



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

SPRING IS IN THE AIR



Lambs and ewes along William Head Road.

Joan Kew photo

Metchosin Poultry Swap

Time to get your spring flock or 4H project started! Bring poultry, small farm animals, or farm items to swap or exchange. Meet knowledgeable and keen poultry enthusiasts and check out interesting birds.

The swap begins March 13 and continues on the second Sunday of each month, March through October, from 11:00 am to 1:00 pm in the field up from the Metchosin Farmers Market (beside the Municipal Hall). For more information, contact Theresa, metchosinpoultyswap@gmail.com.

Important Dates

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

- Mar. 2 The Magic of Seeds: Garden Club Talk p. 11
- Mar. 4 Concert: Beats of Burton p. 11
- Mar. 13 Spring Forward: move clocks forward one hour
Poultry Swap this page
- Mar. 14–29 Spring Break; schools not in session
- Mar. 15 Metchosin Emergency Program Revisited p. 4
- Mar. 20 Apple Grafting Workshop p. 7
- Mar. 25 Good Friday
Film Night: *This Changes Everything* p. 12
- Mar. 27 Easter Sunday

Meet Bruce

BRIAN DOMNEY, EDITOR

Meet Bruce. This magnificent Brahma rooster started out as Caitlyn the pullet, one of 12 chicks bid on by yours truly at the 2015 MCA Services Auction. These heritage chickens all looked the same for the first few months in the coop, but then things seemed to change. "There's something different about that one," I said to Kathleen. "Not that there's anything wrong with that ...". And soon it became evident that she was a he, and Caitlyn became Bruce. Bruce the Rooster, not Bruce "Henner." I've always been fascinated with the sexing of eggs and day-old chicks, and I figure 11 out of 12 is pretty damn good. Bruce has been a welcome addition to the coop, what with mink, marten, racoons and raptors of various kinds always around looking for a meal. Perhaps not so welcome to the neighbours – he is certainly vocal.



Bruce the Rooster

Brian Domney photo

It is unknown if more "Bruces" will appear at this year's Services Auction, but you'll find a Johnny Carline piece on it in this issue, along with lots of interesting reading and local news. Barb Sawatsky met with some young mothers who have some very interesting things to say about Metchosin, Jim MacPherson's Volunteer Group of the Month is the Museum Society, and Noebel is the Equestrian Society's Horse of the Month. For gardeners there's a piece from Derek Wulff on the upcoming grafting workshop, some dirt from Judith Van Manen of

the Metchosin Garden Club, and a fascinating article about declining variety in fruit and vegetable seeds from Elodie Roger of Metchosin Farm. And speaking of local farms, the Local Producers issue is a few months off and we will be looking for information on any and all farms that sell locally. Enjoy, and consider submitting something to your community newspaper. As everyone knows, it's an amateur affair – no one expects Margaret Atwood – and our crack proofing and editorial staff is very helpful and non-judgmental.

Metchosin Muse

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

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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: 2600
(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:

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

Or you can email us at metmuse@shaw.ca



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Call to Local Producers

The 10-Kilometre Diet

BRIAN DOMNEY

We've all seen it. The cost of produce. A small head of cauliflower for nine dollars, a bunch of celery or a head of leaf lettuce for three. Economists are saying that the cost of food has risen over 20 percent over the past several months and from what climate experts (and currency experts) are saying, it isn't going to get better.

And that's why living in Metchosin is a blessing. We have local producers who in many cases grow organically. We have moderate winters, a long growing season and plenty of space that together allows us to grow much of our own fruit and vegetables. If you aren't inclined to start your own plants, there are lots of local producers that are happy to sell you some that are suited to our climate, and in a few months, you'll have a 10-metre diet.

Most imported produce is not organic, has travelled long distances, racking up a

significant carbon footprint and losing nutrients along the way. Here, you know what you're getting and you know who you're getting it from. And there's something really satisfying about pulling a carrot out of the soil, washing it off and crunching down.

As we have over the past several years, the *Metchosin Muse* will be producing the Local Producers issue in May, where farms in Metchosin and neighbouring areas can promote their produce for 2016, and locals can see where they can get that produce. Of course, many local producers set up at the Metchosin Farmers Market on Sundays starting in the spring, so that's always an option too.

If you are a local producer, and want to be included in the Local Producers issue, please send us an email to metmuse@shaw.ca to ensure you're on our list. We'll get back to you with guidelines for what information we need from you by April 15.

Riot of River Otters at BC SPCA Wild ARC

HEATHER SCHMITT

Staff and volunteers at BC SPCA Wild ARC are hard at work preparing the facility for the upcoming spring season. They admitted a record-breaking 2,937 wild patients last year and anticipate another busy baby season. There are also a few wild patients currently in care that are keeping the rehabilitation team on their toes – three young river otters are spending the winter season at Wild ARC, awaiting release into their new wild home later this spring.

Two of the otters arrived at the centre last summer as orphaned pups – they came from two different areas but were raised together, forming a close bond and continuing to learn from each other. The third young otter arrived late in the fall, thin and with wounds inflicted by another otter. She spent her initial recovery period in one of Wild ARC's smaller pool enclosures, but just last week she was introduced to the boisterous otter duo. After a brief adjustment period, they are now gamboling together in the largest of Wild ARC's pool enclosures. "We're very pleased at how smoothly the introduction went," explains Wild ARC's senior wildlife rehabilitator Christina Carrières. "River otters are an extremely social species, and it's important that they have a chance to engage in the kind of interactions they will have once they are released."

As a top predator in their food chain, these curious and



Photo by Christina Carrières

energetic mammals require a lengthy and intensive rehabilitation process to prepare them for a successful life in the wild. A key component of the rehabilitation process is providing new enrichment items every day that prepare them for the sights, smells, tastes, and textures they'll encounter in nature, and that encourage the kinds of hunting and foraging behaviour they'll need to survive. From fish pieces hidden at the bottom of the deep pool inside weighted containers, to rotting logs and seaweed-filled kiddie pools, Wild ARC's otters are kept busy and stimulated each day.

Wild ARC patients like these river otters are never on display – it's important to minimize human contact to keep their stress levels low and to avoid habituation so they have the best possible chance once they return to the wild. However, there is a chance to learn more about the centre and its work. Wild ARC's annual Open House will be taking place between noon and 4:00 pm. on Saturday, April 2 and Sunday, April 3. Tour reservations are required (www.sPCA.bc.ca/tour/wildarc); there is no charge for this family-friendly event, but gifts of food and supplies to help care for the animals are much appreciated.

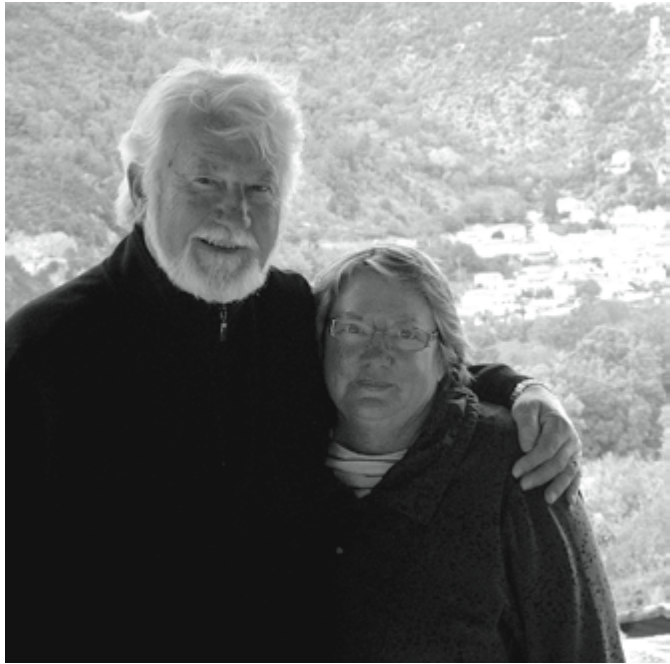
Ring in the Spring

KEM LUTHER

At BioBlitzes and MycoBlitzes over the last five years, Metchosinites and invited experts have documented over 2100 different species within our borders. Make time this spring to celebrate the great variety of animals, plants, and fungi that share our Metchosin home. Join CRD Parks and the Metchosin Biodiversity

Project on April 30 for our first **Metchosin Biodiversity Day**. The day's program includes a series of family-friendly guided tours of key Metchosin ecosystems, led by local authorities in the flora and fauna. Further details will be available at <http://metchosinbiodiversity.com> in mid March.

The Sad News of the Passing of a Good Friend of the *Muse*



It is with great sadness that we report the passing of Charles Priester, partner of our late editor Valerie Cochran, who predeceased Charles in 2014. Charles was always the congenial host at proofing sessions, business meetings, and social gatherings of the *Muse* team, and he will be missed dearly.

There will be a Memorial Service for Charles at the Metchosin Community House at 2:00 pm on April 3, and a full obituary in the April issue of the *Metchosin Muse*.

In Memoriam: Jon Schalke



Jon Schalke, a long-time resident of Metchosin, passed peacefully away in Royal Jubilee Hospice on February 16, 2016. He was born April 8, 1936 in Germany but spent the majority of his life in BC, Canada.

Jon will be missed by his family. The memorial will be held at Metchosin Community House, March 12, 10:30 am–12:00 noon.

CHEK 5 O'Clock News Makes the MCA Service Auction

JOHNNY CARLINE

MCA Service Auction
Saturday, April 2, 7:00 pm
Metchosin Community House

No, the headline isn't backwards. While we think the Metchosin Classic MCA Service Auction deserves to make the CHEK 5 O'Clock News, and maybe it will, the MCA is delighted to announce that the 5 O'Clock News anchor, Metchosin's very own Stacy Ross, is going to co-anchor this year's MCA Service Auction. Support for community is an underlying theme of Stacy's very successful broadcasting career and we are proud and honoured that she has agreed to fit the MCA Service Auction into her busy schedule.

This year's event will be held at the Community House on Saturday, April 2, beginning at 7:00 pm. As in previous years, local service providers have generously donated services or discounts on services to make this event possible – and there is still the opportunity for other service providers to add their donations to the event (call 250-478-5155).

Some of the "high end" services donated this year include: one and a half hours of planning and design consultation plus an eight-hour day from a carpenter and apprentice from Timberhawk Homebuilders (valued at \$950); twenty man hours of preparation and painting, or a similar gift certificate towards a bigger job, from Jeff Craig

Painting (valued at \$1000); six hours from a professional tree service crew to limb, trim, top, spiral cut, whatever, from Adam's Tree Service (valued at a whopping \$1300).

In the ever popular "medium range," donations include two hours of service from a backhoe and operator, or similar landscaping services from High Meadow Landscaping and Excavating (valued at \$300); a luxury wine tour for two to Saanich Peninsula wineries from LA Limousine and Transportation Services (valued at \$290); two hours of instruction for two in the Hawaiian art of soap making, resulting in three pounds of your very own home-made soap to take home and share with friends.

And there is a whole raft of intriguing, useful and inexpensive items including pet care, hair care, car care, piano lessons, chimney cleaning and the ever popular septic field pump out. Or improve yourself with OV golf lessons, physiotherapy or acupuncture treatments. About half of the items up for auction are valued in the \$35 to \$90 range.

The prospect of getting a really good deal on one of these items is one reason why people love to come to this event. A second reason is that, far from the dull serious image of auctions one sees on television, this event is always a blast. And with the ever-energetic and witty Mike Van de Water returning to join Stacy Ross as co-auctioneer, this year's event could be the best yet. And the third reason



Stacy Ross CHEK TV photo

is that, whether you land a good deal or just simply bid up the prices, you will feel good about it because all the proceeds go to support the operation of your Community House, the venue for this and so many more wonderful community programs and events.

There will be online bidding prior to the event beginning on March 1, so go to www.metchosincommunityhouse.com to "stake your ground." But best of all, come to the house and participate. Our generous local service providers, our volunteers and, of course, Stacy and Mike, will be working hard to give you the opportunity to do well for yourself, do well for the community, and have a great time while you are doing that. Mark it down – 7:00 pm on Saturday, April 2 at the Community House. Come join in the fun!

TALK AND WALK

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



COEXISTING WITH LARGE CARNIVORES IN OUR REGION – Friday, March 4 with Nitya Harris

Why are large carnivores important to sustain the integrity of ecosystems? What large carnivores do we have in our region? What are the risks to these carnivores? And, how can we coexist with our large carnivores?

Nitya Harris, chair of the Coexisting with Carnivores Alliance and co-creator of WildWise Sooke, will speak to these questions. She will also speak on some of the initiatives presently underway with respect to coexisting with carnivores on Vancouver Island.

NATIVE ORCHIDS – Friday, April 8 with Sasha Kubicek

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

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

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



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

Heritage Committee Update

GAERT LINNAEA

The Heritage Advisory Select Committee (HASC) has been meeting once every two months recording historical landmarks, properties, and trees.

In 1996 members of the Heritage Committee, including Isabel Tipton, Chris Pratt, Bess Page, and Skip and Elva Kennedy, established the Heritage Tree Inventory with the help of the members of the Victoria Heritage Tree Society. They visited local property owners with significant trees and categorized and photographed them. This historic tree record was documented and the original resides in the District Heritage Archives. The existing inventory has 88 trees, 46 of which are the Lombard Drive poplars, and others were chosen as outstanding specimens, historically significant or prominent landmarks.

Recently the Metchosin Environmental Advisory Committee (MEASC) was approached by a member of the community to identify some significant trees on their property. This prompted Jacqueline Clare, a member of MEASC, to meet with the Heritage Committee and discuss how the tree inventory could be updated. The inventory has recently been converted to digital format by Jacqueline. The plan is to elaborate on this inventory by updating the exact location of existing trees and collecting



An outstanding specimen of *Pseudotsuga menziesii* (Douglas-Fir) – a well known landmark

additional information. Both HASC and MEASC will work together on updating, taking new photographs and using GPS to locate both existing trees on the record as well as new ones.

HASC has several other interesting projects underway, including a Heritage Register for significant heritage buildings and sites, and plans for a historic photo display panel in the Village Centre area.

We are currently looking for Metchosin residents who are interested in joining the committee. If you have an interest in knowing more about Metchosin history, or may wish to have trees recorded, please contact Gaert Linnaea at linnaea1@telus.net.

Farm Forum Review

BRENT DONALDSON

Participants attending the recent Farm Forum on February 13 had an opportunity to engage with six presenters which covered topics on meat birds and chickens, bees, hog growing, sheep husbandry, market gardening, livestock nutrition and farm marketing. Questions were explored by the audience given that

many of them were already farming in some form. There was a great exchange of information that affirmed current farming practices as well as new information to take home.

Inquiries regarding agricultural activities can be explored further by attending the Metchosin Agricultural

Advisory Select Committee meetings which meet quarterly in the municipal council chambers. Times and dates can be found on the Metchosin Municipal website: <http://www.district.metchosin.bc.ca/content/agricultural>

EMERGENCY PROGRAM INFORMATION SESSION

Metchosin Emergency Program Revisited

DAWNE KIRWAN

Emergency Information Session: Metchosin Emergency Program Revisited
Tuesday, March 15, 7:00 pm
Metchosin Fire Hall

This session was cancelled in November of last year due to a power outage.

Did you know Metchosin's Emergency Program is made up of five components – EOC, ESS, EmComm, SAR and NEPP?

What do all of these acronyms stand for and how are they all connected? What role does each component play, not just in an emergency, but in the community as a whole? Have you ever wondered what procedures

are in place, in the event of an emergency or disaster? How is Metchosin mobilized to respond and what are the roles of those who do respond?

You will receive a "big picture" overview of how Metchosin's Emergency Program responds to an emergency. Come have a look inside our EOC – see how it is structured and gain some understanding of how it functions. There are many roles required to keep an EOC functioning and you never know, one of those roles might be for you.

For more information about the Metchosin Emergency Program, visit their website at <http://metchosinemergencyprogram.ca/>, or on Facebook: Metchosin Emergency Program



Quiet, retired non-smoker gentleman is looking for a house on acreage/farm to rent, long term in the Metchosin area.

The house is to accommodate partner, one 11 year old dog and 2 sister indoor/outdoor cats. Also acceptable would be a vacant equipped cabin on the property.

Caretaking the property, OK. Able to move in, in April. Rent negotiable. References provided.

Call Jerry at 250 213 2077



**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

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www.johnhorganmla.ca



COUNCIL NEWS MARCH 2016

GRANT-IN-AID APPLICATION DEADLINE MARCH 15

Is your community organization in need of funding? Submit your application to Metchosin Council by March 15. Applications are available at www.metchosin.ca and at the Municipal Hall.

SOIL DELIVERY RESTRICTED UNTIL MAY

Residents are reminded that soil delivery is restricted from November through April each year to help reduce damage to roadways from heavy truck traffic. If your property is not within the Agricultural Land Reserve, you may be permitted to bring in a small quantity of soil without a permit. Please contact the Municipal Hall before bringing in soil, rock, gravel, or sand to ensure you comply with the community bylaws and to avoid hefty fines.

BUDGET OPEN HOUSE, MONDAY, MARCH 7, 5:00-6:00 PM

Find out how council proposes to spend your tax dollars this year. Drop in to the budget open house on Monday, March 7 from 5:00 to 6:00 pm. Information will be available on the 2016 operating budget and capital projects.

MEMORIAL BENCHES AND TABLES

Friends and family members can now be remembered in Metchosin with a memorial bench or picnic table at a municipal park, viewpoint or trail. More information is available at the Municipal Hall.

DISTRICT OF METCHOSIN MEETING SCHEDULE – MARCH 2016

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

Budget Workshop	March 7, 5:00 pm	Parks and Trails Advisory Committee (PTASC)	March 15, 7:00 pm
Finance and Environment Committee	March 7, 7:00 pm	Council Meeting	March 21, 7:00 pm
Council Meeting	March 7, 7:00 pm	Environmental Advisory Committee (MEASC)	March 22, 7:00 pm
Planning Committee	March 14, 7:00 pm	Heritage Advisory Committee (HASC)	March 23, 7:00 pm
Parks Committee	March 14, 7:00 pm		
Highways and Public Works Committee	March 14, 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.

METCHOSIN VOLUNTEERS

The Metchosin School Museum Society

JIM MACPHERSON



The Metchosin School Museum and the Metchosin Pioneer Museum (below), two landmarks of Metchosin.

It's 1872. A little one-room Metchosin School begins life. It remained an educational focus for the district until it was officially closed in 1949 but last used in about 1954. Planned when BC was still a colony, it was the first school in British Columbia built after confederation with Canada. Because of this historic value, there was community interest in converting the school into a museum. The Metchosin School Museum officially opened March 25, 1972, coinciding with the 100th anniversary of its opening. Today the little School Museum houses an early and quite comprehensive collection of school records and artifacts.

The Metchosin School Museum Society was established to take care of the museum. Donations of early farm equipment, however, could not be accommodated on the museum site. To overcome this situation, four volunteers – John Bligh, Mac Page, Mac Tipton, and Wally Helgesen – with support from the entire community, succeeded in having an old rabbit barn converted into the Pioneer Museum.

The same volunteer spirit which created the Metchosin School Museum Society and its School and Pioneer Museums has been a governing principle of the society ever since it was established.

Today, volunteers committed to preserving Metchosin's heritage still donate their time, effort, and skills to ensure that our past is not forgotten and is made accessible to all. There are over 100 volunteers who have contributed or do contribute in some way to the society. These volunteers have the huge variety of interests, skills, and talents that are needed to operate Metchosin's museums.

I cannot begin to mention all the volunteers who have helped sustain the society over the past 40-odd years and who still provide the lifeblood for this community

success story. Our thanks to each and every one of them. But there are a few people whose contributions do deserve special mention.

Margaret Roper is the curator of the Metchosin School Museum, succeeding long-term curator Ron Bradley. There are over a thousand artifacts at the school and she has catalogued and organized those relics of the past into a picture of what school was like in 1900 or 1920. It's a great place to show the kids what it was like when grandpa and grandma went to school. And, if you want to find out a few things about a historic resident of Metchosin, printed and other information about that person is indexed and collected to make it accessible to everyone.

Larry Tremblay is curator of the Pioneer Museum. He looks after day-to-day operations, coordinates improvements, and prepares an annual plan outlining museum needs. Pioneer Museum volunteers have "adopted" rooms inside the museum to remind us of what household rooms looked like in our parents' and grandparents' time. One of Larry's enduring legacies was the creation, about ten years ago, of Old Barn Books. Ron Bradley succeeded in getting Russell Books to supply surplus used books. Old Barn Books hasn't looked back.

Old Barn Books simply would not be what it has

become without the commitment of Avril Yoachim, Judy Tremblay, and the volunteers who attend the shop every Sunday. Donations of used books are most welcome. The money raised goes towards the purchase of supplies for the maintenance of the museums.

Metchosin museum volunteers ensure that we don't forget the past. Some have interviewed long-time residents of the district so that we can get a picture of experiences in Metchosin 40, 50, 60 or more years ago. These interviews are at the School Museum. Other Metchosin memories were compiled and edited by Marion Helgesen, helped by other Metchosinites, in *Footprints: Pioneer Families of the Metchosin District, Southern Vancouver Island 1851-1900*, sponsored by the Metchosin School Museum Society in 1983. Marion Helgesen also wrote *The First Hundred Years: Metchosin Elementary School, 1872-1972*. Then in 2000 there was the first printing of Bess Page's *Metchosin Names*.

The Metchosin School Museum Society is a voluntary organization responsible for the care and maintenance of the Metchosin School and Pioneer Museums. The Society invites you to become a member of and contribute to the Society. For further information, please contact Wendy Mitchell at wendymitchell@shaw.ca.



METCHOSIN HALL

Spring Fling Arts & Crafts Sale

Saturday & Sunday
March 19-20th, 2016

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What's in a 'Seed'?



ELODIE ROGER, SEED GROWER AT METCHOSIN FARM

Did you know that potatoes used to be a source of iron? That about 94% of pea varieties have gone extinct in only 80 years? That Canada has only about 95 seed growers?

When I started working with seeds three years ago, I was far from understanding the central role that seeds play in our life, how critical their conservation is, and that their survival translates into our survival. They are at the heart of what keeps us all alive, before food itself. Since the beginning of agricultural domestication 10,000 years ago, people have gently selected the best plants for their seeds, slowly creating millions of heirloom and highly adapted varieties. Today, with thousands of years of genetic adaptation and human co-evolution, many of these gems are on the verge of extinction, taking along with them our resilient food system.

So where is the problem? The problem is our current food system in Canada is dominated by varieties that are neither genetically viable, nor resilient. The diversity of cultivars available to farmers and gardeners has been dramatically lost over the past 80 years, as well as the nutritional value of the food that results from these seeds. Major drivers to that trend are the genetic erosion created by the normalization of genetic engineering and plant hybridization in the post-war era, and the disempowering transfer of seed ownership from the public to five main international corporations, which today govern 95% of Canada's seed supply.

From a gardener's perspective, that means having access to fewer than 50 lettuce varieties of lesser quality compared to over 500 varieties a century ago ... if you know where to look! The same applies to tomatoes (81% loss from over 400 varieties), cabbage (95% lost from over 550 varieties)

and many more. From a farmer's view, it gives us very little opportunity for diversification and for growing good food from good seeds in big enough quantities.

The major criteria to look for when choosing your seeds are whether seeds are organic, conventional or genetically modified (GMO); open-pollinated or hybrid; heritage, locally adapted or not.

Organic seeds are grown without the intervention of synthetic products and using methods that improve soil fertility. Their production is also subject to provincial/national quality standards which gardeners and farmers can rely on. Conventional seeds on the contrary are grown under controlled conditions. In most cases, conventional seed crops are sprayed more than vegetable crops. The seed industry doesn't grow them for their resilience to the everyday challenges but for specific criteria universally accepted. Finally, genetically modified seeds are modified at a DNA level to meet characteristics that wouldn't occur under natural circumstances.

Open-pollinated seeds are the result of natural pollination between compatible individual plants which are free to inter-pollinate (or self-pollinate). The result is a stable cultivar, genetically diverse and resistant. On the other end of the spectrum are the hybrid seeds produced as a result of controlled pollination. The first generation of hybrid after the cross (called F1) ends up more vigorous and more productive than either of the parents. However, seed saved from those plants will not breed true and are likely to be sterile. Plant hybridization also impacts considerably some of the qualities (e.g., nutrient content and taste) held by heirloom varieties.

Heirloom varieties are old-grown varieties which are often prized for their exceptional taste and texture, their richer nutritional values and they are, in most cases, open-pollinated. Those have been grown for years in a particular location to develop unique quality standards and an impressive resilience to local conditions.

So what difference does it make for our food system to favour one type of seed over another? Once upon a time, saving seeds was part of the



Metchosin Farm was a prominent participant in Seedy Saturday at the Victoria Conference Centre on February 21

ritual for every food grower, and a very simple process, where seeds belonged to everyone. It's that practice that enabled millions of heirloom varieties to be created and to persist through time. Now, the stewardship of heirloom, open-pollinated seeds has pretty much been left to the few seed savers around the country, as it is not industrial agriculture that will preserve our priceless seeds, nor is the government going to tip the balance and take responsibility for our food heritage.

The future of our food in Canada is therefore in the hands of any backyard gardener or farmers, however small the operation is. Choosing open-pollinated, organic and locally adapted seeds is one of the solutions available

to all of us to preserve our priceless heritage. Not only are they safest for people and wildlife (especially pollinators), but they also produce better in organic gardens, with stronger immunity and resilience against natural pests, pathogens and other hazards. Whereas conventional seeds are often less expensive than organics, they can be more harmful. Inviting heirloom varieties into your garden and table also means reconnecting with history. Each heirloom variety has a story, so don't be shy to ask around! We are all part of the same community, striving for a better future for our food system, and maintaining the right to grow good food, through good seeds.

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On the Topic of Seeds ...

Both broom and gorse produce large amounts of seed annually, starting at two to three years of age. Broom is known to produce 2000 to 3500 seed pods per bush, with up to nine seeds exploding out of each pod when ripe. Seed dispersal in broom is assisted by this explosion of the pods. Dispersal for broom generally occurs over 15-20 days for an individual bush with the timing dependent on the position of the pods and the relative warmth of air layers.

Both broom and gorse are seed-banking species, producing seeds that may remain

viable in the soil for up to 30 years. Broom requires a disturbance to provide open, warm, exposed mineral soil for germination. Broom and gorse can become well established on disturbed sites when a lack of sufficient moisture and nutrients limits the rapid establishment of aggressive native vegetation. Germination of both gorse and broom may be promoted by fire, as long as the seed source is not entirely destroyed.

– from *Broom and Gorse in British Columbia: A Forestry Perspective Problem Analysis*, Ministry of Forests, Province of BC, 1992



Metchosin's Gary Fletcher was seen promoting Mason bees at Seedy Saturday.

Metchosin Fruit Tree Grafting Workshop

DEREK WULFF

Metchosin Fruit Tree Grafting Workshop
 Sunday, March 20, 1:00–3:00 pm at the Metchosin Community House
 Cost: \$4 per root stock

March 20 will see the quasi-annual Metchosin Grafting Workshop, organized by the Metchosin Pomological Society (those same cool people who brought you the Apple-Bee Festival!).

With a rich heritage of growing apples and pears, Derek Wulff and Dan O'Connell like to have a workshop every few years

where local residents can learn to graft that favourite apple or pear (or stone fruit!) from a tree they might want to renew, or from a tree whose fruit they love. Or, in the case of one editor of this newspaper (who will go unnamed) – renew a tree that was chewed to pieces by a rabbit over the winter.

"Metchosin Ones" (and we will accept Lanfordites, Colwooders, and Sookers) are invited to come along with their favourite scion wood – which is last year's new sucker growth, usually the end 15 cm of that growth – to the workshop, where they can graft it onto a new rootstock, and make a fruit tree true

to the type of fruit the scion wood tree was. You can plant an apple seed, but sometimes the new tree will be a mix of apples (if there was cross pollination), so if you want a nice King apple (who doesn't?), you can take a cutting from a local King tree and then make a new tree from that branch.

Derek and Dan will bring some popular and rare scion wood for apples such as Lemon and Orange Pippin, King, Gravenstein, Liberty, Alexander (and others for sure!) – and Derek will also bring some Louisebonne Pear scion wood. There are a lot of great fruit orchards in Metchosin (that old one with the green gage plums across

from the golf course that goes down to Duke Rd. from Metchosin Rd.) that have neat trees that have produced well for many years despite not having any attention – those are the ones we like!

We will bring about 50 root stocks – a variety of apples, pears and stone fruit, and all the materials you will need to make your own new tree! No experience is needed; Derek will give instructions! Teach your children the lost art of grafting or come and learn yourself! (It's not really a lost art, but this is one of the checks you need to be a renaissance man – or woman!) You can bring some scion wood if you have some, or come along and use the ones we bring.

Collecting scion wood? – go out and take your cuttings



Derek cuts about 15 cm of scion-wood from last year's growth on his Louisebonne pear (his runaway favourite pear!) for the workshop.

now! The end 15 cm; place in a plastic bag in the fridge (labelled) and bring to the workshop. No need to bring a 1 metre piece, but the thicker the cutting the better, so it can mesh nicely with the root stock, which tends to be thicker.

Rural living at its best! For more information, please call Derek at 250-478-2677.

A Naughty Confession: I Love Dirt!

JUDITH VAN MANEN

When Luka and Jude, my two young grandsons, come to Victoria to visit, they love digging dirt. The other day Jude, the three-year-old, walked up to his mom, proudly showing his dirty hands while proclaiming, "I am a gardener like Grandma and gardeners say, 'dirt is not dirty!'" I completely agree with him even though my gardening instructor once cautioned her students to never refer to soil as dirt.

Indeed, dirt should be precious and essential for all gardeners. Non-gardeners may wonder how growers produce prize-winning healthy fruit and vegetables.

Dwight Pennell, owner of Integrity Sales and Distributors in Central Saanich, and Victoria's local soil guru, was our speaker at February's garden club meeting and answered this question. Dwight, who has been working with soils for over 20 years, spoke to a packed house and shared tips on creating soils that will make our plants healthy and productive. What follows is a list of useful points, many of which Dwight discussed in his presentation:

- Introduce as much organic matter as possible: "feed soil to feed the plant" (if we feed the micro-organisms in the soil, plant roots absorb the soil nutrients better).
- Bark mulch okay, but don't use sawdust (it requires nitrogen to break down).
- All compost and manures must be well rotted or they will rob soil of nitrogen.
- Wood ash is potent – use lightly on soil and in compost bins.
- Organic matter also helps with soil structure: increasing capacity to hold air and moisture, both necessary for soil and plant health; best used as a mulch on top.

- Synthetic fertilizers only feed the plant (not the soil) and have a high salt index due to sulphate bases, which acidify the soil even more (can "burn" plants).
- "Osmocote": coated, slow-release fertilizer triggered with warmth and moisture.
- Heavy rainfalls here mean we do need more nitrogen added to our soils (dark green, healthy foliage means good nitrogen; stunted growth can mean a lack).
- Integrity Sales (Keating X Road) makes their own blend of organic fertilizers (organic or synthetic or a mix of both, to suit the gardener and the gardener's soil).
- Best to have a soil analysis done, then Integrity staff can recommend amendments that are just what your soil needs, and tell you what NOT to use (continually adding unnecessary fertilizers/amendments can do more harm than good!).
- Soil analysis cost \$55 and takes 10-14 days (sent to US). To get a sample: take a slim profile of soil about a spade deep in the 4 corners of your yard and from spots along the diagonals (1 cup of dry soil in total taken from full spade depth).
- pH analysis can be done for free at Integrity; soil must be damp.
- Again, due to our heavy rains, lawns, most veggies and many shrubs/perennials need liming every 2nd year (pH analysis will indicate how much and how often).
- Dolomitic lime best (pH of 6.5 is considered ideal for soil microorganisms).
- Generally, sandy soils often have low CEC ("catationic exchange capacity") and loamy soils have higher CEC. "Zeolite" increases the CEC capacity of soils.

- Best to rotate crops so that soil is not depleted in a particular nutrient profile.
- "Iron added" fertilizers are not as effective as "Milorganite" (effective iron).
- Calcium is best added as calcium sulphate (gypsum).
- Proteins increase nitrogen in soils: blood meal (now sterilized) and bone meal (now a certified organic source), alfalfa and seed meals.
- Rock phosphate: a natural source for phosphorous.
- Greensand: a natural source for potassium micronutrients.
- Dolopril: ground calcium, use less – it's heavy and doesn't blow and wash away.
- Fertilize once in spring and then in June, and not later in the season. Best before a rain. Scratch into the soil around the drip line of trees or broadcast around shrubs, hedges (use an 18-5-10) and beds. Follow directions carefully for amount.
- Fruit trees are heavy feeders: drop into holes at drip line (use a 10-20-10).
- Blueberries: lots of compost and pH of 5.8 (likes acidic soils).
- To rid lawns of moss: spread iron sulphate first when dry (it stains so be careful) then one week later, rake out moss, lime and seed new lawn.
- Never lime and fertilize at the same time: wait one day if it rains well, one week if dry.
- "Milorganite" is a Milwaukee product, a byproduct of the brewing industry and sterilized sewage sludge cleared of toxins, and certified organic.

(Downloaded on February 6, 2016 from <http://fernwoodnrg.ca/soil-amendments/>)

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Over Morning Coffee

BARB SAWATSKY

A message posted on the Metchosin Mamas and Papas Facebook site opened the opportunity for a meeting with three young women who shared some thoughts about raising their families in Metchosin:

- Morgan and her husband “discovered Metchosin” in 2012 while on a Sunday drive which subsequently led to the purchase of their home and five acres off William Head Rd. “It was fate that brought us here,” she said. Does she want to stay? “Absolutely. We love the physical space; we didn’t know what we were missing.” They have a six-year-old son at Hans Helgesen School, a two-year-old daughter and a baby on the way at the time of writing. Along with her mother who lives with them, they are building “a multigenerational legacy property.”
- Roxeanne and her husband moved here nine years ago and have a four-year-old son. She works in a group home on the land where they rent their home and

they all treasure the freedom, the animals, and dark skies.

- Shannon was raised in Metchosin, moving here when her parents purchased their home when she was six months old. She lives with her husband and their two young daughters on his family farm and possesses “a deep sense of belonging to the community.”

These dynamic young women, coming from differing backgrounds and lifestyles, talked about some of the joys and frustrations of living in a small rural community. They are all very informed about sustainability and have a clear awareness and interest in the value of supporting local producers, and buying locally grown food as much as possible. “I am willing to spend more money on good food to feed my family,” said Morgan.

“But in general,” added Shannon, “living in Metchosin isn’t possible for most young people. I have met many incredibly hard-working young people who want to be part of the community. They would be such an asset to Metchosin

if there was only an affordable way they could live here.”

“Or if there was a reliable bus service,” they added.

They praised beaches and trails, the Co-op Preschool (“an amazing place”) and the Community House as “huge pluses to living in Metchosin.” Roxeanne stated, however, that because of her work she cannot sign up for duty days so her son is unable to join the preschool and it is difficult for her to meet other people with youngsters.

“Most families live far apart and often at the top of a mountain so meeting people is difficult, especially for newcomers to the community,” added Shannon, who presented the idea of an open space in the downtown core. “The area next to the fire hall which floods every winter would be a great location for some benches because it’s only a short walk to the store and coffee shop and is visible to friends passing by. We could grab a coffee, walk to the area and our kids could run around while we visit.” If drainage is improved and some benches and a picnic table installed, it would be a central, sunny place for



Morgan, Roxeanne, and Shannon at MyChosen Café.

Photo by Barb Sawatsky

people of all ages to meet and socialize.

Although not officially a dog park, “the fenced school grounds offer a safe place for pets to exercise so I think it’s reasonable to give the same consideration to our kids,” said Morgan.

We so often read about meeting the needs of the seniors of Metchosin, but we don’t hear from the young people who work hard just to be able to live here. I asked why they haven’t spoken up and they all said that all their energies are so focused on family activities, work, homes

and properties, as well as fundraising for the preschool and other groups that they just don’t have the time.

Morgan, Roxeanne and Shannon represent the young and silent population of Metchosin. They are very aware of the value and privilege of living in this unique community and they work hard. One day they will be running the District of Metchosin, so perhaps we should start thinking about investing in a few changes which would help them to stay here.

Visit the Muse website!

<http://www.metchosinmuse.ca>



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What Is It?

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

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



Photo by Barb Sawatsky

Congratulations again to Gary Kangas, who was the first to correctly identify the bicycle lamp in January’s *Muse*.

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Don’t forget to “Spring Forward”
one hour on Sunday, March 13. Or do it
before going to bed on Saturday night!

SIRC: Seniors' Information and Resource Centre

JO MITCHELL

SIRC Office Hours

Located at 4495 Happy Valley Road on the ground floor of the former Metchosin Elementary School Building, right opposite the Broken Paddle Café.

Opening times are as follows:

Tuesdays and Thursdays – 10:00 am–3:00 pm
Wednesdays and Fridays – 1:00 to 3:00 pm
Closed Mondays

Call for special appointments.
Telephone 250-478-5150.

Coordinator Colleen Brownlee is always very happy to hear from you with any queries or problems.

For more information about local SIRC events and activities, please check out our website at <http://www.metchosinseniors.ca/> or drop by the office in the old Metchosin School during the week. We are available by phone at 250-478-5150.

Metchosin Welcomes BC's First Seniors' Advocate

CAROL CARMAN

BC Seniors' Advocate Isobel Mackenzie's presentation at a gathering at the Community House was convened by the Seniors Resource Information Centre (SIRC) on Wednesday, January 27, and coincided with the release of her First Monitoring Report of Seniors' Services in BC.

Ms. Mackenzie was warmly welcomed by SIRC Coordinator Colleen Brownlee and an audience of about 50 people. Mackenzie's role since her appointment in 2014 is to serve as a voice for BC seniors and to promote positive change that will benefit seniors, their families and their caregivers.

The Advocate monitors seniors' services, promotes awareness, works collaboratively with seniors, families, policymakers, service providers and others to identify solutions to systemic issues, and make recommendations to government to improve the welfare of seniors.

"I have heard from seniors, their families, and care providers throughout the province about the many non-medical issues that seniors face that make it difficult for them to remain in their homes," said Mackenzie. "There are more than 700,000 people in BC over the age of 65 and that figure is projected to double over the next 20 years. Put another way, seniors currently make up about 16 percent of BC's population; that figure is expected to climb to nearly one-quarter by 2031."

Census Canada statistics from 2011 indicate that those numbers parallel what is happening in Metchosin, with 745 of the total population of 4,803 over age 65, and that percentage of seniors is also growing.

During her speech, Mackenzie was able to dispel many

current myths about aging in BC. For instance, four out of five seniors do NOT have a diagnosis of dementia. About two thirds of people over age 85 are living on their own and are self supporting. And fully 97% of people over 75 years of age pass their driving tests.

Significant issues identified by the advocate as needing action for seniors include housing, health care, transportation and personal support and care. The Metchosin Seniors' Association through SIRC maintains ongoing contact with residents, and conducted its own focused consultation in December of 2015. Issues that arose strongly for this community include: various models for housing seniors; coordinating volunteers to provide assistance in home upkeep; animal care, etc.; and further investigation of transportation options. Staying both physically and mentally healthy are high priorities for Metchosin seniors. Plans are underway to develop and/or enhance such activities as walking clubs on our beautiful trails, pickle ball, mah-jongg instruction, Geeks and Geezers (computer) programs, intergenerational activities and language (Spanish) classes.

To contact the office of the Seniors' Advocate, please phone 250-952-3181 or log into the website at <https://www.seniorsadvocatebc.ca/reports/>



Chefs Betty, Norman, Diana, Helen, Mary, and Barrett setting up for the dinner.

The Gourmet Dinner Has Been Served, with Great Success

PETER HAMMOND

It's time for dinner. Let's get started. The appetizer to complement your wine is scallop ceviche. For the soup course we present you with "Thai One On" followed by an arugula/asiago/pear salad topped with roasted walnuts. Our main course tonight is baked halibut from Haida Gwaii topped with wasabi beans with sides of wheat berry pilaf textured with sultanas and almonds alongside kale with caramelized leeks and balsamic vinegar. We hope you've saved room for our trifle topped with whipped cream and peaches, and, oh yes, a liberal amount of sherry.

That was the menu chosen by the happy winners of the most recent Gourmet Dinner Raffle hosted by Metchosin's own Senior's Information and Resource Centre (SIRC). This has been a very popular fundraiser in the district for many years. The raffle migrated from the Metchosin Community Association to SIRC in 2015.

The dinner menu, chosen by the winner, is catered for eight people served in their

home on a mutually agreed-upon date. All the food is provided and cooked by a wonderful team of very talented chefs. Two of the chefs attend to set up, serve, clear away, and clean-up. When was the last time you had a chance to feed, entertain, and delight eight friends for just \$20?

The odds of winning are higher than most "games of chance," as only 200 tickets are sold. Tickets for the next Gourmet Dinner Raffle will be available in the fall of 2016. For dates and details check out the SIRC website or visit the office at the old Metchosin School in downtown Metchosin. Visit either "site" to learn about all the good work being done at your SIRC by the most wonderful volunteers.



Raffle winners, Allan and Wendy (lower right) and six fellow gourmants engaging in some pre-dinner exercise on the stairs.

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

The Metchosin Uke Jammers

MARGARETHA "MEMET" BURNETT

Every second Friday of the month, from 5:00–6:30 pm, a new group of musicians is rocking out at the Metchosin Community House. Open to all ages and all abilities at no fee, this ukulele play- and sing-along group has been meeting since October, 2015 and just keeps growing. The group was established and is led by Metchosinite Margaretha Burnett. Memet, as she is also known, bought her first uke Christmas 2014 and quickly decided she wanted to sing and play with others. Inquiries revealed that all the current uke circles were all the way in town. Some chats with a few other local uke enthusiasts, a quick discussion with the ever-accommodating Metchosin Community House, and a trial set of sessions was pencilled in. Now in 2016 the Metchosin Uke Jammers are officially on the MCH monthly calendar!

We are so lucky in Metchosin to have lots of people wanting to connect with one another through music. For instance, now we have not one, but two choirs in Metchosin. The aim of the Metchosin Uke Jammers is to get more people playing instruments as well as singing! Ukuleles are the perfect vehicle to drive this mission. They have four strings instead of the six a guitar has, so are

easier to learn. Ukuleles have the added benefit of being small and portable – you can actually play and practice in your car, on carpool commutes, or on road trips! As well, they are pretty mellow sounding – even a beginner practicing will not offend the ear. Long dismissed as an instrument meant only for children or people of Hawaiian descent, over the past decade the ukulele has made its way back into the arsenal of instruments of many hip bands, and in the hands of masters, can be quite awe-inspiring. Check out Jake Shimabukuro on YouTube playing “While My Guitar Gently Weeps” or “In My Life” for a real treat!

So, what do newcomers need to bring if they want to join the Metchosin Uke Jammers?

Well ... first they do have to track down a ukulele. Fortunately, these tend to be hidden by friends in the unused corners of basements, so ask around. There are four sizes of ukulele: soprano (quite small, highest sound), concert, tenor (the largest size with the regular uke tuning) and baritone (which is actually tuned like the highest four strings of a guitar). Whatever you find will work!

Occasionally someone who has never picked up a ukulele drops in, but most participants have played in the past, or have some familiarity with at least the three basic chords: C, G, and D. A quick look on



Back row: Margaretha (Memet) Burnett, Doug Bourhill, Anthea Browne, Susan Allman
Middle row: Barb Sawatsky, Judy Butts, Sharie Epp, Tanya Black, Alan Rampton
Front row: Deb Stoutley and Rae Coates

YouTube will teach these basic chords.

A music stand, tuner, and clamp-on light are advised. A chord chart for your chosen uke often comes in handy when you encounter a new chord.

Not essential, but if you end up coming often, many of the Jammers own *The Daily Ukulele* – a songbook of 365 uke songs sold at most local music stores. Once we get your email, we can also link you to the Uke Jammers GoogleDocs page which lists other songs for download.

Again, not obligatory, but if people end up coming

regularly, they are encouraged to pick up a MCH membership for a very reasonable \$10!

Anyone is welcome to check out this fun group. Bring a friend! Bring your enthusiastic child! Bring your parents! The Jammers don't

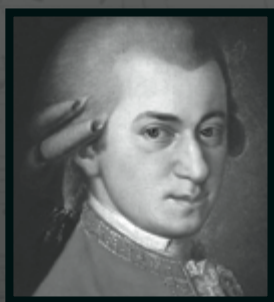
care if you only know two chords or if you cannot sing. Come with a smile, leave with a smile and sore fingers, and you will fit right in. If you have any further questions, please drop Memet at line at memetopia@shaw.ca.

Best of the Muse

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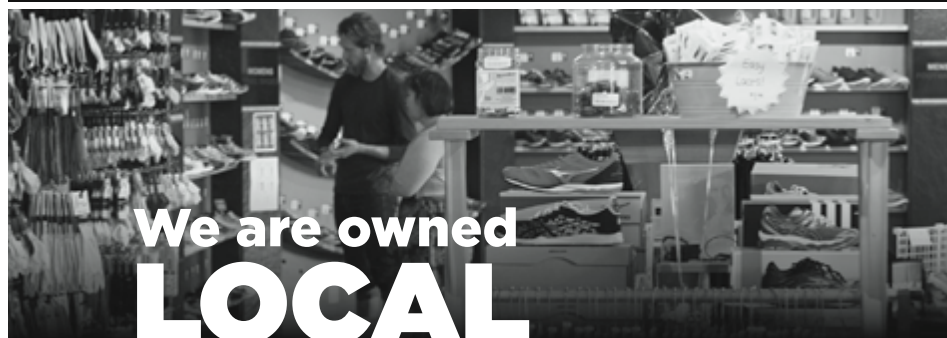
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Rough Voice Singers

BARB SAWATSKY

The Rough Voice sing-along group has only two sessions before summer break after another year which exceeded our wildest expectations in numbers and enthusiasm. Monday, March 14 is our second to last evening of fun. There will be no sing-along on March 28 due to the Easter Monday holiday but we will be back at the House on April 11 for our windup evening of the season.

A \$2 donation to the House includes tea, refreshments and plenty of fun where everyone, regardless of singing ability (or lack of) is welcome.

Speaking of Lambing ...

Congratulations to three of the Buchanan boys, Jack, Mike, and Danny (and more importantly, their wives), who decided to celebrate the Chinese Year of the Sheep by providing John and Lorraine with grandchildren.

Miriam, born to Jack and Noelle, and John, born to Mike and Heather, arrived last fall. Danny and Melissa tried to time the birth of their little lamb with lambing (what were they thinking?), so Emilia was born one day into the Year of the Monkey; it's a good thing Danny likes climbing!



From left to right: Danny with Emilia, Mike with John and Jack with Miriam.



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. 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.

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.

Metchosin Rough Voice Singalong – The Rough Voice Singalong 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).

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

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

Wednesdays

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

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), 7:30–9:00 pm. Membership is \$10/year or \$2 for drop-in visitors. Mary Alice Johnson is our speaker on March 2. Please join us to learn all about seeds from her talk, “The Magic of Seeds,” at 7:30 pm at the Metchosin Community House. Bob Duncan will speak to the club on April 6, 2016. 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 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 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.

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

Film Night: *This Changes Everything* – 7:00–9:00 pm, Friday March 25; 89 minutes. Filmed over 211 days in nine countries, five continents, and four years, *This Changes Everything* is an epic attempt to re-imagine the vast challenge of climate change. What if confronting the climate crisis is the best chance we'll ever get to build a better world? Film night is the last Friday of each month.

Events

Concert: Beats of Burton – March 4, 7:00–9:00 pm. Charlie Burton and his daughters perform. A veteran performer in venues across the country, Charlie combines a variety of vocal and guitar styles into a diverse repertoire of original and cover songs, reflecting jazz, folk, pop, and blues influences, including Bruce Cockburn and Paul Simon. No pre sales, pay at door, suggested donation \$7–\$12.

Apple Grafting Workshop – Sunday, March 20, 12:30–3:30 pm; see p. 7.

MCA Services Auction – Live – April 2, 7:00–9:00 pm. Metchosin Community Association Services Auction. Raising awareness and support of local skilled contractors and service providers in the Metchosin area. Skilled craftsmen, trades, contractors, entertainment, food preparation, health and wellness, hobbies, pets, and more. For more information, contact the MCA Office at 250-478-5155 or mcahouse@telus.net. Online bidding starts March 1 at www.metchosincommunityhouse.com.

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

Art on the Walls – March: Holly Jeffery. “My work is mainly in soft pastels, because they are so delicious to work with; also encaustic wax is lots of fun, because of all the movement that's hard to control when you're dealing with hot wax! The bottom line: I have a good time.” The works will be on display at the Community House for the month of March. 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.



Noebel: A Little Horse of Iron

ELEANOR ELSTON

Did you know that the Canadian horse is officially the National Horse Breed of Canada? In the mid 1600s the Canadian horse was the first horse breed to survive the harsh Canadian (what was called New France then) winters. These horses were bred to drive plows and carts all year round, earning them the nickname Little Horse of Iron. The farmers, too, took their Canadian horse-drawn carts to market and church. For fun, the farmers would hold cart races on the frozen rivers and lakes after church every Sunday. This breed certainly was not about all work and no play, because they excelled at the cart ice races.

Noebel, a resident horse of Metchosin, descends directly from these Canadian horses. He is classically Canadian: short, stocky, strong, easy going, polite, loves food, and works hard. Noebel was born and bred in Quebec and then brought to Port Alberni at the age of three months. He loves food and will eat just about anything: moss, bark, hay, sandwiches, and even drinks coffee. This trait of not being a picky eater likely contributed to the breed surviving the harsh winters of deep snow and little forage.

Noebel likes to know his job and have some independence to do it, including following his nose. He has twice found the way home for lost riders, even though never having ridden in the areas, and appeared proud of himself both times. He also loves to play, particularly doing Liberty in the ring. While some people refer to him as lazy, he really has a different approach to work. True to his ancestry, he tries to conserve energy and looks for the most efficient way of doing things. If you make the right connection with him, he moves off the leg very willingly and picks up his pace very nicely.

Noebel is a natural driving horse. Currently, he is participating in driving lessons with Daryl Drew, a trainer from Cobble Hill. He has learned this skill quickly and is now waiting for his driver (his owner) to catch up. Hopefully one day, he will be pulling a harrow around in the Metchosin ring to help the Metchosin Equestrian Society with their maintenance.

Film Night at the Metchosin Community House

RIC PERRON



Friday, March 25, 7:00 pm,
Metchosin Community House

This Changes Everything
(89 minutes)

*Not only can water float a boat,
it can also sink it.*

– Chinese proverb

Filmed over 211 days in nine countries, five continents, four years, *This Changes Everything* is an epic attempt to re-imagine the vast challenge of climate change. What if confronting the climate crisis is the best chance we'll ever get to build a better world?

Naomi Klein says, "Can I be honest with you? I've always kind of hated films about climate change. What is it about those vanishing glaciers and desperate polar bears that make me want to click away? Is it really possible to be bored by the end of the world? It's not that I don't care what happens to polar bears. It's just that we're told that the cause isn't out there, that it's in us, it's human nature. We're innately greedy and shortsighted. And if that's true, there is no hope. What I thought I knew was wrong. And I began to wonder: what if human nature isn't the problem? What if even greenhouse gases aren't the problem?"

What if the real problem is just a story, such as *The Royal Society* (of scientists) trying to order around the sun, that big guy in the sky. Just last year, they were discussing a plan to spray chemicals into the stratosphere to turn down the temperature for planet earth, to reflect light back into space, or by releasing billions of tiny mirrors into space would work, wouldn't it? (A disastrous human fixer-upper).

Science had granted men god-like powers. The earth is a machine and we are its engineers, its masters. We can sculpt it like a country garden. We can extract from it whatever we want. These scientists helped turn the mother into the motherlode.

Klein states, "forget everything you think you know about global warming. The really inconvenient truth is that it's not about carbon – it's about capitalism. The convenient truth is that we can seize this existential crisis to transform our failed economic system and build something radically better."

In her most provocative book yet, Naomi Klein, author of *The Shock Doctrine* and *No Logo*, tackles the most profound threat humanity has ever faced: the war our economic model is waging against life on earth.

Klein exposes the myths that are clouding the climate debate. We have been told the market will save us, when in fact the addiction to profit and growth is digging us in deeper every day. We have been told it's impossible to get off fossil fuels when in fact we know exactly how to do it – it just requires breaking every rule in the "free-market" playbook: reining in corporate power, rebuilding local economies, and reclaiming our democracies.

We have also been told that humanity is too greedy and selfish to rise to this challenge. In fact, all around the world, the fight for the next economy and against reckless extraction is already succeeding in ways both surprising and inspiring.

Climate change, Klein argues, is a civilizational wake-up call, a powerful message delivered in the language of fires, floods, storms, and droughts. Confronting it is no longer about changing the light bulbs. It's about changing the world – before the world changes so drastically that no one is safe. Either we leap – or we sink.

Suggestions, comments, please contact Ric by email to ricperron@shaw.ca.

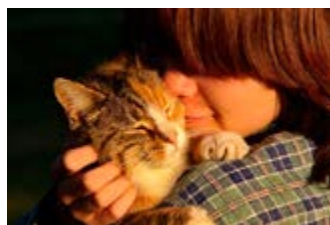


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The Albert Head Lagoon Swan Supremacy Saga

FRED NEVEAUX

The Albert Head Lagoon resident Mute swans, the fourth pair in 35 years, raised six cygnets in 2015. They, along with the young, disappeared in November.

Early January, 2016 saw the arrival of nine new Mute swans and the subsequent territorial battle.

The winning pair spent the last month defending its area by driving off any swans or Canada geese that dared to invade. Several weeks ago a new threat arose with the arrival of a pair of Trumpeter swans, the first in 35 years. With the Trumpeter cob being much larger than the Mute

cob and the Trumpeter pen much smaller and immature, the Mutes have taken to attacking the Trumpeter pen in an attempt to drive both Trumpeters off of the lagoon. The daily battle continues while we await the results.



Mute swans (top) attacking Trumpeter swans (bottom).

Fred Neveaux photo



Mute swan cob attacking Trumpeter pen

Fred Neveaux photo


WORD SEARCH

PUBLIC FIGURES IN METCHOSIN (BY LAST NAME)

R J A W Q H A E N L I M S S X
 S G L F M A C K I N N O N X D
 N P I U A E Q A H M O P X L O
 N G W L V C N V C J C B V F J
 A R U C A V M A O B P G U L O
 R B A E X O R K Z S U R R U U
 W Y K S P P I H C G L R K A U
 K P A F A Y N Q X A L A G L W
 D F H C N G G F C R T V Z I D
 O N A Z G U E H F R Z C A W S
 M B K S I L E C B I U D A E U
 N V K S M R V Y A S J E A A X
 E B K W A N J R P O L N U D E
 Y X H O R G A N F N Y T T L Z
 Y J J L G O P O I U L T H J W

Chief Councillor of Scia'new
 Finance Portfolio Councillor
 Fire Chief
 Highways and Public Works Portfolio Councillor
 Mayor
 Metchosin's Chief Administrative Officer
 Metchosin's MLA
 Metchosin's MP
 Metchosin Muse Editor
 Parks and Trails Portfolio Councillor
 Planning Portfolio Councillor
 President and Head of Pearson College
 President of the Metchosin Community Association

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Richard Blanshard

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New Grade 12 Scholarships for West Shore Students

DAVID KIRKHAM

The West Shore Community Policing Advisory Committee (CPAC) and the Youth Justice Family Court Committee (YJFC) are pleased to announce the creation of two new scholarships for graduating Grade 12 students in the West Shore area.

The first scholarship for \$500 is the "Helping Profession Scholarship." This scholarship is targeted to students who are entering an accredited post-secondary institution in a field of study that helps people. This could include professions like policing, nursing, social work, justice studies, firefighter, and counselling.

The second scholarship for \$1000 is called the "Full Potential Scholarship." This scholarship will be awarded to an individual in recognition of the ability to overcome adversity. Examples include, but are not limited to: the death of a parent, disability, drug or alcohol addiction, leaving a gang, mental health issues, and overcoming bullying. Students can either apply directly or an adult can apply on their behalf. CPAC would like to thank YJFC for partnering with them to make this scholarship possible.

CPAC is also looking for a business or group that would be willing to partner with them at a cost of \$500/year to top up the Helping Profession Scholarship. "It would be great to find a partner so we can offer the scholarship at \$1000 for next year. Schooling is expensive and this is a great way to invest in the future of our youths," explained CPAC chair Heidi Rast.

The deadline to apply for these scholarships is April 1. For more information and to receive an application form, please email westshore@rcmp-grc.gc.ca.



14TH JUAN DE FUCA (METCHOSIN) SCOUTS CANADA

Snow Camp!

SANDA MEYER

In late January, the 14th Juan de Fuca Scouts headed up to Strathcona for an amazing weekend of snow camping. The Scouts learned many new skills not only at camp but also when preparing for the adventure.

The Scouts had to attend a special "Cold Talk" evening where they learned the importance of proper gear, clothing and other safety related issues that



Left: Steven Meyer and Elliott Cove
Sandra Meyer photo

could possibly come up while camping in the snowy backcountry.

The hike into our camp location was done on snowshoes and there were sleds holding gear that the Scouts had to pull. Once at camp, the Scouts learned about the importance of proper tent placement, how to make a "snow kitchen" and, proving to be a favourite for most, how to make a Quinzy! A few of our Scouts actually slept in the Quinzy on our last night. They were probably warmer than the rest of us in tents!

This camp was a success on many levels. The Scouts worked hard and played hard, friendships became stronger with everyone working together, and the connection with nature was spectacular. As a Leader, I am so proud of what our youth accomplished in one weekend. The memories we made will stay with all of us for a very long time – a true testament to the value of Scouting in our community.

To find out more about Scouts, please send them an email:
14thjuandefuca@victoriascouts.ca



Left to right: Curtis Becker, Elliott Cove, Steven Meyer, Erin Toohey, Sandra Meyer, Sebastian St. Jean, Mateus Hughes. Sandra Meyer photo

NEWS FROM HANS HELGESEN SCHOOL

DEBRA STOUTLEY

January and February at Hans Helgesen have been filled with activity! We have been so fortunate to have some excellent learning including guests, "field studies," and performances. Elementary school is the perfect venue for children having exposure to many aspects of culture. Children find their interests and identity as they have these experiences.

One very interesting and inspiring field study was the trip by our Division 4 and Division 2 classes to the Robert Bateman Institute in Victoria. This organization offers classroom workshops for students and a tour of the gallery, as well as excellent information about this famous Canadian artist and

his work. Students produced beautiful pieces as they learned new art techniques under the supervision of their classroom teachers and guest teacher Anne So from the Bateman Institute. Mr. Walther and Ms. Bodman were very grateful to the volunteer parents who helped their groups tour this magnificent setting.

Another excellent opportunity for artwork happened with our guest artist Weyla Chipps. Ms. Chipps is an Aboriginal role model who is a talented artist herself. She helped each class learn about the shapes used in traditional art as they had opportunities to draw a logo design! Thank you to Ms. Chipps for sharing her talents! Our new Hans Helgesen logo contest closed on February 29.

Our practicing for the music portion of our Music and Art Show has begun. Local artist Matthew Hodgins will be teaching Djembe drumming to all our classes. I hope you've marked your calendar for our March 3 Open House with student-led conferences and the Music and Art Show already!

Several of our students recently attended the Victoria Symphony's opera, *The Barber of Seville*, at the Royal Theatre. This opportunity is sponsored through the symphony itself and is another wonderful chance for students to see the performing arts that we are so fortunate to live near. Thank you to our teacher sponsor Ms. Satterfield for making this happen! Our school also had the symphony's Brass Quintet visit and perform for all of us on February 5. What a fabulous show! The students learned all about the instruments and were well entertained!

I would be remiss if I didn't thank the wonderful guest readers who came for our Literacy Week at the end of January this year. We have been fortunate to have many of our Metchosin neighbours (many involved in the Fire Department and Metchosin Buddies) come and read and be involved with our school. This is so important for young students to have the connection with friendly, caring



Robert Bateman Institute Teacher Anne So with students, and below, some of their art.
Photos by Ms. Bodman



adults from outside their immediate families. What a wonderful feeling of community this builds!

Next month, watch for news of our sports teams and an opportunity for tennis in the gym that are coming soon! We have also been practicing safety drills as part of our preparedness programs in the school district and will have more information on that. Our Grade 5 class is fundraising for their year-end celebration trips and we look forward to the sunny warmer weather to try some outside track and field activities. It continues to be a busy place of learning for our students!

Thank you for your interest in Hans Helgesen School! To keep informed, please check out our website: www.hanshelgesen.sd62.bc.ca

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Tell them you saw it in the Muse!



Joan Kew photo

All those pregnant ewes? Nope, it wasn't me ...

RCMP Call-Outs JANUARY 2016

BY CPL. BRIAN KERR, CENTRAL SAANICH POLICE

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| <p>Jan 01 Saddleback Road – Complaint of a male trying to break into a vehicle at 1:50 am. Male dressed in black with a ball hat, patrols failed to locate.
Rocky Point Road area – Complaint to check welfare of a person, person taken to hospital by ambulance.
Rocky Point Road – Complaint of drunk male on road, located and arrested, held in cells until sober.
Liberty Drive area – Complaint of horses on road, not located.
Sooke Road – Complaint of vehicle driving erratically, patrols failed to locate.</p> <p>Jan 02 Kangaroo Road – Complaint of landlord/tenant dispute.
Rocky Point Road – Assistance provided to RCMP to locate person, checks made and person not located.</p> <p>Jan 05 Sooke Road – Complaint of suspicious vehicle, patrols failed to locate.
Kangaroo Road – Complaint of lost property.</p> <p>Jan 07 Neff Road – Complaint of disturbance at a residence, attended with ambulance.</p> <p>Jan 08 Metchosin Road – Complaint of disturbance, patrols failed to locate anything.</p> <p>Jan 09 Sooke Road – Complaint of gun shots heard, patrols failed to locate anything.</p> <p>Jan 10 Metchosin Road – Complaint of attempted theft from vehicle during the night.
Kangaroo Road – Complaint of attempted theft from vehicle during the night, still under investigation.</p> <p>Jan 11 Happy Valley Road area – Complaint of possible harassment.</p> <p>Jan 12 Rocky Point Road area – Complaint of person breaching his probation, arrested and held for court.</p> <p>Jan 13 Wier's Beach – Complaint of found marine marker.
Kangaroo Road – Assistance provided to ambulance service.</p> | <p>Jan 14 William Head Road – Assistance provided to Saanich Police regarding an assault.</p> <p>Jan 15 Matheson Lake – Complaint of found property.</p> <p>Jan 16 Rocky Point Road – Complaint of vehicle fire, possible stolen vehicle, still under investigation.</p> <p>Jan 17 Glen Forest Way area – Complaint of a disturbance, one person asked to leave property.</p> <p>Jan 19 Liberty Drive – Complaint of mischief to rural mailboxes.
Park Drive – Request to check on welfare of a person.
Sooke Road – Complaint of single vehicle accident, no injuries, vehicle towed from scene.</p> <p>Jan 20 William Head Road area – Complaint of disturbance, damage done to a residence, one male arrested and held for court, investigation continuing.</p> <p>Jan 21 Sooke Road – Complaint of erratic driver, vehicle stopped in Colwood, driver found to have medical problem.
Sooke Road – Complaint of single vehicle accident, no injuries, vehicle flipped onto its roof, investigation continuing.</p> <p>Jan 22 Sooke Road – Assistance provided to Fire Department at a house fire.
McVicker Road – Complaint of theft from vehicle and items stolen from a garage during the night, still under investigation.
Happy Valley Road area – Complaint of threats, domestic situation, still under investigation.</p> <p>Jan 24 Sooke Road – Complaint of single vehicle accident, driver left scene, still under investigation.</p> <p>Jan 25 Sooke Road – Complaint of erratic driver, vehicle not located.</p> <p>Jan 26 Sooke Road – Request for patrols regarding speeding trucks.
Happy Valley Road area – Complaint of suspicious person, located and not a problem.</p> |
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Fire Dept. Call-Outs JANUARY 2016

FIRE CHIEF STEPHANIE DUNLOP

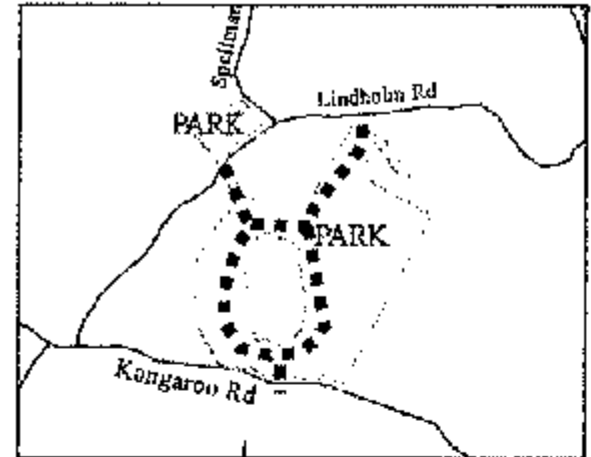
Check out Metchosin Fire on Facebook or follow me on Twitter @ChiefDunlop

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| <p>Jan 06 East Sooke – Medical</p> <p>Jan 07 Neff – Medical
Saddleback – Medical</p> <p>Jan 11 Lomax – Medical</p> <p>Jan 13 Beckingham – Medical
Metchosin – Alarm Bells – Commercial</p> <p>Jan 15 William Head – Medical</p> <p>Jan 16 Rocky Point – Vehicle Fire</p> <p>Jan 19 Beach Fire</p> <p>Jan 20 Sooke – Medical</p> | <p>Happy Valley – Assistance – Misc Complaint</p> <p>Jan 21 Sooke – MVI</p> <p>Jan 22 East Sooke – Medical
Sooke – SFRes (Structure Fire Residential)</p> <p>Jan 24 Sooke – MVI</p> <p>Jan 25 East Sooke – Medical</p> <p>Jan 28 Clapham – Medical</p> <p>Jan 29 Kangaroo – MVI</p> <p>Jan 31 Metchosin – Medical</p> |
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Take a Hike!

This trail map is from the Metchosin Parks and Trails brochure on the District of Metchosin website. To find more trails, please visit: <http://district.metchosin.bc.ca/content/parks-and-trails>

Blinkhorn Nature Park



45 acres – Trail runs along the lakeshore and is suitable for hiking year round, all uses in dry months only.
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CLASSIFIEDS

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

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

WANTED

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

Ears/Certified CCST1 Int. 598 Parry Rd. Please call 250-508-1777 for appointment. www.thegratefulpooch.ca and Facebook.

HANDY MAN – Yard and house maintenance int/ext painting, power washing, lawns, small construction, fences, decks and yard clean-ups; call Scott 778-922-3635.

FOR SALE

ATTENTION GARDENERS: composted hog, chicken and sheep manure available from local farm. Call 250-415-6540, 250-478-0588.

SHILOH MUSIC STUDIO Guitar lessons and stringed instrument repair. Multi-track recording services. Located in Metchosin school. By appointment only 250-507-5442 or www.shilohmusicstudio.com

SERVICES

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

THE GRATEFUL POOCH GROOMING and DESIGN Trims/Bath and Brush/Nails/

LESSONS

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

Events

Bandwagon Music Night: Welcome back Knackers Yard, our favourite Celtic band! Friday, March 18 at the Metchosin Golf Course, 4100 Metchosin Road. \$5 donation at the door for the musicians. Kitchen and bar open at 5:30 pm; band plays 7:00–9:15 pm.

Online registration for **Metchosin International Summer School of the Arts (MISSA) 2016** is now open at www.missa.ca. We have

lots of great offerings this summer and hope to see you at MISSA 2016! Please note that we are currently unable to take registrations over the phone. Thank you for your patience.

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

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

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 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
 Brian 250-474-1665
 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.westshorererecreation.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

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 Hatha Yoga - & Move your body!

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 Georgia 250-391-0497 • Email georgia@bellayoga.ca

Have you seen this dog? Cute isn't she.



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 To make an appointment please call:
 250-508-1777 * 598 Parry Rd
www.thegratefulpooch.ca - facebook!

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