



# *Metchosin Muse*

[metchosinmuse@gmail.com](mailto:metchosinmuse@gmail.com) [www.metchosinmuse.ca](http://www.metchosinmuse.ca)



**SORROW**  
**ADMIRATION**  
**HOPE**

# Metchosin Muse

Email [metchosinmuse@gmail.com](mailto:metchosinmuse@gmail.com) Web [www.metchosinmuse.ca](http://www.metchosinmuse.ca)

## CO-EDITORS

Allen Jones, 778-265-6385  
 Johnny Carline, 250-474-4601  
[metchosinmuse@gmail.com](mailto:metchosinmuse@gmail.com)

## ADVERTISING

Jennifer Burgis, 250-881-8280  
[j.burgis@telus.net](mailto:j.burgis@telus.net)

## DESIGN AND LAYOUT

Leslie Eaton

## DISTRIBUTION CO-ORDINATOR

Barrett Fullerton

## EVENTS

[metchosinmuse@gmail.com](mailto:metchosinmuse@gmail.com)

## MAILING ADDRESS

c/o L. Spiller  
 4741 Lisandra Road  
 Victoria, B.C., V9C 4G1

## AD DEADLINE

The 14<sup>th</sup> of the month for month-end publication.

## ACCOUNTS & CLASSIFIEDS

Linda Spiller, 250-590-0168  
[amuselinda@gmail.com](mailto:amuselinda@gmail.com)

## Classified Ads

\$15 for up to 25 words per edition.  
 Deadline: 14<sup>th</sup> of the month.  
 Payment in advance preferably by e-transfer. Contact Linda at [amuselinda@gmail.com](mailto:amuselinda@gmail.com) or 250-590-0168.

## SUBMISSION DEADLINE AND HOW TO SEND COPY

All articles and advertisements are due by the 14<sup>th</sup> of the month. Please send copy as an email attachment using Microsoft Word, text or RTF to: [metchosinmuse@gmail.com](mailto:metchosinmuse@gmail.com). Do not send PDFs. Photos should be high resolution and be in jpg or tif format only. Typewritten or handwritten copy may be acceptable if you have no computer access; please call Linda at 250-590-0168 for arrangements. 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](http://www.metchosinmuse.ca)

## ABOUT THE MUSE

The *Metchosin Muse* is a local non-profit, arts, interests and activities publication, produced by the *Metchosin Muse* Society. 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.

## CURRENT CIRCULATION:

2700

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

The *Muse* website provides a quick way to access Metchosin's monthly newspaper, and it allows those with vision challenges to magnify the .pdf files to a comfortable reading size. The current issue and issues from the past year are there, along with contact information and information for submissions, advertisers, and deadlines.

## Muse Subscriptions

We can mail the *Muse* to you each month for \$35 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: [metchosinmuse@gmail.com](mailto:metchosinmuse@gmail.com)



## METCHOSIN MUSE AD RATES

Display Ad Sizes	1-5 Issues	6-11 Issues
Business Card	\$53.00	\$42.00
2col x 4" (4x4")	\$84.00	\$68.00
1/6pg	\$105.00	\$84.00
1/4pg	\$158.00	\$131.00
1/2pg	\$305.00	\$263.00
Insert (8.5 x 11")	\$280.00	n/a
Banner	\$105.00	\$90.00
Full Page	\$600.00 – no additional taxes	
Subscription per year	11 issues	\$35.00

Discount on 6-11 issues. Full payment in advance of publication

Camera-ready ads only in PDF format; full payment in advance. We will happily recommend an ad designer with reasonable rates to create your ad. For more information please contact Jennifer Burgis, 250-881-8280, email [j\\_burgis@telus.net](mailto:j_burgis@telus.net).

**Classified Ads**  
 25 words or less \$15  
 Deadline: 15th of each month.  
 Payment in advance preferably by e-transfer. Contact Linda at [amuselinda@gmail.com](mailto:amuselinda@gmail.com) or 250-590-0168



# The Muse Salutes the Bring Back Our Calls Team

The *Muse* first put the Call-Out problem on its front page in June, 2019 after Fire Chief Dunlop made a passionate plea to the District's Planning Committee to have the Province of BC reverse its decision on limiting the Metchosin Fire Department's involvement in emergency call-outs. Subsequently, the Bring Back Our Calls Team was formed and took up the fight and the *Muse* tried to support their efforts at every step, putting the issue on the front page again in November 2020, urging people to write to The Minister of Health and carrying Chris Moehr's petition article in the March, 2021 issue. Chris

really took pains to keep the *Muse* informed, recently even from her hospital bed – a real trooper.

So, we at the *Muse* wish to give a big shout-out to the Bring Back Our Calls Team who organized the fight and carried it to victory. The core members of that team were Kathy Saluke, Chris Moehr, Shelly Donaldson, Jennifer Burgis, Carol Carman, Rachel French de Mejia, Fire Chief Stephanie Dunlop, Councillor Epp and Councillor Little. Essential support was also provided by Bev Bacon, Chief Russ Chipps, the presidents of the Metchosin Senior's Association, Metchosin Community House

and Equestrian Society, and by the BC Seniors Advocate and the 600 citizens who signed the petition.

This was Metchosin at its best: citizens taking the initiative to challenge something which was really contrary to this community's interests and not resting until the problem was solved. We all owe them a lot. Already community members have benefited from receiving earlier medical attention when they needed it than they would otherwise have done. If the nominations are not already closed, this group deserves serious consideration for the volunteer group of the year award.

## Letters to the Editor

The *Metchosin Muse* welcomes letters to the editor, of not more than 200 words. Your letter may be edited for style or length. Please email your letter to [metchosinmuse@gmail.com](mailto:metchosinmuse@gmail.com) (with electronic signature if possible). An address and telephone number are required but will not be published. Letters to the editor express the views of the writer who is solely responsible for their content.

## What Has Changed in Metchosin?

I write in response to the front-page article in the March *Muse* issue. While I appreciate the informative and balanced tone of that article, rather than focusing on one particular instance of friction related to land use, I believe we need to explore the broader root causes of this important issue.

Recent conflict associated with a well-loved (but increasingly abused) informal shoreline trail is unfortunately mirrored elsewhere in Metchosin. Public understanding of the distinctions between discretionary privilege (which may be withdrawn), rights (which come with responsibilities) and entitlement (conveyed by holding legal title) has become badly muddled.

In parallel, over the past two pandemic years, we have seen an exponential increase in the amount of use (and misuse) of Metchosin's formerly quiet public and private green spaces. We are also experiencing the ongoing effects of social media use, with its unfortunate role in the erosion of civility in favour of outrage.

These underlying factors need to be considered, as we search for practical ways of addressing land use conflicts that will continue to emerge, in our growing and evolving community.

Respectfully,  
 Carol Voyt

## Trail Between Taylor and Weirs Beach

For nearly 35 years my wife and I enjoyed the privilege of walking the trail on private property along the sea bluff between Taylor and Weirs beach. A magical trail particularly in the springtime. Sometimes we would encounter property owners and typically just wave and continue walking on,

sticking to the trail. Infrequently we would engage the owners, and always asked if it was okay to pass. The answer was invariably yes and that the trail was lightly used, no litter was left behind and property and owners had been respected – we would thank them and move along.

A few weeks ago, we were dismayed to find the access to the sea bluff trail blocked by a substantial fence at the Taylor beach end. There was also a fulltime security guard on the property, and we had a chat with him. Some of the new visitors to Taylor beach are not so respectful – leaving litter, setting up picnics on the beach below, letting their dogs run loose on the property and even going up to the house and peering in the windows! I could hardly blame the property owner.

As we headed back along the beach and up through Devonian Park, I reflected what sort of people would treat private property in the way the security guard had described. If you lived in a high-density housing area a few feet from your neighbours, perhaps the prospect of respecting privacy becomes blurred if not moot; sadly, perhaps the "new normal".

At the top of Devonian, we encountered the volunteer group I call "friends of Moralea" – hauling mainly broom and blackberry for disposal. The irony of the hard work needed to remove or control invasive species did not escape me.

Owen Clarke

## Garbage on Our Streets

A truckload of garbage was picked up from roadsides and ditches by about 30 people who participated in the first March for Liz Day. The amount demonstrates how much Liz did to keep our community cleaned up over the years.

The stretch of Rocky Point Road from Kangaroo Road to Arden Road, basically two country blocks, yielded two large industrial bags of plastic, cigarette butts, household garbage,

paper, fast food drink and food containers, and way too many beer, cooler and liquor bottles. Metchosin's main roads, even after the Saturday clean up, are a mess!

If residents would walk a stretch of their neighbourhood streets with a bag and collect the roadside detritus, even just once or twice a month, we would be more in control of the accumulation. We shouldn't rely on an organized, one-day-a-year event to try to do what Liz Jatkowsky did year-round, in all weather. As a community, we can do better.

Barb Sawatsky

## Correction of Identity

On page 1 of the March issue, Nik Wells, one of the Metchosin Public Works/Volunteer Firefighter crew which received the Baha'i Annual Gratitude Award, was inadvertently misidentified as Nik Walker. This error was repeated in a second photo. We apologize and because he was wearing a mask in the photo, we are happy to publish a photo of him without mask so that everyone, including us, know exactly who this good guy is.

Barb Sawatsky



Nik Wells. Photo provided.

# Our Precious First Responder Calls Are Back!

The "Bring Back Our Calls" Team

Hurray! From February 16, 2022 the Metchosin Fire Department (MFD) First Responders are again being notified of a majority of all medical 911 calls originating from the capture areas of Metchosin and the Sc'ianew Nation (Beecher Bay). After nearly four years of significant limitations to the

calls, local services have been reinstated. In January, the BC Emergency Health Services informed Fire Chief Stephanie Dunlop that she and her team would, on a trial project basis, receive all levels of emergency calls from local residents.

In March, 2018 the BC Emergency Health Services brought forward a Critical

Response Model (CRM) that set new priorities for calls directed from 911. Under this new system, the MFD was notified only of the most critical calls. Both urgent and less urgent calls were answered by the BC Ambulance Service coming primarily from Langford or Sooke – and at times even Hillside or Victoria. The distance and the time it took for

the ambulance to get to Metchosin or Beecher Bay was of concern.

Many Metchosin residences are located where there are significant access challenges, such as at the end of long, winding and often steep driveways. It is unreasonable to expect BC Ambulance Service drivers to be able to respond to injuries and/or illnesses as rapidly as our local team who knows the territory, can plow roads and access off-road trails.

As Chief Dunlop pointed out, about a third of our local population is over the age of 60 years. "When our neighbours talk about wanting to age in their own homes, the Metchosin First Responders are essential links to our local support systems. Our local fire department is a key part of building a strong, resilient community," said Chief Dunlop. "We are in place to respond rapidly to local calls, to offer comfort and support to injured or suffering neighbors. Emotional support is important, especially in critical situations when we must await the expertise of the BC Ambulance Service. This is particularly

important when seniors are involved."

Last year, over 600 local citizens, concerned about timely emergency responses, signed a petition to the BC Emergency Health Services demanding that all 911 calls again be directed immediately to the Metchosin Fire Department. Now, since February 16, dispatchers notify the MFD directly. The call volume has increased to between four and ten calls per week, demonstrating the number of emergencies that were not being reported locally.

Longtime Metchosin resident Kathy Saluke said, "I have three dear friends whose medical outcomes would have been tragically different had our First Responders not been first on the scene. Now, thanks to a team of loving Metchosin women who stood up for our community over the past three years, we have been able to achieve these results. It is with deep gratitude that I thank that team. And I also thank the staff at BC Emergency Health Services who listened and have now acted on our behalf"

## Editor's Musings



Johnny Carline

The *Muse* strives hard to keep its focus exclusively on things directly related to Metchosin and to rely on other media to address "bigger" issues. However, when every night we see on television everything that we regard as common human decency being shredded in Ukraine, at enormous human cost, the urge to roar one's anger, disgust and despair is overwhelming.

It is at least some comfort, however small, to read articles about our part of the world that, in different ways, demonstrate that decency and, as Chief Chipps described it, the willingness "to treat each other as human beings"

have not been lost. So many of this month's articles demonstrate this – the efforts by a team of Metchosin women to "bring back our calls"; the moving achievement of the Sc'ianew First Nation, the District of Metchosin, The Habitat Acquisition Trust and Pearson College to develop a platform for progress based on genuine friendship and respect; the 4H Club kids writing letters of encouragement to Our Place residents; firefighters organizing volunteers to pick up garbage to memorialize Liz Jatkovsky, are among several.

And, of course, this is the "April First" edition and so once again, as she does most Aprils, our special correspondent, Avril Sotte, has produced some

extraordinary revelations about Metchosin life. Look out for her forthcoming book, *Gullible's Travels*, expected to be a best seller with audiences who believe her to be ... well, lets just leave it at "believe her."

She is joined this year, for the first time, by the eminent philosopher and anthropologist Gnome Chompsky, who has provided a penetrating analysis of how the housing crisis is affecting a local group of often overlooked little people. It is truly amazing what one can learn from reading one's community newspaper. Thank you for reading the *Muse*.

Please note that our submission deadline for the May edition is April 14, but earlier is always better!

## Muse Editorial Policy in an Election Year

The *Muse* Editorial Team

In May, 2019 the *Muse* announced it would take a new editorial direction, replacing its previous goal of "promoting harmony" with a new goal of "promoting respectful dialogue". With this change came an understanding that we would be prepared to address more controversial, even divisive issues, than we had in the past but also that this imposed a responsibility to try to fairly present all sides of an issue, even if in the end we favoured one position over another.

From time to time that has required us to edit articles submitted to us, add 'editor's comments', occasionally request authors to redraft articles to give a more balanced presentation, and even occasionally reject an article as being too one-sided or inflammatory. Fortunately, these actions have been required only rarely and the feedback our readers have given us has suggested we have been reasonably successful.

We have been somewhat more liberal with letters believing (1) they are a vital way readers can raise issues without having to craft entire articles; (2) it is too much to expect a letter of 200 words or so to include all the nuances of a complex argument; and (3) if offence is taken, those offended have the opportunity of rebuttal in a subsequent letter. We believe most letter writers have stayed well within reasonable boundaries.

However, as we enter our first municipal election campaign under our 2019 approach, it has become evident that we need to exercise more caution. Elections tend to be divisive by nature. Critiques on policy or specific actions easily drift into personal attacks. Context, which might place apparently questionable decisions or behaviour in a different light, is often excluded or not known. On some occasions, the "opportunity to reply" may not be available to an aggrieved party without revealing information that would affect an innocent, uninvolved party.

Attempting to edit letters of this nature to make them consistent with an objective of "respectful dialogue" would raise the almost certain prospect of the appearance and allegation of, and possibly even actual, selective censorship. We don't want to go there.

Nor do we wish to see the *Muse* become the platform for political contests which descend into unsavoury mud slinging. That is not what this paper is about.

So, after much soul-searching, we have concluded that for the period up until the municipal election:

- We will not publish any letter which addresses the performance, behaviour or character of any existing holder of or declared candidate for a council position;
- We will continue to publish letters which raise genuine issues or address policy matters,

but will delete any comments which reflect on any particular member of or declared candidate for council.

- We will not publish any article which promotes or attacks the candidacy of any person for Council.
- We will continue to accept, and indeed encourage, articles from members of Council on substantive matters of interest to our readers. We reserve the right to edit or delete any content which appears to be self-promotional or critical of other council members or declared candidates.
- We will accept and publish paid advertising by candidates for Council and we will, as in the past, publish one edition of the *Muse* for which every candidate has been invited to state their platform and why they believe they should be elected to Council.

We believe this is necessary to ensure that we live up to our responsibility to foster only respectful dialogue and that it is consistent with the long and honourable tradition of the *Muse* and the expectations our readers have of us.

To those who may believe this policy is late in coming, we apologize. As volunteer publishers of a community newspaper, we ask for our readers' understanding as we navigate these sometimes unpredictable journalistic waters.

**The Metchosin Fire Department and its Search and Rescue services have been in place for 40 years; trained, equipped and ready to respond under municipal by-law 256. Chief Dunlop has been with Metchosin for over 21 years, 13 as Fire Chief. The department currently has 38 members. Two are full time, paid employees of Metchosin municipality with two others tasked as municipal public work crews providing services such as snow removal, road-salting, tree-falls, off-road emergencies, etc. Over 30 more are volunteers. The median age is between 30 and 35 years.**



**Complete Bobcat, Trucking & Mini Excavating Services**

4604 Morland Road, Metchosin, B.C. V9C 4E2  
Locally owned & operated since 1984

**Free Estimates 250-478-2980**

Custom low maintenance landscapes  
Boulder walls and rockeries  
Selective land clearing • Rockhounding  
Concrete/rock breaker • Stump & brush removal  
Driveways/R.V. parking • Culverts • Drains  
Top soil, bark mulch, sand and gravel

**CONTRACT OR HOURLY RATES**

**'Chosin Pottery**

4283 Metchosin Rd. 250-474-2676  
Weekends 11am - 4pm Weekdays call ahead

Shop locally.  
Beautiful  
Pottery for  
all  
Occasions

www.chosinpottery.ca





# Council News

APRIL 2022

## COVID-19 Update – Municipal Operations and Council Meetings

The District of Metchosin Municipal Hall continues to be closed to the public until further notice. Wherever possible, business functions and services will continue, by telephone, email, virtual meetings and by appointment (if absolutely necessary). If you have any questions, please contact the Office at 250-474-3167, or by email at [info@metchosin.ca](mailto:info@metchosin.ca)

## 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.

## Cougars and Bears

If you see a cougar or bear, please call the Conservation Officer at 1-877-952-7277. The Municipal Office tracks all cougar and bear sightings for our residents. Please call the Conservation Officer first, then call the District Office at 250-474-3167.

The BC Ministry of Environment's Bear Smart Community Program encourages efforts to reduce bear-human conflicts. Some things you can do to help to bear-proof your home:

- keep garbage in the house or shed until pickup day
- ensure garbage cans are securely closed on pickup day
- don't add meat or cooked food to your compost
- pick ripe fruit and fallen fruit daily
- use bird-feeders only in the winter
- clean your BBQ after each use and store in a secure area
- don't feed pets or store pet food outdoors

## Community Trails

Metchosin has 18 km of multi-use trails throughout the district. Why not put on your hiking shoes and explore your community? You can find a trail map and trail descriptions on the Parks and Recreation page under Community at [www.metchosin.ca](http://www.metchosin.ca)

## Council Meetings for April 2022

Meeting dates for the upcoming month. All the meetings begin at 7:00 pm and are held via Zoom. Due to COVID-19 restrictions – meetings are subject to cancellation. For updated information please refer to the website at [www.metchosin.ca](http://www.metchosin.ca).

Finance & Environment Committee .....	Apr 4
Council Meeting.....	Apr 4
Planning Committee.....	Apr 11
Parks Committee.....	Apr 11
Public Works Committee.....	Apr 11
Parks & Trails Advisory Select Committee.....	Apr 19
Council Meeting.....	Apr 25
Environmental Advisory Select Committee.....	Apr 26

# Metchosin Municipal Hall

[www.metchosin.ca](http://www.metchosin.ca) 250-474-3167 – [info@metchosin.ca](mailto:info@metchosin.ca)

# CAN DO!

- High Quality Colour Printing
- Coroplast & Foam Board Signs
- Hanging & Stand Up Banners
- Wide Format Scan & Email
- Building Plans
- Laminating
- Business Cards
- Graphic Design
- and SO much more...

## Public Fax Service

MONDAY TO FRIDAY  
8:00 am – 5:30 pm

**250-478-5533**

2811 Jacklin Road  
[www.westsideinstaprint.ca](http://www.westsideinstaprint.ca)

WHEN YOU LAST THOUGHT ABOUT YOUR WILL,  
WAS THIS MAN STILL GOVERNOR?



Richard Blaisdell

Is it time to review your will?

For a free consultation, call

**Maelsaac & Maelsaac**

250-478-1131

[www.maelsaaclaw.ca](http://www.maelsaaclaw.ca) | 2227 Sooke Road, Colwood

ICBC / Personal Injury / Civil Litigation / Family Law  
Wills and Estates

# Five Qualifications Candidates for Council Don't Need

Mayor John Ranns

As with every election, Metchosin's future depends on who gets elected to Council. This in turn depends entirely on reasonable people willing to put their names up to serve our community for four years. Unfortunately, many good people are reluctant to seek office because they think they are unqualified, so in this article I will list my top five things candidates should not consider a reason to avoid trying.

## 1. PUBLIC SPEAKING SKILLS

In reality, with the exception of all-candidates meetings, there is little need for a Councillor to make public speeches as that duty falls almost exclusively on the Mayor. There is ample time to get used to speaking at the Council table as long as there is an ability to quickly and logically assimilate what is being said during debate. The same applies to chairing meetings. Moralea Milne (Councillor 2009 – 2018) was uncomfortable making speeches but she was very effective in council debates or one-on-one discussion.

## 2. SPECIALIZED EDUCATION

Our primary purpose as politicians is to represent the residents over a very broad range of issues. To achieve that we need to be generalists. We hire specialists to carry out our decisions and to advise us on the technicalities. Given the nature of the issues we have to oversee, a specialized education is not only unnecessary but can be a hindrance.

More useful to council is a related expertise. For example, Brian Killip's (Alderman 1984–1989) background as an economist helped him establish a visionary financial philosophy for Metchosin that still guides us today. Natexa Verbrugge (Councillor 1990–1999) a practicing lawyer, provided council with valuable legal insight. Larry Tremblay's (Councillor 2009–2014) skill as a building contractor not only saved us money but contributed to practical decision making. Jo Mitchell's (Councillor 2005–2013) formidable ability as an organizer took a considerable load off staff. I could give many more examples. Business or construction experience is always valuable, as is the practical understanding of running a household or raising a family. Nearly all Councillors or trustees I have worked with brought life experiences that enhanced our understanding of issues.

## 3. POLITICAL PASSION

Another thing you don't need is a burning passion for politics. As I have explained in previous articles, the beauty of nonpartisan local government is the opportunity to work with others who have completely different perspectives, in order to solve problems collectively. Sadly, over the years, particularly at the regional level, I have noticed an increasing number of people seeking office in order to advance their own political ideologies. The results are rarely positive.

## 4. TIME

I often hear possible candidates saying that they would not seek office unless they were able to apply 100% of their attention to the job. My reply is that it usually makes me nervous when I see a politician eager to do more. Councillors need to see the big picture, so it is important to not be continually immersed in the minutia. Council is a part time job. With a four-year term there is ample time to learn the ropes and the more you progress the less time it takes to understand the issues. There will be a lot of reading at first, but it gets easier as you get used to dealing with the topics.

## 5. STRONG IDEAS FOR CHANGE

What is often disregarded by new Councillors is that their predecessors were just as smart as they are and that the decisions they made were based on sound reasoning and solid research. Policies and decisions are built on previous initiatives so an effective Councillor should come to the job with an open mind and take the time to learn what circumstances and outcomes precipitated the decisions before changing them. Re-inventing the wheel usually leads to repeating the same mistakes.

In short, no one should set artificial barriers if contemplating running for office. Your personality is more important than your qualifications.

In the next edition I will dwell on "rural" and what a candidate should consider when creating a platform.

*Editor's note: this is the third in a series of articles by Mayor Ranns where he shares his experience and opinions on aspects of being on Metchosin Council.*

**Music by Nature**  
A fully-integrated approach to learning music

**Piano Lessons**  
Experience the joy and numerous benefits of learning to play the piano!

- All ages and levels of experience
- Beginners welcome
- Located near Royal Roads University

**Free** introductory meeting

For more information or to schedule a meeting, please contact Veronica Pemberton at [info@musicbynature.ca](mailto:info@musicbynature.ca) or call (250) 474-2301



Garage Sale volunteers in the days before COVID. Photo by Barb Sawatsky

# The Mighty Metchosin Garage Sale Returns for 2022

Jim Challenger

**Donation Drop off:**  
May 21-27 Various times  
**Garage Sale:**  
May 28-29 9:00 am-3:00 pm

For more than two decades the Metchosin Community Association (MCA) has hosted a garage sale in support of the MCA and other community groups. In 2020 and 2021, COVID put our garage sale on hold but it can now return for 2022. This will come as a huge relief for all those who suffered from garage sale withdrawal and for those who have, like us, accumulated a large pile of things to donate.

The sale will again include a one-day silent auction for high-end goods, antiques, and

collectibles on Saturday, and two days of a boutique for special items along with a general yard sale of furniture, household goods, small working appliances, sporting goods, clothes, bicycles, tools, garden items, books and other 'stuff'. All proceeds go directly to support the MCA and other local groups.

Everyone is welcome to donate items and to attend the sale. Donations will be accepted 10:00 am to 2:00 pm from Saturday, May 21 to Friday, May 27. Extended hours for donations will be from 10:00 am to 7:30 pm on Thursday, May 26.

If you wish to donate, please note that the following items cannot be accepted: mattresses, exercise equipment, TVs, sofas,

stuffed armchairs, old shoes, soiled clothing, microwaves, computers, entertainment units, BBQs, large appliances, cribs, car seats, luggage, skis or magazines.

The 2022 sale will be held from 9:00 am to 3:00 pm on Saturday May 28 and Sunday May 29. No early birds – sale starts at 9:00 am sharp at the Metchosin Community House at 4430 Happy Valley Road. Entry to the event will be by cash donation at the gate.

People attending are advised that we will be following the current Provincial Health Officer guidelines in effect at the time of the sale.

For more information, please contact the MCA Office at 250-478-5155 or mcahouse@telus.net

# Metchosin District Nominated for Broadcasting Award

Avril Sotte

One pleasing and perhaps surprising outcome of the COVID pandemic was the nomination of the District of Metchosin for a broadcasting award. During COVID, virtually all Council and committee meetings were

conducted via Zoom and were recorded and made available to the public for watching after the event. This qualified as a public interest broadcast and the sessions held on Bylaw Enforcement Improvements, which ran over a number of years, were excerpted and nominated, by some

unknown but grateful citizen, for a Canadian public television award in the category of best long running program of public interest.

No word yet on whether the program actually won the award as the adjudicators, having viewed all the episodes, apparently needed a nap.



Rabbit with Attitude. Photo by: Linda Danielsen

# Consider the Lilies XX

Isabel Tipton

**Art Show April 2-10**  
4344 Metchosin Road

It seems impossible but this will be the twentieth exhibition and sale by Fibres and Beyond at the heritage church of St Mary the Virgin, 4344 Metchosin Road. This year the show will run from April 2 to April 10. The show dates are chosen with a view to have the lilies (*Erythronium Oreganum*) in bloom in the churchyard. One year we were considering getting out our hairdryers to speed things up, and at least one other year the blooms peaked the day before opening; but we always have lilies.

Membership in the Fibres and Beyond group is capped at twelve due to the fact that we meet in each other's homes and do not have space for more. Seven of the original twelve are still members.

Our works have progressed, and as we do not follow the same paths, it is always interesting to see where we have ended up in any given year.

Look out for Linda Danielson's rabbits with attitude, Irm Houle's silk painting, and a retrospective of Gail Erickson's beautifully tailored garments. There will be so much more to marvel at, and there are always one of a kind greeting cards for those COVID-shrunk budgets.

We are eternally grateful to the parish of St Mary's Metchosin for allowing us to hold our show here on the beautiful heritage site, and look forward to meeting many of our fellow Metchosinites at the show.

We will, of course, be following any COVID protocols recommended at the time. Please have a mask with you and be prepared to wear it if required. We will have a few on hand if needed.

**KEEP CALM AND POUR ON**

The Wine Maker  
(250) 704-1000  
www.thewinemaker.ca

**WESTCOAST TIRE and WHEEL Ltd.**  
since 1980

250-889-6161  
or  
250-642-4044

Open: MON-FRI  
9:00 am - 5:00 pm

Nitrogen  
Force Variance  
Balancing

MICHELIN  
Goodyear  
UNIROYAL

4730 SOOKE RD. • VICTORIA  
15 mins from Colwood Corners

[www.westcoasttires.com](http://www.westcoasttires.com)

**LIGHTHOUSE Painting**

Interior & Exterior  
20 Years Experience  
WCB Insured • Free Estimates

Clean  
Reliable  
& Local

1-250-509-0439 | [shwnbrwn@icloud.com](mailto:shwnbrwn@icloud.com)

**Authentic Neapolitan-Style Pizza To Go**

Fridays & Saturdays  
3pm - 7pm

House-Made & Local Ingredients  
Vegan & Gluten-Free Options  
Order Ahead or Drive-Thru!

**GLEN ROSA**  
FARM | RESTAURANT

5417 Rocky Point Road • 250-478-6186 • [www.glenrosafarm.com](http://www.glenrosafarm.com)

**Working for our community**

**Hon. Mitzi Dean**  
MLA, Esquimalt-Metchosin

250-952-5885  
#104 - 1497 Admirals Road  
[Mitzi.Dean.MLA@leg.bc.ca](mailto:Mitzi.Dean.MLA@leg.bc.ca)  
[MitziDean.ca](http://MitziDean.ca)

## Hans Helgesen Elementary School

# Communication Boards at Hans Helgesen

Cathy Hussey

If you have driven past any of School District 62's (SD 62) elementary schools this week and looked around the playgrounds, you may have noticed the new outdoor communication board. They have been installed in most of Sooke District's elementary school playgrounds. Hans Helgesen Elementary is very excited to be part of this initiative.

Communication boards use pictures to show actions, feelings, concepts, places and more, to help students express their thoughts. Children can point to or touch the pictures of words they want to say. The person they're communicating with can point to or touch the pictures and say the words, then provide enough 'wait' time for the user to respond.

Communication boards are designed to help those who might be non-speaking,

minimally speaking, or who struggle with expressing themselves. They can also be used to support communication interactions for people who are learning English or who have hearing impairments.

Having a communication board in our playground fosters inclusion, helps students to access more language and increases their ability to express themselves. SD 62 has committed to installing indoor communication boards at the rest of their elementary schools and for some programs in the middle and high schools. Look for this after spring break!

*School District 62's Communication Board project was created by Angie Leeson, Alternative Communication and Assistive Technology (ACAT) Specialist, Deborah Woodland, Augmentative Alternative Communication Speech-Language Pathologist (AAC-SLP) and Suzanne Harwood, ACAT/AAC-SLP.*



"I know this one! This one is home!" Photos by Joannie Challenger



*Spring in Metchosin*

Crocuses photo by Barb Sawatsky



You can find the communication board on Hans Helgesen's playground by the lower parking lot. Scan the QR code or visit the website printed on the board to learn more!

"There are a lot of words here. This is really going to help. I think I'll just start with all the words I can reach."

**Metchosin ArtPod presents:**

# Sub Text

*The Message in Art*

**A Juried Art Show with over 20 Vancouver Island artists showing works which combine art and text**

**Feature artist: Diana Smith**

**1 April to 29 May 2022**

**Friday - Sunday: 11am - 4pm**

**Zoom Opening: 7pm April 2**

**Zoom Artist Talk: 7pm April 28**

**"The Power & the Puzzle of Abstraction"**

Call for submissions to ArtPod's summer show:

## Field, Fish and Forests

Show runs June 3 to July 31 • Submission deadline: May 13

Links for events and submission details at [metchosinartpod.ca](http://metchosinartpod.ca)



4495 Happy Valley Road, Metchosin, BC  
[metchosinartpod@gmail.com](mailto:metchosinartpod@gmail.com)  
[metchosinartpod.ca](http://metchosinartpod.ca)

Hours: FRI-SUN 11 am-4 pm

#MetchosinArtPod



Finance Chair Andy MacKinnon, complete with his dollar store sheriff's badge, proudly shows resident Shelly Donaldson the possible Metchosin alternative to an RCMP squad car. (The film people added the extra 'o' on the car, but that didn't fool us!)

Photo by Bea Sottewonky

# Alternative to the RCMP?

Avril Sotte

The prospect of imminent and significant increases in policing costs, resulting from Metchosin's population now exceeding the 5,000 figure, inspired Finance Chair Andy MacKinnon to put on his creative April budget hat and explore a "Made in Metchosin" low-cost alternative solution.

The alternative "DoLittle" system being contemplated is inspired by Metchosin's by-law enforcement system. It envisages that law enforcement would begin with residents who believe themselves to be victims of crime filling out a complaint form at the District offices (but only when they are open). Forms could be filed by proxy for those who, as a result of the alleged crime, are now deceased. However, the complaint must provide sufficient information to allow staff to identify the crime and the alleged perpetrator.

Negotiations would then begin with the alleged perpetrator to reach a voluntary

compliance agreement as to what form of penalty should be imposed. This would avoid costly and uncertain court proceedings. However, time limits would be placed on these negotiations, so they could not take longer than the maximum sentence for that crime in the regular courts.

To signal the District's resolve to fight crime, a police vehicle, pictured here, would be permanently parked at the lychgate (to be renamed the lynchgate). MacKinnon pointed out that because of the voluntary compliance emphasis, no active pursuits are contemplated, so the vehicle would not have to actually move, resulting in cost savings in staff, fuel, and maintenance. Moreover, as the vehicle is currently being used as part of a local movie shoot, there is every hope that the District could obtain it afterwards for little or no cost. "All in all," MacKinnon smiled with a twinkle in his eyes, "a potential April budget triumph!"

# Zombies in Metchosin

Andy MacKinnon

Parasites creating zombies? Just another municipal election year in Metchosin? Or something even stranger?

On January 13, 2021, Metchosinite and avid fungi collector Bill Weir was exploring the forests near Lester B. Pearson College when he came upon a cluster of strikingly strange fungi. They were orange, three to seven cm high, and club-shaped. Microscopic examination revealed their characteristic perithecia (flask-shaped structures that contain the spore-producing asci). Bill identified the fungus as the Scarlet Caterpillar Fungus (*Cordyceps militaris*). Though the Metchosin Biodiversity Project (metchosinbiodiversity.com) has recorded 887 species of Kingdom Fungi in Metchosin, this was the first documentation of this fascinating fungus in our community. Bill collected the same species again, nearby, on February 6. He recorded both observations in *iNaturalist*.

*Cordyceps* are fascinating fungi indeed. They are perhaps most famous as the fungi responsible for creating “zombie ants”. To make a zombie ant, the fungus infects the ant, and then causes the ant to behave in a most un-ant fashion – in a way that benefits the fungus, but not the ant. The infected ant leaves the colony, heads out on its own to find some high, dry spot,



Scarlet Caterpillar Fungus. Photo by Bill Weir

often under a leaf, where it locks its mandibles on the leaf. The *Cordyceps* fungus, which has been eating the ant the whole time, now finishes its meal, killing the ant, and then produces its fruiting bodies through the ant’s head, showering spores down upon the other ants below. So cool. Search for “zombie ants” on YouTube – not for the faint of heart!

Other BC *Cordyceps* species perform similar magic on other insects, and sometimes on other fungi. (These fungi have different names, but they were all *Cordyceps* species at one time.) The mushroom called Truffle Eater, *Tolyocladium capitatum*, and its close relative

*T. ophioglossoides* infect Deer Truffles. *Ophiocordyceps ravenelii* infects June beetles on the dunes near Ucluelet (producing twin fruiting bodies through the beetle’s eyeball sockets!). *O. myrmecophila* (or something closely related) infects ants in our area.

So far, the only *Cordyceps*-like fungus we’ve seen in Metchosin is the Scarlet Caterpillar Fungus. This species is widespread throughout BC, and indeed globally at northern temperate latitudes. So, this is a terrific 2022 addition to our lists. But I suspect that there are other zombie fungi lurking in Metchosin forests. Keep your eyes open ... and your zombie survival kit handy.

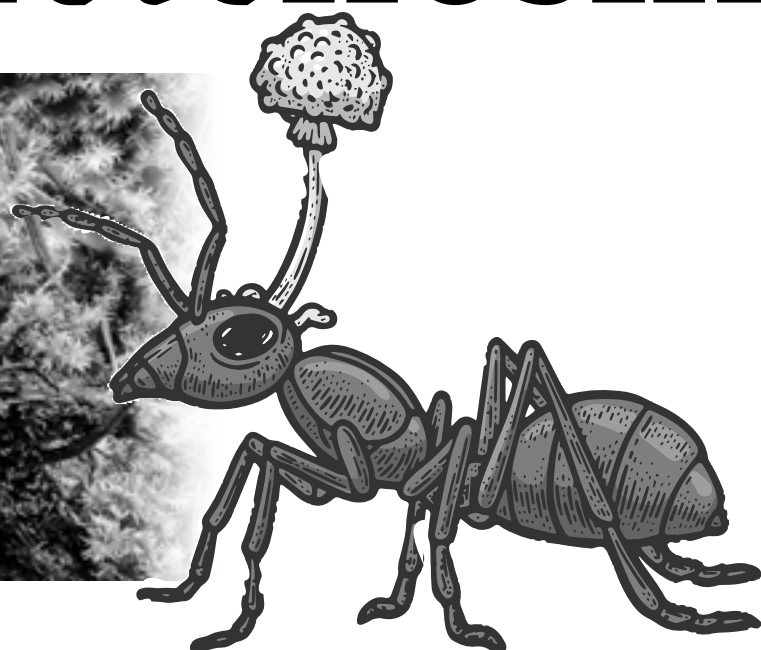



Illustration: Cordyceps fungus can create “zombie ants”



What does the Baha'i Faith say about getting through these challenging times?

**“Let your vision be world embracing rather than confined to your own self.”**

If you have your own questions on the Baha'i Faith please call or text: Mona at (250) 514-1756 / Doug at (250) 858-2053 / Bahai.org



CRD Tower Point facility – convenience lost. Photo by Avril Sotte

## Creative Re-Use of Tower Point Toilet Thwarted

Avril Sotte

In March, 2021, the *Muse* reported that the toilet facility in the CRD Park at Tower Point was being closed because of the possible dangers of falling trees. A new facility was then built, while the old facility had its roof removed but otherwise remains as a solid structure.

The CRD, always on the lookout for ways to reuse facilities and materials, approached Metchosin as to the possibility that it might be adapted as a different kind of public convenience – one, for example, where local Metchosin residents might deposit their property taxes into a secured container rather than having to go to the Municipal Hall (often closed by COVID) or trusting to the Post Office mail and risking penalties for late payments.

Finance Chair MacKinnon was enthusiastic as he supports recycling and anything that makes it more convenient for people to pay their municipal bills. However, on checking out the suggestion with the Province, he discovered a

snag. Provincial legislation allows for property taxes to be paid in person, by mail or by bank transfer. It even allows for payment to be deferred. But, alas, there is absolutely no provision for payments in loo.

### NUMA FARMS NURSERY

## Hedging & Special Orders

**OPEN 8:30 am to 4:00 pm Tues to Sat**  
 Closed Sundays, Mondays and most Statutory Holidays  
 3459 Luxton Road, Langford  
 250-474-6005 or Email numafarms@shaw.ca



**westmont**  
MONTESSORI SCHOOL  
dynamic • independent • connected



**NOW ACCEPTING APPLICATIONS**  
for the 22/23 school year.

Placements available for grades 4-12!

We are committed to academic excellence in a caring learning environment.

www.westmontschool.ca | T: 250.474.2626 | info@westmontschool.ca



**MY-CHOSEN Café**  
250-474-2333

**Come in and experience our quaint country atmosphere and our hearty portions of great home-cooked foods!**

Tuesday - Sunday 11:00 am - 8:00 pm | Closed Mondays

### **MY-CHOSEN PIZZA**

**Pickup after noon, delivery after 4pm**  
250-474-5576

Tue & Wed: 4-9 pm | Thu-Sun 11 am-9 pm | Closed Mondays

Check our website for updates! [www.mychosencafe.com](http://www.mychosencafe.com)  
Corner of Happy Valley and Metchosin Roads

[www.metchosinmuse.ca](http://www.metchosinmuse.ca)

# Hope and Friendship

## Proposed Mary Hill Indigenous Protected Area Announcement

Johnny Carline

It was a crisp and bright, sunny Thursday (February 24) at the Metchosin Municipal Grounds when representatives of the Sc'ianew First Nation (Chief Russ Chipps), District of Metchosin (Mayor John Ranns), Pearson College UWC (President Craig Davis), and the Habitat Acquisition Trust (Executive Director Katie Blake) came together at the invitation of the Sc'ianew and Te'mexw Treaty Association to announce and sign a "Standstill Agreement" concerning the Mary Hill lands.

Now present and speaking were Sharon Jay of the Te'mexw Treaty Association who was the MC, Erin Thomson-Leach of JFK Law Corporation who is Sc'ianew's legal counsel, and Valerie Jaeger of the Metchosin Foundation, which has, through its directors, invested countless hours in support of this project.

Mary Hill comprises 338 acres of a dry, Coastal Douglas-fir ecosystem which makes up most of the area around the Salish Sea. This, according to Katie Blake, "exists nowhere else on earth". It includes Garry oak and arbutus woodlands, Douglas-fir dominated coastal forests and camas-covered meadows. Ninety-eight per cent of the plant communities in this ecosystem are considered at risk. As Blake said, "it's a really important place to protect in its natural state."

It is part of the ancestral lands of the Sc'ianew First Nation and is of great significance to them. However, since World War Two, it has been in the hands of the Department of National Defence (DND) and has been closed to the public, including the Sc'ianew people.

Now, it has been declared surplus to DND needs and has become an item of negotiation of a modern treaty agreement between Canada, British Columbia, and the Sc'ianew, as part of the Te'mexw Treaty Association. The expectation is that this will lead to the lands being transferred to the Sc'ianew in fee simple title and this has led to discussions over the last three years about its future.

The Sc'ianew had been exploring two options for the lands: real estate development to generate revenue for the Nation and what is called an Indigenous Protected Area (IPA), which is focussed on conservation and would consider only those economic activities compatible with that focus. IPAs have been recognized by the federal government as an important mechanism to help achieve Canada's conservation commitments under the United Nations Convention on Biological Diversity.

The Standstill Agreement commits the Sc'ianew, along with the three project supporters (HAT, District of Metchosin and Pearson College) to focus exclusively on the conservation option for the next eighteen months. This will allow time for the project's financial plans to be refined and vital fundraising initiatives to be carried out.

Transcending the content and implications of the agreement was the spirit in which the agreement had been made. Thomson-Leach, diverting from legalities, described the process as demonstrating "an authentic friendship and mutual trust between the parties and their

commitment to work together." Mayor Ranns paid tribute to the open-mindedness and good will of the Sc'ianew/Beecher Bay people and in particular to Chief Chipps. Ranns described it as probably the most satisfying experience of his political career.

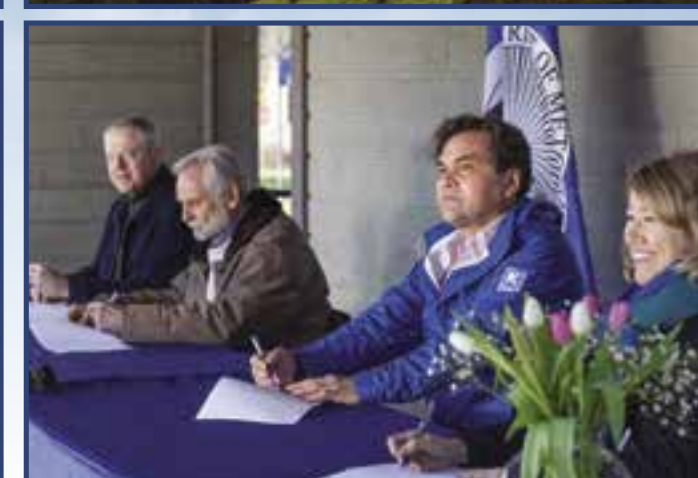
Pearson College's President Davis announced that Pearson College would donate 34 acres of land currently owned by the College to add to the Protected Area, as an active step towards reconciliation. Katie Blake thanked the Sc'ianew "for their open hearts toward working in friendship." Similarly, Metchosin Foundation's President Valerie Jaeger said they had "found ourselves walking together with friends."

But it was Chief Chipps himself who best captured and most moved the audience. He reflected that the people involved in this process were "all good people" and that things are "easy" when you "treat each other as human beings" and that you did not have to be "a great leader" to do the latter. The depth and sincerity of his remarks came across far more than they ever can in print. His presence has clearly been pivotal in the success of these talks.

There is a lot of work to be done in the eighteen months specified in the agreement if the vision of an Indigenous Protected Area for Mary Hill is to become a reality. A companion article addresses one important aspect of the work to be done. But if generous spirits, determination to succeed, and a deep commitment to collaborative effort can make it happen, then there is reason to be optimistic about this project, so vital to the well being of both the Sc'ianew Nation, the environment and the Metchosin community.



Top Left: The view from Mary Hill summit; Race Rocks and the Olympic Mountains. Photo by Bev Hall



Bottom Left: Mary Hill history – Oh Ba-Ba-Ba; We stand on guard for thee! Photo from the Fort Rodd Hill archives

Top Right: Magical old growth Douglas fir forest on Mary Hill. Photo by Bev Hall

Bottom Right: The agreement is signed – left to right: Craig Davis (Pearson College President), John Ranns (District of Metchosin Mayor), Russ Chipps (Sc'ianew Nation Chief), Katie Blake (Habitat Acquisition Trust). Photo by Amy Lobb

# Mary Hill and the Sc'ianew

## Could the Feds Do More?

Johnny Carline

Despite all the goodwill generated, the agreement signed on February 24 does not guarantee a successful outcome to the three years of work that went into the standstill agreement or the eighteen months of work still to be done. One significant challenge appears to arise from what we understand to be a position taken by the Federal treaty negotiators.

Mary Hill is an ecological gem and as soon as it is surplus to Federal needs it would be completely appropriate for it to be set aside as an ecological reserve. Given its history, it is also completely appropriate to give ownership and/or management of that ecological reserve to the Sc'ianew Nation, with the ability to generate some revenue from compatible facilities like ecology centres.

However, the Federal negotiators have seen the Federal Government's role in treaties as providing cash, while the Province's is to provide land. We understand that Federal negotiators have interpreted this essentially to say

that the Sc'ianew will need to buy the Mary Hill lands and that the Federal Government will supply the funds to do this as part of the Treaty settlement. If this were simply linguistic manoeuvring, to be consistent with policy, it might be acceptable. However, we understand that Federal negotiators are apparently valuing the land as if it were private real estate development land, which it is not, and proposing to deduct that value from any financial package to be offered to the Sc'ianew.

Treaty negotiations are properly confidential, and the Federal negotiators' position may vary from this or evolve in the future. But, if the above characterization is correct, the Sc'ianew are being put in the position of having to "buy" expensive "development rights" and then sacrifice those rights if they wish to pursue the conservation option. This would clearly remove the financial base they need and rightly expect to result from a modern treaty negotiated in the spirit of reconciliation.

This dynamic could easily have propelled the Sc'ianew Nation towards the "real estate development" option

and set the Nation and the local community at each other's throats. Surely the Federal Government must have understood this and that such an outcome would be totally inconsistent with the spirit of reconciliation so often claimed by the Prime Minister.

Fortunately, extraordinary goodwill has been built between the Sc'ianew and the signatories to the Standstill Agreement and the local community. This has brought parties together to collaborate on a visionary project and an extraordinary pending fund-raising effort required to avoid the need to consider putting the real estate option back on the table.

However, what a responsible Federal Government could do would be to negotiate an appropriate financial package for the Sc'ianew Nation as part of the Treaty process and then, quite separately from those financial considerations, establish Mary Hill as an ecological reserve and convey that to the Sc'ianew to own and to manage for one dollar.

The Party of David Anderson, former Liberal Minister of the

Environment, would surely embrace the interests of reconciliation, the environment, and basic fairness to all involved and find a solution which aspires to be more than just good book-keeping. And perhaps they will. Perhaps they have even begun to do so. As with many negotiations, outsiders are unlikely to witness the journey and must simply hope that it arrives at least close to the correct destination.

The project supporters will undoubtedly continue to work hard at the tasks before them, and we should applaud them and stand ready to help. The conservation of Mary Hill and fairness to the Sc'ianew people are both causes which deserve our best efforts and, if necessary, some sacrifice to achieve. And, to be fair, we recognize that the Canadian Government undoubtedly has much bigger issues occupying its attention right now. Still, a few words in the right ears from those with influence might help raise awareness as to how their negotiators could do more to give practical meaning to the principles the Prime Minister has so often espoused.



Songs of prayer and thanks precede and conclude the ceremonies. Photo by Amy Lobb



Chief Chipps delivers an inspiring address. Photo by Amy Lobb

# Thank you Metchosin

Nan Hsieh

Once again, Metchosin, you have risen to the occasion and assisted us in this year's Bath Towel Bundle event, which, like last year, was a drive-through event because of COVID. With your assistance we collected a total of 272 towels for Our Place Society and its shower program. In addition to the towels, you donated many pairs of men's and women's socks, underwear, toothbrushes, toothpaste, soap, and shampoo. One generous individual knitted a big bag of toques and gloves which we are sure will be especially appreciated. Thank you very much for your contribution.

A big thank you goes out to the Metchosin 4-H group who coordinated with their networks and generously contributed 40 towels along with a good portion of the toiletries and socks, etc. Of special note is the package of 50 cards that the group hand-crafted using bright coloured paper and pens with inspiring quotes and comments such as "You are loved", "You are a shining star", "Keep on looking forward", "You matter" and "Have a great day."

One final special thank you goes to a couple, we didn't get their names, who were walking by the event, saw the sign and asked if they could contribute towards the purchase of towels. They wanted to give \$25 but discovered

the smallest bill they had was a \$50 and so would we take that instead! Such generosity! They didn't even know us, yet trusted us to buy the towels, which of course we did! Their donation added 12 more towels to the collection! Their parting comment to us was, "We like to think globally and act locally." Thank you, mystery couple! Your generosity and trust at the end of the afternoon when it was beginning to rain, raised our spirits immensely.

Anyone know of any other local needs that could be addressed by a group effort? Let's talk and work together. We can't do much on a global scale but we can make a difference locally. Let's make things better locally!



Some of the 50 beautiful and meaningful cards made for Our Place by the 4-H Group. Photo by Doug Wilson



A delightful group of children and youth, with lots of energy, who donated their time to assist in collection for the towel bundle project. Photo by Mona Nakhjavani-bossi

## A Successful First March for Liz

Barb Sawatsky

Liz Jatkovsky died on March 2, 2021. For many years, she was frequently seen with her faithful hound, Zosia, cleaning up Metchosin. Her personal commitment to our community was cleaning up litter on the roadsides and in ditches, then dropping it off at the Metchosin Public Works yard.

She became a friend to the Public Works Department employees and to the Metchosin Volunteer Fire Fighters. When Jacob Lamb and Nik Wells presented the idea of a March for Liz Day to the members of the Metchosin Volunteer



Fire Department Society, it was enthusiastically received.

Prior to the March 12 community clean-up, Jacob contacted Liz's daughter, Irene, for permission to use her name. Having grown up in Metchosin, Irene was so enthusiastic that she and her husband drove down from their home in Port Alberni to participate. On the morning of the event, other family members arrived with their dogs to join them.

Many thanks go to our volunteer fire fighters who organized the first March for Liz Day. "It was an honour to have been able to celebrate her memory," said Jacob.



In article: The late Liz Jatkovsky and ever loyal Zosia pictured setting out on one of her litter patrols. Photo by Barb Sawatsky  
Top right: A few of the marchers gather before the event. Left to right: Jay Shukin (President, APRM), Jacob Lamb (Metchosin Fire Department and organizer of event), Sharie Epp (Metchosin Councillor), Mully and Andrew Jackson (Reid's parents), canine supporters George and Gordie, Irene Jackson (Liz's daughter), Reid Jackson (Irene's husband) and Veronica Jackson (Liz's sister). Photo by Barb Sawatsky  
Bottom Right: Metchosin Fire Department volunteers who worked all Saturday at the event: Trey Hale, Brent Pothorin, Nik Wells, Calder Lamb, Gloria LeJour, Bryson Hines, Madison Crawford, Brodie Strugnell. Photo by Jacob Lamb

**Supporting Environmental Stewardship and Education in our Community**

visit us at: [metchosinfoundation.ca](http://metchosinfoundation.ca) Registered charity

941 Arden Rd.  
Victoria, BC. V9C 4G3  
Home: (250) 474-7403  
Cell: (250) 514-7339

**KIVARI AUTO REPAIR**  
A modern approach to car care with good old-fashioned service.  
Kevin Kivari  
Certified mechanic/owner/operator  
k\_kivari@shaw.ca  
[www.kivaristudio.com](http://www.kivaristudio.com)

**Juan de Fuca VETERINARY CLINIC**

250-478-0422

Compassionate, professional, courteous care.  
Your pets... our family

**NDP**

**Proud to serve Esquimalt-Saanich-Sooke**

**Randall Garrison, MP**

#2-50 Burnside Road West, Victoria, BC V9A 1B5  
250-405-6550  
[Randall.Garrison@parl.gc.ca](mailto:Randall.Garrison@parl.gc.ca)  
[www.RandallGarrison.ndp.ca](http://www.RandallGarrison.ndp.ca)

**Bella Yoga Studio**

Yoga in the Neighbourhood - Duke Rd W.  
**Yoga For All! Hatha Yoga! All Levels**

Curvy Yoga\* Ayurveda\*  
Yogalites\* Workshops  
Beginners Yoga & All Levels Welcome  
Beautiful - Fun - Safe - Peaceful - Explore  
Wellness - Enjoy - Release - Love

Beginners Yoga! All Levels  
Mindful Moments - Come Explore  
Hatha Yoga - & Move your body!

**YOGA for Round Bodies™**

[www.Bellayoga.ca](http://www.Bellayoga.ca)  
Georgia 250-391-0497 • Email [georgia@bellayoga.ca](mailto:georgia@bellayoga.ca)

Caring for pets in the Westshore since 1981. We are proud to be members of this growing community.

**We ♥ Locals**

The Metchosin Muse!

# St. Mary The Virgin Celebrates 150 Years

Andrew Spray

On October 23, 2023 a very special event in Metchosin's history will take place. It will be the 150<sup>th</sup> anniversary (sesquicentennial) of the consecration of St. Mary's Metchosin church on October 23, 1873. Like the historic one room schoolhouse, the church was built on land given by pioneer John Wittly. Tragically, he died the day before the consecration as a

result of injuries sustained in a horseshoeing accident a few days earlier. Heading the committee that raised the funds for building the church was Sir James Douglas, who owned a hunting lodge in Metchosin. The cemetery attached was consecrated in August 1876 and has become the final resting place for many residents of Metchosin, past and present.

In preparation for the sesquicentennial, the crew of volunteers that work together every Monday

morning to look after the old church and cemetery are undertaking, with some professional assistance, the building of a ramp to give disabled and wheelchair access to St. Mary's. Everything is being done to ensure this addition does not in any way compromise the much-loved features of this historic building.

The Easter Lilies that grow in abundance each spring make a beautiful sight that attract residents and many visitors. St.

Mary the Virgin is also the home of Metchosin's annual "Consider the Lilies", a Spring fibre arts show which, this year, will run from April 2 to 10. The heritage church and cemetery are integral to our Metchosin core. If you can assist the construction with money or skills, it will be much appreciated. Donations should be made through the church office at St. Mary of the Incarnation (250-474-4119).



St. Mary The Virgin Church will soon reach its 150th anniversary. Photo by Wally Eamer



Friends gather to pay tribute to Bob Mitchell in a way that he would have enjoyed. Photo by Barb Sawatsky



Bob Mitchell – the man always had presence. Photo by Barb Sawatsky

## Celebration of Life for Bob Mitchell

Marie-Térèse Little

The community of Metchosin, friends from afar, business colleagues, farm hands, and the large Mitchell clan, gathered on Saturday, March 12 to celebrate the remarkable life of one of Metchosin's icons: Bob Mitchell. The day was cool, the sky was dark, the air was still and the daffodils were threatening to burst. This all unfolded at Bob's beloved Sea Bluff Farm, in the heart of the agriculture area of Metchosin, high above the Salish Sea on the Southern tip of Vancouver Island.

Tom Henry and I welcomed about 150 to 200 people to the celebration of life 'Bob Fest.' Geoff, Bob Mitchell's son, recalled with gratitude his earliest memories of life, positive and centered around his father. On behalf of the Mitchells, Tom delivered an honest portrayal of Bob's wit, his fondness for his family and his proclivity to deliver

barb-laced comments if and when necessary. Bob's niece Jacqui and her father, David, recalled many of the different facets of this icon. Bob's long-time friend and business colleague, Martin Chambers, reminded us of Bob's contribution to saving the Sooke Watershed through sheer tenacity and excellent research. Wes Johnson's niece Leigh-Ann, kept us all in check and on time with her superb site managerial skills.

The most touching and salient points delivered on this day were from friends and farm workers who were most affected by Bob's generosity. We heard about a young farm worker with wildly arranged teeth who was sent to an orthodontist, pronto! by Bob with him financing the entire dental bill. Graham, a dear friend and farm worker of Bob's, who was with Bob as he passed from this life, gave a rousing tribute to the man that helped him buy his own farm on Gabriola Island; a few tears were shed. Other farm workers

told us how Bob had financed their ventures; most of these were micro-loans and some of these were simply meant to be gifts.

A highlight of the day was listening to an original song composed by John Cole, a Metchosin friend now living in Japan. I recalled Bob's kindness and generosity and the concluding remarks reminded us that Bob was adamant that the Farm owns the land and of his intent in his last instructions that "the farming must go on."

Bob touched the lives of many with whom he loved, lived, toiled, worked, and fought throughout his 83 years. Therefore, they never had a dull moment in his company. Bob's life was replete with wild adventures, shared passions for the environment, agriculture, and his family, honourable decisions, some mistakes, unwavering support for the stifled voice that could not be heard, and always willing to call out rubbish when he encountered pure Metchosin BS.

## A Metchosin-Style Send Off for Bob Mitchell

Robin Tunnicliffe

Family and friends gathered from far and near to send off Bob Mitchell in a true Metchosin-style celebration. 'Bob Fest' was an authentic tribute, held beneath the Garry oaks at his beloved Sea Bluff Farm. Smiles and laughter abounded as folks regaled with tales of a fascinating life, well lived. "Kindness", "generosity" and "out-of-the-box" were common words bantered about by the over 100 guests who mingled and enjoyed the speakers while the rain held off.

There were stories from Bob's wild years, navigating in all manner of boats to remote reaches, recalled by unwitting passengers. We heard warm stories of Bob as a family man: a caring father, and

an unconventional uncle. There were tales from Bob's time as a three-term municipal politician, when the mayor felt that although he couldn't see eye-to-eye with Bob, he could always trust that every decision Bob made would be in the best interest of protecting his beloved Metchosin.

We learned that Bob helped protect the Sooke River watershed because of his meticulous research and cunning negotiation skills. We saw in attendance many of Bob's former farm hands, several of whom had life-changing loans from Bob which helped lead to their success on their own farms. Their tales are a legacy unfolding in real time.

Our mission with Bob Fest was to revel together in Bob's favourite things. One of Bob's happy pastimes was to go up to the Metchosin Farmers' Market on Sundays for a 'chin wag' and a Galloping Goose sausage. He'd grab a Gumboot Bakery cookie, and a bottle of Sheringham Akvavit to share with friends.

In honour of Bob's Sunday routine, Johan Wessels fired up his sausage cart and fed all the guests; Kathy Griffiths baked her heart into cookies, and a shot or two of Akvavit was shared among some of the more adventurous attendees. Co-hosts Tom Henry and Marie Térése Little delivered a heartfelt program, which included an original song written for Bob by John Cole, and a well-curated display of photos and memorabilia from Bob's eclectic life.

Bob was adamant that the "farming must go on!" and on it goes with Robin Tunnicliffe and Sasha Kubicek installed at the helm of Sea Bluff Farm, who are devoted to feeding Metchosin, and ensuring that Sea Bluff will always feed Metchosin.

We continue to marvel at the enigma that was Bob Mitchell. He coloured our lives, and our community and he will be greatly missed. Bob's ashes are buried at St Mary's Church.

**Making a difference with Responsible Investing**

Ethical & Socially Responsible Investing

Portfolios built to match your investments with your values

[Learn More](#)

Keith Haigh  
Financial Advisor  
2244 Sooke Rd, Unit 110,  
V9B 1X1  
250.391.1655  
keith.haigh@edwardjones.com

**Edward Jones**

**TIMBERHAWK HOMEBUILDERS LTD.**

CUSTOM HOMES  
RENOVATIONS  
CARPENTRY  
DESIGN  
GENERAL CONTRACTING

**250-590-2377**

TIMBERHAWK@GMAIL.COM

ANGUS STEWART  
CHRIS FRANG  
METCHOSIN OWNERS

ENERGY STAR QUALIFIED BUILDERS

BuiltGreen

ENERGY STAR PARTNER

## Metchosin ArtPod

# New Show, New Member, New Art at ArtPod

Elaine Hughes

**Artshow**  
April 1–May 29, Gallery Hours  
4495 Happy Valley Road

It's all about making connections at ArtPod this month. The new show, *Sub Text*, connects art with text; our newest member, Sarah Graeme, connects clay and plant fibre in her work and, with the easing up of COVID restrictions, we hope to connect with more of you at the gallery.

Our new show, beginning April 1 and running until May 29, is *Sub Text: The Message in Art*. This show features art in various media that incorporate text, numbers, and other script into art as a way of adding interest to compositions and is used to express the meaning that the work is intended to convey. As usual, we received many submissions from artists all over southern Vancouver Island so there will be a diverse range of art from artists that have found all kinds of ways to combine art and text. Details of the Zoom opening, 7:00 pm on April 2, are on Facebook and our website. Our juror is the fabulous Eunmi Conacher, AFCA, and a sample of her work will be on display at [eunmiconacher.com](http://eunmiconacher.com).

The feature artist for *Sub Text* will be ArtPod's own Diana Smith, highlighting her latest project *Abstract the News*. This series uses impactful newspaper images and articles as a jumping-off point for artwork that is an homage to the people and planet described, though in less direct ways.

**Free artist's talk**  
Thursday, April 28, 7:00–8:30 pm  
Online

Diana will also be doing a free artist's talk on Thursday, April 28, from 7:00 to 8:30 pm, via Zoom. Her talk, *The Power and the Puzzle of Abstraction*, addresses questions viewers can have when they encounter abstract art: How can seemingly random marks and gestures, on a flat surface that has no resemblance to anything in the real world, have any power to engage or move a viewer? How can any abstract artform convey meaning? What are the ways artists use to communicate that may, at first, seem deliberately obscure? Join Diana as she illustrates how a viewer can find possible ways to experience, enjoy and find meaning in abstract art.

**Sarah Graeme Show**  
April 1–May 29, Gallery Hours  
Free artist's talk  
4495 Happy Valley Road

Metchosin ArtPod is delighted to welcome its newest member, Sarah Graeme. Sarah's work combines ceramic forms with plant fibres using weaving and basketry techniques in organic and unique ways. Her

work, like other ArtPod member's work, will be on display alongside the artwork in the feature show. As usual, regular gallery hours are Friday–Sunday, 11:00 am–4:00 pm. Note that we are asking all visitors to the gallery to continue to wear masks. See Sarah's work at [metchosinartpod.ca/artist/sarah-graeme](http://metchosinartpod.ca/artist/sarah-graeme)

**Silkscreen Workshop**  
April 9–10, 9:00 am–4:00 pm  
DIY Studio at the MACC  
4495 Happy Valley Road

During our last show, *Crossroads*, our guest artist Bill Horne taught a popular workshop on water-based silkscreening. So popular, in fact, that he has agreed to teach a second section of the course on April 9 and 10. The course will introduce you to a variety of silkscreen techniques using water-based inks and low-tech stencils. The focus will be on simple methods that one can use in a home studio, without a huge investment in equipment. Cost \$158 (5% discount for CARFAC members). More information and a supply list are available on our website at [metchosinartpod.ca/events](http://metchosinartpod.ca/events). The class will take place in the upstairs DIY Studio at the MACC building; sorry it is not wheelchair accessible. Register by emailing [metchosinartpod@gmail.com](mailto:metchosinartpod@gmail.com) and please check our website for details regarding the MACC and this instructor's policy regarding masks and student vaccine status.

Our long time Monday Online portrait group is also engaged in a new project, in conjunction with the Metchosin Seniors' Resource Centre. Every second week our portrait artists will be using SRC members as models for their paintings and drawings, and a selection of the portrait group work will be on display in the MACC hallway outside the SRC. In alternate weeks, the artists will continue to do portraits of famous faces from around the world. If you are interested in joining the group, have a look at the Events section on Facebook or our website for more information.

Our next show will be on a rural theme entitled *Field, Fish and Forest* which will be in the gallery in June and July. It is a companion piece to last year's show, *Feather, Fur and Fauna*. Artists, keep an eye out for our call for entries, which will be coming soon!



One of the unique ceramic and plant fibre vessels made by Sarah Graeme, ArtPod's newest member. Photo by Diana Smith

## Seniors' Resource Centre

M E T C H O S I N

"Thank you for taking a load off my current difficulties and being my lifesaver for rides."

–a Metchosin Senior



### One Drive, One Visit, One Phone Call At A Time

Volunteers give the gift of time, care and kindness.

We need a pool of volunteers to drive seniors to appointments, make friendly visits and help out at events.

**Contact the SRC to get involved.**

# VOLUNTEER

[www.metchosinseniors.ca](http://www.metchosinseniors.ca) | 250-478-5150

# Municipal Elections to Go Ahead in October

Avril Sotte

Usually reliable sources recently alerted the *Muse* to rumours that the Province was considering postponing the municipal elections, currently scheduled for October 15, this year. The reasoning, apparently, was that the stultifying impact of COVID on political processes gave councils insufficient opportunity to do anything much over the last two years, and therefore councils deserved an extension.

The reaction to this in Metchosin was very negative. One local politician was reported to have said, "This is just typical of the wrong-headed thinking of Provincial bureaucrats who believe that governments are always supposed to be doing something. By doing the opposite, we have kept both changes to our rural village and property taxes to a minimum."

If the Province was indeed considering postponing the elections, these arguments may have proven persuasive. The elections apparently will now proceed as scheduled.



# Junior Cricket Is Back!

Rick Gardner

Metchosin's long-standing youth cricket program will be back with full vigour for the 2022 season. While necessarily subdued during the past two years, the coaching staff is preparing to offer the full slate of opportunities for local youngsters.

At the entry level, Kanga soft-cricket will be back on Sunday mornings and Wednesday evenings. This is for 6 to 12 year olds and is perfect for players with no experience with cricket or who have never been part of a team sport. For more experienced players, there will once again be a Kanga League under the South Island Youth Cricket League (SIYCL) with home and away games against other member clubs such as Sidney, Oak Bay, and Shawnigan Lake.

Our older players have been busy throughout the COVID period, continuing to practice and advance their craft. Last season, almost 20 stalwarts formed the WestShore Predators and took part in SIYCL's inaugural Junior B season. This level of competition uses real hardball cricket equipment and is geared towards players with at least a few years of Kanga behind them, or who are old enough to play hardball cricket for the first time. The Predators barely made the playoffs in August, but managed to advance to the final match where they unfortunately lost to the Sidney Spitfires by just three runs in what was a very exciting match.

Please visit [www.siycl.ca](http://www.siycl.ca) if you'd like more information, or email the club directly at [met.jr.cricket@gmail.com](mailto:met.jr.cricket@gmail.com).

## FAQ

**What is cricket?** Cricket is a very well-established game, and second only to soccer in world-wide popularity. Baseball is directly derived from cricket but, in cricket, instead of running in circles you run back and forth to score runs and you don't have to run when you hit the ball, only if you think you can score.

**Who is junior cricket good for?** Metchosin's program encourages participation, good sportsmanship, outdoor activity, and FUN! It's a great sport for kids with no previous experience with organised sport or team sports, and it's equally ideal for athletic kids who want to try something new! Everyone is welcome, regardless of background or ability.

**Why do parents love junior cricket?** The cost is very low, the time commitment is minimal, and there are no extra parent duties or fundraising tasks. Parents love to come down to the pitch with a coffee, have a chat with the other parents, and enjoy Metchosin's natural beauty while the kids run off some steam!

**What is the cost?** Kanga soft-cricket is still just \$45, all equipment and jersey provided. Hardball is \$75 per player, safety equipment is provided, and customised jerseys are \$40, with extras on loan if you don't want your own. Registration fees include mandatory insurance for each player.



Church Lilies photo by Barb Sawatsky

## METCHOSIN ARTS AND CULTURAL CENTRE

"Sustaining arts and contemporary culture where most of us experience it."



**MACCA MARCH 2022 UPDATE**  
**FREE to the public. POINT OF VIEW GALLERIES**  
**at the Metchosin Art Centre.**

### "POV@MACC"

Check out original art in the four hallway exhibition spaces.  
 "What's YOUR point of view?"

Note to artists: Interested in showing in the POV@MACC?  
 Contact: [MACCAbookings@gmail.com](mailto:MACCAbookings@gmail.com)

**Shaping Spirit Studio**  
 Room #1034:  
[etsy.com/shapingspirit](http://etsy.com/shapingspirit)

**Shiloh Music**  
 Room #1033:  
[shilohmusicstudio.com](http://shilohmusicstudio.com)

**Do It Yourself (DIY) Community Art Studio**  
 Room #2001:  
[metchosinartcentre.ca](http://metchosinartcentre.ca)

**Art Lab**  
 Room #2007: [blairtaylor.ca](http://blairtaylor.ca)

**MACCA Office**  
 Room #1036:  
[info@metchosinartcentre.com](mailto:info@metchosinartcentre.com)

**Point Of View (POV@MACC) exhibition spaces**  
 MACCA coordinator  
 Art Brendon  
[ab@islandnet.com](mailto:ab@islandnet.com)

**Victoria College of Art**  
 Room #1030:  
[vca.ca](http://vca.ca)

**Huber Studio - The Written Word and Functional Art**  
 Room #1028:  
[charlahuber.com](http://charlahuber.com)

**Metchosin ArtPod**  
 Room #1031:  
[metchosinartpod.ca](http://metchosinartpod.ca)

**Metchosin Seniors Resource Centre (SRC)**  
 Room #1047:  
[metchosinseniors.ca](http://metchosinseniors.ca)

Follow us on Facebook today @MetchosinArts

**METCHOSIN ARTS AND CULTURAL CENTRE**  
 4495 Happy Valley Road - [info@metchosinartcentre.ca](mailto:info@metchosinartcentre.ca)  
[metchosinartcentre.ca](http://metchosinartcentre.ca)



**DO YOUR SHOES FIT PROPERLY?**



123-755 Goldstream Rd.

Stop by for a **FREE shoe fitting with a Fit Expert** at Frontrunners Langford in Goldstream Village.

[www.frontrunners.ca](http://www.frontrunners.ca)



250 474 7993

[ospreytrees@shaw.ca](mailto:ospreytrees@shaw.ca)

OSPREY TREE SERVICE

Osprey Tree Service is a team of qualified arborists and forestry professionals who have been working in BC forests for over 35 years. Our collective knowledge and extensive resources mean that there is no job too big or too challenging for us to take on!



## SERVICES INCLUDE

- REMOVAL
- PRUNING
- CHIPPING
- HEDGE MAINTENANCE
- QUALIFIED TREE RISK ASSESSMENTS (TRAQ)
- B.C. FIRESMART HOME ASSESSMENTS
- WILDLIFE TREE ASSESSMENTS
- DANGER TREE ASSESSMENTS



ISA, ITA & TRAQ  
 Certified Arborist

**CALL FOR A FREE QUOTE TODAY**

## METCHOSIN COMMUNITY HOUSE HOUSE HAPPENINGS

**UPDATE:** April 2022 – The House is OPEN to program users and private renters following COVID restrictions. MCA programs and renters are returning. Please contact your program organizers for more information.

### ONGOING PROGRAMMING

#### Mondays

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

**Knitting Café:** The evening group meets 7:00-9:00 pm, on the first and third Mondays monthly. FMI call Heather at 250-478-6590. Knitters of all levels are welcome.

#### Tuesdays

**Drop In Painters Art Group:** This friendly and supportive group of artists and hobbyists meets Tuesday mornings 9:30 am–12:00 pm. Everyone welcome. FMI call Arlene at 250-391-7905.

**Knitting Café:** The afternoon group meets on the second and fourth Tuesdays monthly from 1:00–3:00 pm. FMI call Nance at 250-478-7708 after 11:00 am. Knitters of all levels are welcome.

#### Wednesdays

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

#### Thursdays

**Creative Rug Hooking:** Led by Sheila Stewart, certified Instructor of Traditional Rug Hooking meets on the first and third Thursdays monthly, from 10:30 am–1:30pm. Beginners are welcome but should contact Sheila 250-595-6406, 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.

#### Fridays

**Ukulele Gathering:** 5:00–6:30 pm on the third Friday of each month. Open to community

members of all ages and levels of talent. If you would like to join the group please contact Margaretha at [memetopia@shaw.ca](mailto:memetopia@shaw.ca). Bring: a ukulele, capo, tuner, music stand, and a few songs you are willing to share/lead/teach others with appropriate song sheets for others, if not from songbook below. Suggested songbook: *Jumpin' Jim's Daily Ukulele* (as a base resource to work from) if you have it.

### EVENTS

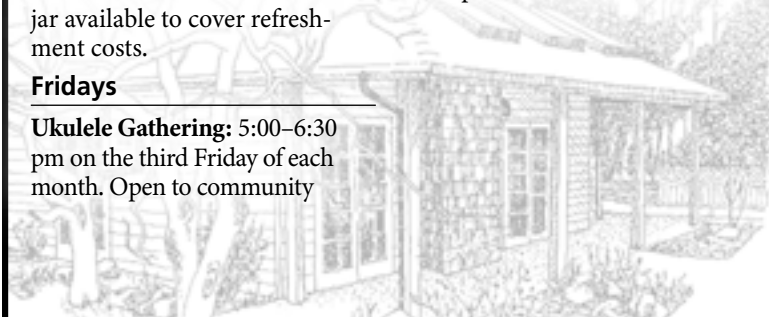
#### Mighty Metchosin Garage Sale:

**Sale dates are May 28–29, 9:00 am – 3:00 pm.**

**Collections dates are: May 21 – May 27, 10:00 am–2:00 pm and May 26, 10:00 am–7:30 pm.**

If you wish to donate, please note that the following items cannot be accepted: 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. No early birds – sale starts at 9:00 am sharp at the Metchosin Community House at 4430 Happy Valley Road. Entry to the event will be by cash donation at the gate.

**Art on the Walls April:** 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. They are hanging on the Community House walls for all to come and enjoy. Viewing times are Monday–Thursday 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 250- 478- 5155.



## Metchosin Community House

4430 Happy Valley Road Info: 250-478-5155

[mcahouse@telus.net](mailto:mcahouse@telus.net) | [metchosincommunityhouse.com](http://metchosincommunityhouse.com)

## Metchosin Muse CLASSIFIEDS

### METCHOSIN HOME WANTED

Long-time Metchosin resident looking to buy three-bedroom house in Metchosin, \$925,000 max. Not an April Fools joke. Please call 250-514-8046.

### FOR SALE

Seasoned fir firewood. \$380 / cord, split and delivered locally. Call Neal at 250-474-5886

\$15 per 25 words per edition. Deadline: 15th of each month. Payment in advance preferably by e-transfer. Contact Linda at [amuselinda@gmail.com](mailto:amuselinda@gmail.com) or phone 250-590-0168.

# Seniors' Resource Centre METCHOSIN

## Rollup of Core Services

Laurie Sthamann

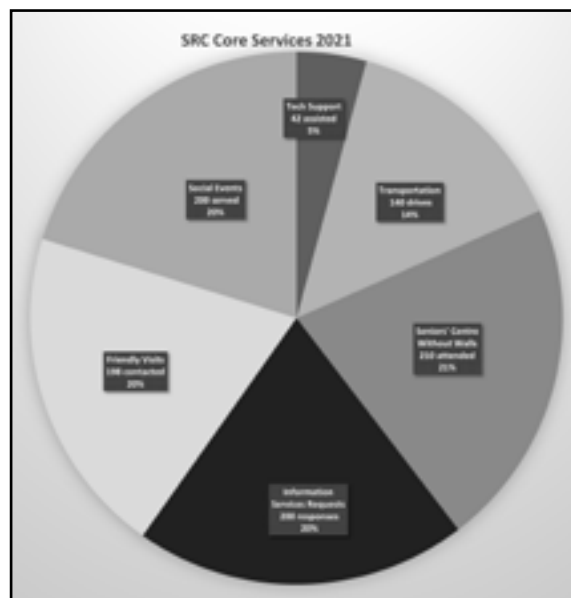
The annual general meeting of the Metchosin Seniors' Association (MSA) was held on March 25. The AGM reviewed activities, achievements and operations of 2021. Fire Chief Stephanie Dunlop was the guest speaker. All the incumbents on the Board of Directors were re-elected. We appreciate everyone who came out to support the MSA, vote and socialize. The AGM documents are posted on the MSA website [metchosinseniors.ca](http://metchosinseniors.ca).

2021 was the first complete year of my role as office coordinator for the Metchosin Seniors' Resource Centre. We continued to offer core services at the Centre throughout the pandemic. I want to thank the wonderful MSA board members for their support, wisdom, and guidance as I became familiar with my duties.

### HIGHLIGHTS OF THE CORE SERVICES PROVIDED AT THE SENIORS' RESOURCE CENTRE (SRC):

- Provided resource information. 200+ drop-in, telephone and online requests for information and services.
- Delivered the United Way *Better at Home* Program. 140 drives to medical, dental, eye appointments, to pick up prescriptions and for groceries. 198 friendly phone calls to our membership. 10 volunteers logged more than 5000 kilometres and 300 hours of service.
- Hosted 25 in-person social events.
- Launched a *Seniors' Centre Without Walls* pilot program of free Zoom events for seniors to participate in safely from the comfort of home. 21 online events & 210 participants. 12 posted on the MSA YouTube channel, with nearly 600 views.
- Responded to 42 requests for tech support for computers, tablets, laptops, mobile phones, printers. etc.

SRC is the go-to centre for aging-in-place information in Metchosin. Our sincere gratitude and thanks to the many volunteers, community organizations and members who help us to nurture an age-friendly Metchosin.



Metchosin Seniors' Resource Centre (SRC)  
1407-4495 Happy Valley Road  
250.478.5150 • [info@metchosinseniors.ca](mailto:info@metchosinseniors.ca)  
[www.metchosinseniors.ca](http://www.metchosinseniors.ca)



Phone cards • Movie rentals • Galloping Goose sausage • Locally made meat and fruit pies • Bakery items • Fresh produce and cut flowers • Hardware and Grocery • Prepared sandwiches • Fresh brewed coffee • You need it, we have it!



Monday to Friday – 6:30 am to 9:00 pm  
Saturday – 8:00 am to 9:00 pm  
Sunday – 8:00 am to 9:00 pm

VISA, Mastercard, Interac

Phone & Fax: 250-478-2405



# Vice Squad Called to Metchosin

Avril Sotte

Following Council's decision on brew pub hours, a complaint was made concerning two people seen conversing and laughing on Happy Valley Road in the evening. The RCMP morality squad was called and the people were issued a warning about publicly enjoying life in Metchosin after 8:00 pm.



## RCMP Call-Outs

FEBRUARY 11  
TO MARCH 9, 2022

Brian Kerr, OPS Support, Media Relations Officer, West Shore RCMP | GRC de West Shore

Feb 11	<b>Sooke Road</b> – Erratic driver, vehicle not located. <b>Happy Valley Road</b> – Check wellbeing of a person, located safe.	Feb 19	<b>Sooke Road</b> – Disturbance and possible assault, still under investigation. <b>Neff Road</b> – One male arrested on warrant.	Feb 27	<b>Sooke Road</b> – Erratic driver, vehicle not located.
Feb 12	<b>Happy Valley Road</b> – Domestic assault, one person arrested, investigation continuing. <b>Sooke Road</b> – Assist Saanich regarding suicidal person, not located.	Feb 20	<b>Happy Valley Road</b> – Male in breach of court order, still under investigation.	Feb 28	<b>Sooke Road</b> – Vehicle broken into at park, wallet stolen and credit cards later used by suspect, still under investigation.
Feb 13	<b>Duke Road area</b> – Landlord/Tenant dispute. Civil matter.	Feb 22	<b>Bennett Road</b> – Disturbance at residence, one male arrested. <b>Rocky Point Road</b> – Assistance provided to Coroner's office regarding a sudden death.	Mar 1	<b>William Head Road</b> – Request for patrols regarding ongoing problem with speeding vehicles. <b>Rocky Point Road</b> – Check welfare of person, later taken to hospital by ambulance.
Feb 15	<b>Pears Road</b> – Noise complaint.	Feb 23	<b>Sooke Road</b> – Check welfare, male overdosed on drugs, taken to hospital. <b>William Head Road</b> – Unwanted person at a residence. <b>Liberty Road</b> – Complaint of a family dispute/disturbance.	Mar 2	<b>Rocky Point Road</b> – Complaint of vehicle passing school bus in school zone. <b>Sooke Road</b> – Single vehicle accident, roll over. No injuries. Vehicle towed.
Feb 16	<b>Happy Valley Road</b> – Assist Parksville RCMP regarding stolen property complaint.			Mar 3	<b>Pedder Bay</b> – Complaint of theft of gas containers from a boat, still under investigation.
Feb 17	<b>Duke Road area</b> – Suspicious vehicle with two males observed in area, not located.			Mar 8	<b>Sooke Road</b> – Erratic driver, suspect vehicle not located.
Feb 18	<b>William Head Road</b> – Check welfare, female intoxicated, taken to hospital. <b>Sooke Road</b> – Stolen vehicle, still under investigation. <b>Neild Road</b> – Single vehicle accident, no injuries, driver charged under Motor Vehicle Act. <b>William Head Road</b> – Vehicle traveling at excessive speed, not located.	Feb 24	<b>Kangaroo Road</b> – Two-vehicle accident on icy road, no injuries. <b>Pears Road area</b> – Family dispute/disturbance.	Mar 9	<b>Rocky Point Road</b> – Enhanced traffic enforcement in school zone.

## Garden Club



## Work Smarter Not Harder

Dorothy King

**Garden Club Meeting**  
April 20 @ 7:00 pm  
Metchosin Community House  
4430 Happy Valley Road

How often have we been given this mantra? Often enough that I bet we don't really think about it anymore. With the upcoming gardening season nearly upon us (no more snow please!) it is time to have a hard look at what that mantra really means.

Tara Keller of Essential Kinetics will talk and demonstrate what that truly can mean. Tara is a kinesiologist and focuses her practice on helping people use their bodies in ways to help minimize injury and sustain strength and mobility during and after work. She will bring her more than 25 years of experience to demonstrate how to use different body positions, tools and rest cycles to help gardeners of all types to sustain the ability to work. How many of us have gone into the garden with great enthusiasm only to have to take a day (or two) off to recover from our initial battle with the weeds?

Tara brought her clinic to Langford two years ago. She

focuses on helping people to heal injuries that limit movement as well as dealing with the issues that can cause regular aches and pains.

Kinesiologists look at how the whole body is functioning to develop a plan to sustain (or return to) full movement and reduce the risk of injury. Looking at what you are doing that is causing your body to have repetitive areas of stress, that can lead to pain, is an important part of the assessment.

Tara likens the effects of gardening on the body to the effects of sports on the body. We must realize that gardening requires being fit so that the demands of the work can be sustained. Understanding the biomechanics of what we are doing can help us to work in a healthy way.

Tara will share her knowledge at the Metchosin Garden Club meeting on April 20, at Metchosin Community House (4430 Happy Valley Rd). The meeting begins at 7:00 pm. Everyone is welcome – drop in for \$2 or join the garden club for \$10/year. Unless government rules have changed by then we request that everyone wishing to attend be vaccinated and wear a mask inside the house.

## CRD Walks in Metchosin

**Apr 01, 2022, 1:30–3:00 pm**

**Slugs and Slime – Devonian Regional Park • Guided Walk • All ages**  
Stroll along with a CRD Regional Parks naturalist to learn about the giant gastropod that is one of nature's best recyclers. You'll find out how slime helps these slugs survive! No fee, pre-register by March 27.

**Apr 02, 2022, 10:00 am–2:00 pm**

**Exploring Indigenous Perspectives – East Sooke Park • Self-guided Walk • All ages**  
Visit CRD cultural programmer, Leslie McGarry, and participate in this self-guided walk. Discover the cultural significance of plants, animals and the seasons and how First Peoples deeply respect, appreciate and celebrate gifts from forests, rivers, lakes and the sea. Drop by anytime between 10:00 am and 2:00 pm. This walk begins near the information kiosk at the Aylard Farms Parking Lot off Becher Bay Road.

**Apr 16, 2022, 10:00 am–12:00 pm**

**Wildflowers of Mill Hill – Mill Hill Regional Park • Guided Hike • 8 years+**  
An opportunity to explore the spring wildflowers atop Mill Hill which boasts a riot of colour. Hike the hill with a CRD Regional Parks naturalist and you'll learn about the importance of the endangered Garry oak ecosystem and the identities of some beautiful blooms. There is no fee for this program but you must pre-register by April 12 as space is limited.

**Apr 24, 2022, 10:00 am–11:30am**

**Connecting to Nature – Devonian Regional Park • Guided Walk • All ages**  
On this guided walk with a CRD Regional Parks naturalist, you'll make connections to nature while exploring the forest, wetland and beach. From the small mushrooms providing life to the forest, to the large trees providing life to animals, we'll discover connections small and large. There is no fee for this program but you must pre-register by April 20 as space is limited.

**May 01, 2022, 10:00 am–2:00 pm**

**Beginner Birding Basics – Witty's Lagoon Regional Park • Self-guided Walk • All ages**  
Witty's Lagoon Regional Park (Metchosin). Visit CRD Regional Parks naturalists at Witty's Lagoon Regional Park for a self-guided walk all about birdwatching! Follow the panels to learn about what to look and listen for when identifying the birds in the area. Drop by anytime between 10:00 am and 2:00 pm. This walk begins near the information kiosk at the main parking lot off Metchosin Road.

To preregister for these walks please visit: <https://crdregionalparks.perfectmind.com>

Subject to change, check [www.crd.bc.ca/about/events](http://www.crd.bc.ca/about/events)



BBB Torch Award Winner - Community Service  
Winner LCT Magazine Global Operator of the Year



...it's how you get there."

**Saanich and Cowichan Valley Wine Tours**  
**Brew and Spirits Tours**  
**Airport Transfers • Restaurant Transfers**  
**Christmas Light Tours and Safe Event Transportation**  
**Gift Certificates • A Perfect Gift!**



Introducing our new Audi e-tron electric vehicles!

*Luxury* WINE TOURS

BBB ACCREDITED BUSINESS

[www.lalimo.ca](http://www.lalimo.ca) [info@lalimo.ca](mailto:info@lalimo.ca)  
**250-391-9000**

Located Beside the Red Barn at Latoria Walk  
115-611 Brookside Rd.



Your Friendly Neighbourhood Pharmacy

**Call 250-590-7012**

We proudly offer full prescription services, free delivery, immunizations, and the level of service and expertise you should expect from your community pharmacy

**Opening Hours: Mon-Fri 930-6 Sat 10-4**

# Metchosin Housing Crisis

## Sales of Gnome Homes Hit New Heights

Gnome Chompsky

While many Metchosin residents have been aware of the sharp rise in real estate prices for homes across the district, fewer people have been aware of a parallel situation in the market for Gnome homes. “Gnome home prices in Metchosin have risen rapidly in recent years as many Gnomes who previously lived peacefully in the forests of Langford and Colwood and other cities across Canada have been displaced by new subdivisions and construction. Gnomes need to live in natural areas, and Metchosin offers one of the last refuges in the region,” says Kyrie Kabouter, a local realtor who has worked with many Gnome families seeking shelter. Kyrie explains, “Unfortunately, Gnome homes, even in Metchosin, are in short supply. Gnome homes used to be a feature in many gardens and woodlands, but it seems to be a lost art today. We desperately need to attract a new generation of Gnome home builders so that supply can keep up with demand.”

Local educational leaders have been working to address the problem by developing new trades training programs focused on Gnome home construction at Westmont, the Co-Op Preschool and Hans Helgesen, but they are finding it hard to recruit participants. “Kids today think Gnomes just live in YouTube videos, they don’t understand that there are real Gnomes that need real homes” explains Sven Tomte, who learned the fine art of Gnome home construction in his native

Sweden. One local youth who has done her part is Vida Lutin, age four, who recently completed construction of a Gnome home in the woods near her house. “I decided to create a contemporary style Gnome home with stainless steel appliances, granite counter tops, a master bedroom with ensuite and sweeping forest views. I put it on the market for G\$1.8 million and got multiple offers and sold it over-asking, without conditions, to a Gnome family who viewed it online and plans to move from Toronto once they can complete the sale of the High Park tree home. I would love to develop more properties, but the shortage of building materials and supply chain interruptions have forced me to put my plans on hold and focus for the time being on tormenting my brother and playing with my stuffies.”

The availability of Gnome homes is only one of the issues facing Metchosin’s Gnome community, according to Werner Gartenzweg, a local Gnome leader, who laments the loss of Gnome culture and tradition. “Gnomes of my generation all wanted outdoor jobs where we could stand in the garden and lean on a shovel or take a nap, but young Gnomes today spend all their time inside on the couch playing video games and watching David the Gnome cartoons on YouTube. They say garden work is too hard, but no one wants to hire a Gnome dressed in ripped jeans who stares at an iPhone all day and night. Families have enough of those people already.”

One issue that has come to the fore is the concern about rising

crime levels as city Gnomes come to the country. “I am worried that these inner-city Gnomes raised on AstroTurf in Langford might bring new types of mischief. In the past it was all for fun, hiding people’s keys or turning the garden hose on, but these new city Gnomes might try to subvert the social order through property subdivision or other organized crime activities,” Gartenzweg points out. He supports the creation of a Royal Gnome Mounted Police (RGMP), Gnomeland Security detachment, to address naughty Gnomes. To support this effort, the Metchosin Gnome community is asking District residents to donate their unused My Little Ponies at the Metchosin Community House on April 1 to help outfit the RGMP equestrian force.

The District of Metchosin is aware of the challenges facing Gnome residents in the region and has appointed Councillor Andy MacKinnon as its liaison to the denizens of the forest. “Gnomes and their concerns have been largely invisible in the past, but just as I have tried to speak for the trees and fairies up at Fairy Creek, I will stand tall for the Gnomes of Metchosin. Gnomes are a key part of the biodiversity of Metchosin, and as a community we need to do everything possible to welcome Gnomes, keep them safe, and ensure that Gnome homes are available and affordable. I encourage everyone to go and enjoy our forests, because we all know that in Metchosin there is no place like Gnome.”



Above: Secluded single gnome-family dwellings with a water view command high prices.

Photo by Avril Sotte

Right: Unlike high rises for humans, gnome condo towers blend into their environment.

Photo by Avril Sotte

Below: Cheaper basement flats appeal to student gnomes in the woods near Pearson College.

Photo by Charlie Kruiser



# Wild Babies on the Way

## Know What to Do if you Find a Wild Baby

Erin Ryan, BC SPCA’s Wild ARC

More than 70 per cent of our patients are admitted just between April and September, as hundreds of wild babies arrive in a spring and summer wave. So, staff and volunteers will be working tirelessly throughout the day, feeding, cleaning, and caring for all kinds of species, each with their own specialized diet and enclosures.

Orphaned hummingbirds are often the first babies to arrive at Wild ARC each spring. These fragile babies require constant care, needing to be hand-fed every 10 minutes. They are housed in mini-incubators with specially-designed soft mesh baskets to keep them at the right temperature and to make sure they don’t damage their delicate growing feathers.

Hummingbird nests are tiny with jellybean-sized eggs inside. Carefully check before trimming trees and hedges to make sure you don’t disturb any nests that could be hidden amongst the branches. If you accidentally cut a branch with a nest, call Wild ARC for advice at 1-855-622-7722. The branch and nest may be gently reattached or the whole nest will need to come to Wild ARC for proper care.

Take a walk around your property before mowing your grass. Areas with long grass that have been undisturbed all winter are prime nesting spots for shy cottontail rabbits. It takes a sharp eye to spot

these nests as cottontails rely on grass cover to keep the nest hidden from predators. That first round with the lawnmower might remove this protective shield and even injure the young rabbits.

### WHAT TO DO IF YOU FIND A BABY ANIMAL

Wild babies have the best chance of survival if they can stay with their parents. Finding a baby animal doesn’t always mean they’re in trouble. Before doing anything, call Wild ARC for advice. Wildlife rehabilitation is their next best chance for survival. It is illegal to attempt to care for wild animals without a permit.

A wild baby will always need help if it has an obvious injury, or the babies appear lethargic, instead of bright and alert.

Featherless, downy baby birds (hatchlings) and incompletely feathered birds (nestlings) shouldn’t be outside their nest. If you find them on the ground, try returning the bird back to its nest, likely in a nearby tree or shrub. Your scent won’t cause the baby to be rejected.

Fledglings are older, nearly fully feathered birds who are learning to fly and live out of the nest. They are often clumsy and mistaken for hurt when they’re practicing their flying skills. The parents are likely still caring for them, so unless they are in immediate danger, it’s best to leave them alone.



Rufous Hummingbird family. Photo by Brenda Martinson



Deer with fawn. Photo by Tracey Halladay



Common Nighthawk with a wing bandage. Photo from Wild ARC staff



Baby Cottontail Rabbit bundled in a blanket. Photo from Wild ARC staff

Mammals have a keen sense of smell and may be alarmed or even reject babies that have been handled by people. It’s best not to handle baby mammals, unless they are in an unsafe spot. You can use gloves or a towel (rub in grass for extra scent-guard) to move them gently to a safer place close by.

Every year, wildlife rehabilitators care for healthy baby animals like fawns and cottontails that were incorrectly thought to be orphaned. For some animals it is normal for mothers to leave their babies hidden from predators, for long periods of time then come back

a few times a day to feed them. If a baby appears to you that it has been abandoned, check from a distance over the next 24 hours to see if the mom returns.

If you’re ever unsure if a baby needs help, or need advice on wild animals, contact Wild ARC at 1-855-622-7722.

**Please Note:**

All events shown in the *Muse* this month are subject to change or cancellation due to new COVID regulations or precautions. Readers are advised to check prior to attendance.