

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

KULE Is Cool

Pearson College Student Looks to Inspire

Johnny Carline

As with virtually every article that we accept and publish, the *Muse* doesn't necessarily agree with or disagree with the views expressed in the following article by Pearson student Emmy Chahal. We expect some of our readers will agree with most of what is written there, while others will disagree. The specific arguments she makes are not why it is on our front page.

Under the Pearson College KULE (Kumbuka Universal

Learning Experience) program, Emmy visited a culture different from her own. The experience moved her and caused her to think and reflect. She reached conclusions that she believed are applicable here in Canada and wanted to share them and challenge us all to think and reflect also.

For those people concerned about where government is going these days, surely it is a good thing for younger people – the 'next generation' – to be thinking and talking seriously about the world they live in

and the world they want to live in. In fact, it is probably more than just a good thing – it is likely essential.

So that is why Emmy's article warrants being on our front page. We want to encourage younger people to think, reflect and speak out – become engaged; we encourage our readers, especially the younger ones, to share with us your thoughts on the issues raised in Emmy's article. See also, in the article in this issue on page 3, information on the KULE fundraiser to Race Rocks.



One of the life-changing relationships Emmy had on her trip to Kenya. Photo by Emil Toft, a Pearson College student

How A Trip with KULE Changed My Life: Humanitarian Education Done Right



Emmy makes a friend at a local orphanage. Photo by Emil Toft, a Pearson College student



Emmy feeding a cow in Mukangu Village, Central Kenya. Photo by Emil Toft, a Pearson College student

Emmy Chahal

When I left for Kenya in 2011 on a trip with the KULE (Kumbuka Universal Learning Experience) Foundation International, I had no idea what to expect. I was 19 years old, idealistic and bright-eyed after graduating from two magical years at Lester B. Pearson United World College of the Pacific. My experience with KULE irreversibly shaped how I view the world, the work I do, and continues to inform the causes I am passionate about now – nearly eight years later.

When I reflect back to that summer and the time I spent in Kenya, I remember the beautiful friends I made and the heartfelt conversations we had while traveling. I remember the elephants, the giraffes, the lions, the hippos, and witnessing an incredible scene of a crocodile eating a wildebeest. I remember climbing Mount

Longonot and being stunned by the view, sitting on the edge of a breathtakingly beautiful crater at the top of the mountain. I remember dancing with a circle of amazing Kenyan girls. I remember standing at the front of a classroom having no idea what I wanted to share with my Kenyan peers - they knew everything we were taught in Canadian schools, and in three languages! I remember how the children were fascinated with our hair, wanting to touch it. I remember the different gender role expectations and belief systems.

I remember attempting to plant trees at the library and all of the young people laughing at my shaking hands that had never planted trees or done anything remotely

agricultural. I remember feeling betrayed by an education that taught me how to analyze complex thoughts and argue persuasively in my head, but neglected to instruct me on

learned a lot about inner strength, resourcefulness, courage and determination from my Kenyan friends. The girls and women I met in Kenya continue to inspire me and my work. Getting to know what life was like for women in Kenya, our similarities and our differences, inspired me to study Gender and Women's Studies and Cultural Studies

for my degree at UBC. I now work as a youth empowerment facilitator teaching violence prevention to girls in schools around Vancouver, as well as being self-employed as a wellness entrepreneur. I believe in building community and bridges of understanding across cultures, because I have seen what the benefits are for both participants like myself and the community members of the places I had the honour

of visiting. My experiences with Kule led me to begin to understand what authentic community is, and how that generosity of spirit and warm-hearted Kenyan hospitality is desperately lacking in our societies at home. We have loneliness epidemics here in Canada – huge swaths of society suffering from mental illness and a greed-oriented capitalist economy. We don't know how to truly live collectively and harmoniously here; we can often feel so isolated. There is so much that we, as people from the Global North, can learn and gain from exploring places like Kenya – where community living is a fundamental societal value and skill.

I hope we were also able to bring something valuable to the places we visited in Kenya. Perhaps we had the chance to bring them a piece of our corner of the world – new perspectives and stories, the realization that it is possible to find common ground with people who seem so different, and create unexpected friendships.

While I was in Kenya with KULE, I had the opportunity to experience people, places and adventures that never would have been possible if I had stayed home. I know that those experiences, which I was blessed to have, in East Africa changed me deeply and continue to inform my choices and mission in the world, especially in regards to being an advocate for women.

I feel forever thankful to have had that opportunity to travel in the summer of 2011 with KULE – it left me a more whole, loving and community-oriented person who will strive to be of true service however and wherever I am humanly able.

"KULE...left me a more whole, loving and community-oriented person..."

-Emmy Chahal

Metchosin Muse

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SUBMISSION DEADLINE AND HOW TO SEND COPY

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. All submissions may be edited for length, style and suitability of content and language. Submissions are accepted on this understanding. 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 respectful and open dialogue in the community and aims to interest a broad cross-section of the residents of Metchosin and Beecher 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, Glenrosa Restaurant, Nootka Rose Bakery and Mill, Pedder Bay Marina, Hans Helgesen Elementary School, Happy Valley Store, East Sooke Grocer, Royal Bay Bakery, Weirs Beach RV, Westmont School, William Head Federal Prison, Willow Wind Feed & Tack, and at the Juan de Fuca, West Hills and Goudy branches of the Greater Victoria Public Library.

CURRENT CIRCULATION: 3000

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.

A recent article in the *Muse* alerted us to Holly, the invasive species thriving in our forests. Delving further, we met Neil West, a staunch advocate of holly removal, and resolved to remove the holly plants from our property. A rather surprising eighty trees were removed in one hour, with much more still to go. The holly

trees are lurking everywhere! All landowners should be concerned about how this invasive species will affect land values.

Thanks to Mark Atherton and Neil West for bringing this situation to Metchosin's attention. Now, let's start eradicating!

Arlene Yarnell

The cutting of 70 trees on a public right of way (Blaney Trail), without due process, is unconscionable. I hope those responsible will be held accountable, and Metchosin taxpayers will not have to bear the costs of replanting and remediation.

Councillor Marie-Terese Little, along with the Parks and Trails Advisory Committee, are to be commended for their efforts in trying to 'right this wrong' by reaching out to area residents and seeking input on the restoration plan.

Karyn Woodland

I am the coach of a group of six developmentally disabled (autism, PTSD, learning disabilities) athletes who will be swimming a 30 km relay (no wetsuits) in British Columbia's Great Bear Rainforest this year. This is in part training to one day swim the English Channel. They are a wonderful group of people fully dedicated to what they are doing. As part of their swim they will be raising all of the funds needed to get there as they are all on fixed incomes.

The Spirit Orcas will be having a car wash at the Broken Paddle Cafe on Sunday May 19 from 11 to 4 pm. We would really appreciate your support. You can learn more about the Spirit Orcas at: <https://susansimmons.ca/spirit-orcas/>

Thank you.
 Susan Simmons
susansimmons.ca

New Directions for the Muse

Johnny Carline

For many years the *Muse* has brought stories and informative articles to a Metchosin readership which has, in turn, been loyal and generous in its support. Successive editors – Jo Mitchell, the late Val Cochran, Brian Domney – and an industrious support team of reporters, photographers, proof readers and people doing vital but unseen background work – have put in hours of volunteer time to develop a humble little community newspaper into something of a local institution. Local businesses have kept the newspaper financially alive with their advertising, and scores of local residents have laboured to contribute the articles which form the bulk of the paper.

The core traditions of the newspaper are the articles informing readers of upcoming events put on by the amazing volunteer organizations and individuals who put in enormous efforts to maintain 'community' in Metchosin, articles about topics such as gardening and environmental issues, and articles about local personalities and their achievements. These have always been positive in tone and, indeed, promoting harmony was, for the longest time, stated as the *Muse's* core objective.

As different people join or leave the team, the paper evolves. For example, the *Muse* has a criterion that articles must be focussed on events in, or directly affecting Metchosin, or on the activities of people who live there. But, in the last couple of years, we occasionally relaxed that criterion to publish, for example, the occasional irreverent article on opera, on the assumption that, while opera may not be of great interest to many Metchosinites, having a chuckle about

it is. We have also expanded our 'sports reporting' (from basically none) to include coverage of the local cricket team and sheepdog trials.

We are now engaged in a more significant evolution. In the past, political dissension in the community was apparently so divisive that promoting harmony became a paramount objective. As a result, potentially divisive issues were either ignored, or, at best, reported in a way designed to

understanding of different perspectives.

It is important to recognize what this change is *not*. We are not abandoning those positive stories about Metchosin events and people. Nor do we wish to become an 'advocacy' paper, pushing only one point of view. If we receive a contribution on an important issue that presents only one side of an argument, we will try to include or, if necessary, manufacture an article that presents some of the counter arguments.

On the other hand, while we hope to achieve a 'balanced' approach in the sense of striving for rational, rather than simply emotive, arguments, we do not seek a 'balanced' approach in the sense of presenting the same number of arguments or words on either side of an issue. We would try to present both sides of an issue cogently and fairly; but where 90 per cent of the experts and arguments appear to lie on one side of the arguments, (climate change springs to mind), our coverage will likely reflect that. That may appear to be 'unbalanced' but to do otherwise would be to distort the picture. Minority views deserve to be heard – they do not necessarily warrant equal coverage.

In adopting this approach, we recognize that the coverage of controversial topics may itself become controversial. All we can do is attempt to be fair and accurate, and hope that whatever controversy is created contributes to 'respectful and open dialogue'.

A second challenge to the *Muse* is financial. Recent policy decisions by Canada Post have significantly increased our costs and put each issue 'in the red'. This cannot continue for too long. How we might address that challenge will be the subject of a future article.

sooth passions as much as to inform opinions.

But the community has evolved. 'Politics' are lively, as they should be, but debates don't lead to calls to the RCMP to restore order, as they once did. Some readers have told us that, over time, the *Muse* perhaps became a little too exclusively 'sweet' for their taste. Every diet needs the occasional pinch of pepper to spice it up. And so, the *Muse* is evolving too.

We have changed our core value from 'promoting harmony' to 'promoting open and respectful dialogue.' Rather than ignore difficult and potentially divisive issues, we want to deal with them in a way that will encourage our readers to talk about them, be more informed about them – including differing points of view – and, as a result, be more



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: metmuse@shaw.ca



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A Special Opportunity to Visit Race Rocks and Support the KULE Foundation

Jane Hammond

An opportunity to visit Race Rocks is a very rare event. This ecological site is under the stewardship of Pearson College and not open to the general public. Therefore, it is exciting news that the KULE Foundation's fundraising and immensely popular boat ride to Race Rocks will once again take place this spring.

Because of the high tidal currents, which is the reason for its name, Race Rocks is home to a wide variety of species, and is the northernmost

birthing colony for the Northern Elephant Seal, with males reaching up to 2,500 kilograms (5,500 pounds). There is evidence that suggests that Race Rocks played an important role in local Coast Salish culture for centuries. The lighthouse on Race Rocks was built in 1860 with granite blocks, cut and numbered in Scotland, and shipped here as ballast.

The Metchosin community has a good record of supporting KULE, particularly in its efforts to build the library of a secondary school in rural Kenya and supply books for

it. Elsewhere in this issue you can read a first hand account of the impact a KULE visit to Kenya had on one of Pearson's students. It was truly a positive life-changing experience.

The trip to Race Rocks is approximately two hours in length and costs \$120 per person. All those interested can contact Jane Hammond at jh5447@shaw.ca or Geoffrey Tindyebwa (250-391-0258), a long-serving faculty member at Pearson College and the founder and director of the KULE Foundation www.kulefoundation.org.



Squall, born at Race Rocks in 2012
Photo by Alex Fletcher via racerocks.ca and Lester B. Pearson College



New Muse Co-editor, Allen Jones Photo by Michelle Jones

The Muse Welcomes A New Co-Editor

Johnny Carline

Allen Jones has not been in Metchosin very long, but he has already demonstrated his commitment to community. He and his wife, Michelle, are energetic volunteers and when Michelle stepped down from the Metchosin Community Association Board of Directors, Allen stepped up to replace her. He had already joined the Board of the Metchosin Museum Society, where he has been active in the remodelling activities going on there.

Now Allen has taken on yet another challenge, replacing

the now editor emeritus of the *Muse*, Brian Domney, to be co-editor with Johnny Carline. Allen seized the reins with enthusiasm. His debut was the 'April Fools' edition, where he not only put together the paper but also, under the *Muse's* *nom-de-plume* reserved for this edition, crafted one of the 'special' articles; we don't say which one because with these articles an identifiable byline is not necessarily a sought-after credential!

As a retired architect, Allen has already begun making his own particular contribution with his series on Metchosin's

heritage buildings. Johnny is most pleased with his new partner in editorial crime who, being another Englishman, will bring him some reinforcements in the Lewis-Carroll-like debates on the Oxford comma and whether 'cramp' has a legitimate plural.

Our whole team is delighted to welcome Allen aboard and we know our readers will enjoy our new addition to the *Muse* team.

It's 130 Sleeps until Metchosin Day 2019

Violaine Mitchell, Metchosin Day Committee

Mark your calendar! Metchosin Day is **Sunday, September 8, 2019.**

New this year, we will have a livestock and agriculture corner on the Village Green featuring Metchosin sheep, sheep shearing demonstrations, pigs, 4H poultry, rabbits, small engines, tractor rides and so much more.

The entertainment program is shaping up with West Shore artists. This year, you can enjoy the country stylings of local singer-songwriter Jaimey Hamilton, the bluesy sound of CURL, the upbeat soul sound of the Soul Shakers and more. Get in touch with Helen Davies at info@metchosinday.ca for more information on the 2019 entertainment.

Did you know that Metchosin's famous lamb and salmon BBQ is locally sourced and supported? Parry Bay Sheep Farm supplies the lambs, the wild salmon comes from a local fisherman, Metchosinite Byron Fry bakes the amazing bread, the corn is from Silver Rill in Saanich as no Metchosin farm has the quantity needed at this time of the year. The coleslaw is made 30 minutes before serving and is donated by the MyChosen Café and the watermelon, which is not locally grown, is provided at a great discount by the Metchosin Country Store. And to round out the dinner, your chefs and servers are Metchosin characters, celebrities and council members!

HELP STILL NEEDED!

Volunteer coordinator still wanted. We are still seeking a calm, well-organized individual to join the Metchosin Day Committee as a

volunteer coordinator. This involves making sure the digger and the hayride have sufficient shifts of volunteers to organize the lines and take tickets, and ensuring that we have enough people staffing the ticket booth. It's actually a lot of fun!

Recycling Enforcers! The one area that we are always looking to improve at Metchosin Day is the garbage, compost and recycling. Volunteers, scouts and parents spend a long time after the last of the tents have been folded away sorting through and putting cans in recycling, food waste in compost. In speaking with other individuals who run fairs, big and small, the only answer seems to be fewer stations that are staffed with zealous volunteers. So, any schools, associations and recycling gurus out there? Any interest in staffing up two or three superior recycling stations? Email: info@metchosinday.ca.

Metchosin Day Reminders!

Vendors/Booths: Applications for vendor spaces will open online at www.metchosinday.ca on July 1 and close July 31. Priority is given to Metchosin associations, farms and businesses, followed by those from Sooke / East Sooke, and thereafter from the Western Communities and Greater Victoria. Special note to all Metchosin societies and groups: please register online so you don't lose your space!

Contests: Please take note that this year, judging for produce and baking contests will be on Saturday, September 7! This means that your entries will need to be prepped and dropped off the day before, not the day of, Metchosin Day. More info will be available closer to Metchosin Day and available on www.metchosinday.ca.



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COUNCIL NEWS

MAY 2019



2019 Draft Budget Highlights

Highlights of the 2019 budget include the purchase of a new Public Works' 5-ton, dump truck, replacing an older one. There are six resurfacing projects planned in the 2019 capital plan – located on Brotherstone, Cactus, Elna, Jelinek, Witty Beach and our main project on Metchosin Road. Also in the capital plan is replacing aging Fire Department equipment including an extractor fan, two thermal imaging cameras, washer & dryer and confined space rescue equipment. Council will be considering adoption of the draft five-year financial plan at its Apr 15th meeting. The plan shows a 3.5% increase in municipal property taxes for the current year.

2019 Property Taxes

Metchosin residents should expect to receive their 2019 property tax notices by June 1. If you have not received your notice by June 1, please contact the municipal office to obtain a duplicate copy. Taxes are due on July 2 2019 – penalties will be levied on the following day and cannot be waived, even if you have not received your tax notice.

Speculation Taxes

Please note that the District of Metchosin is not involved with the implementation nor the collection of speculation taxes. For information on this Provincial tax please contact the Minister of Finance or go online to: <https://www2.gov.bc.ca/gov/content/taxes/property-taxes/speculation-and-vacancy-tax>

Business Licence Renewal Reminder

Businesses will have received their renewal notices in the mail in October for the 2018/2019 businesses licence year (Nov to Oct). Every business operating in Metchosin, including home-based businesses, requires a business licence. Metchosin participates in the regional intermunicipal business licence scheme so that businesses such as contractors and mobile sales based in Metchosin only need one licence to operate in the region. Please note that if your business licence is 2 years outstanding, licences will be terminated, as per Section 14(c) of the Business Licence Bylaw. Reinstatement would then be subject to a new application and inspection, along with an additional fee of \$25.00. If you have not yet renewed your business licence, please ensure to do so, to avoid reapplication.

Public Works

Broom and brush are on the menu for the Public Works crew throughout April, along with clearing ditches. The broom is being collected and burned on site, while aerial brushing has the chipper truck in high gear. Wood chips are available to residents by request by calling the District office at 250-474-3167, saving the District disposal fees.

Besides being cautious driving past municipal vehicles, drivers need to keep an eye out for a local contractor cleaning the roads, and BC Hydro crews replacing power poles. Almost completed is the CRD water upgrade on Metchosin Road, which is targeted for resurfacing this year.

Otherwise, the crew is working on projects with Parks and Trails, the Farmers' Market, the Garry Oak Project, and Metchosin School, along with responding to residents' complaints and the needs of Metchosin's emergency services.

Witty Beach Road Traffic Advisory

In early May, the Public Works crew is planning to prepare Witty Beach Road for paving. Users can expect local only one-way traffic with significant delays, as well as closure of the beach parking area while work is ongoing. Signage will be posted.

Victoria Wheelers – 2019 Neild Road Climb – May 12, 2019

Victoria Wheelers Cycling Club will be having a one hill climb time trial along Neild Road on Sunday, May 12, 2019 starting at 10:30am. The proposed route is up the hill on Neild Road starting west of the intersection with Hibbert Lane, past the houses on this part of the road.

Robert Cameron Law Cycling Race – June 8, 2019

Russ Hay's Racing Cycling Club will be having a cycling race on Saturday, June 8, 2019, starting at 8:00 am and finish at 1:00 pm. The race will begin at Rocky Point Road near Hans Halgesen Elementary School and will then proceed to Liberty Drive, La Bonne Road, Barrow Road, Kangaroo Road and finishing back at Rocky Point Road.

Is Your Civic Address Visible?

Help emergency services find your home in the dark months of winter by making your civic address sign visible from the roadway. The best signs have large reflective numbers. Be sure that trees, brush, snow and other obstructions are cleared away.

Council Meetings

Please see meeting dates and times for the upcoming month. Meetings are held in the Council Chambers at 7:00 pm unless otherwise stated.

Healthy Communities Advisory Committee	May 1, 2019
Council Meeting	May 6, 2019
Finance & Environment Committee.....	May 6, 2019
Planning Committee	May 13, 2019
Parks Committee	May 13, 2019
Public Works Committee	May 13, 2019
Parks & Trails Advisory Select Committee	May 21, 2019
Heritage Advisory Committee.....	May 22, 2019 at 4:00 pm
Council Meeting	May 27, 2019
Environmental Advisory Select Committee.....	May 28, 2019

Meetings are subject to change, for updated information please call the District office at 250-474-3167 or refer to the website at www.metchosin.ca. Thank you.



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UPCOMING EVENTS

- May 2: Open Mic Music Night
- May 12: Mother's Day
- May 16: Pub Quiz

Open Thurs thru Sun
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www.glenrosafarm.com

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SINCE 1988

Metchosin Garden Club



David Spencer – he’s the one with the sucker. Photo credit David Spencer

David Spencer – Biological Pest Control for the Home Garden

Kathleen Zimmerman

Metchosin Garden Club Talk
4430 Happy Valley Road
Wednesday May 1, 7:30 pm

“When we kill off the natural enemies of a pest, we inherit their work.” C.B. Huffaker (Ecologist and Agricultural Entomologist)

As gardeners know, not all insects are pests. In fact, there are many good bugs for your garden. Some of the good bugs are native, and some are introduced from elsewhere, since the insect hosts that they attack were also introduced.

How can we know which insects act as biological controls, and how to use them? David Spencer, Applied Bio-nomics Ltd., will be coming to the Metchosin Garden Club on Wednesday, May 1, at 7:30 pm at the Metchosin Community House to provide an overview of the beneficial insects his family’s company raises, and how they can be used by home gardeners.

Applied Bio-nomics Ltd. was started by Don Elliott in 1980 in North Saanich. David started working there as a summer student in high school, and continued his summer work as he earned his education degree at the University of Victoria. On the side, he also worked as a volunteer firefighter, and ultimately made a career change and became a career firefighter in Vancouver.

About five years ago, his family purchased the company. David initially acted as the Lower Mainland sales representative, and last year

came home again to the Island to act as Vice President of Sales and Marketing.

Applied Bio-nomics Ltd. sells 11 different products, with commercial greenhouses and nurseries being their biggest customers. The beneficial insect products include a predatory midge, predatory mites, a rove beetle, beetles in the ladybird beetle family, a parasitic wasp, and a lacewing. Some of their products are greenhouse-specific, but many can also be used in the garden. One of their soil mites was locally discovered, on a Saanich farm! All of the products they sell were developed with the aid of federal/provincial government research.

David has always been a keen home gardener, and is especially focussed on vegetable gardens. He uses these products in his own yard. In addition to a description of the good bugs and how to use them, he will outline how to scout for and find the bad bugs. Aphids, whitefly, spider mites, thrips and fungus gnats have met their match!

GARDEN CLUB PLANT SALE

In addition to our regular Garden Club meeting on Wednesday, May 1, we will have our annual Plant Sale, Social, and Raffle on Saturday, May 11. There will be many plants for sale that were locally grown in the gardens of Metchosin Club members. Plant selection will include perennials, annuals, and vegetable starts.

Of course, the sale would not be complete without coffee and goodies baked by our own members, and an exciting raffle draw. Join us under the tents in the yard at Metchosin Community House, 4430 Happy Valley Road, from 10:00 am to 2:30 pm.

At the Garden Club

Dyan Marie

I sat beside a farmer
the second farmer I’ve met
the first is also the mayor
he advised me on the evasive
Scotch Broom, and its thorny cousin
– beautiful – as we all are
beautiful and invasive. Plants
are people too, said sideways, said knowing
the ridiculous joy of planting a seed
then watch it twist into green.
You’re so brave my small one
with great expectations
to live out your season
reasoning with the weather
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Historic Buildings of Metchosin



Rear elevation and part of the large yard Photo by Allen Jones



Living room with decorative wall finishes and light fittings Photo by Allen Jones



Entrance elevation with bay windows Photo by Allen Jones

Historic Buildings of Metchosin: 4339 Happy Valley Road

Allen Jones

Memorial Service
Metchosin Municipal Hall
4450 Happy Valley Rd
Saturday, May 11 2:00 pm

Located on Happy Valley Road, number 4339 achieved heritage status in 1987. It was built in about 1912 by Skelton and Percy Gray on the site of

the old Fisher Mill, and Bernard and Noel Pemberton-Billings owned the house from 1969. The property was called 'Pemberton Court' and provided kenneling services to the dog owners of the area. Sadly, Bernard and Noel have passed away but many remember them and the Halliford Canine Country Club with great affection.

The house is 'Victorian residential' style with two main floor levels and an attic. Its construction is timber-framing with vertical and horizontal shiplap

siding to the external walls and wood shingles to the roof. There is an entrance porch to the main elevation and leaded windows with coloured glass, which are an attractive feature of the bay windows to the first and second floors.

The interiors, before clearance for sale, were a feast of Victoriana with high beamed ceilings, original doors and fixtures, many interesting fire surrounds, dazzling light fittings that were

inspired by Tiffany, wall coverings and other 'original' features.

The house is surrounded by mature landscaping including an orchard and an avenue of old trees in two lots, each of two acres.

Readers are reminded that there is a memorial service commemorating the life of Noel Pemberton-Billing to be held at the Metchosin Council Chambers on Saturday, May 11, at 2:00 pm. For more information email veronicapemberton@gmail.com.

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Cheryl Taves photo credit Conrad Jay

Cheryl Taves: Speaking Truth to Fear - Part I

Diana Smith

There are many long and winding driveways, both real and metaphorical in Metchosin, but one leads to the home of visual artist and creativity coach, Cheryl Taves. I interviewed Cheryl at the home she shares with her husband. She ushered me into her studio and we had a long and fascinating conversation.

ON DREAMS AND SCHEMES

Outwardly Cheryl has not moved far from her Victoria childhood home to her present home in Metchosin where she has lived for the past 17 years. Her inward journey is another matter entirely. As a child she dreamt of being an artist and going to art school. She went to Vic High and was influenced by art teacher Michael Hemming, particularly by his way of telling stories about artists. Even though she didn't know how to 'draw' on her imagination she had a strong sense that there was something inside and had a longing to create that internal imagery. But she gave up on her dream early on. Why?

FEAR

Fear got in her way. Even though her passion and talent were recognised by her teacher, her fear was paralyzing. At one point she was asked to do a large mural for the school but she couldn't finish it. In retrospect she thought one

reason she wanted to be an artist was because, as a shy child, it might be a way to become more seen.

CURVES AND DETOURS

Instead of art school she went into Business Administration at Camosun College. After graduating she worked for many years in real estate. She married when she was 20 years old and sums up the 11-year union as, "A bad marriage." including unhealthy lifestyle choices and unclear personal boundaries. As she says "It was a dark time...I abandoned myself on every level."

MAKING SILK PURSES

Those dark times propelled her into seeking counselling and through that work she realized she had abandoned herself as an artist. During this time, she came across a book, *The Artist's Way* by Julia Cameron, which led her back to her path of art making. The book, published in 1992, was seminal in exploring and stimulating one's creativity.

PAYING FORWARD

As someone who had a desire to help others she trained as a lay counsellor and volunteered at a Victoria counselling centre; this was a powerful time. She found helping others opened her to her own issues. She experienced, "imploding with grief" about not making art. At this point she felt at a crossroads and thought she

needed to choose between her two passions, counselling and making art.

GETTING BACK ON TRACK

As before, she used the experience constructively and at the age of 40, finally began to realize her dream of going to art school. She completed a three-year program at the Victoria College of Art and was immediately picked up by a prestigious art gallery in Victoria.

During this time she was also active as an artist in Metchosin. She was part of the Stinking Fish Studio Tour for five years and also helped spearhead, along with Mary Gidney and others, the creation of the Metchosin Art Gallery at the former elementary school.

Having worked in galleries, selling work and being part of a lively artist-run gallery, it had all the look of success but there was a huge disjuncture between the outer appearances and the inner experience of anxiety, stress and not feeling the fulfillment she expected. She questioned why she was making art and eventually stopped painting completely. And this is where serendipity, the universe, or whatever force is or isn't in the world gave a nudge.

The story of Cheryl's journey will continue in Part II in the June issue.

Right on Schedule, there Are Cougars in Metchosin

Johnny Carline

Spring is finally here and cougars are on the prowl; the Metchosin Cougars, that is, our very own cricket team. They have been putting in the practice, they have cleaned up the field and are ready for action.

Last season the team got off to a roaring start, defeating the upstarts from Nanaimo. Injuries and occasional lapses of concentration conspired to prevent any repeat of this fine performance, but the team finished strongly – holding up the teams who finished above us in the league, which unfortunately was all of them. Nonetheless, the Cougars continued to be one of the most respected teams in the league with unfailing sportsmanship and a strong commitment to helping cricket off the field – both in the background administration so necessary to any league and to training youngsters in both

the techniques and the spirit of one of the finest games anyone can play. (If you have a youngster interested in giving this sport a try, call Darren Buhr, at 250-391-1878.

Last year's very fine captain, Rohan Gowda, has relinquished the captain's badge, having found himself about to be a new father – and quite right too. You can't start too early to teach a youngster how to bowl a googly or execute a delicate leg glance and in sixteen years or so we expect to see another Gowda on the Metchosin pitch.

The new captain is Douglas de la Mare, a popular choice who is bound to maintain the team's enthusiasm, not to mention good humour. The team has also been able to attract a couple of good new recruits, including one which we attracted from another team in the league, proving once again that, sooner or later, all the good people come to Metchosin.

The Cougars begin their season on April 28 with a game at Windsor Park, against the venerable Incogs. They continue on the road for three more games before their home opener on June 15 against Nanaimo. The Cougar home schedule for the rest of the season is:

June 23 (Oak Bay); July 7 (Alcos); July 14 (Colts); July 21 (Islanders – the defending champions); July 27 (Albion); August 17 (UVic); Aug 24 (Incogs).

That means there are eight opportunities to come down to the village green and enjoy an afternoon watching one of the most popular and graceful games in the world and to cheer our local team on. If you are planning to take in a game and want to penetrate some of the mysteries of this amazing game, give me a call at 250-474-4601 and we'll try to arrange to meet at the game where I'll be happy to explain some of the exquisite language of this global sport.

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Cartoon credit Dan Reynolds www.reynoldsunwrappedcartoons.com

**Awesome Volunteer Organizations:
Thinkers and Doers**

MCA Talk
Metchosin Community House
4430 Happy Valley Road
Thursday May 16 7:00 pm

Ric Perron

Take a look at all the Metchosin's awesome associations, foundations, services groups, clubs – I don't know what to call them all: groups of volunteers who have long purposeful tentacles for reaching. They stretch themselves toward us for fun and meaningful work. We're a pretty healthy place of thinkers and doers. No better place on Earth, right?

Let's think about it, volunteering in Metchosin and getting connected to your neighbourhood or community.

It's funny how we can't possibly make room for anything else in our lives, yet somehow, we always manage to help out in meaningful ways with our environment, i.e. a random broom-picking group, our aging neighbours (Metchosin Seniors' Association) or a happy day at a festival by baking brownies or prize pies for their event.

This evening started as an idea for a guest speaker for the MCA and has evolved. All are welcome to the event to pick and choose or just for a listen to the amazing organizations of Metchosin. Come and gossip without FOMO (Fear Of Missing Out). Come pitch your group.

Umbrellas Up. It's "Teaming" with groups. Looking for an umbrella stand?

Organizations will be brief with a biography, their vision

and action. All welcome, please.

Some discussions may involve:

1. Engaging the public in joining and/or supporting an association and participating in a particular group's membership.
2. Helping people, places, environment, community.
3. Guest speakers.
4. Broadening scope of clients.
5. Programs, events and showings

Some groups don't offer all the above, but have a specific focus.

Metchosin has changed my life. What is mostly responsible for this is my volunteer work. Although many volunteers are certainly not similarly minded, it has broadened my thinking, my communication, my joy.

MCA FILM NIGHT

The Tea Explorer

Ric Perron

MCA Film Night
Metchosin Community House
4430 Happy Valley Road
Friday, May 31, 7:00 pm
75 Minutes

"There is something in the nature of tea that leads us into a world of quiet contemplation of life."

— Lin Yutang, *The Importance of Living*

An extraordinary documentary made by Canadian Jeff Fuchs. Fuchs, "...calls himself a 'tea junkie,' a man addicted to the second most popular drink on earth (water is the first). Jeff is a true tea aficionado – recently named one of the top ten 'tea influencers' in the world – and his lifelong search for the perfect cup of tea takes him on a journey along the ancient 'Tea Horse Road.' The Tea Explorer follows Jeff as he travels from the tea forests of south-west China over the Himalayas and down through the magnificent Kali Gandaki Gorge into Katmandu, where



the old tea traders once carried their leaves to market on the backs of mules. The Tea Explorer is a grand adventure through a forgotten part of history, revealing a fascinating and hidden world of tea." CBC Documentary Channel

This documentary has beautiful cinematography and extraordinary information about tea, the strains, the growing and ritual of tea-drinking. Jeff examines tea through tea stalls, factories and plantations. His journey into the Himalayas passionately reveals why tea became the drug of choice. Tea traders packing crates over 4800-meter passes, the tea began to ferment in their bamboo crates. When unpacked, the taste and smell would be, "earthier, more pungent." Their tea would have a different flavour than at lower elevations. The Tibetans added salt and yak-butter and "looked at as a fuel, it's more of a full-on meal." says Fuchs.

In the 1950's when China shut down this trade route, the economic conditions of people declined, as did their health and quality of the tea. Fuchs spent ten years documenting this tea route and trade, an important part of Asian history.

Photos courtesy CBC

Westshore Garden Tour

Barb Sawatsky

Westshore Garden Tour
Various locations
Saturday July 6
10:00 am–3:00 pm

Down To Earth Gardens & Nursery, in conjunction with Soroptimist International, will be hosting the first Westshore Garden Tour on Saturday, July 6. Of the seven gardens open to visitors, three are located in Metchosin, two are in View Royal and one each in Langford and Colwood.

All participating gardens are open from 10:00 am–3:00 pm. Included in the tour is a social gathering at Down to Earth from 3–6:00 pm, where ticket holders will be treated to a glass of blueberry bubbly, a silent auction, and music by well-known guitarist, Brad Prevedoros. No-host food trucks, Grilled To the Mac and Songhees Seafood and Steam, will be present and a photographer will be on site to record the day.

Kelly Chashai, owner of Down To Earth, and Joan Jackson from Soroptimist International of Victoria Westshore have been working diligently for months to organize this unique, self-guided garden

tour package. Passport booklets for the tour contain maps and information about the gardens and will be available for \$25 per person at Down to Earth, 1096 Derrien Place off Happy Valley Road, through PayPal or by e-transfer to victoriawestshore@soroptimist.net.

Mother's Day is fast approaching so I'd like to suggest a gift idea: a passport to the garden tour. This will be a memorable outing and ticket buyers will also be supporting Soroptimist International, which assists community-based and global projects benefiting women and girls.



Kelly Chashai from Down to Earth (L), Joan Jackson from Soroptimist International (R) Photo by Barb Sawatsky

Westmont Connects

James Boxshall

On Saturday March 9 Westmont Montessori School held a special event to mark the opening of our new classroom building and to honour the generations of Westmont families and friends who had come before us. We opened our doors wide to invite the community in, and to say thank you.

As you can imagine, there was much work behind the scenes as our longest serving staff combed through old address books, school lists and their memories to make sure that no stone was left unturned to find and reconnect with as many alumni families as we could. Liz Koolman and Barb Kennelly amazed us all with their recall of names (and a few of the stories they told of Westmont times past!) We had a lot of fun putting together the lists and reaching out across the community.

"It was such fun to take a trip down memory lane and reconnect with so many great folk who are part of Westmont's history," says Barb Kennelly, Westmont's Business Manager.

The day of the Open House dawned with glorious early spring sunshine

and our new school building looked at its very best. The sun streaming into the entrance hall through the floor-to-ceiling windows filled the space with warmth and light.

We knew it was going to be a special day when we heard someone say, as they came into the new building, "It feels just like Westmont." This was a person who had been at the school over twenty years ago! We have worked hard to make sure that our new spaces retain the welcoming, open and friendly feel of the school while providing us with the exceptional new facilities our students deserve.

Former principals, past board members, former students and staff, prospective families and their young children – there was such a great mix of people talking, laughing, remembering and sharing stories.

"The Open House was a highlight of the year for me," says Head of School Magnus Hanton. "To reconnect with the more than sixty years of history of Westmont, to feel the love that generations of families have felt for the school and to know that we are only a part of a much longer story – it was both humbling and inspiring."

The March Open House is just one great example of how Westmont seeks to nurture community connections. It is important to us that we reach out to the broader community and are open to overtures from the community as well.

We are, of course, connected to the community of Montessori schools in Victoria. We work closely together to support our missions and to cross-pollinate ideas and approaches. This year our High School team reached out to invite Maria Montessori Academy's High School staff and students to attend a discussion on careers. We were delighted to host seven key professionals from the community to talk to the combined group of high school students and staff about various potential careers, their requirements and the options available within their sector. The event was a great success – students gained valuable insights into their potential futures and are beginning to make plans on how to get there.

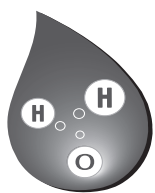
Echoing this approach of engaging with students' future selves our Middle School students used part of one of their in-depth 'intercession weeks' to visit UBC. After time on the campus and visiting the amazing museums, the

students ended their visit in the main library – choosing a subject of interest, checking out a relevant book, and sitting among the undergraduates to read and soak up the atmosphere. In this way they directly experienced a key element in what it would feel like to be a student at UBC.

Chloe, a Grade 8 student, offered the following perspective, "When you think of professors and university students, they seem so different but seeing them in their day-to-day I could imagine myself in their shoes."

What these experiences hopefully illustrate is the importance of community connections to our programs and to our students. Westmont has always seen itself as part of a larger community and we are grateful to have benefited so much from our connections and the supports they offer. We could not provide the educational experience that we do without the support of many, many people over many years. Thank you!

If you have ideas about how we might further connect to the community, please let us know your thoughts. You can contact us at connect@west-mont.ca



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Making the first dent in the invasives that are choking out the area and would challenge new plantings, the 14th Juan de Fuca Scouts and Venturers came out and tackled a tangled web of blackberries, ivy and holly.

Photo by Bonnie Farris

I'm On My Way – Blaney Trail Restoration

Bonnie Farris

So, how do you create something positive from resident outrage over the insensitive tree cutting that occurred on Blaney Trail late last year? The devastation of what had previously been a secluded tranquil oasis overlooking the ocean angered people throughout Metchosin; angered them into action, into stepping up and volunteering to help remediate the site and make it into something more than it was before.

Councillor Marie-Terese Little hosted a public forum on April 16 to present an initial concept plan that addresses the numerous components of the project: slope instability

issues, water drainage, two memorials and the replanting and beautification of the site. Over forty residents attended to give input on the plan drawn up by the creative Anne Taylor, a wonderful landscape designer here in Metchosin. There was overall approval of the plan and residents expressed their appreciation for the forum. Councillor Little will incorporate the feedback prior to presenting it to Council for approval.

As the Scottish band The Proclaimers croon: "I'm on my way from misery to happiness today...To keep the past, the past and not the present." Let's move forward on this project with enthusiasm and grace.

Metchosin Farms – The Umi Nami Farm

Heather Ramsay,
Co-manager, Umi Nami Farm



Heather (left) and farm worker Miho (right) weeding in the greenhouse. Photo by Heather Ramsay

the first greenhouse was built, Umi Nami Farm started with a mission to provide vegetables to people right here.

Back in the mid-90s when Yoshiko Unno and the late Tom Suganami were contemplating a move from Japan to New Zealand in hopes of more land for their organic farm, their friend Madoka Yasamura invited them to consider Victoria, BC instead. She saw a niche for a farm that would provide vegetables to the local Japanese community.

Umi Nami Farm soon grew to serve the broader community with more than thirty-five different kinds of Japanese and Western fruits and vegetables, and became one of the first farms in the area to provide organic vegetables all through the winter as well as in the main season.

When I first came to Umi Nami Farm ten years ago, it was in large part because the farm's year-round organic production had piqued my interest. Over the years since I joined the farm, I've heard many customers and farm visitors comment that everything at Umi Nami Farm is done with care: the attention given to transplanting each seedling, the sparkling clean vegetables on the market table, and the



Umi Nami Farm photo by Kazu Yamada

Down in a sheltered valley in the south end of Metchosin lies a little gem known as Umi Nami Farm. But then again, with 26 unheated greenhouses all in certified organic production, maybe it's not so little. It's not uncommon for people passing by to assume that we only do wholesale to the Mainland. Nothing could be further from the truth. Long before

intention that goes into checking the quality of the crops.

With the year-round box program at the heart of what we do, all our crop planning is based on growing a steady and varied supply of produce no matter what the season. In late winter and early spring we fill our vegetable boxes with overwintered greens plus the kabocha squash, potatoes and dry beans we harvested the previous fall. Meanwhile, every week we plant a row or two of our signature Japanese greens and turnips in the greenhouse, along with the occasional row of beets and carrots. In the nursery we start seeds for kale and cabbage, zucchini and tomatoes, Japanese cucumbers and more. By early summer our weekly vegetable box is a rainbow of cucumbers, eggplants, tomatoes, and zucchini, along with our year-round greens, which we grow outdoors during the

hotter months. Fall brings our sweet onions, new potatoes and beautiful Chinese cabbage, which is surprisingly as good in salad as it is in stir fry.

Metchosin soils yield beautiful and healthy organic crops and that inspires us to do the hard work of planting and harvesting in both July heat and January cold. Hearing our customers tell us that they love the way our vegetables taste and that they love how well they feel when they eat them is such a rewarding part of what we do. If you are interested in giving our vegetable box a try, you can reach



Yoshiko (right) and Madoka (left) with our customer Gary Kangas picking up his weekly vegetable box. Photo by Heather Ramsay

Umi Nami Farm at 250-391-0763 online at uminamifarm.com and on facebook @uminamifarm. The Umi Nami Farm is at 961 Matheson Lake Park Road

Metchosin Museum Society Annual General Meeting (AGM)

The AGM for the Metchosin Museum Society will be held on May 30, at 7.00 pm in the Metchosin Community House 4430 Happy Valley Road

Refreshments will be provided.

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Editor's note: The Muse has long supported local production/consumption and would love to profile local Metchosin farms. If you are a local producer and would like to share some of the particular attributes of your farm, please send a short article to metmuse@shaw.ca and we will see what we can do to include you in the Muse.

The Mighty Garage Sale Cometh

Johnny Carline

Mighty Garage Sale
 4430 Happy Valley Road
 Saturday May 25 9:00 am–3:00 pm
 Sunday May 26 9:00 am–3:00 pm

There is a beautiful Italian song, *O Sole Mio*, that the three tenors – Pavarotti, Carreres and Domingo – had wonderful fun with on their famous tour some years ago. Even more years ago, Elvis Presley had a great popular hit with his version, called *It's Now or Never*. So, it is time Metchosin had its own version – this time to celebrate the upcoming Metchosin Mighty Garage Sale. It is no artistic threat to anything that has gone before – just a reminder that the most important fund raiser on the Metchosin Community Association's calendar and one of the best attended community events, second only to Metchosin Day, is coming and it needs your help.

It's now or never. Clean out your shelves, The Garage Sale's coming. We need lots of good elves, Waiting for summer, will be too late. The Garage Sale is coming. It's time to donate!

When I first saw it. I thought "that sweater's nice. A bit on the big side. But it's on at half price!"

My wife just hates it. Says I look like a whale. So, it's gone in the box, bound for the garage sale.

It's now or never. Clean out your shed. And all those boxes, you've kept under the bed.

You haven't used them, since two thousand and two.

Off to the Garage Sale. The MCA will thank you.

We have all got them. Those dreaded in-laws.

He's just a gasbag. She reminds you of 'Jaws'.

But those presents they gave you, should not go to waste.

They'll sell at the Garage Sale. There's no accounting for taste. It's now or never. Donate what you can. Then come to the Garage Sale, and buy them all back again! You can shop for hours. You'll not go in debt. And the community spirit, you'll never forget.

The Metchosin Mighty Garage Sale serves many objectives. It is one form of recycling, which we all support. It is an opportunity for those not so well off to buy things they need at prices they will never see in the stores. It brings the community together to have fun in a common cause.

It really is a huge amount of fun. And it provides the Community House and the Metchosin Community Association the funds they need to operate the house and host, and occasionally finance, all the wonderful programs and events that the community enjoys at the House.

Donations can be made from 10:00 am to 2:00 pm, Saturday, May 18 to Friday, May 24 (except Thursday, May 23, when donations can be made until 6 pm) and the Sale itself is from 9:00 am to 3:00 pm, Saturday, May 25 and Sunday, May 26 – see the advert in this issue of the *Muse* for more details.



Hans Helgesen

FUN FAIR

May 31st from 5-8pm

100% of proceeds to benefit our classrooms through the HHPAC

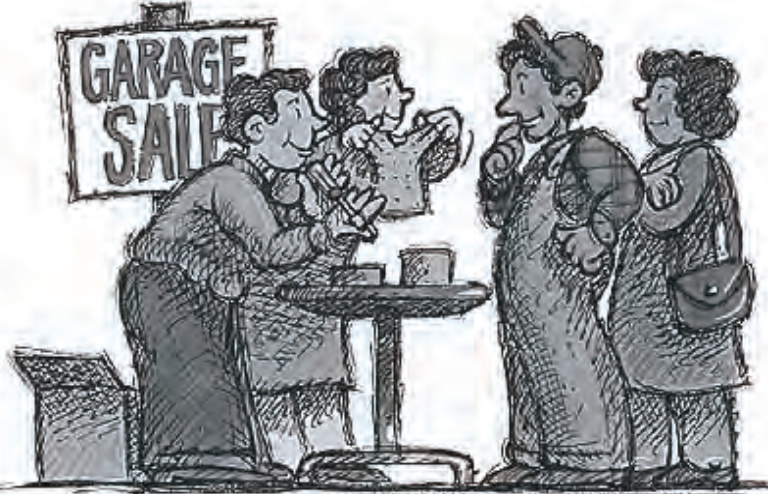
REMEMBER YOUR CASH FOR FOOD AND GAME TICKETS

ADMISSION IS FREE!



Metchosin Mighty Garage Sale

To support the Metchosin Community Association and the programs it hosts at the Community House
 4430 Happy Valley Road - 9 am to 3 pm - No early birds
 Entry by Cash Donation



Saturday, May 25

First Choice of the Best Bargains and Silent Auction

Sunday, May 26

Clearance

Cheapest Prices

Sale and Auction

On Saturday and Sunday, come and browse through the big tents for furniture, electronics, sporting goods, yard goods, tools, housewares, collectibles, clothing, antiques and mystery stuff. Also visit the Chic Boutique for high end, quality, gently used items at bargain prices.

On Saturday, be sure to participate in the silent auction held inside the Community House for a chance to get some of the choicest donations.

Donations

We need your unwanted 'stuff' including antiques, collectibles, toys, clothing, books, furniture in reasonable condition, small appliances in working order, tools, sporting goods, china and household goods.

Donations can be dropped off at the tents beside the Community House daily, starting Saturday, May 18 through to Friday, May 24 from 10 am to 2 pm

New! Drop off until 6 pm on Thursday!

Please no mattresses, exercise equipment, TV's, sofas, stuffed armchairs, old shoes, soiled clothing, microwaves, computers, entertainment units, BBQs, large appliances, cribs, car seats, luggage, skis or magazines

Entry to the Mighty Garage Sale is by cash donation at the gate.

All proceeds from the event go to support the Metchosin Community Association and their programs.

For more info call 250-478-5155



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2019 Exhibition of Ceramic Art



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Friday May 24, 6-9 pm

EXHIBITION & SALES CONTINUE

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Know something interesting happening in Metchosin?
Talk to the Muse!

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

HOUSE HAPPENINGS

Ongoing Programs

Mondays

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

Pearson College Students Outreach: 3–4:30 pm. Helping seniors and youth in our community. Invite Pearson College students to visit or help with a project. Particularly aimed at Metchosin seniors; call 250-474-0634 and leave a message.

Knitting Café: On the first and third Mondays monthly, 7–9:00 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. **No Knitting Café May 20.**

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. For more info contact Arlene at 250-391-7905. **No Art Group May 21.**

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.

Singalong – Metchosin Rough Voice Singers: Finished for the season will restart in October. Contact Barb Sawatsky for more information (250-478-0553).

Wednesdays

Vancouver Island Health Authority Adult Day Program: 9:00 am–3:30 pm (see Monday for details). Check with VIHA for location May 22.

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 (email blueheronstudio@telus.net, or call 250-595-6406) 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.

Fridays

Parent and Tot Program: 9:30–11:30 am. Calling all Metchosin tots! The Parent and Tots Drop-In Program invites moms, dads, caregivers and their young children to join us Friday mornings for our community 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. **No P&T May 24.**

Pearson Student Activities: 3–5:00 pm. For more information call 250-474-0634. **No Pearson May 24.**

Ukulele Gathering: 5:00–6:30 pm, 3rd Friday of each month. Tell all your ukulele-playing students, friends, and relatives! 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, 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: Friday, May 31, 7:00 pm, The Tea Explorer - 75 minutes. An extraordinary documentary made by Canadian Jeff Fuchs. Please see page 8 in this issue for more info.

Events

A Presentation on Metchosin Land Use By-Law Infractions and some future remedies. Wednesday, May 15 at 7:00 pm. Sponsored by The Association for the Protection of Rural Metchosin (APRM).

Guest Speaker: May 16, 7:00 pm. Awesome Volunteer Organizations: Thinkers and Doers. Please see article on page 8 in this issue for more details.

Mighty Garage Sale: May 25 and May 26, 9:00 am–3:00 pm. Collections start May 18 – May 24, 10:00 am – 2:00 pm. We need your unwanted 'stuff' including antiques, collectibles, toys, clothing, books, furniture in reasonable condition, small appliances in working order, tools, sporting goods, china and household goods. **Donations can be dropped off at the tents beside the Community House daily, starting Saturday, May 18 – Friday, May 24 from 10:00 am–2:00 pm** with drop off until 6:00 pm on Thursday! *Please no mattresses, exercise equipment, TV's, sofas, stuffed armchairs, old shoes, soiled clothing, microwaves, computers, entertainment units, BBQs, large appliances, cribs, car seats, luggage, skis or magazines.* **Saturday, May 25 First Choice of the Best Bargains and Silent Auction – Sunday, May 26 Clearance Cheapest Prices.** For more info call 250-478-5155.

Art On The Walls: Doug Gilbert in collaboration with the Metchosin School Museum Society has compiled a show of 18 historic photographs of Metchosin dating back to the early 1900's. 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.

www.metchosincommunityhouse.com

Just One Change

Joan Rosenberg and
Kathleen Sutherland

We just got back from playing modified tennis (attempting to play tennis but letting the ball bounce a few extra times, not worrying about those white lines on the court – that kind of modified.) We also noticed the sign on the fire hall stating that the last day to burn is May 31 so we need to continue “fire smarting” our place. Both are examples of good exercise! Be creative!

Inactivity is described by the Department of Health as a ‘silent killer.’ Evidence is emerging that sedentary behaviour, such as sitting for long periods, is bad for our health. Not only should we try to raise our activity levels, but also reduce the amount of time we spend sitting. Spend time together with family and friends doing something active!

However, if it’s been awhile since you’ve exercised or have health issues or concerns, talk to your health care provider before starting any exercise routine. (See January *Muse* issue page 16)

BALANCE

Good balance is essential for a flexible body, and stable movement. This next exercise is a continuation of last month’s leg swing exercise. Since it’s a little tricky, be careful.

Leg Swings – Part Two: Holding on to a wall or chair, stand on your right leg and raise the left leg two to six

inches off the floor. Once stable, swing your left leg forward and backward, touching the floor for balance as needed, while keeping your torso erect. Switch legs. Now, repeat the moves, but don’t allow your foot to touch the ground. Once this is easy, swing the left foot to the left side, holding the right arm out. Switch legs and repeat.

STRENGTH

By improving strength, we can slow muscle loss and stimulate muscle growth. Strong muscles react faster and have more endurance. As we age, muscles lose mass and strength, so it’s important to maintain or even build muscle strength as you age with regular strength training exercises, such as weight lifting.

This month work on strengthening your core muscles. Your core actually consists of much more than just your “six-pack” muscles. It includes almost your entire torso, from the front of your stomach wrapping all the way around your lower back. Since the core supports and stabilizes your spine, you’ll find that with a strong core it becomes much easier to bend, reach, and twist. In turn, this helps you become less susceptible to balance-related falls.

The following two exercises are a simple way to strengthen your core anywhere, any time.

Core exercise 1: This first exercise activates the transverse abdominis muscle that wraps around the core, drawing it in like a corset.



Stand tall (eventually you’ll do this exercise throughout the day without thinking about it – even while you’re walking). Now draw in your belly button to your spine while lightly contracting your abs. Hold this contraction for as long as you feel comfortable and practice it several times a day. Make sure to breathe!

Core exercise 2: This core exercise is for your back muscles. When you are standing, for example at the sink doing dishes, waiting for a bus, etc. stand tall and notice your posture. Then tighten your ‘butt’ by squeezing your gluteus muscles. You will notice you are tightening your perineal muscles as well.

Hold for several seconds. Relax and repeat.

These might seem overly simple at first glance, but by making these two exercises a habit can have a powerful strengthening effect on your core, and improve your posture.

AEROBIC

Continue with the walking programme you have started but build on it. People ideally should do some type of aerobic exercise every day. Dancing is an effective way to add aerobic exercise to your weekly routine. There are many dance exercise DVDs that can be used at home, or check out the Juan

de Fuca recreation centre or the Y for dance exercise classes or just turn on the tunes and dance in the comfort of your own home. Dance requires constant movement and movement in different directions so you are not only working on your aerobic stamina but also your balance.

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online at
www.metchosinmuse.ca

Metchosin Astro Kids – A New Opportunity

Bill Weir

Do your child(ren) and you have an interest in astronomy but don’t know where to begin or go? Do you and your child have a telescope but don’t know how to use it, so now it just sits unused in a closet? Would your child and you like to meet other people in the same situation and learn together with guidance? Or, perhaps you are a young person who already has a developed knowledge of astronomy but haven’t been able to find other like-minded youth.

Astronomy is a hobby where it can be hard to find other like-minded people even as an adult and I’m sure even harder as a young person. While there is no age requirement to join the local Victoria Centre of the Royal Astronomical Society of Canada (RASC), it does tend to skew to a much older age group. This is where I see the opportunity for a Metchosin Astro Kids (MAK), and I’m willing to facilitate it.

I have been a resident of Metchosin for over thirty years and doing astronomy in Metchosin for over twenty of those. Perhaps you have seen me wandering around Metchosin Day with my little solar telescope sharing views

of the Sun. Regularly for Lunar Eclipses I’ve been setup with my gear at the beach end of Taylor Road.

On occasion I’ve ambushed people as they’ve gone in and out of the Cafe offering views of the Moon with one of my telescopes. I could always be

“I want it to be fun with learning as well as helping young people...”

found at the star party that was held for many years on the municipal grounds; and for about twenty years I’ve been volunteering with the astronomy activity at Pearson College. I have a fair knowledge of telescopes and the sky and am willing to pass this on to your child and you.

How do I see this playing out? I’m not sure as that will all depend on interest. I don’t want it to be a rigid teaching affair but way more flexible depending on need and as questions arise. I want it to be fun with learning as well as helping young people interested in astronomy finding others in

their age group with a similar interest. Perhaps you might have noticed how I always used the phrase “your child and you.” I want you to learn together and grow together in the hobby. It should go without saying that this is not intended to be an Astro child-minding service.

Where can we meet? I’m not totally sure of that. I have some ideas but it will depend on numbers. I’m sure we will all figure it out and learn together. From time to time I may also be able to convince other astronomy minded people I know in Metchosin to show up and share what they know.

Do you need to have a telescope? You definitely do not. You only need an interest because, as the world famous female Canadian astronomer Helen Sawyer Hogg titled her book, “The Stars Belong to Everyone.” In the end I hope this evolves into a youth driven group that barely needs adults in the picture.

I’m planting this seed and waiting to see how it grows over the spring and summer with anticipation of something happening in the fall. If this interests you, I can be reached at bweir@shaw.ca



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Barrett Fullerton, known throughout Metchosin for his amazing appetizers, plates his Mexican ceviche for the Gourmet Dinner. Photo by Helen Fletcher

A Wonderful Evening for Winner of Gourmet Dinner Raffle

Helen Fletcher

Each year, for the past four years, six of Metchosin's chefs have donated their recipes, their time, the ingredients and their skills to create mouth-watering menus. Tickets for the gourmet dinner are sold to raise funds for the Metchosin Seniors' Association (MSA).

At the Apple Bee Festival in 2018, Sarah Chettleburgh purchased a \$20 ticket for a chance to win a gourmet dinner. Mid-November at the weekly tea gathering, MSA member Pat Vernon drew Sarah's name from a large bowl of tickets.

Following the dinner that took place this March, Sarah wrote:

Thanks to the fabulous chefs for creating and coordinating such a wonderful gourmet dinner. We all had a really wonderful time catching up with each other, while the servers so capably and smoothly served us six amazing courses - we loved hearing the descriptions beforehand!

The ceviche was fresh and lively, the corn soup was

beautifully sweet and smooth, the fennel and orange salad was lovely and refreshing, the lamb tagine was so flavourful and tender, and paired wonderfully with those incredible thrice baked potatoes and beans and mushrooms, and the mocha buttercream in the chocolate cake was truly decadent.

It was a real treat to share the evening with good friends and family, while being able to fully relax without lifting a finger in our own home. Thank you for creating such a memorable evening for us. What a fabulous fundraising idea for the Seniors' Resource Centre! We will certainly be spreading the word!

Many thanks to the chefs, including Barrett Fullerton, Deirdre Chettleburgh, Anne Richmond, Helen Fletcher, Betty Hildreth and Lorraine Buchanan. Plans are already underway for the 2019 Gourmet Dinner Raffle and tickets will be available at all major Metchosin events or at the Seniors' Resource Centre. The MSA appreciates your ongoing support!

METCHOSIN

Seniors' Resource Centre

Coordinator Dawn Boshcoff

Hours of Operation

Noon-4:00 pm Monday through Thursday

Note: We will be closed for Victoria Day Holiday Monday, May 20

Ongoing Programs at the Seniors' Resource Centre

Mondays 2-4:00 pm

Geeks and Geezers Learning Lab*

Inter-Gen Connects Seniors and Students

Wednesdays 1-3:00 pm

Tea Time / Coffee Chat - All welcome!

Thursdays 2-4:00 pm

Geeks and Geezers Learning Lab*

*Please call to schedule an appointment

Drive & Dine Free Meals

Save these dates! All ages welcome.

Monday, May 13

Monday, June 17

5:30-7:00 pm Community Supper at Gordon United Church

Thursday, May 30

Thursday, June 27

12-1:00 pm Potluck Lunch at Metchosin Community House

Request a drive to and from these events or RSVP by calling 250-478-5150.

Volunteers Serve Local Seniors

Through Metchosin's Better at Home* program, we are able to provide a variety of services, delivered by a dedicated team of volunteers, through the Seniors' Resource Centre.

Do you know a senior needing a drive, a companion, a friendly visit or computer help? Please call 250-478-5150 to learn more. *Better at Home is funded by the Government of BC and managed by the United Way.

UVic Hosts AM Coffee House in Metchosin

Come and learn about the many available free programs which are offered locally and how our community benefits when you and/or your family members get involved. These include UVic's self-management courses, personal health coaching and various studies, that you can get involved in

locally, through the University of Victoria's Centre for Aging and Lifelong Health. Study group members and program coordinators, along with UVic associates, graduates and volunteer course facilitators, will gather at the Metchosin Community House on Saturday, May 4 from 10:00 am-12:00 pm to meet local residents. This event, offered in partnership with the Seniors' Resource Centre and the University of Victoria, is disabled friendly, accessible, and has free parking, door prizes, coffee, tea and refreshments.

Hearing Checks in Metchosin for Better Hearing Month

NextGen Hearing Tests will be available locally and free of charge at the Seniors' Resource Centre. Call 250-478-5150 to book your appointment or arrange a drive. **Book your 30-minute session on**


Wednesday, May 22 from 10:00 am-1:00 pm.

Save the Date for MSA's 6th Annual Parisien Cafe

Join us again this Saturday, June 1, 10:00 am-12:00 pm in the courtyard at the old school in the village for one of our most anticipated annual events!

Seniors' Resource Centre ~ Metchosin

Drop by and visit at 4495 Happy Valley Road in the Metchosin Arts and Cultural Centre. Call 250-478-5150 for more information, pick-up a newsletter, or subscribe with your email at www.metchosinseniors.ca. Like and Follow us on Facebook @ Seniors Resource Centre - Metchosin




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We



Locals

Talk to the Muse!

If You See It, Report It!

Johnny Carline

Metchosin is a wonderfully peaceful community full of really nice people. You might be tempted to think nothing untoward ever happens here. But it does. Each month the RCMP supplies the Muse with a summary of events they have investigated in Metchosin, which we duly publish. There is rarely anything you would call a major crime in that list. But there are some things to be concerned about and, perhaps more important, if we can get a hold of the people responsible for the minor stuff, there is a chance they can be helped before they graduate to worse stuff.

become a very serious problem. This is consistent with the 'Broken Windows' theory, created by James Wilson and George Kelling, and made famous by New York Mayor Rudy Giuliani, which suggests that paying close attention to minor crime ultimately leads to a reduction in major crime. It is a controversial theory but my visits to New York led me to believe that Giuliani

that if it is serious, someone else will report it; it does not have to be us. For most of us, there is a reluctance to 'tattle' on others that was probably inculcated in us in our school days and which, along with a 'there but for the Grace of God go I' feeling, induces us to give others the benefit of the doubt perhaps more than we should. And, let's face it, we are all sometimes just a bit lazy about doing our civic duty when it interferes with a pleasant day; this is, after all, Metchosin, not New York – here, the ill-intentioned criminal mind probably creates less property damage than the absent-minded deer. But, whatever the reasons, the RCMP would like us to try a bit harder

"The West Shore RCMP works with the community to prevent crime and keep our neighbourhoods safe."

Corporal Dovell,
NCO West Shore RCMP

The RCMP have communicated to the *Muse* that they believe a lot of suspicious or not-so-good stuff, such as speeding or possibly driving under the influence, goes unreported. And that does not help them do their job. The more reports they get, the greater chance they have of identifying folk who may be getting into bad habits that can eventually

may not have been altogether wrong in claiming credit for the improvements his strategy seemed to bring about.

Nonetheless, there may be a lot of reasons why we don't report these things when we see them. We are often busy, going somewhere and don't have the time or inclination to break up our day by stopping to phone the RCMP. We may assume

to overcome them, to report what we see to the RCMP, and to trust them to pursue what should be pursued and to use their discretion in dealing with minor indiscretions that could possibly be let go.

Most people would probably agree that the RCMP does a pretty good job in helping keep life in Metchosin pretty free of nuisance and crime that plague some other areas. And, in this writer's view, if they are asking for our help to ensure that they can continue to do the good job they clearly want to do, then we probably owe it to them to try to give them the help they are requesting. That is in the spirit of the community partnership approach that is the foundation of the 'Metchosin Way.'

As Corporal Dovell said, "The West Shore RCMP works with the community to prevent crime and keep our neighbourhoods safe." So, if you see something suspicious, call the non-emergency line 250-474-2264. If you observe a crime in progress use 911 as it is the most effective system to get information for prompt police response. One call may or may not be a 'case buster'. But collectively, they may just do a power of good.

The Market Returns with the new Ron Jenkins Bandstand

Johnny Carline

Metchosin Farmers' Market
4450 Happy Valley Road
Sunday, May 12
11:00 am–2:00 pm

The Metchosin Farmers' Market makes its welcome return on May 12 at 11:00 am. The Producers Association president Jacqui Anderson promises a full market and, in addition, a special event.

That special event is the opening and dedication of the new Ron Jenkins Bandstand. Ron Jenkins, Metchosin's minstrel, was a fixture at the

market and as Jacqui emotionally conveyed "he meant so much to all of us."

Councillor Marie Terese Little will officiate at the dedication, starting at noon, with Ron's wife Sandy and his daughters in attendance. Also present will be some of Ron's old musical colleagues and it is likely that they may bring back some memories by playing a few tunes that they and Ron used to play together.

This promises to be a memorable event for the Market and the community, and one which will help ensure that Ron's presence at the Market will continue to be felt for years to come.

RCMP Call-Outs

MARCH 2019

Constable Chris Dovell, Client Services NCO,
West Shore RCMP | GRC de West Shore

- Mar 03 **Rocky Point Road** – Vehicle collision with deer.
- Mar 09 **Happy Valley Road** – Vehicle collision. Suspected impairment by drugs.
- Mar 12 **Alfred Watt Road** – Explosive device. Identified as military ordinance and removed.
- Mar 24 **Rocky Point Road and Taylor Road** – Vehicle struck pedestrian.
Rocky Point Road – Assault. Investigation ongoing.
- Mar 27 **Happy Valley Road** – Hit and run collision. Owner located.
- Mar 31 **Rocky Point Road and Malloch Road** – Vehicle collision.
William Head Road – Abandoned vehicle. Black Chevrolet Silverado towed.



Fire Department Call-Outs MARCH 2019

Fire Chief Stephanie Dunlop ••• Check out Metchosin Fire on Facebook or follow me on Twitter @ ChiefDunlop

- | | | |
|--|--|---|
| Mar 1 William Head Road – Open Burn - General | Mar 15 Pedder Bay Drive – Medical | Mar 22 Happy Valley Road – Medical |
| Mar 3 Unspecified location – Open Burn – Camp Fire | Happy Valley Road – Community Event | Mar 23 William Head Road – Medical |
| Mar 8 Sutiaccum Road – Medical | Ferncliffe Place – Medical | Mar 24 Grant Road – SFRes – Smoke/Smell in Structure |
| Sooke Road – Medical | Happy Valley Road – Medical | Taylor Road – MVI |
| Spellman Place – Medical | Mar 16 Metchosin Road – Assistance – Public Works | Rocky Point Road – Medical |
| Latoria Road - Medical | Mar 17 Rocky Point Road – Medical | Duke Road – Medical |
| Kangaroo Road – Open Burn – General | Metchosin Road – Assistance – Public Works | Mar 30 Butler Road – SFComm |
| Mar 9 Happy Valley Road - MVI | Neild Road – Medical | Wild Ridge Way - Brush/Grass – Smoke Smell/Sighting |
| Mar 10 Steeple Chase – SFRes | Mar 18 William Head Road – Medical | Mar 31 Rocky Point Road – MVI |
| Mar 12 William Head Road – Medical | Mar 19 Swanwick Road – Alarm Bells – Residential | Happy Valley Road – Medical |
| Metchosin Road – Medical | Sutiaccum Road – Brush/Grass – Fire | |
| Mar 13 Rocky Point Road – Medical | Jelinek Place – Medical | |
| Mar 14 Lisandra Road – Brush/Grass – Smoke Smell/Sighting | Mar 20 Aquarius Road – Assistance BCAS | |
| | Derrien Place – Medical | |
| | Mar 21 Unspecified location – Open Burn – Camp Fire | |

MVI: Motor Vehicle Incident.
SFRes: Structure Fire Residential.
SFComm: Structure Fire Commercial

Metchosin Art Collective – Studio, Gallery and Workshop Centre

- coming soon to a heritage schoolhouse near you!

Memet Burnett

For the past three months a group of local artists have been figuring out a way to make the ground floor gallery space in the former Metchosin School into something new and exciting.

"We wanted to create a space not just for artists to create and display their work, but also for the greater Metchosin community to gather for workshops, talks, art openings, and art movie nights." explains the group founder, Diana Smith.

The group gets possession of the space early May, and hopes to have moved in by early

June. Stay tuned for the Open House invite! They are accepting applications for a few more artists interested in joining the collective, and are also open to ideas from the public as to what sorts of art-related activities the community might be interested in. For applications and further information on membership (studio space or display space) please contact Diana Smith at dsmith2006@shaw.ca. To take part in a quick (5 min) Survey Monkey suggesting possible workshops/speakers/ etc., contact Margaretha (Memet) Burnett at memetopia@shaw.ca

A Presentation on Metchosin Land Use By-Law Infractions and some future remedies.

Sponsored by The Association for the Protection of Rural Metchosin (APRM)

Mountain soil deposits; 2) The history of the successful halt to a Kangaroo Road wetland intrusion; and 3) A presentation of by-law and process in use by a similar rural municipality.

A photo display will illuminate some of the current non-conforming sites.

An informed public can lead to a successful way forward.

APRM Presentation

Wednesday May 15 7:00 pm
Metchosin Community House
4430 Happy Valley Road

This three-part forum will give a retrospective on 1) Ash

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.

HELP WANTED

Garden and lawn help wanted. Individual to help with weekly lawn and garden maintenance on 2-acre landscaped property in Metchosin. 250-889-4312

Important Dates and Events

May 1	Garden Club Talk.	p. 5
May 11	Memorial for Noel Pemberton-Billing.	p. 6
May 12	Metchosin Farmers' Market Returns	p. 15
May 15	APRM Presentation	p. 16
May 16	MCA Speaker Series	p. 8
May 25	Mighty Garage Sale	p. 11
May 26	Mighty Garage Sale	p. 11
May 30	Metchosin Museum Society AGM	p. 10
May 31	Film Night at the MCA.	p. 8
May 31	Hans Helgesen Fun Fair	p. 11
Jul 6	Westshore Garden Tour	p. 9

For **Council meetings**, please see p. 4. For ongoing events at the **Metchosin Community House**, please see p. 12.

For **Metchosin Seniors' Resource Centre** events, please see p. 14.

CRD Nature Events take place throughout the year in Metchosin. For details, go to crd.bc.ca/parks-events.

Clip and save this listing!

The Muse Traveller



Happiness is holiday makers Mike and Mae Juleff reading the 'Metchosin Muse' on the Malecon in Puerto Vallarta.

Photo by Mary Juleff



Metchosinites Odell Loubser and daughter Hanli enjoy the Muse at Anaeho'omalu Beach, Hawaii

Photo by Andries Loubser

Metchosin Directory

Emergency Calls

911

- Report a fire
- Report a crime
- Report an accident
- Save a life
- Imminent safety

Metchosin Fire Department:

250-478-1307

Police (Non-Emergency):

250-474-2264

Military Police Non-Emergency

(250) 363-4032

District Office (office hours):

250-474-3167

AIR CADETS

250-590-3690
www.848royalroadsaircadets.com
848air@cadets.gc.ca FB 848aircadets

ALZHEIMER SOCIETY OF BC

250-382-2052
www.alzheimerbc.org

ASSOCIATION FOR THE PROTECTION OF RURAL METCHOSIN (APRM)

250-881-8280
FB Metchosin APRM

BADMINTON

Women's 250-478-9648

BILSTON WATERSHED HABITAT PROTECTION ASSOCIATION

250-478-2387
ikmcken@islandnet.com
www.bilstoncreek.org

CRD PARKS

250-478-3344
crdparks@crd.bc.ca
www.crd.bc.ca/parks

FREE RANGE SINGERS

250-478-3319
FB MetchosinFreeRangeSingers

GIRL GUIDES OF CANADA (Metchosin and Colwood)

250-478-5484
tandwcampandcomish@shaw.ca

LA LECHE LEAGUE CANADA

250-727-4384

METCHOSIN 4-H CLUB

metchosin4h@gmail.com
www.metchosin4h.com

METCHOSIN ARTS AND CULTURAL CENTRE ASSOCIATION (MACCA)

info@metchosinartcentre.ca
www.metchosinartcentre.ca

METCHOSIN BIODIVERSITY PROJECT

www.metchosinbiodiversity.com

METCHOSIN COMMUNITY HOUSE

250-478-5155
mcahouse@telus.net
www.metchosincommunityhouse.com

METCHOSIN COUNCIL

250-474-3167
mayorandcouncil@metchosin.ca
www.district.metchosin.bc.ca/meetings

METCHOSIN CRICKET CLUB

250-474-4601
www.victoriacricket.com
FB MetchosinCricketClub

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

250-478-2374
tammyberry269@hotmail.com
www.mesmetchosin.com

METCHOSIN FOUNDATION

contact@metchosinfoundation.ca
http://metchosinfoundation.ca

METCHOSIN GARDEN CLUB

250-360-7557

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, 250-478-0765

METCHOSIN PONY CLUB

250-727-3595

METCHOSIN PRESCHOOL

250-478-9241
metchosinpreschool@gmail.com
www.metchosinpreschool.com

METCHOSIN PRODUCERS' ASSOCIATION

metchosinfarmersmarket@gmail.com
FB Metchosin Farmers' Market

METCHOSIN SEARCH & RESCUE

metchosin.sar@gmail.com
http://www.metchosinsar.ca

METCHOSIN SENIORS' INFORMATION & RESOURCE CENTRE/METCHOSIN SENIORS' ASSOCIATION

250-478-5150, msirc@shaw.ca
www.metchosinseiors.ca

MT. MATHESON CONSERVATION SOCIETY

250-642-0238

NEIGHBOURHOOD EMERGENCY PREPAREDNESS PROGRAM (POD Leaders)

Kathleen Sutherland 250-474-3966
neighbourhoodpod@gmail.com

PACIFIC CENTRE FAMILY SERVICES ASSOCIATION

345 Wale Road, Colwood
250-886-2481
www.pacificcentrefamilyservices.org

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

TOPS: Take Off Pounds Sensibly

Shelby Quissy
250-474-3812

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 CONCERT BAND

250-474-3999
info@westshoreband.org
www.westshoreband.org

WEST SHORE PARKS AND RECREATION

250-478-8384
www.westshorererecreation.ca

WESTSHORE RUGBY FOOTBALL CLUB

U14.U16.manager@gmail.com
westshorerfc.com

FAITHS

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

Anglican Network
250-590-6736
www.opengatechurch.ca

ST MARYS' METCHOSIN

Anglican Church of Canada
250-474-4119
stmarysmetchosin.ca

WESTSIDE BIBLE CHURCH

250-478-8066
www.westsidefamily.org

WESTSONG COMMUNITY CHURCH OF THE SALVATION ARMY

250-474-5967

www.westsong.ca

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