



Metchosin Muse

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Successful “Wild School Showcase” at Hans Helgesen

Joannie Challenger

The students at Hans Helgesen School held a very successful event recently, where they celebrated World Biodiversity Day in a variety of ways. The kindergarten class set up an interactive walk through the forest at the front of the school, where the children had prepared information “sound clip” buttons to tell visitors about various aspects of the forest. Ms Rambo’s class used leftover paper from their class compost to create amazingly realistic mushroom displays set on handmade logs. Other classes showcased their learning in videos, art and writing displays, tackling topics such as recycling, native plants, invasive species and actions

that they can take to help our planet.

The children then had an opportunity to visit other classrooms and the gym to learn about other class projects. Later in the afternoon parents and members of the community were invited to visit the school and see their work. The students’ hard work was evident, as was their pride in sharing their learning!



Informative writing and artwork.



Kindergarten students lead visitors along the forest path, demonstrating their learning.



Students use information technology to learn more about biodiversity.



Homes for birds, created by students, ready for installation.



Some amazingly realistic mushrooms on a log in the forest!

Interview with Westmont Montessori School Grads

Luke Cantrill

I recently interviewed Merric and Ares, Westmont’s Graduating Class of 2024/2025. Merric has been a student at Westmont for 15 years and Ares has been here since Grade 8. What follows are some of the questions I asked, along with their responses.

What have been some of the highlights for you at Westmont?

Merric: Well, in grade three I went to Vancouver, one of my favourite trips. I’ve done a trip to Australia and one to Japan, three Experience Canada trips, which included Manitoba, Saskatchewan and Tsihgethic Northwest Territories. I’ve enjoyed doing track meets and running cross-country races for the school, and being on a golf team for the school. I’ve also enjoyed meeting all my friends here and forging relationships with mentors and other people around the school.

Ares: For me a lot of it’s been the projects and things I got to make, like my rocket. The people here are quite nice - everyone’s quite chill. It’s a great place to get to figure out who you are, what you want to do and explore that.

What have been some of the lessons you’ve learned or things you will take away from the trips and travel you’ve done?

Merric: Say yes to anything you can and meet as many people as you can. So, say yes to surfing in Australia or doing a sweat lodge in Manitoba.

Ares: One thing that I’ve really been working on is being a bit more

organized on trips because they just give you a bit more freedom, but also responsibility at the same time. I just have to chill out and realize that things will go wrong; you have to minimize the negative impact and sometimes when something’s gone wrong it’s actually not too bad.

How do you think Westmont has prepared you for university or for life after high school?

Merric: I think the Westmont experience is the perfect lead up to the university experience; preparing for project style learning is probably one of the biggest things.

Ares: I think the biggest thing for me is talking to people; sending emails, talking to people in person, connecting with mentors and experts in fields, just connecting with other people.

What is one piece of advice you would give to future high school students at Westmont?

Merric: My advice for future high school students would be to manage your time. Make sure you have all of your assignments done on time, that you plan out what you’re doing, and make sure you’re not missing any part of the task.

Ares: Everything takes longer than you think it is going to take.

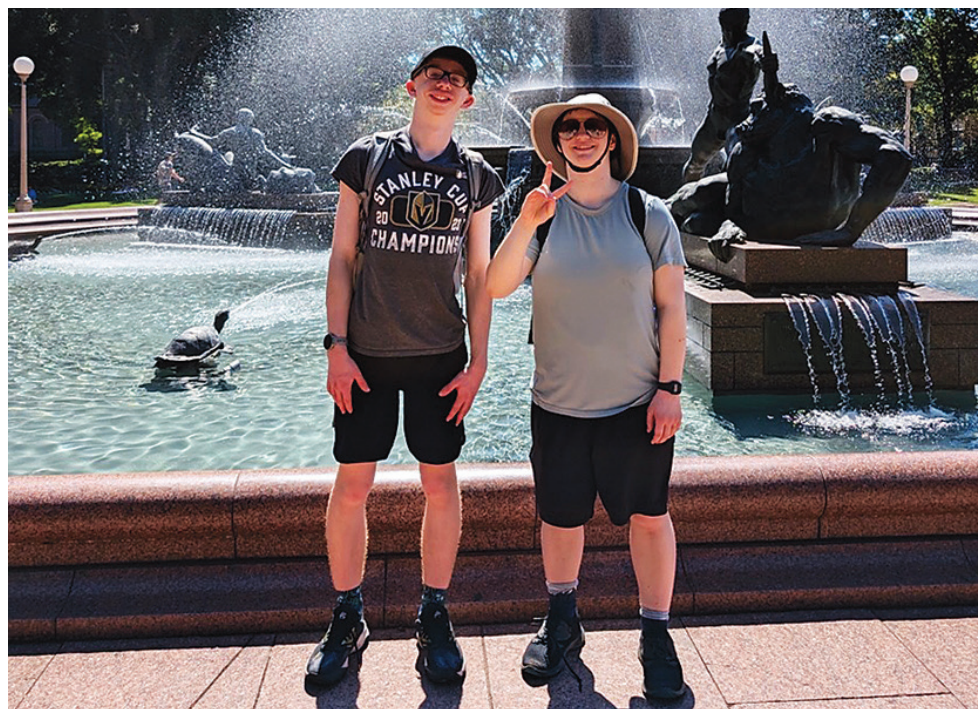
What is one final piece of advice for students to enjoy their time in high school and to remember to have fun?

Merric: Have your projects pertain to your interest. Make sure you focus on things you really enjoy, and then you’ll have a good time.

Ares: Focus on the process, not the finished product. Did you learn things while making it? Even if you’re trying to make something that has a 50% chance of not working very well, if you do something that you’re hyped about you’ll get the learning outcomes and you’ll still get to do a great project. These are words of wisdom from two experienced Montessori students.

During their time at Westmont, they have travelled the globe, the country and Vancouver Island, learning about themselves and the world

around them. Their impact on the school, particularly the high school, is nothing short of immense, their legacy inspiring. As we say goodbye to Merric and Ares, we say good luck and see you soon! Ares is moving to Simon Fraser University to study for a Bachelor of Applied Science degree in Mechatronics, and Merric is heading to the University of Calgary, to earn a Bachelor of Design in City Innovation.



Westmont grads Merric and Ares in Sydney, Australia, 2025. L. Cantrill photo.

Metchosin is Building Our Village Square

Shannon Carman, Metchosin Village Square Society

Big news, Metchosin! After ten years of dreaming, planning, and persistence, we’ve officially been given the green light by the District to build the Metchosin Village Square — right in the heart of the village, in the courtyard of the old school property.

This will be a community-built space that reflects our rustic Metchosin charm and brings

people of all ages together — fully enclosed for safe play, casual socializing, and accessible to all.

While the design is still in draft form, the vision is clear: this is a project that will take a village!

With that in mind, we’d love your help. At present we’re looking for:

Materials – Got some lumber, tires, boulders, driftwood, or even a little rowboat to donate? We’d love to hear from you.

Fundraising help – Event organizing and donation-wrangling pros, we need you!

Hands-on time – Builders, gardeners, tinkerers, and makers of magic, come on down.

To get involved, email us at metchosinvillagesquare@gmail.com with your name, contact info, what you’d like to help with, and any relevant experience.

Let’s build something beautiful for the generations to come!



Graphic of plan for Village Square. Shannon Carman/Joanne Parker Robertson photo

Metchosin Muse

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All articles and advertisements are due by the 15th of the month. Please send copy as an email attachment in Microsoft Word, text or RTF to: metchosinmuse@gmail.com. Do not send PDFs (ads excepted). Photos should be high resolution and be in jpg or tif format only. 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

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.

Save this Date!

Flu and Covid Vaccination Clinic - Saturday, November 1

On Saturday, November 1, 2025, the Annual Metchosin Flu and Covid Vaccination Clinic will be held in the Gym of the Old Elementary School. This clinic is made possible through the collaboration of the Metchosin Fire Department, Metchosin Pharmacy and the Metchosin Seniors’ Association.

Visit our website!

www.metchosinmuse.ca

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

Metchosin Muse Ad Rates


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Business Card (H) – 4" w x 2.5" h	\$56.00	\$44.00
Business Card (V) – 2" w x 5" h	\$56.00	\$44.00
4" w x 4" h	\$88.00	\$71.00
1/6 page (V) – 4" w x 5" h	\$110.00	\$88.00
1/6 page (H) – 6" w x 3.3" h	\$110.00	\$88.00
1/4 page (V) – 5" w x 7.5" h	\$165.00	\$138.00
1/2 page (V) – 10.3" w x 7.5" h	\$320.00	\$276.00
Banner 10.3" w x 2" h	\$110.00	\$95.00
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Classified (25 Words)	\$20.00	n/a

Ad Booking Deadline: 15th of each month

Advertising is grayscale/B&W format. Camera-ready ads only, in PDF (images minimum 200dpi). For more information contact Al Murray at almurray.design@gmail.com or 250-383-7243

To Our Metchosin Muse Supporters:

OUR SINCERE THANKS!!



Katie Pirquet and Allen Jones,
Co-editors

The *Metchosin Muse* is an increasing rarity during this era of online and electronic media, increasing commercial consolidation, and polarized homogenization of the news -- even in Canada! Small-town publications are disappearing as well as the kind and quality of information and “social adhesion” they can provide.

Our Muse is an independent, local, monthly publication staffed by volunteers with only one paid employee. We are enabled to do this through the continuous support from our volunteers, a few generous donors, and our regular advertisers, some of whom have been with us for fifteen years or more.

Thanks to them, The Metchosin Muse has, to date, evaded complete oblivion and fended off absorption by any homogenizing corporate conglomerate. It persists as a

viable community publication, keeping residents informed about civic affairs, special events, human interest stories, and local politics, without fear or favour.

We also cover environmental issues; news of our active foundations, associations and clubs; recipes; agriculture news; school news; local birds and wildlife; Council and committee news; news from our Sc’ianew neighbours; new businesses; obituaries and celebrations; arts and music features; and public service advisories. We publish letters to the editors, poetry, and occasional opinion items, too, if they are pertinent, informative, civil and thoughtful.

NONE of this would be possible without our advertisers, who pay for our graphic designer’s skills and time, monthly trips to the printers, Canada-Post delivery to every mailbox in Metchosin (even along the Langford and Colwood borders), plus our liability insurance and other necessities.

Listed below are the local businesses whose regular and long-standing support still helps to keep the Metchosin Muse “out there” and thriving, for ALL of us.

REGULAR monthly advertisers of 15 + years

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Please let them know how much we appreciate them!

Council News

JULY 2025



Parking on Beach Access Roads — Summer 2025

In the summer months, beach destinations are of course busier. It is critical that emergency vehicles such as fire trucks and ambulances have unobstructed passage to the end of beach access roads such as Witty Beach Road. The yellow ‘No Parking’ lines on the road have been established with the purpose of ensuring that these emergency vehicles can access the end of the road on busy beach use days.

Please be advised if you are parked illegally, against posted signage or road markings you may be ticketed or towed:

- Are you parked against posted signage or road markings?
- Are you parked in the “No Parking” area by the steps to the beach?
- Are you parked in the travelled surface of the roadway?
- Are you parked on, over or inside the yellow lines?
- Are you parked in front of or within 2m of a public or private driveway?

Parking on a roadside trail is also prohibited.

Summer Road Traffic Advisories

Summer events which may affect traffic, such as roadworks or bicycle events will be posted on the homepage of the municipal website.

Property Tax Due Date is July 2

If you haven’t paid your taxes by July 2, a mandated 5% penalty is applied. Pay before August to avoid another 5% penalty.

Beach Fires are Prohibited within the District of Metchosin

Call the Fire Department at 250-478-1307 for more information.

District of Metchosin Meeting Schedule – July & August 2025

The 2025 Schedule for Regular Council Meetings and Committee of the Whole meetings are posted on the website: www.metchosin.ca>Meetings>Meeting Schedule

*Please see below meeting dates and times for July and August 2025. Meetings are held in the Council Chambers at 7:00 pm unless otherwise stated.

*Meetings are subject to change. For updated information please call the Municipal Hall at 250-474-3167 or check the website at www.metchosin.ca. Thank you.

Council Meeting.....July 14

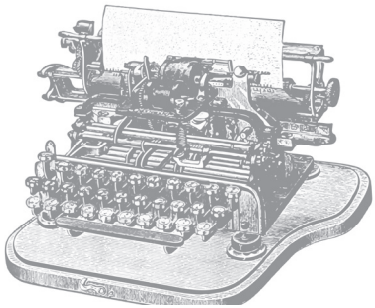
Committee of the Whole..... July 15

There are No Scheduled Meetings for August

Metchosin Municipal Hall

www.metchosin.ca • 250-474-3167 • info@metchosin.ca

Editor’s Musings



Katie Pirquet

The lush June that has been so glorious has now folded into the dessication, maturation, and struggles of July, but the solar energy stored in our abundance of agricultural production continues to prosper, even as we watch constantly over our shoulders or sniff the air for smoke. Good times and tough times mingle in a swirl of our own and fickle fortune’s making.

As a community, we pull together most of the time, and we build our joy and our successes onward from that. From predator-awareness to volunteers, and from art (MACCA) to literature (Sunday Old Barn Book Shop) and friendly competition (Pickleball!) to projects (budget, new firehall, Mighty Garage Sale, Farmers’ Market, community planning, riding ring, Moralea’s Meadow, Festivus, Parisian Café, Metchosin Day, Apple Bee Fest...), we create many of our own blessings and difficulties, but I believe that the weight falls heavy to the blessings most of the time. And whether the chips are up or down, all that practice results in effective action on so many fronts, and lashings of joy.

Further to last year’s series of articles on frauds and how to avoid, respond to and report them: Last month our Muse Advertising Manager, Al Murray, received an email at 0722 hrs claiming to be from co-editor Allen Jones. Fake Allen was insisting that he needed Al to pay an \$840 invoice by e-transfer, right away. Al told him that our treasurer was out of town, and he knew nothing about her system for payments, so he could not help him. Fake Allen replied “Here are the details, and let me know when the transfer goes through.”

Clever Al checked out the email’s address (executiveinfo@aol.com), which was not Allen’s

email address, and quickly notified the entire Muse staff of the attempted bunko. The payment was to be made to someone named “Taiwo Adesuyan, at adestt82@aol.com .” It wasn’t. This wasn’t the first attempt to scam the Muse, and probably won’t be the last. We are on to them, but too many Metchosinites have not been so lucky or savvy.

To our readers: stay alert to any communication, visitor, solicitor, or caller, even someone you think you know, but your “discomfort bells” are jangling. Hang up; check email addresses against known ones; contact the sender yourself via your usual routes. Keep email hard copies, or take a screen shot of the conversation. Close and lock the door; refuse to engage an unsolicited visitor. Then report the attempt to the RCMP (250-474-2264) and/or the Canadian Anti-Fraud Centre: <https://antifraudcentre-centreantifraude.ca/index-eng> . Write down all of the details, so that you have a complete and accurate record of the incident.

One last note: This summer, if you smell smoke or see burning where it shouldn’t be, dial 911 and report it. Please remember that there are strict fire regulations in effect all summer, and that ALL beach fires in any season are prohibited for good reasons. The Fire Department provides a printable “Burn Card” list of the complete regulations for burning and open fires on their website: <https://www.metchosinfire.ca/regulations/open> Read carefully, print it, and post it somewhere visible as a reminder. Our firefighters work hard to keep us ALL safe. We can help with that.

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 (with electronic signature if possible). An address and telephone number are required but will not be published. *Editor’s note:* The opinions expressed in letters to the editor are those of the authors, not of the *Muse*.

To all the residents of Metchosin who reached out to our family in our hour of sorrow with Jim’s passing, we wish to offer a huge thank you. To Councillor Gray, to Shari Rourke, Chris Anglin, and Kyara Kahakauwila, presidents of various organizations to which Jim currently belonged, and to the many residents who visited him in hospital, Jim was indeed appreciative as was I.

Jim was indeed unique. He believed that an informed community can lead to a healthy

community and so he spoke out many times on issues he saw. It is my hope that some residents will now take up where he left off and raise their voices to question, criticize, and inform Metchosin residents on issues they have. I too will attempt to continue to voice my issues with this council including the need for low taxes, for the generation of increased revenue and above all for good governance.

Kathleen MacPherson

Requiem for Mt. Blinkhorn

With a heavy heart I write to acknowledge that a beloved local landmark, Mt. Blinkhorn, was irremediably altered recently. With no prior notice to a community that has long cherished it, this spectacular summit was decapitated in an apparent prelude to ‘development.’ It was comprised of specialized manzanita habitat, prolific wildflowers, and was quite likely of archaeological and cultural importance to First Nations. Amazingly, it had made a complete recovery from a dramatic fire a few years ago that damaged it and traumatized

local residents. Now, however, there is no hope of reclamation of the summit, after it’s having been systematically stripped, blasted and compacted. I ask myself, and would ask other Muse readers, “what measures can we take to ensure that such desecration is never repeated in our community?” Let’s ensure this devastating loss can be a catalyst for a legacy to better preserve and steward what remains of Metchosin’s natural treasures.

Kathy Atherton

Cut and Fill

By Bev Bacon

There ought to be a law
against cut and fill.
Cut and fill,
all gone hill.

Why do they want
to make mountains flat?
Such destruction!
What use is that?

Neighbours tortured
by noise and dust.
Who protects them?
Whom can they trust?

Maybe people will
take up the cause.
What’s going on?
Can we make it pause?

Look up, folks!
Do you know what’s going on?
One day it’s there.
Then blink, it’s gone.



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Metchosin Firehall Planning Challenges

Owen Clarke

The June 9th council meeting re the firehall presents challenges. The Request For Proposal received a response only contemplating complete rebuild on an adjacent location – a deficient RFP not including remediation OR other options. The FH subcommittee engaged with architects but the FHC has not. No transparency as per the mandate of subcommittees. There are no hard cost projections but somewhere around \$10-15m. The council (3 votes to 2) voted the following: 1) not to pursue any other options, 2) to incur debt if needs be for rebuild, 3)

based on “Bold” leadership textbook concept to charge ahead (recklessly?), 4) to remove the entire municipal ground from the Agricultural Land Reserve, 5) to let the fire chief and CAO deal with operational issues, 6) deal with the public later, and 7) apply for a grant assuming \$7m asap. The public support for fire-fighters is unequivocal. The process to date is flawed. This is the first time in 40 years Metchosin taking on debt has been considered – AND WE HAVE LITTLE MONEY. Why not consider other options? The threat to the ALR is palpable - quote from Mayor “I support the ALR but only if it is being farmed.” Please pay attention now RESIDENTS! Tax increases and ALR threat? Why? Now?

Future Firehall Replacement Raises Interesting Questions About Borrowing.

Johnny Carline

A consultant’s report commissioned by Council has detailed the deficiencies of the current firehall and recommended that it be replaced. After considering six options, the report suggests building on the adjacent site and the advisory committee established by Council, on which I sit, accepted these recommendations and passed them onto Council, who also accepted them. It must be said, however, that alternative sites have not received a lot of attention this time around and, so far, the examination has not reached the point of assessing costs. While it is sensible to narrow down options before spending money on detailed cost estimates, a look at options and an assessment of costs will clearly have to be done before any final decisions are made.

One member of Council has already asserted that he was opposed to any option that involved going into debt. Metchosin has historically been averse to taking on debt, and to do so now would break with historical precedent. But the alternatives need to be carefully considered, so what follows are some of my personal opinions to stimulate that discussion. Obviously, senior government grants should be pursued, if for no other reason than every other municipality does the same thing. But whether such grants would cover all the costs is by no means certain.

In that case, another alternative would be to sell surplus assets to raise the necessary funds. Undoubtedly some people will look at the school as one possibility. But the school is already becoming a useful community asset and will likely become more so in the future. It may itself be a significant source of rental revenue in time. For me, selling this, or any of our other assets, is not an appealing strategy. Another alternative is to look to existing reserves as the source of funds, and if the municipality chooses to do that, it might probably go a long way towards meeting the costs of a new firehall. There may be some technical obstacles to be overcome, and it could be viewed as simply deferring the difficult decisions to another day. But it is an option that needs to be examined. However, I suspect that the purposes for which many of those reserves were established are likely still legitimate, so I don’t think this option is overly promising. Therefore, in the end, Metchosin may well have to pay for some portion of the costs of the new firehall from tax revenue. This should be no surprise. It is the experience of many municipalities. And if the costs exceed what could be reasonably expected to be raised in one year, and they almost surely will, then spreading these payments over a number of years is not only necessary, it generally makes sense. For example, a new firehall should have a life expectancy measured in decades and so one might ask why the capital costs of that facility should fall exclusively

on today’s taxpayers while future residents get a free ride. Interest payments are a good reason not to extend this too much, but not enough to decide not to borrow at all. I, like most of us, learned the lesson to be cautious about incurring debt in our personal lives, and do so only after much consideration. Modern local governments do the same. They have learned that it is neither always possible nor wise to insist on avoiding debt “on principle.” In the current circumstances it comes down to a few questions. Can we afford not to replace the existing firehall? Is it likely that we will receive grants sufficient to pay for it all? Is it likely that we could pay for it completely from our current resources? And, if we could, would it be smart to use all our resources to do so? If the answer to most or all of these questions is “probably not”, and I think it is, then we probably need to borrow to help pay for a new firehall. And if we do, then future residents who benefit from us having built a new firehall will, appropriately, contribute to paying off that debt. So, the possibility of Metchosin District borrowing should not cause us to throw up our hands and say the sky is falling. It isn’t and it won’t, and to delay replacing the firehall for these reasons would not be a well-informed decision. That, at least, is this writer’s opinion. As always, the Muse welcomes yours.

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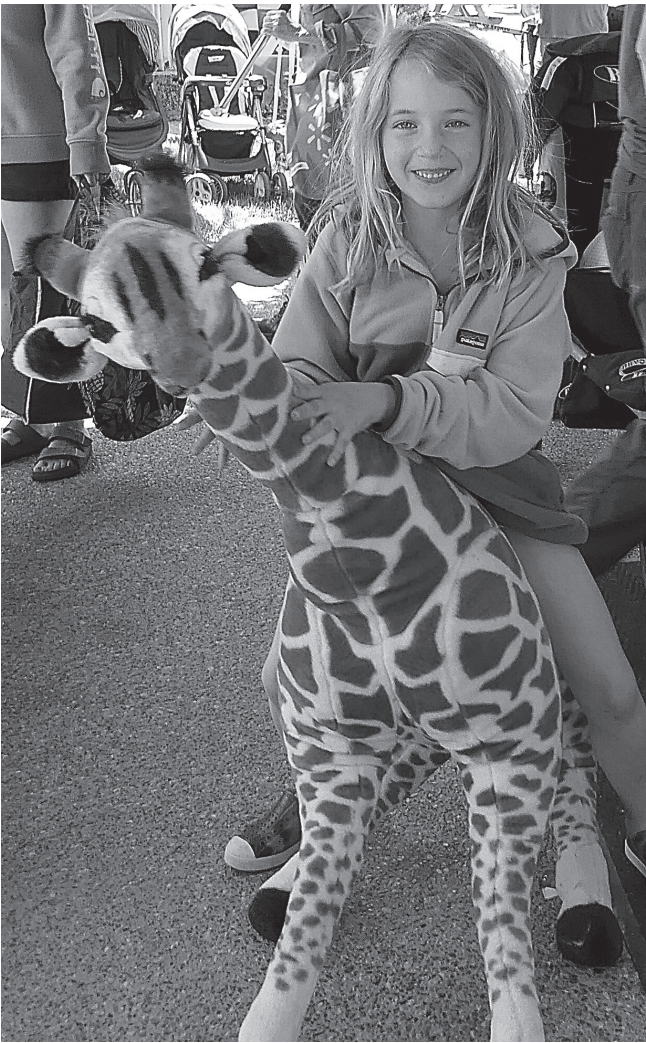
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Of Kindness and Treasures

Joannie Challenger

Among the most special parts of the Metchosin garage sale are the connections that people make, and this year was no different – except that one of these connections was between a very large stuffed giraffe and a little girl who REALLY wanted to buy it. The giraffe wasn’t just large, it was at least four feet tall! Apparently she and her family had been to the San Diego Zoo earlier in the year, and she had seen a day-old baby giraffe. It had made a huge impression on her, and the stuffed giraffe was the same size. The little girl was trying really hard to convince her mom that it would be a great purchase. But it had a \$30 price tag, which is a lot to pay for a stuffy! While the girl and her mom were discussing what to do, a woman who had observed the goings-on quietly came up to me (the volunteer salesperson) and handed me a \$50 bill. “Whatever you decide to sell the giraffe for, take the amount out of this and donate the remainder to the Community House.” I exclaimed that it was very kind of her! “I’m doing this in memory of my husband who was a Saanich firefighter,” she said. “He passed away earlier this year.” So the little girl was given a wondrous stuffed giraffe and the rest of us have a sweet memory to treasure. Kindness exists.



An anonymous gift of kindness delivers true joy to the young recipient and her new best friend at the Mighty Metchosin Garage Sale. Barb Sawatsky photo.

CRD Approach to Black Knapweed Control

CRD Regional Parks Conservation Biologist Morgan Davies, Metchosin Councillor Steve Gray, and former Metchosin Councillor Andy MacKinnon

An invasive plant that threatens important natural ecosystems and farmland in Metchosin will once again be knocked back this year.

Black knapweed (*Centaurea nigra*) is a perennial plant that forms dense monocultures (i.e. takes over an area). This can not only displace native vegetation but can also reduce habitat and food sources for native species, including essential pollinators like native bees. It can have serious impacts on local agricultural crops and increases fire risk.

This highly invasive plant species is restricted to a small number of sites in BC, with Metchosin unfortunately being a provincial hotspot. Treatment for this species is prioritized because of its limited spread and the severity of its impacts on the land.

The District of Metchosin and CRD Regional Parks have been collaboratively managing Black knapweed on public lands in Metchosin since 2020.

Through dedicated and consistent efforts by community members, volunteers and staff, a decrease in black knapweed density has been observed over time, especially at Tower Point.

In 2025, a variety of strategies are being used to decrease the impact of Black knapweed in Metchosin. These include public education, selective mowing, removing seedheads and targeted herbicide treatment. In CRD Regional Parks, herbicide treatments are only employed after a determination that there is no other effective treatment, and that environmental impact can be minimized. A licenced applicator applies the treatment under the direction of District of Metchosin or CRD staff. As with any herbicide treatment conducted in BC, carefully targeted application will occur in accordance with all provincial guidelines and will be done during a period of low winds and with no forecasted rainfall. Surveys to measure the effectiveness of the treatment take place annually. This year, management activities in CRD regional parks involving

herbicide were scheduled throughout May and June.

To eradicate this plant from Metchosin, the CRD and the District of Metchosin need local residents to help in the following ways:

- Know how to identify Black knapweed. The CRD has developed an expanded Invasive Species Alert fact sheet that now includes a guide to local “look-alike” species that could be mistaken for black knapweed. Check it out on the CRD’s website at crd.ca/environment under the Biodiversity, Flora & Wildlife tab.
- Report any new sightings to the CRD’s Regional Invasive Species Program inbox at invasive@crd.bc.ca. Known Black knapweed populations occur at Devonian and Witty’s Lagoon regional parks, adjacent to roadside right-of-ways, and on some private properties near Tower Point, and on Bradene, Cliff, Duke, Metchosin and Olympic View Roads. If you are aware of other locations, please contact the CRD.



Black knapweed in bloom -- pretty, but invasive! CRD photo

- Help control Black knapweed on your private property. You can find helpful removal details on the alert sheet mentioned above.

For more information on Black knapweed in regional parks, contact Conservation Biologist Morgan Davies at mmdavies@crd.bc.ca. If you need advice regarding control of Black knapweed on private property, contact Jenny Eastman, Regional Invasive Species Program Coordinator at jeastman@crd.bc.ca.



Dedicated volunteers cut Black knapweed seedheads at Witty’s Lagoon Regional Park in 2024. CRD photo

CRD Strategies For Black Knapweed

Devon Smith, CRD Regional Parks Communications Coordinator

The CRD Regional Parks Division uses a variety of strategies to manage Black knapweed including public education, selective mowing, removing seed heads and targeted herbicide treatment. Prior to using herbicide, the CRD managed the area at Tower Point through mowing.

Unfortunately, this approach resulted in production of flowers and seeds below the mow-height, which continued to increase the knapweed

seedbank. In CRD regional parks, herbicide treatments are only employed after a determination that there is no other effective treatment, and that environmental impact can be minimized. A foliar (on-leaf) herbicide treatment is required for black knapweed, unlike other plant species for which other methods of herbicide application are possible.

CRD Regional Parks informs the public about risks associated with herbicide treatment in a variety of ways. The installation of provincially-mandated herbicide treatment

signs is required after any treatment and staff precautionarily keep this signage up longer than required. Additionally, informational signage is installed ahead of treatment, and notifications are published on our website. Treatment windows on informational signs are often quite long because treatment can only take place during certain provincially-mandated weather conditions.

Staff also work closely with CRD Regional Parks Restoration Volunteers to run events to manage seed production of black knapweed.

More information on getting involved with our volunteer program can be found at crd.ca/volunteer.

Slow declines in Black knapweed populations are being seen and the CRD hopes to work toward less intensive management strategies as populations decline further.

Devon Smith (she/her)
Regional Parks Communications Coordinator | Corporate Communications & Engagement
T: 250-360-3332 | C: 250-889-8030

UVic Community-Engaged Learning Opportunities for Metchosin Community Groups to Work with UVic Students

Marilee Hoen

Metchosin has a wide variety of community groups and organizations involved with everything from environmental restoration to preserving our history. Many organizations have great project ideas but may have limited time and resources. The University of Victoria may be able to help.

Through Community-Engaged Learning (CEL), community groups collaborate with students to undertake projects for mutual benefit. The students are not paid but receive course credit on successful completion. The student time commitment varies depending on the type of involvement.

UVic collaborations are not new in Metchosin. For example, the Bilston Watershed Habitat Protection Association, Moralea’s Meadow and the restoration project at Witty’s Lagoon have already worked with UVic students. While these projects involved field work, eligible projects are not restricted by content area. CEL projects may involve students from any faculty and may include activities such as research, creating educational materials and media production.

If you have an idea, CEL staff will work with you to define your project so that it will be of benefit to both you and the student. Expectations are set around what

the students can offer and how the group will support them. The project should create meaningful learning opportunities while furthering the group’s goals.

If you would like to learn more about UVic’s Community-Engaged Learning program, refer to their website Community-Engaged Learning where there is a link to the “Community Guide for Community-Engaged Learning.” You can contact a program Coordinator at 250-472-4796 or email celoffice@uvic.ca.

There are other ways to collaborate with UVic students including supporting them during their practicums. For example, the Restoration of Natural Systems Program within the School of Environmental Studies has a course requirement for a large project within the community. Typically, this involves a 100 hour commitment. As with CEL, help is available for groups to define these projects. For more information, contact Dr. Nancy Shackelford at nshack@uvic.ca.

UVic departments are ready to work with you, so reach out to them. You have a chance for your ideas to come alive while giving students a stronger connection to their community.

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Which Dogs Will Chase Sheep?

Monique Anstee

Recently I was asked which dogs will chase sheep. I replied, “All that have four legs.” I was wrong. I know a tripod dog that wanted my goats and more recently I heard of a two-legged dog that will chase anything that moves, thanks to his new fancy set of wheels.

The better question is this: If they have never chased livestock, when might they? My German Shepherd, Johnny, trained almost every day of his young life with a horse on the same field. One day, at about ten months, he decided to change things up a bit and took off after the horse. Fortunately, I was aware that hormones had made him sassy, and while I never expected that outcome, I was prepared. That day Johnny learned he must return, even when he doesn’t want to.

One of the most problematic dogs with livestock that I’ve trained was a labradoodle and recently, a tiny, fluffy Mexican rescue

made my normally calm sheep run while she was on leash with me. They understood her intent, as did I, even though she was a couple of hundred feet away.

It doesn’t matter breed, age, physical fitness, or whether they’ve shown previous interest: dogs are predators. One day, when you least expect it, they will chase livestock. If the livestock is yours, train your dog. If it isn’t, make sure you always have them on leash going past sheep and other tasty edibles.

We can never take the predator out of our dogs, but if we are honest about the hunter lurking deep inside, we can prevent tragedies from happening.

Monique Anstee
The Naughty Dogge, located in Metchosin.
Author of As a Dog Thinketh, and Lift Your Leg - the podcast

A June Morning in a Paris Café

Yvonne Cottrell

Warm sun shone down on the 11th Annual Parisian Café, held on Saturday, June 7th in the courtyard of the Metchosin Arts and Cultural Centre. About 100 people came to enjoy delicious coffee and pastries, visit with friends, admire the painting en plein air, and listen to French music.

Thank you very much to our sponsors who made this event possible:

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Many thanks as well to the Broken Paddle and My-Chosen Café for donating gift certificates for door prizes.
A wonderful time was had by all!



A perfect day to chat with friends and enjoy the cuisine of a Parisian Cafe.
Yvonne Cottrell photo



Katy Nelson and Barrett Fullerton at the Parisian Café on a glorious day in June.
Deirdre Chettleburgh photo

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Propane fire pits are allowed.

Rebuilding Gaza Fundraising Event

Frank Mitchell

The Rebuilding Gaza for Palestinians Dinner held in Metchosin on Saturday, May 17, aimed to raise funds to assist people desperately in need of food, clean water, and respite from terrible violence. That it did, if not on the scale that will be required, raising a final total of \$18,418.

What made the evening so special was the atmosphere: the quality of information provided, the music, the wonderful repast of Palestinian food, and above all the spirit generated by the presentations, conversations with table mates, and interactions with the volunteers (mostly Metchosinites, including students from Pearson College, one of whom was from Palestine).

After an introductory video talk by Gabor Maté, who sketched some of the history (drawing from his boyhood experience as a Jewish

child in Nazi-occupied Hungary), the diners heard from Dr. Deirdre Nunan, a Canadian physician who had just returned from working in Gaza, and Dania Shawwa representing the Shawwa Emergency Relief Initiative which was delivering the aid. Towards the end of the evening, we were invited to join with Sophia Higgins in singing John Lennon’s “Imagine” and Bob Bossin in a country folk song about not giving up. At the very end, a raffle of items generously donated by many Metchosin (and some other) businesses provided some lucky diners with treasures to take home.

Normally, I try to get away early from events. Not this one: it was without doubt the best evening event I have attended in a very long time.



Pearson College music instructor and former student, Gabriel Ferreras, who volunteered as the evening’s waiter, took charge of a bountiful table at the Gaza fundraiser dinner. That’s Gabo, center top, serving the final plate of the main course. Shiraz Higgins photo

Public Talk by Palestinian from the West Bank, July 3

Small Step Collective


The Small Step Collective invites one and all to a public talk by Palestinian educator, activist and artist, Salam Hamdan, from 7:00 – 9:00pm on Thursday, July 3 at the Community House. Hamdan’s presentation, entitled “Palestine: My Reality, My Story,” will thread together history, politics and personal experience as she shares insights into the conditions of life for herself, living in the West Bank, and for Palestinians more broadly. Alongside her talk, Hamdan’s

paintings will be on display and for sale, with all proceeds from this public event going to Gaza Medical Relief: Hope From the Rubble. Following her 45-minute presentation there will be ample time for questions and discussion, with simple refreshments.

Don’t miss this rare opportunity to learn more about Palestine through the eyes of a woman with lived experience of the current situation in the West Bank and Gaza. Admission by donation.

Did you know? Past issues to 2013 of the Metchosin Muse are available online.

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Got something to say?
Write an article for the Muse.

Green Acres, the Metchosin Version...

Steve Lee

Do you remember the old sitcom series, Green Acres? If so, you'll recall it was about a successful lawyer, Oliver, and his high society wife, Lisa, who had given up the stressful life of big city living for the simple life and had bought a farm, sight unseen, in the remote community of Hooterville. Well, the "simple life" turns out to be anything but simple and Oliver embarks on a very steep learning curve. If you're too young to have watched that entertaining series, not to worry, it's been re-enacted for you right here in Metchosin.

I first met my new neighbours here in Metchosin in 2004. Andrew Penn and Melanie Montague had purchased a small abandoned farm across the road from us and were trying to drag a travel trailer through the mud and onto the property to live in it. Like Oliver and Lisa, I suspected, they too had purchased their farm sight unseen, or if they had viewed it, it must have been late at night and Andrew's flashlight batteries must have been dying.

I went over with my 4x4 and, chained up together, we dragged the trailer through the mud as far as we could onto the property and there they settled in. Though Andrew wasn't a lawyer nor Melanie a socialite like Oliver and Lisa, they were both professionals from the city who were seeking the quiet simple life – well Oliver and Andrew were, anyway.

The property in question was the old Bilston farm, a decrepit, abandoned property but with some historical significance, not just for Metchosin but also for the whole B.C. Province. It had been the earliest farm in BC, supplying milk and produce to Fort Victoria, and it still had artifacts of historical value scattered throughout the property. This vacant property had been previously purchased by the CRD to be re-stored as a heritage park but as it had been vacant for so many years, the old house, milking barn and orchards were considered beyond restoration so the

CRD abandoned the idea and sold it off, after having encumbered it with easements and covenants.

Now, anyone in their right mind would have bulldozed it all down and started afresh. Fortunately for us, but certainly not for them at the time, Andrew and Melanie were evidently not in their right minds and took on the challenge of restoring the heritage farm and buildings. That's when the fantasy of living the simple life they had been seeking dissolved.

Over the following years their dealings with contractors, managers and regulatory officials is stuff of a tragicomedy, certainly more hard hitting, though, than anything Oliver and Lisa had experienced throughout the six years that Green Acres aired on tv. One thing was obvious: through it all, Melanie and Andrew were committed to preserving the heritage value of this unique property, even at overwhelming costs, monetarily and emotionally. If you haven't visited their now beautiful lavender-themed venue, you

should. Andrew has painstakingly pieced together the history of the farm and I'm sure he would like to share it with visitors. Ask him how he came about having a five foot high basement under their beautifully restored heritage home. That would certainly have made a hilarious episode of Green Acres, and though not so funny in real life. I bet his kids still have kinks in their necks. The Bilston Lavender Farm has certainly become a jewel in the Metchosin crown – and to think we came so close to losing it.

For Muse diehards, you may wish to revisit the October 2006 issue (on the metchosinmuse.ca website) which features an article on the provenance of a WW1 artifact discovered in soil excavated from under their house. I believe they have that and other artifacts on display.



Now it's a field full of fragrant lavender! M.Montague photo



How's about a real renovation challenge!. M.Montague photo.



New buildings maintain the character of the old farm. M.Montague photo



The grand old barn, shortly before the wind blew it down. M.Montague photo



Renovated orchard ready for visitors. M.Montague photo

Rocky Point Bird Observatory

Fledgling to Adult: A Fascinating Transition

RPBO staff

While wandering through the forest last week, I spotted a tiny brown ball of fluff and feathers resting on a tree stump. I had no idea what kind of bird I was looking at until its mother arrived with a juicy worm. That's when I realized it was a Spotted Towhee fledgling. The fledgling did not resemble its parent at all, with streaky brown plumage instead of the distinctive black, white, and rufous markings its parent displayed. Its eyes were brown, not the striking bright red of an adult Towhee.

The stark contrast between baby birds, or fledglings, and their adult counterparts is fascinating, and there are important reasons for this difference.

Fledglings are often characterized by their soft, dull-coloured feathers, which are typically shades of brown and gray. This muted coloration serves as a form of camouflage, helping to protect them from predators during this vulnerable stage. The subdued tones blend into their natural surroundings, allowing fledglings to remain inconspicuous while they learn to navigate the world. The fledglings of some species look very different from their parents, while others are quite similar but usually duller in appearance and colouration.

As fledglings grow, they undergo gradual development that includes not only physical changes but also behavioural ones. Their feathers begin to moult,

often taking on the richer colours and patterns characteristic of adult birds. This transformation usually coincides with their increasing independence, as well as the need to replace some of their juvenile plumage. The juvenile plumage develops quickly to allow young birds to leave the nest, which is a danger zone for predation. The feather quality is not the best, so young songbirds will moult in some new feathers, usually body feathers and some flight feathers. The timing of this event after fledging varies among individual species. Some birds, particularly warblers, begin this moult even before leaving the nest!

Moreover, fledglings still depend on their parents for food and protection. The difference in appearance from their parents may signal their youth and inexperience, prompting adult birds to continue providing care until the fledglings can fend for themselves. This dependency period is crucial, as it enables fledglings to build strength and develop the necessary skills to survive independently.

As you explore parks, forests, or even your backyard this summer, take the time to appreciate the diversity of birds around you. Young fledglings are transforming into beautiful adults, so grab your binoculars and enjoy the experience. Birdwatching is a wonderful way to enhance your summer!



Spotted Towhee adult. Jannaca Chick photo



Oregon Junco female. Jannaca Chick photo



Spotted Towhee juvenile. Jannaca Chick photo



Oregon Junco juvenile. Jannaca Chick photo



Redwing Blackbird family. Rosa Munzer photo

Artistic Perversity in Metchosin

Diana Smith

Are we, the ArtPod collective, perverse in the themes we come up with for our bi-monthly shows? Are we trying to make them intentionally obscure and difficult and plain contradictory? Take, for instance, the theme for the up-coming show to which we are currently inviting submissions: Fleeting: Exalting the Ephemeral. Most artwork on display in the gallery is made to last: for example, if on paper it will be archival, meaning it is not going to deteriorate over time like paper made from wood pulp or it is ceramic that will outlast human civilization on earth. How then are artists to respond to a theme whose key descriptors include the terms ‘transitory’, ‘inherently temporary’, ‘ever-changing’ and ‘intangible’? How do you square that particular circle?

But, au contraire, that’s what we, and we hope other artists, will do. We love and thrive on a challenge. The more we are invited to stretch our imaginations, the greater our creativity is stimulated and what greater high is there than that! So, you want something fleeting do you? “I’ll show you!” And we hope you do. The deadline for submissions is July 11. There have already been some intriguing submissions but, of course, you will have to wait until July 25 to see them.

The show runs only until September 14 and then it will be gone. In between will be the opening on Saturday, July 26, at 2:00 pm, and an artistic talk by the guest juror Daniel Laskarin on August 16. Talks in themselves are temporal but, to be kind, and because we anticipate it will be fascinating, it will be



Fish printers being supervised by interested baby. Diana Smith photo



Artist holding a fresh fish print. Diana Smith photo

recorded and available on our website. Meanwhile the current show, **PATTERN: rEpEAt, rEpEAt, rEpEAt**, runs to July 20, and then that, too, will be but a memory.

Because this issue of the Muse covers two months we want to let everyone know about the submission window for our next show which is Aug 1 to Sept 5. Talisman is the theme. What does that mean and what does that have to do with art? According to the first sentence in the curator’s statement a talisman is ‘anything that has the power to profoundly influence our feelings or actions’. Surely this is as good a definition of great art as any. As the famous detective Hercule Poirot might have said, Talisman is something to stimulate our little grey cells and excite our senses. So, go ahead. Astonish us.

All details of these and other events are at metchosinartpod.ca. At least for now!

EVENTS at

METCHOSIN

ArtPod

30 May - 20 July 2025

PATTERN:

rEpEAt, rEpEAt, rEpEAt

- See work by Guest juror: Pierrette Vezina
- Come see how the concept of pattern has been interpreted by artists from across our region
- Cast your vote for the People’s Choice Award

TUES 1 July, 10-2pm

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- **Ed Peck** Photo Walk Project
- **Memet Burnett** Haiku Path and 2pm Haiku mini- workshop at Seabluff Farm’s covered table

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11 July: Open Call Closes

25 July - 14 Sept 2025

FLEETING:

Exalting the Ephemeral

- Guest juror: Daniel Laskarin- UVic prof, conceptual and multi-media artist
- SAT 11 July: Open Call Closes
- Opening Celebration: SAT 26 July, 2-4pm
- SAT 16 Aug, 2-4pm: Artist Talk with our Juror hosted by Diana Smith at ArtPod
- Also TBA! Lumen Print Workshop!!

See metchosinartpod.ca for details

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For information on local events, please see **Important Dates & Events**, p. 15.

Free Workshop: Gardening to Get Fire Smarter, July 9.

Gloria LeJour, Fire Smart Co-ordinator, Metchosin Fire Department

FireSmart will be hosting a free gardening workshop on July 9 from 5:00 pm - 8:00 pm at the old Metchosin School (4495 Happy Valley Rd). Coffee, beverages and tasty treats will be provided.

As wildfires grow more frequent and severe, understanding how to design wildfire-resilient gardens is essential for homeowners living near wilderness areas. This practical and engaging class teaches participants to mimic nature’s protective strategies through soil and water conservation practices and how to make informed choices about plants, mulches, and groundcovers. This class empowers participants to adapt to climate challenges, take proactive

steps to reduce wildfire loss, all while enhancing the surrounding environment.

Instructor Bethany Couture is a passionate, sustainable horticulture specialist, dedicated permaculture practitioner and avid community educator, based in Victoria, BC. She is the permaculture instructor at the Pacific Horticulture College, the lead steward of the permaculture garden at the Horticulture Centre of the Pacific and is a trained FireSmart Ambassador. Through her business, Garden Alchemist, Bethany designs lush, resilient landscapes that aim to nourish people and the planet.

To ensure we can accommodate everybody, please RSVP by emailing: firesmart@metchosinfire.ca. Hope to see you there!

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“HOUSE HAPPENINGS”

METCHOSIN COMMUNITY ASSOCIATION

HOUSE HAPPENINGS

VIHA Adult Day Program	Monday, Wed., Thurs	10:00 am–2:00 pm
Evening Knitting Café	1st & 3rd Mondays	7:00-9:00 pm
Weights & Measures	Tuesdays	8:20-9:45 am
Drop-In Art Group	Tuesdays	Summer Break
Afternoon Knitting Café	2nd & 4th Tuesdays	1:00-3:00 pm
Conversational Spanish	Wednesdays	5:00-6:00 pm
Creative Rug Hooking	Fridays	Summer Break
Parents & Tots Program	Friday Mornings	Summer Break
Friday Social	Last Friday of the Month	1:00-3:00 pm
Ukulele Gathering	3rd Friday of the Month	5:00-6:30 pm
Friday Films	Last Friday of the Month	Summer Break

MIGHTY METCHOSIN GARAGE SALE

By all accounts this year’s Mighty Metchosin Garage Sale was a resounding success! Thanks to the generosity of the donors and the hard work of our volunteers, the event raised over \$52,000, before expenses. The entrance donations allowed the Community Association to donate \$5,500.00 to the Goldstream Food Bank. After a few repair and maintenance items for The House, we look forward to sponsoring many more community events and programs in the coming year.

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Ollie’s Tales

Hi Everyone!

My name is Ollie. I am nine years old, and I am a loving, friendly Metchosin dog. I love pats, snuggles, Weir Beach, Witty’s Lagoon, and treats, not necessarily in that order. My auntie takes me on adventures in Metchosin during the week while my parents are at work.

I left a letter for the turkey who patrols her driveway on Wootton Road, and Scarlet the Turkey emailed back! She said it is hard for her to email with her wing feathers and huge, clumsy feet. We correspond regularly, and I pop by her place to see her and her farm mates from a safe distance. We went to see Scarlet the turkey one day and Nemo, a new gosling, was learning Driveway Patrol. I have also met Choker, the Muscovy duck who also does driveway patrol. Scarlet the turkey also lives with cows. We say hello to them when we walk on Sea Bluff Trail.

Meeting all of Scarlet the Turkey’s farm mates prompted my auntie to have me participate in making a flow chart of my driveway patrol farm mates. Does anyone else’s dog walker make them do flow charts? My auntie said I will be quizzed on it. A tip for anyone else who has a dog walker that makes them take quizzes... just pretend to be asleep!

My auntie keeps me very busy, and I hardly have any time for naps! I support local, and I bought daffodils for my parents from a local stand. A shout out to Stone Heron Farm, as their eggs are so delicious! I left a note for their chickens to write me, but they haven’t written back yet. I should point out that my auntie is using MY precious time to buy HER eggs. It is hard to find good help these days!

I thought it would be fun to take my rubber chicken to see the chickens on Parry Road. The chickens always come running to see me when we park on the side of the road with the window down. I am very calm and quiet, and I don’t bark. They didn’t react to my rubber squawking chicken. They were more curious about me. I am pretty cute! The lambs in Metchosin also come up to the fence to say hi, and of course, I wrote them a letter as well, but I haven’t heard back from them. My auntie tells me that farmers are very hard-working people, and they may be a bit busy!

We have visited Christine at Gathering Sage Herb Farm. She is VERY knowledgeable, and she remembered meeting me last summer! Again, an example of my auntie putting HER needs on my time, buying herself tinctures. When we walk on Witty Beach Road, there is a man who plays the banjo, and I always stop to listen. We haven’t met him but thank you for your lovely music! If you see me on your travels, please say hello! Keep your tails wagging and remember to enjoy the little things in life.

Lots of Love,
Ollie, who absolutely loves this community!



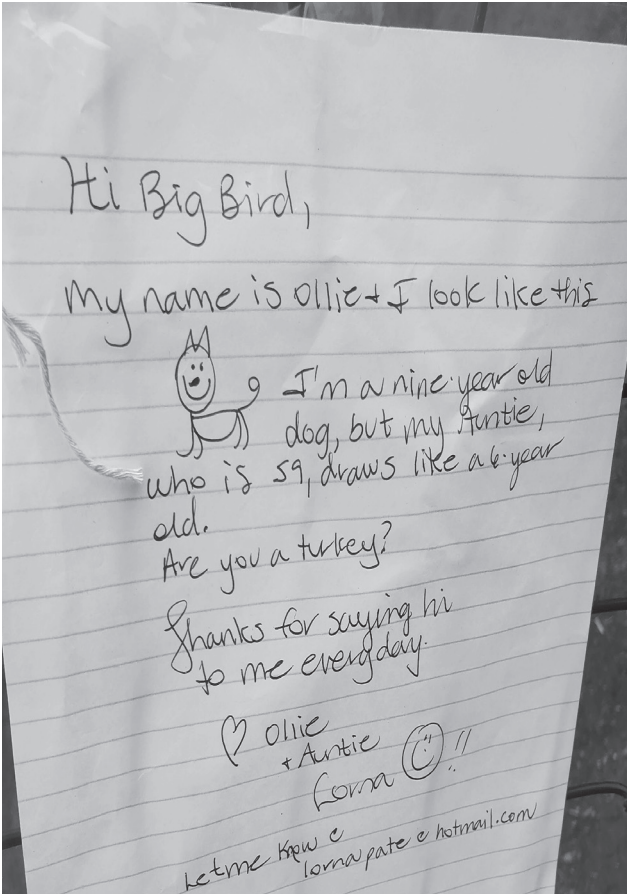
I picked out some of these pretty flowers for my parents. Ollie’s auntie photo



I’m Ollie, and I was hoping for a treat! Ollie’s auntie photo



This is my friend Scarlet, the white turkey who patrols a driveway on Wootton Road. Ollie’s auntie photo



I wrote this note to the big bird...who I think is a turkey. Ollie’s auntie photo



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Past issues and more! <http://www.metchosinmuse.ca>

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July 2025

POV Hallway Gallery

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Storm & Solace: “A Nautical Odyssey Through Light and Depth”

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Metchosin Arts & Cultural Centre Association

Annual General Meeting

July 24, 2025, 7:00 pm

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Upstairs Event Room

Guest Speaker

Francis Barss

University of New Brunswick

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“research project looking at the use of music in anthropological research,
with specific reference to the subculture of
West Coast independent loggers as a case study”.

. - - - - -

Happy summer !



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native plants, seeds & consulting

Inspiring and empowering people to connect
with nature through native plants.

Open to the public Tues - Sat
from 9 am to 4 pm

Visit us at 4286 Metchosin Rd
or our Saanich location at 2716 Dooley Rd



www.satinflower.ca



[satinflowernurseries](https://www.instagram.com/satinflowernurseries)



Satinflower Nurseries

Word of the month

sonder (noun)

The realization that each passerby has a life as vivid and
complex as your own.

The day is coming when all the
religions of the world will unite,
for in principle they are one already.

There is no need for division, seeing
that it is only the outward forms
that separate them.

Baha'i Writings



Peace



Prayer



Pancakes

Pancakes followed by prayers & messages of peace.

First Sunday of the Month at the Metchosin Community House
The Metchosin Baha'i Community (250) 858-2053

Metchosin Directory

Metchosin Fire Department:
250-478-1307

Police (Non-Emergency):
250-474-2264

Military Police Non-Emergency
250-363-4032

District Office (office hours):
250-474-3167

ALL EMERGENCY CALLS

911

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

ORGANIZATIONS

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

ALZHEIMER SOCIETY OF BC
250-382-2052
www.alzheimerbc.org

**ASSOCIATION FOR THE PROTECTION
OF RURAL METCHOSIN (APRM)**
metchosinaprm@gmail.com
FB Metchosin APRM
www.metchosinaprm.org

BADMINTON
Women's 250-478-9648

**BILSTON WATERSHED HABITAT
PROTECTION ASSOCIATION**
250-478-2387
bilstonwatershed@gmail.com
bilstonwatershed.org

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

**GIRL GUIDES OF CANADA
(Metchosin and Colwood)**
250-478-5484
tandwcampandcomish@shaw.ca

LA LECHE LEAGUE CANADA
250-727-4384

METCHOSIN 4-H CLUB
metchosin4h@gmail.com
www.4hbc.ca/clubs/view/4-metchosin-4-h-club

METCHOSIN ARTPOD
metchosinartpod@gmail.com
metchosinartpod.ca

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

METCHOSIN BIODIVERSITY PROJECT
www.metchosinbiodiversity.com

**METCHOSIN COMMUNITY
ASSOCIATION/COMMUNITY HOUSE**
250-478-5155
mcahouse@telus.net
www.metchosincommunityhouse.com

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

METCHOSIN CRICKET CLUB
250-474-4601
www.victoriacricket.com
FB MetchosinCricketClub

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

METCHOSIN EQUESTRIAN SOCIETY
metchosinequestrian@gmail.com
mesmetchosin.com

METCHOSIN FOUNDATION
contact@metchosinfoundation.ca
metchosinfoundation.ca

METCHOSIN HALL SOCIETY
250-478-6424
metchosinhall.com

METCHOSIN HIKING CLUB
250-478-4778

**METCHOSIN INVASIVE SPECIES
COOPERATIVE (MISC)**
metchosininvasives@gmail.com

METCHOSIN MUSEUM SOCIETY
250-382-1989
metchosinmuseum.ca

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

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

METCHOSIN SEARCH & RESCUE
metchosin.sar@gmail.com
www.metchosinsar.ca

**METCHOSIN SENIORS' ASSOCIATION/
SENIORS' RESOURCE CENTRE**
250-478-5150,
info@metchosinseniors.ca
www.metchosinseniors.ca

**MT. MATHESON CONSERVATION
SOCIETY**
250-642-0238

**NEIGHBOURHOOD EMERGENCY
PREPAREDNESS PROGRAM
(POD Leaders)**
Kathleen Sutherland 250-474-3966
neighbourhoodpod@gmail.com

**PACIFIC CENTRE FAMILY SERVICES
ASSOCIATION**
345 Wale Road, Colwood
250-886-2481
www.pacificcentrefamilyservices.org

ROYAL CANADIAN LEGION Branch 91,
Station Rd, Langford Ladies Auxiliary
250-478-5484

SCOUTS CANADA
14th Juan de Fuca (Metchosin)
Email: 14thjdf@scouts.ca
To register: go to myscouts.ca
and choose '14th Juan de Fuca'

SEA CADETS
250-478-7813

WEIGHTS AND MEASURES
250-478-7688

WEST SHORE ARTS COUNCIL
250-478-2286
info@westshorearts.org
www.westshorearts.org

**WESTSHORE COMMUNITY
CONCERT BAND**
250-474-3999
info@westshoreband.org
www.westshoreband.org

WEST SHORE PARKS AND RECREATION
250-478-8384
wspr.ca

WESTSHORE RUGBY FOOTBALL CLUB
U14.U16.manager@gmail.com
westshorerffc.com

FAITHS

BAHA'I FAITH
250-514-1757

GORDON UNITED CHURCH
250-478-6632
www.gordonunitedchurch.ca

**HOLY TRINITY REFORMED
EPISCOPAL CHURCH**
250-727-3722

OPEN GATE CHURCH
Anglican Network
250-590-6736
www.opengatechurch.ca

ST MARYS' METCHOSIN
Anglican Church of Canada
250-474-4119
stmarysmetchosin.ca

WESTSIDE BIBLE CHURCH
250-478-8066
www.westsidefamily.org

**WESTSONG COMMUNITY CHURCH
OF THE SALVATION ARMY**
250-474-5967
saconnectionpoint.ca

This listing is a directory of local organizations. Please email changes to the editor at metchosinmuse@gmail.com. Individuals, groups and organizations are invited to submit details on upcoming events which may be included in an upcoming issue. Deadline for submission is the 15th of the month preceding the issue date, unless otherwise noted.

Seniors’ Resource Centre

M E T C H O S I N

Yvonne Cottrell, Office Manager

MAID PRESENTATION, GRIEF GROUP, DIABETES PRESENTATION, BUS TRIPS

WEST SHORE GRIEF & LOSS PEER SUPPORT GROUP

Monday, July 7, 10:00 to 11:30 a.m.

Metchosin Seniors’ Resource Centre, 4495 Happy Valley Road.
Join Us for Coffee and Support. Contact: Marianne at 250-896-5179.

55+ BUS TRIPS!!!

July 17, 10:00 – 12:00 p.m. Royal Bay Shopping Centre

July 30, 1:00 – 3:00 p.m. Sooke Fine Arts Show and Seniors Tea

Hop on the bus for a fun new way to connect with friends, run errands, or grab some coffee or lunch or see some art! Please call or email SRC for more details. 250-478-5150 or info@metchosinseniors.ca

PRESENTATION: ISLAND HEALTH: MEDICAL ASSISTANCE IN DYING (MAID)

Thursday, July 10, 1:00 – 2:00 p.m.

Legislative overview
Island Health MAID Program – Process for requesting MAID
End-of-Life care options and Advance Care Planning
Q&A
Presenter: Amanda Proznick MA, RN, Regional Manager, Island Health MAiD program.

DIABETES WORKSHOP WITH SHANNON EHS COMMUNITY PARAMEDIC

Tuesday, July 15, 1:00 – 2:00 p.m.

Diabetes Education: Learn about prevention, recognition and management of diabetes.

METCHOSIN CAREGIVER SUPPORT GROUP

July 17, 10:00–11:30 a.m.

Share the experience of caring for family members or friends.
Facilitated by Family Caregivers of BC.
Register at cgsupport@familycaregiversbc.ca or phone 250-384-0408.

FRIDAY COFFEE SOCIAL HOSTED BY THE BAHAI’I GROUP

July 25 1:00–3:00 p.m.

Metchosin Community House, 4430 Happy Valley Rd.
Enjoy coffee, tea, snacks, and friendly conversation.

Please call the SRC 250-478-5150 to sign up for presentations or if you need a ride to one of our events.

Join our Better at Home Program! Enjoy visits or calls from our lovely volunteers, get a ride to a medical appointment or grocery shopping. Our program helps to assist older adults to live independently in their homes and remain connected to their communities by providing simple, non-medical support services. Visit the centre or call us to find out more.

Become a lifetime member for only \$20!
Your support helps keep Metchosin age-friendly! Sign up on our website or stop in to receive regular updates for news and events!

The Seniors’ Resource Centre, in the Metchosin Arts & Cultural Centre, is open Tuesday through Friday from 11:00-3:00 pm. Staff and volunteers are here to assist seniors and their families with support, resource information, and services.

One of our longstanding, active members of the Seniors Association, Doris Truscott, passed away March 17, 2025. An open house in memory and celebration of her life will be held at Metchosin Community House Saturday, July 12, 2025, from 2:00 – 4:00 pm. All are welcome.

Metchosin Seniors’ Resource Centre (SRC)
1047–4495 Happy Valley Road
250-478-5150 • info@metchosinseniors.ca • www.metchosinseniors.ca

First Day of Summer

K.T. Pirquet

Summer’s first morning comes slowly,
Pink and cool between the hills,
And down the valley,
Newborn, and still full of promises,
The scent of mown grass,
The sting of dew on bare toes.

Already, a child is here,
On the shaded stoop,
Sturdy, bare legs resting lightly
Against rough concrete,
Leaving dimpled patterns
On soft, white skin,
And a coolness to remember
Later, in the heat of the long,
Insect-buzzing afternoon.

Now the child, in old cut-off shorts,
Cuffs turned up twice,
Stretches damp toes and peers
Into the new light that will
Soothe away the chill.
Just waits here in the shade,
Inhaling the sighs of the morning,
Rich with the songs of birds and bugs,
Patiently waits to learn their gist,
Waits for all things, breathing in
The first day of summer.

How wondrous! – a popsicle, unshared,
Licking away every sweet, blue drip,
While new daydreams are shaped
From clouds passing through
The sun-bleached sky!

Soon, small hands,
Sticky with sweets and grime,
will have new power
To stroke away the flies torturing
The calm, big-footed horses
Who offer sighs and nickers
And their patience.
Their feet are stilled and careful,
their soft breathing full of grace.

A child can know, too,
The miracle of butterflies,
How the crack of a bat on hardball
Satisfies,
How the relentless heat
Draws flowers out of the Earth.
Will there be ice cream?
Ice cold lemonade?
A fox at the edge of the forest?
Eggs in the nest in the old field?
A fish in the creek?
Flowers to weave into a crown?

This one morning
There is all the time
In the whole Universe,
Just waiting.
And all things are possible.

Metchosin Muse

CLASSIFIEDS

Muse classified ads: 25 words for \$20

Everlasting apples, my orchard’s nectar. Gorging end-
lessly on ripe glory. In a magic ardent grove, I court bliss.
Caressing summer’s underbelly melts my ember raw.

WANTED: Metchosin couple, licensed RC Pilots, looking
for fairly large open space for occasional flying electric
planes. Please call Terry at 250-478-4335 to discuss rental/
donation.

Important Dates & Events

Important Events in July

July 1	Festivus – 10:00 -2:00 p.m. at MACCp. 10
July 2	Property Taxes due
July 3	Public talk: “Palestine: My Reality, My story” p. 7
July 9	FireSmart Gardening Workshop.....p. 11

August 15 Metchosin Muse submission DEADLINE
for the September edition

Other Events:

Seniors’ Resource Centre.....	p. 14
ArtPod.....	p. 10
Council meetings.....	p. 2
Community House.....	p. 11

RCMP Call-Outs

MAY 2025

Cpl Nancy Saggar, West Shore RCMP | GRC de West Shore

West Shore RCMP Traffic Unit conducts proactive patrols. In Metchosin for the month of April, the Traffic Unit issued: 4 Speed warnings; 6 Speeding violation tickets; 1 Excessive speed ticket and vehicle towed 3700 block Sooke Rd; 3 No Insurance violation tickets; 3 Other violation tickets given for various motor vehicle infractions; 1 Box 1&2 Notice issued for vehicle inspection. The above does not include the traffic enforcement efforts carried out by frontline officers, it only reflects the Traffic Unit. There were 69 calls for service in Metchosin for April 2025. A brief summary of the calls for service are reported below, however, due to privacy concerns, limited information is provided and not all 69 files are reflected below.	May 2 Traffic complaint, vehicle swerving near Happy Valley and Neild Rd. Patrols made but vehicle not located. May 2 Collision- vehicle in ditch at Rocky Point Rd/ East Sooke, driver lost control of the vehicle May 3 Warrant- driver pulled over near 4900 block Sooke Rd had warrant out for their arrest, was arrested and released with a new court date May 3 Traffic Complaint – vehicle swerving near 3700 block of Sooke Rd, no licence plate obtained, vehicle not located. May 4 Lost property report- wallet turned into the police and returned to rightful owner. May 5 Trespass Act/Warrant- male wandering on property near Boulderpath Rd, was located by police and arrested for outstanding warrant. May 6 Fraud under \$5000 – Metchosin May 7 Collision- 1500 block Kangaroo Rd, vehicle flipped over, driver impaired by alcohol issued 90-day Immediate Roadside Prohibition and 30-day vehicle impound. May 8 Break and Enter – residential property on Metchosin Rd, suspect arrested. Victim and suspect known to each other. May 8 Assault- Sooke Rd - victim and suspect known to each other May 8 Police attended an injured deer off of Woodruff Road. Deer was dispatched by police. May 8 Report of attempted identity theft Metchosin	May 11 Report of a person screaming near Happy Valley Road, patrols made, no persons located in distress. May 12 Black bear sighting on a property on Leefield Road. May 14 Report of mischief to a vehicle that occurred sometime in April. May 14 Report of a fraud to a business. May 15 Report of dangerous driving at the end of a four-lane merge towards Sooke, vehicle not located. May 16 Report of mischief, property damaged. May 18 Report of mischief to vehicle, rock possibly thrown at passenger door while complainant was driving. No suspects. May 18 Motor vehicle collision at Kangaroo Road near Sooke Road. Vehicle collided into barrier. May 19 Fraud via phone from a suspect posing as BMO security. May 20 Report of a dog bite, CRD bylaw advised May 23 Check Wellbeing - Metchosin May 23 Trespassing on private property near Taylor Beach. Suspect located and warned against trespassing. May 24 Two vehicle collision in the 4000 block of Metchosin Road. Both vehicles located empty, still under investigation. May 24 Prohibited Driver on Sooke Rd arrested and released pending court appearance, vehicle impounded for seven days. May 24 Uttering threats - Metchosin	May 24 Report of parking issues near the entrance of Albert Head Lagoon. Busy/sunny day, vehicle owners advised to move vehicles to park legally. May 24 Animal call- cougar spotted on a property near Taurus Drive. Conservation advised. May 24 Check Wellbeing- Metchosin May 26 Assault- Metchosin May 28 Report of persons in distress in the ocean off Taylor Beach. RCMP notified Coast Guard who rescued two males who had lost control of their paddleboard due to winds. No injuries. May 29 Traffic Complaint - possible impaired driver near Sooke and Kangaroo Road. Patrols made, vehicle not located. May 30 Report of nude people on a nude beach. Police confirmed that nudity was allowed at this location and no offence was committed. May 30 Traffic Complaint- vehicle driving with a blown tire. Owner issued a Notice and Order to repair the tire. May 31 Two-vehicle collision 4700 Sooke Rd. Driver lost control of vehicle and collided with another car. Both vehicles towed. May 31 Check Wellbeing – Metchosin.
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Saturday Morning Spoon Donuts
Katie Pirquet

For a quick and easy recipe, these yummy little donuts hit well above their weight. They leave a memory that says, “MORE!” This recipe makes enough for about 4 people...quite variable.

Prepare:
A large, deep saucepan or pot. Pour in 2” of cooking oil that has a high smoking temperature (light olive oil, peanut oil, canola oil). Have a candy thermometer ready. You’ll need it!

Beat well:
2 eggs

Add and beat well:
½ cup sugar
2 Tbsp. soft butter

Mix together:
1 cup unbleached white flour
1 cup whole wheat flour
2 tsp. baking powder
½ tsp. salt

Mix into the batter along with the dry ingredients:
½ cup fresh orange juice
2 Tbsp. grated fresh orange rind

Cook:
Heat oil to 375 degrees fahrenheit.
Monitor the temperature closely!
Dip a teaspoon into the oil.
Scoop the batter and drop gently into the hot oil.
Fry only a few donuts at a time - they cook quickly!
Try to avoid splashing the oil - it’s HOT!!
Flip over to brown evenly – about 30 sec. to 45 sec. a side.

Don’t over-cook. They should be a lovely golden brown and cooked all the way through.
Drain on paper towels. Arrange on a plate.
Dust liberally with granulated or powdered sugar.
Serve warm.
Be prepared to make some more!

Metchosin Community Day
Sunday, September 7

Municipal Hall Grounds
Pancake breakfast, competitions, equestrian events, hayrides, firehose for kids, displays, music, dancing, chicken bingo, crafts, art, baking, farm and garden produce, and more!

FOOD! TREATS! BEER GARDEN!
~ and ~

The LEGENDARY LAMB and SALMON
BARBECUE DINNER!

Something fun for everyone!



Something Strange Growing in Your Neighbourhood!

Kathy Atherton

"If there's something strange growing in your neighbourhood...who you gonna call?" "MISCbusters!" (aka Metchosin Invasive Species Cooperative mighty members.)

That's right! And believe you me, there are more and more strange things growing in our neighbourhoods. They come in all shapes, sizes and guises, from the large-and-in-charge prickly brutes like gorse and holly, to the deceitful dainty darlings like bluebells, shiny geranium and Herb Robert aka 'Stinky Bob' (easily recognizable by it smelling strikingly like cilantro.)

Every year there seems to be yet another 'new kid on the block' sneaking into our consciousness, until suddenly you realize it is everywhere you look. 'Stinky Bob' is a great example of this. It is not toxic in any form, but is a nasty character just the same (heartly apologies to all you Bobs and Roberts out there.) It spreads like wildfire and outcompetes all our more genteel native flora, and stealthily smothers moss with enthusiasm.

MISC volunteers have had another busy year of hands-on work, putting in literally thousands of hours in combat with invasives by dint of hard manual labour; but, perhaps more importantly, by reaching out to the community. We have initiated educational enterprises like the 'Return on Investment' property tax insert (which we hope put a smile on your face, even if the assessment didn't) and we've opened an on-going dialogue negotiating with the CRD to gain access to remove invasives on the Galloping Goose and in local CRD parks. Once again, none of this could be accomplished without vital financial support from the Habitat Conservation Trust Foundation and moral support from our local municipal council.

July 1-7 is once again heralded as Invasive Species Week in Metchosin. We hope you will find it a source of inspiration to scout out whatever invasives you encounter lurking on your property, boulevards, or elsewhere in Metchosin, and then take steps to help take up arms against this ever expanding army of noxious plants.



MISC is happy to lend out tools from our tool library. We can be reached for tools or advice at www.metchosininvasives.ca or at metchosininvasives@gmail.com. Remember the mantra "see them sprout...tug them out!"



Herb Robert, also known as "Stinky Bob". M. Atherton photo

Moments From The Mighty Garage Sale.



The 2 pm \$2 Bag Sale offered some great bargains! B.Sawatsky photo



Young, savvy shopper shows off her new outfit. B.Sawatsky photo



Boy Scout Hot Dogs are always popular. B.Sawatsky photo



Sunday morning's volunteer lineup...rarin' to go! B.Sawatsky photo



Winner of the Silent Auction "unusual doll" seems delighted! B.Sawatsky photo



Dr. Joan Rosenberg helps out in a sea of wheels. B.Sawatsky photo

The Muse Traveller



Holy hummingbirds!! Pearson College Economics teacher Samuel Perez pauses to spend some quality time with the March edition of *The Metchosin Muse*, while exploring the Petén Tropical Rainforest Jungle of Guatemala, a country that boasts 39 species of hummingbirds. Samuel Perez Photo.



Theresa Kew and Joan Johnston, who was until recently the Muse's long-time design & layout person, walked the Spanish Camino Primitivo in June, finishing at Santiago de Compostela. They packed light, but couldn't leave the *Muse* behind! T. Kew photo.