a barely suppressed excited anticipation brings a remarkable amount of calm and order. The oldest child is maybe three and most are much younger, so I am impressed.

Sibylle is a pro. Her program races along. Nothing lasts too long to exhaust short attention spans. It has lots of props and content to interest the kids. While I watch I take the opportunity to have a few more quiet words with Anamaria, this time about the benefits to the kids. "They learn things like up and down, fast and slow, loud and quiet" she tells me, "but they also learn about taking turns, waiting your turn, sharing and saying please and thank you. They are little things, but taking the time on these little things, maybe you avoid having problem kids later on. We are growing citizens here."

When Sibylle came to distribute instruments to play that the kids clearly wanted, amazingly they did indeed



wait their turn and said please and thank you. Anamaria flashed me a smile, as if to say: "See! Growing citizens!"

I'd come hoping no more than that the program was helpful for the parents and tots. I left thinking about my big picture problems. Maybe if my generation had done a better job on growing citizens, we would not have ISIS, climate change apathy or democracy gone bonkers. Maybe, in the long term, it is the small, local efforts, like those of Anamaria and

Sibylle, reinforced by the rest of us, which will most effectively provide the foundation for more responsible, respectful global citizenship.

Whether or not this is so, I don't know. But I do know the program already achieved one thing – I was looking on the bright side again.

There are no tax dollars going to this lovely little program. So any donation, big or small, dropped off at the Community House to help support it, would be very welcome.

Still Grinding Away



Steve Frisch, with his machine.

Photo by Barb Sawatsky

BARB SAWATSKY

The noise from young Shane's property next door prompted me to grab my camera and duck under the fence, resulting in a photo shoot with Steve Frisch, owner-operator of Vancouver Island Stump Grinding. A slick way to rid property of unsightly stumps, the relatively small machine chewed its way through a huge stump in the short time I was watching, possibly the most environmentally safe way to remove stumps excluding the 'leave and let rot' method. Traditional stump removal meant hours of back breaking work with chainsaws, picks and shovels or hiring a backhoe followed by weeks of fires to get rid of the resulting mess, not to mention the cost and bother of

replacing the chain on the saw. All that's left once the stump grinder has gone home is a pile of wood chips and a stump-free yard.

Steve, a former national level rower, started the company in 1996 and gave it six months to "to see how it goes" so I'm guessing it went well as he's still chipping away twenty years later. In 2004, he and his family moved themselves and the business to Metchosin where there is no shortage of stumps. An enterprising man, he also has a screw pile business for customers building foundations or decks on rock or unstable ground (screwpilesbc.ca).

Steve's phone number is 250-812-5439 and he says that he gives free estimates, he's insured and his work is guaranteed.

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Film Night at the Metchosin Community House

RIC PERRON

Friday, June 24 at 7:00 pm
Metchosin Community House

Manufactured Landscapes
(90 minutes)

I was affected by *Manufactured Landscapes*, a 2006 feature-length documentary film about the work of photographer Edward Burtynsky. Everyone should witness this anti-psychedelic trip through landscapes altered by large-scale human activity.

The filming is soberingly beautiful with its large-format field camera. And above all, there is no narration to influence viewers' judgements. Wikipedia says, "it's a mesmerizing work of visual oncology, a witness to a cancer that's visible only at a distance but entwined with the DNA of everything we buy and everywhere we shop. [It's a] frenzy of production and consumption."

A single Chinese factory is one kilometre in length, and employs 23,000 workers. The film also features the Three Gorges Dam, 50



Three Gorges Dam Project, Yangtze River, China.

Edward Burtynsky photo

percent larger than any dam in the world, that has uprooted more than one million people, and flooded 13 cities, 140 towns and 1350 villages since the beginning of its construction in 1994. When the 600-kilometre-long reservoir was flooded, scientists noted a small tilt, or wobble in the earth's spin.

Manufactured Landscapes is a visual experience and "tries

to shift our consciousness about the world and the way we live in it." The film does not propose any solutions to human environmental impact, but rather asks us to consider the many contributing factors of environmental ethics and aesthetics.

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

MCA GUEST SPEAKER SERIES

"Climate Change, Our World On Fire?"

with Dr. Parvez Kumar

MCA Speaker Series, Thursday, June 16, 7:00 pm at the Metchosin Community House, 4430 Happy Valley Road

RIC PERRON

Returning to the House of Speakers is "The Amazing Dr. Parvez Kumar." How's that for up-talk and promo? He and I have emailed several times, and in the months of communication, collaborating, and preparation, the talk has evolved from "This-to-That," towards the betterment of a good parler (pardon the French). His talk is always evolving with the current events of the planet. Our times are moving so quickly, who can keep up? Well, Dr. Kumar can stay with it.

Dr. Parvez Kumar is an aeronautical engineer, has worked 40 years in aviation and space, with military jets, the design of helicopters, the original A300B Airbus Project, other jets of all sorts, and believe it or not, biplanes.

He was later recruited by the National Research Council of Canada to help establish the Canadian Space Station Program, which allowed him to apply his aeronautical experience towards the challenges of space flight. His previous talk at the Community House was about his adventures with space and the aerodynamics of objects. His talk seemed too short.

This particular talk in June will involve ... whatever he can throw at us about our planet, science, and nature. (He's a scientist after all.) Disclaimer: Seatbelts not included!

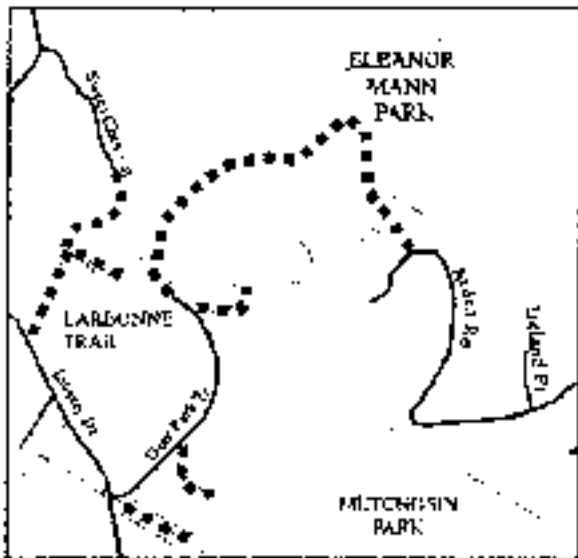
Tell them you saw it in the *Muse!*

Don't miss this year's Mighty Metchosin Garage Sale! May 28/29

Take a Hike!

This trail map is from the Metchosin Parks and Trails brochure on the District of Metchosin website. Please respect private property and stay on trails. No motorized vehicles allowed. To find more trails, please visit: <http://district.metchosin.bc.ca/content/parks-and-trails>

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Peter Watson, hoofing it.

Photo by Barb Sawatsky

Home for the "Holidays"?

BARB SAWATSKY

Peter Watson, son of Ed and the late Cathy Watson, was photographed while checking the hooves of some of John and Lorraine Buchanan's sheep at their "summer camp" on Duke Road.

Peter is back in Metchosin for the summer and will return to Saskatoon in mid-August for his final year in veterinarian school. After graduation he plans to return to the island to open a small or mixed animal practice. Wouldn't Metchosin be just the perfect spot for this?

HOUSE HAPPENINGS

Metchosin Community House 4430 Happy Valley Road Info: 250-478-5155
 Email: mcahouse@telus.net Web: www.metchosincommunityhouse.com

Ongoing Programs

Mondays

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

Buddies – 2:45–4:30 pm. The program is finished for the season and will restart September 19. 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 is finished for the season but will return in September.

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.

Singalong – Metchosin Rough Voice Singers – The Rough Voice Singers group 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). Finished for the season and will return in September.

Tuesdays

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

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

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) from 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.

Thursdays

Creative Rug Hooking – First and third Thursdays, 10:30 am–1:30 pm, led by Sheila Stewart, certified Instructor of Traditional Rug Hooking. Beginners are welcome, but should contact Sheila (250-595-6406, or send an email: 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.

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 is finished for the season and will return in September.

Ukulele Gathering – 5:00–6:30 pm third Friday of each month. Finished for the season. The group will restart in September. 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: *Manufactured Landscapes* – 7:00–9:00 pm. Friday, June 24, 90 minutes. A 2006 feature-length documentary film about the work of photographer Edward Burtynsky. Film night is the last Friday of each month; see p. 14.

Events

Mighty Garage Sale – The Garage Sale is May 28 and 29, 9:00 am–3:00 pm. Sale both days and Auction on Saturday. Come and browse through the big tents for furniture, electronics, sporting goods, yard goods, tools, housewares, collectibles, antiques and "mystery stuff." Be sure to participate in the silent auction inside the Community House for a chance to get some of the choicest donations. Items will be auctioned off on Saturday.

Entry to the garage sale is by cash donation at the gate. All proceeds from the event go to support the Metchosin Community Association.

MCA AGM – Sunday, June 12, 2:00–4:00 pm. All welcome.

Guest Speaker – Thursday, June 16, 7:00–9:00 pm; see p. 14.

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 – June: Arlene Welch. The works will be on display at the Community House for the month. 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.

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APRM: Alive and Kicking

KEN FARQUHARSON

Is the Association for Protection of Rural Metchosin (APRM) defunct? This question has emerged due to its low profile over the past year or so. The answer is very definitely NO.

With the passing years, the immigration of many new residents and the departure of others, knowledge of the APRM, its origin, its activities and its objectives, may have become obscure to many.

The APRM was established as a non-profit society in 1993, largely in response to strong pressures for higher density development in this then-new municipal district. According to the constitution, "Its goals are to maintain the rural quality of life and peaceful co-existence of homes, farmlands, diverse livelihoods, natural habitats, forests and trails in the community."

The main methods to ensure this have been education and advocacy, not politics. The APRM does not endorse candidates, nor does it provide any support to them. Indeed, should any APRM member decide to run for municipal office (and many have), he or she must resign from the association.

Over the years, the APRM has exerted considerable efforts on a variety of issues related to keeping Metchosin rural. In addition to making recommendations on specific projects, the APRM

has actively participated in research and discussion on regional growth strategies (including affordable housing), secondary suites, soil deposit and removal, amalgamation with East Sooke, sound budgeting, creation of parks and protection of greenspace, and bylaw enforcement.

As well as preparing arguments on issues affecting its objectives, the APRM works to assist Metchosinites in keeping up with municipal affairs by sending out to its members, and others, the agenda before each meeting of Council, and having a number of its members prepare notes on each Council meeting which are then widely circulated to the membership and others. Surveys of our members and supporters conclude that these services are highly appreciated.

Fortunately, the past several years have seen fewer contentious issues or project proposals in Metchosin. The fact that Metchosin has little subdividable land left is one reason for this. But also important is the fact that developers are very aware of this community's wish to remain rural. Long may this continue.

In the meantime, and with the emergence of the internet, APRM has started and continues a series of services, including circulating the council meeting agenda and the meeting notes, and bringing in speakers on topics relevant

to maintaining Metchosin's rural ambience.


Some issues that are expected to emerge at the municipal level whose resolution may be critical for keeping Metchosin rural are the conclusion of treaty negotiations, the probable release of DND lands at Mary Hill and decisions on their future, and the re-emergence of proposals to develop the Centre Mountain lands.

It is probable that changes will also be coming at the regional level following efforts at the last election to get amalgamation on the table, new visions for solid waste management, and the need for greater powers for the CRD as reflected in its poor record on sewage planning and lack of action on provision of better transit. The APRM will be watching how these changes work through at the regional level as well as the municipal level.

Anyone wishing to join the APRM is invited to contact Ken Farquharson at 250-478-1197.



NDP



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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 in a 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, 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 coffee of their choice, compliments of the Broken Paddle Coffee House. We'll let them know to expect you!



Nobody was able to offer suggestions about last month's mystery item, a tool used to lift pie plates from deep ovens or hearths. One of the wires is fixed; the other adjustable to accommodate plates of varying sizes.

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

Association for the Protection of Rural Metchosin – A Retrospective

June 15, 7:00 pm at the Metchosin Community House

KEN FARQUHARSON

Want to know how the APRM came into being, or to hear about some of the successes this organization has had over the past 23 years on Metchosin's evolution into the community it is today? Then come to the next meeting where there will be a panel of speakers who will cover the history, the present and potential issues facing Metchosin.

- **Chris Moehr**, founding member, on the reasons for the creation of the APRM;
- **Frank Mitchell**, land use expert, on the struggle with the OCP;
- **Shirley Wilde**, initiator of the legal challenge to Centre Mountain development;
- **Mayor John Ranns** will give a mayor's perspective on working with an activist group, and an insight into issues on the horizon for Metchosin.

A free and open discussion will follow and ideas and opinions – good and bad – on the future of APRM will be welcome. All the usual requirements for the AGM will follow the speakers. All welcome.



From left to right, Mike Hodgetts, Forrest Lockhart, Casey Parsons, George Rowland, on 18 after an historic day. Photo by Mike Van de Water

Local man sets new standard

MIKE VAN DE WATER

Walk inside the friendly Metchosin Golf and Country Club's pro shop and you'll likely be greeted by Casey Parsons, whose legend is growing quicker than the trees that line the fairways of the nine-hole golf course that has been quenching local golf nuts' thirst for nearly 40 years.

It has been almost 25 years now since Victoria's own professional golfer, Jim Rutledge, set the course record at Metchosin: a tidy, seven under par 62. Only a few of the club's 100-plus members were associated with the course back then, but the ones who were remember it well. Over time, 62 had become somewhat of a fable, a ghost in the wind that nobody could catch. It didn't help anyone that the course has gotten more difficult as the years have passed by; holes have gotten longer, trees have grown taller, and the infamous difficult greens seem to get quicker with each passing summer. But for Casey – whose wicked long drives and pinpoint accuracy with his irons are only outdone by his white-hot putting – 62 was always within reach. He just needed to transcend the mental aspect of the game with his physical ability to dominate a course.

Never one to complain when scoring a high round of golf, nor one to gloat about a low round, Casey is an oddity in today's world. He's never had a social media account, nor does he know how to use a smart phone, and hates to talk about himself. At 25 years old, he's the youngest member at the course, yet we all look up to him like he's our older brother. His cool, calm demeanour suits the laid-back atmosphere of a course that has long been a main draw for golfers looking to find a challenging track without all the dress codes and uptight personalities.

A few Sundays ago, new member, Harold Aitken, and I had a match. We were pleased when Casey told us he'd join. The first eight holes were typical enough, but then on the ninth hole, Casey drained a long birdie putt to finish the front nine at two under par. Sometimes that's all it takes: a long putt to get fired up. Casey went on to drive the par four tenth and subsequently made his eagle putt, followed by birdies at 11, 12, 15, and 16 to put him at eight under par with two holes remaining.

Back to the mental side of the game, the part that needs to be stronger than any other part of the game to accomplish great things. As he rolled in that birdie putt on 16 he knew he had a chance at a little Metchosin history, and that alone would have most of us shanking our next shot out of bounds. On 17, Casey had another perfect drive down the fairway to leave himself in perfect position to really attack the flagstick. Another good swing followed but he wanted it too much, and with that the ball sailed over the flagstick and into the rough

at the back of the green. A tough "up and down" for par is what he needed, and after chipping it to a foot he tapped in the par. On 18 he delivered another picture-perfect drive, and walking up the final hole we all knew what a good shot in would mean. As he made another good swing on the ball a big wind started blowing directly at us and knocked the ball down short of the green. Could the ghost be real? He was left with another difficult up and down to capture the record, but this time his chip came out quick and he left himself with a four-foot putt bending left to right; a knee knocker for sure. But it was Casey's day; he calmly stepped up and drained it right in the centre of the cup as he finally allowed himself to exhale. 61!

He had finally mastered the most difficult aspect of the game: the mental side. So what did he do six days later? He shot a 60, eclipsing the record he had just set. "I felt pretty good out there today" he quipped, with a smirk on his face as he walked into the clubhouse to get to work. Just another day at the office.

See the Muse online!

<http://www.metchosinmuse.ca>

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Bio-Blitz Teams Find More Rare Species



Biologists at work in the Albert Head wet meadow.

Photo by Moralea Milne

CAROL CARMAN

Over 100 local naturalists and guests celebrated Metchosin Biodiversity Day on Saturday, April 30 at the Witty's Lagoon teaching shelter, as part of the 2016 Metchosin Biodiversity Weekend.

A good crowd launched the weekend Friday evening at Metchosin Council Chambers as Habitat Acquisition Trust biologist Christian Engelstoff discussed local bats and owls, and ongoing efforts to help maintain their populations. The next morning, guests chose from seven different guided walks including explorations of beaches, salt marshes and bird-spotting. Mushrooms, mosses, lichens, wildflowers, slugs and snails were searched for by the shelter. Later, explorers enjoyed a variety of drinks and snacks and were able to interact with several natural history displays and activities.

"We humans share our Metchosin home with a vast array of life forms," says Metchosin Foundation president Chris Pratt. "To protect this extraordinary heritage we must first know and understand this diverse region of seashore, rural and agricultural lowlands and coniferous highlands. We are deeply grateful to the excellent local naturalists who have volunteered their time for a range of projects."

This year's Biodiversity Project extended over three months, and was focused in two directions. The April 30 Biodiversity Day was augmented by the second project, less visible but more complex, involving events from March to May that used select teams of taxonomy experts to inventory targeted species. Matheson Lake Park was successfully inventoried in early March by members of the South Vancouver Island Mycological Society. They found about 30 different species, six of which had not been recorded in Metchosin before. In addition, of the 120 species of lichens catalogued nearly a quarter of them plus ten mosses and liverworts were completely new to Metchosin BioBlitz records.

The Metchosin BioDiversity projects are made possible thanks to the support and cooperation of Capital Regional District Parks, financial help from the Metchosin Foundation, and time volunteered by a number of excellent local naturalists. There is no charge to participants. For more information and photos on the BioBlitz efforts in Metchosin, please see our website at <http://metchosinbiodiversity.com/>. Please join us at the Metchosin Foundation Annual General Meeting at 7:00 pm May 29 at St. Mary's Anglican Church with featured speaker journalist Jo-Ann Roberts.



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14TH JUAN DE FUCA (METCHOSIN) SCOUTS CANADA

SANDRA MEYER



Front Row: Cruz Coleman, Kade Kunce, Austin Ward. Second Row: Raiden Fischer, Charlie Carpenter, Ethan, Rylan Perestram. Back Row: Jason Rivard, Curtis Becker, Sandra Meyer, Alysha Becker.

Photo by Kyle Jamieson

Knights of Metchosin!

Last month, our Beaver Pond turned into a magical land from many years ago ... For an entire month, our young Beavers went to Knighthood training right here in our very own Metchosin! From horse riding, to shield making to jousting ... these brave young Knights in Training did it all – they even hunted down a dragon and saved a sweet damsel in distress! It was an amazing month that ended with a grand feast back at the Castle!

Beavers Hit the Big City!

Our busy little Colony had the opportunity to head over to Science World for the Telus Camp-In where over 400 Beavers, aged five, six and seven spent the night right in the Science World building. This was such a great opportunity for our Beavers to meet and interact with other youth their age. We walked on the ferry and took public transit all the way to Science World. As with many experiences in life, I think the journey was as memorable as the event itself! It was a weekend I'm sure our Beavers will remember for a very long time.

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NEWS FROM HANS HELGESEN SCHOOL

DEBRA STOUTLEY

The last months of school are always filled with experiences as we take advantage of the nice weather! Hans Helgesen School brings this year to a close with many school and community experiences. Some examples since spring break include Earth Week (with a culminating walk to Taylor Beach), an opera trip and some fun sports.

We are fortunate this year to have KAT (Kids at Tennis) providing eight weeks of tennis lessons for four of our seven classes! This is an amazing program that has a certified tennis professional teaching our children tennis skills one hour each week. More programs through KAT will be provided at West Shore this summer that your family may wish to join! Check out their website: www.kidsatennis.ca

Since we chose our new mascot to be a "Hawk," our PAC also sponsored the Raptors Centre in Duncan to bring some beautiful birds to help us learn about the family that encompasses hawks. What an amazing thing to see these large birds up close. Those beaks and talons are impressive! Thank you to our PAC for making this experience possible.

Our entire school is also excited to see the realization of five years of PAC work in fundraising with the installation of our new playground structure. As well as the work and time to purchase a new climbing structure, we were due for repairs to our back playground. After two large trees fell on that area in November, taking a shed and

two pieces of play equipment with them, the district grounds department reorganized our playground to keep as much grass available as possible and install the new piece. We are having the old pea gravel removed and specialized bark mulch installed as a base. The new border and area for a sandbox makes our back playground state of the art for safety! I know there will be many children enjoying this beautiful piece of equipment for years to come.

We are busy training our grade three to five students for the district track meet this year. As always, the first Friday in June (this year June 3) is the day that elementary schools meet and compete for track events.

Our "Jump Rope for Heart" event happened on May 13. We do not fundraise for this event but we like to keep the tradition of marathon-style jump rope activity for an afternoon as an awareness for heart health for our students. We also have the "Island Hoppers" Skipping Team coming in June to show us some expert jumping!

Several of our students will also have an exciting experience on Aboriginal Day. We have an opportunity to visit the opening of Makola Housing on Goldstream and our students who drum for Beecher Bay will be performing. Approximately 60 other students will accompany our drummers to see the opening, taste some traditional food and hear our student performers. What a great way to celebrate Aboriginal Day!

Classrooms are having their year-end field studies and field trips during the last



The Raptor Centre visiting Hans Helgesen

months as well. From golfing to whale-watching to university and Royal BC Museum visits, the teachers are providing a wealth of experiential learning for our students. As a school, we have Beach Day at Aylard Beach planned for Wednesday, June 22. Parents are welcome to meet us at the beach that day. This has been an annual tradition that everyone seems to really enjoy.

Our final school assembly happens on June 29 at 10:45 am. Parents are always welcome to attend this celebration of our year and the grade five students' transition to middle school!

This is my last article for the *Muse* until the new school year. Thank you to the *Muse* for giving us this space to keep our community informed and thank you for reading about your neighbourhood school. Happy summer break everyone! See you in September.

Please don't hesitate to contact me at the school if you have questions or concerns (dstoutley@sd62.bc.ca). You are also welcome to visit our website: www.hanshelgesen.sd62.bc.ca

Fire Department Call-Outs APRIL 2016

FIRE CHIEF STEPHANIE DUNLOP

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

- | | |
|---|--|
| Apr 01 Beach Fires | Apr 18 Happy Valley Road – Medical |
| Apr 02 Beach Fires | Apr 19 William Head Road – Medical |
| Beach Fires | Barrow Road – Fire – Misc Fire |
| Metchosin Road – Open Burn | Happy Valley Road – Medical |
| – General | Happy Valley Road – Medical |
| Stillmeadow Road – Alarm Bells | Mutual Aid – Brush/Grass – Smoke |
| – Residential | Smell / Sighting |
| Kangaroo Road – Medical | Open Burn – General |
| Apr 03 Rocky Point Road – Medical | Apr 21 William Head Road – Medical |
| Happy Valley Road – MVI | Apr 22 Sooke Road – Medical |
| Apr 04 East Sooke Road – MVI | Apr 24 William Head Road – Medical |
| Apr 07 Happy Valley Road – False Alarm | Lindholm Road – Medical |
| Bells – Commercial | Apr 25 Beach Fires – Beach Fire |
| Lindholm Road – Assistance – Misc | Metchosin Road – Alarm Bells |
| Complaint | – Commercial |
| Leefield Road – Alarm Bells | Apr 26 Rocky Point Road – MVI |
| – Residential | Leeron Road – SFRes – Smoke/Smell |
| Apr 09 Matheson Lake Park Road – | in Structure |
| Assistance – BCAS | Apr 28 Sooke Road – SFComm – Smoke/ |
| Apr 10 Open Burn – Camp Fire | Smell in Structure |
| Sooke Road – MVI | Apr 29 Albert Head – Beach Fire |
| Apr 12 Glen Forest Way – Rescue – Rope/ | Glen Forest Way – Open Burn |
| High/Confined | – General |
| Apr 14 Sooke Road – MVI | Apr 30 Taylor Road – Beach Fire |
| Apr 15 Beach Fires – Beach Fire | Albert Head Road – Beach Fire |
| Apr 16 Neff Road – Open Burn – General | Kangaroo Road – MVI |
| Happy Valley Road – Medical | Metchosin Road – Open Burn |
| Apr 17 Pearson College – False Alarm Bells | – General |
| – Commercial | Wootton Road – Open Burn – General |

RCMP Call-Outs APRIL 2016

BY CPL. BRIAN KERR, CENTRAL SAANICH POLICE

It is with sadness that I contribute my final article to the *Metchosin Muse*. The "Police Report" started many years ago in an effort to empower Metchosin residents with regard to crime prevention. The idea for the Police Report came after a break and enter on Glen Forest Way. When I spoke with a neighbour about the incident I was surprised to find out he had no knowledge of it. I then spoke to Jo Mitchell about including some type of police report in the *Muse* to inform residents about criminal activity in the area, and this article evolved from there. I genuinely believe that we need to look out for one another as we strive to make Metchosin one of the safest communities anywhere. As the West Shore area grows, the potential for crime increases. The more the citizens of Metchosin are aware of crime trends, the more we will become vigilant in prevention.

As I move into retirement this fall, I hope that another officer will pick up this article to assist our residents in efforts to keep each other safe.

I would like to thank the *Metchosin Muse* staff who have supported me for so long and for their endless hours and dedication to ensure that the paper continues.

Stay safe. – Brian

Apr 01 **Rocky Point Road** – Single vehicle accident, vehicle into ditch, no injuries, vehicle towed from scene
Happy Valley Road area – Complaint of threats to a person, reported for information purposes.

Apr 02 **William Head Road area** – Complaint of suspicious males, patrols failed to locate them.

Witty Beach – Complaint of suspicious male, male located in park somewhat disorientated, given a ride to his residence.

Glen Forest Way area – Complaint of disturbance/domestic dispute.

Apr 03 **Happy Valley Road** – Complaint of two vehicle accident, one driver found to be impaired, vehicle impounded, driver served with 90 day prohibition.

Apr 04 **Sooke Road** – Complaint of erratic driver passing on double solid line, vehicle stopped in Langford.

Happy Valley Road – Complaint of harassment/threats, reported for information purposes.

Apr 05 **William Head Road** – Complaint to check welfare of person, person located and taken to hospital.

Apr 06 **Metchosin Road area** – Complaint of possible breach of peace, police attended, no problems.

Pears Road – Assistance provided to Sidney RCMP to locate a person.

Apr 07 **Happy Valley Road area** – Complaint of person operating a motor vehicle while prohibited from driving.

Metchosin Road – Complaint of possible fight/threats, two people spoken to and warned about their actions.

Apr 08 **Pegasus Way** – Complaint of a male threatening another person, one person asked to leave the residence.

Rocky Point Road area – Complaint of person causing disturbance, one person arrested on a warrant.

Apr 09 **Duke Road area** – Complaint of domestic dispute, one person arrested at the scene, investigation continuing.

Metchosin Road – Complaint of threats, person upset after a vehicle passed on a solid line.

Sooke Road – Complaint of suspicious vehicle, vehicle not located.

Apr 10 **Rocky Point Road** – Complaint of two vehicle motor vehicle incident, no injuries, two vehicles sustained severe damage.

Duke Road – Complaint of lost/stolen licence plate.

Pegasus Way – Complaint of two males fighting at a residence, one male removed until situation was calmed down.

Happy Valley Road area – Complaint of theft from a residence, investigation continuing.

Apr 11 **William Head Road** – Complaint of residential break, enter and theft, a large amount of property stolen, investigation continuing.

Apr 12 **Rocky Point Road** – Complaint of vehicle speeding/passing school bus in school zone, driver spoken to and given verbal warning.

Glen Forest Way – Assistance provided to ambulance service, person injured after his excavator rolled on him.

Apr 14 **Sooke Road** – Complaint of a vehicle in the ditch, vehicle located and owner contacted.

Sooke Road – Complaint of person driving a vehicle under the influence of drugs.

Apr 15 **Liberty Drive area** – Complaint of possible fraud, civil matter.

Apr 16 **Duke Road area** – Complaint of possible domestic, officers attended to keep the peace.

Kangaroo Road – Complaint of two vehicle accident, no injuries, one driver charged under the Motor Vehicle Act.

Happy Valley Road – Assistance provided to BC Ambulance Service.

Sooke Road – Complaint of erratic driver, vehicle not located, registered owner spoken to.

Apr 17 **Rocky Point Road** – Complaint of damage to a taxi cab, one person arrested and later released on a promise to appear.

Duke Road – Complaint of suspicious person near Witty's Beach. Person not located

Apr 18 **Rocky Point Road area** – Complaint of a possible breach of court order. Person living in Metchosin under several bail conditions.

Sooke Road – Complaint of vehicle being driven erratically, vehicle not located.

Apr 19 **Happy Valley Road** – Complaint of residence break and enter, stolen vehicle later stopped and two males taken into custody. Investigation is continuing.

Metchosin Road area – Complaint of a person causing a disturbance, one person taken to hospital.

Metchosin Road – Complaint of lost/stolen licence plates.

Dallimore Road – Complaint of theft from vehicle, licence plates stolen. Later found on stolen vehicle involved in residence break/enter earlier in the day.

Apr 20 **Metchosin Road** – Complaint of possible harassment, child custody dispute.

Metchosin Road – Complaint of suspicious male, not located.

Happy Valley Road area – Assistance provided to

Shawnigan Lake RCMP following serious motor vehicle accident.

Branson Road – Complaint of theft from vehicle during the night.

Apr 21 **McVicker Road** – Complaint of break and enter to a shop, investigation continuing.

Happy Valley Road – Complaint of possible fraud, appears to be a civil matter.

Rocky Point Road area – Assistance provided to Saanich PD in trying to locate a suspect who threatened another person.

Apr 22 **Sooke Road** – Complaint of an erratic driver, suspect vehicle not located.

Sooke Road – Complaint of possible assault, investigation failed to corroborate the complaint.

Apr 23 **Sundance Drive** – Complaint of possible break and enter, determined to be unfounded.

Apr 24 **Sooke Road** – Complaint of a possible impaired driver, vehicle not located.

Apr 26 **Rocky Point Road** – Complaint of single vehicle accident, no

injuries, file taken over by Military Police.

Happy Valley Road area – Complaint of person in breach of court ordered conditions, still under investigation.

Apr 27 **Metchosin Road** – Complaint of possible road rage incident, vehicle not located.

Apr 28 **Happy Valley Road area** – Complaint of person in breach of court ordered conditions, person held in custody for court.

Apr 29 **Happy Valley Road** – Complaint of a vehicle being driven erratically, vehicle not located.

Metchosin Road area – Complaint of disturbance, one person transported to hospital.

Rocky Point Road – Complaint of lost/stolen licence plate.

Taylor Road – Complaint of youths with a beach fire.

Apr 30 **Kangaroo Road** – Complaint of motorcycle accident, one person taken to hospital.

Metchosin Road area – Complaint of possible mail fraud, still under investigation.

Editor's Note: The *Muse* wishes Cpl Brian Kerr the best in his retirement. He has worked tirelessly to keep the residents of Metchosin informed about the activity of the West Shore RCMP in our community. The *Muse* has been informed by the Acting Officer-in-Charge of the West Shore detachment that at this time it does not have the resources to continue providing this important information. We will continue to explore options with them in hopes of bringing back what has been a very popular and useful element of 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.

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THE GRATEFUL POOCH GROOMING and DESIGN Trims/Bath and Brush/Nails/Ears/Certified CCST1 int. 598 Parry Rd. Please call 250-508-1777 for appointment. Thegratefulpooch.ca and Facebook.

Directory of Organizations

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

AIR CADETS
www.848royalroadsaircadets.com
www.facebook.com/848aircadets
250-590-3690
848air@cadets.gc.ca

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
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 ARTS AND CULTURAL CENTRE ASSOCIATION (MACCA)
info@metchosinartcentre.ca
www.metchosinartcentre.ca

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 4-H
250-478-4677
Metchosin4H@gmail.com,
www.metchosin4h.com

METCHOSIN GARDEN CLUB
250-298-7877

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

METCHOSIN HIKING CLUB
250-478-4778

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

METCHOSIN PONY CLUB
250-727-3595

METCHOSIN PRESCHOOL, a parent-run cooperative
250-478-9241,
metchosinpreschool@gmail.com,
www.metchosinpreschool.com

METCHOSIN PRODUCERS' ASSOCIATION
metchosinfarmersmarket@gmail.com
Facebook: Metchosin Farmers' Market

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

SEA CADETS
250-478-7813

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

TOPS: Take Off Pounds Sensibly
Audrey 250-478-1352
Marni 250-999-6757

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

Events

Metchosin Foundation AGM, Sunday, May 29, 7:00 pm, St. Mary's Anglican Church, 4215 Metchosin Rd.

Robert Cameron Law Cycling Race, June 4, 8:00 am-1:00 pm (Rocky Pt, La-bonne, Liberty, Kangaroo).

Bandwagon Music Night: The Kicks are back for another night of great dancing! Friday, June 17, Metchosin Golf Course, 4100 Metchosin Rd. \$5 donation at the door for the musicians. Kitchen and bar open at 5:30 pm; band plays 7:00-9:15 pm. www.facebook.com/SookeKicks/

CRD Parks events: Coast Trail - Guided Adult Hike - 18 years+, June 12, 8:00-4:30 pm, East Sooke, East Sooke Regional Park.

Sandy Shore Explore - Guided Walk - All ages. June 25, 12:30-2:00 pm. Meet at Witty's Lagoon Regional Park.

For more information, please see <https://www.crd.bc.ca/about/events>.

Royal Canadian Legion #91 Ladies Auxiliary Fashion Show and Tea, June 18. Seniors, Children, \$5.00; Adults, \$8.00. Doors open 1:30 pm; Tea 2:00 pm; Fashion Show 2:30 pm. Fashions available for sale after the show - 3:15-4:00 pm. Tickets Royal Canadian Legion, 761 Station Road, Langford at the bar, or call Trudine at 250-478-5484.

Meet members of the Intermunicipal Advisory Committee on Disability Issues. June 23, 6:15-8:15 pm, Community House, 4430 Happy Valley Road. Beverages, BBQ items and DOOR PRIZES. RSVP by June 19, 250-474-5939 or iacdisabilityissues@gmail.com; contact for more info.

Luxton Heritage Days, Luxton Fairgrounds, June 25-26, 10 am-5 pm. Everyone welcome!

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



**John Horgan, MLA
Juan de Fuca**

**Standing up
for our Rural
Communities**

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

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


MILLAR'S AUTOMOTIVE
Volkswagen Specialist (Other makes welcome)



4199 Stillmeadow Road
Metchosin, BC V9C 4H8
(Off Witty Beach Road)

Al Millar
Tel: (250) 391-0588

inquiries@millarsauto.ca


Sure Wire Electrical (1979) Ltd.
ELECTRICAL CONTRACTORS
Service Calls - Day and Night
DAVE RIGBY
250-478-3228 Tel/Fax
250-389-6932 Pager
815 Tiswilde Road
Victoria, B.C.
V9C 4E8

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