

Juan de Fuca Rural Publication Society

Vol. 2 Issue 3
June 2005

Rural/OBSERVER

Celebrating Our Rural Community Lifestyle

Serving the Communities of Port Renfrew

Jordan River

Shirley

Otter Point

East Sooke

Songhees

Malahat

Willis Point

Our Creature Features:

Rural Nightlife

On the Trails with
Bears & Cougars

Malahat Shines In Wines

Good Old School Days
Otter Point School House

Photo by Jim Jenkins of East Sooke

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The Juan de Fuca Rural Publication Society Mission Statement

A group of Juan de Fuca residents has formed a non-profit society to launch a news and advertising publication for the Juan de Fuca Electoral Area.

We will provide a forum for our rural communities to share news, exchange ideas and develop a sense of community. At the same time the publication will give businesses within and outside the electoral area an opportunity to promote their products and services and reach potential customers. We also hope to make current information about the region and its services available to the many tourists who visit the area each year. Our goal is to protect, preserve and enhance rural life.

The publication will rely on community members to share their interests and points of view through articles, correspondence and photographs. We welcome articles and letters reflecting the very diverse interests of our member communities and expressing all points of view. The editorial committee reserves the right to edit for brevity, accuracy, clarity and taste. Though every reasonable precaution will be made to verify the accuracy of material submitted, the editorial committee assumes no responsibility for the content of published articles. The responsibility is that of the writers. References and descriptions of products or services are provided "as is" without warranty of any kind, either expressed or implied.

If you wish to submit an article for an upcoming issue of the Rural Observer, please email it to:

ruralobserver@myway.com

Or mail to: Juan de Fuca Rural Publication Society
6790 East Sooke Road, Sooke BC
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Please support this important project. We invite you to volunteer and/or become a member of the society, which is open to all residents of the Juan de Fuca Electoral Area interested in an effective publication to serve our area. Copy and fill out the application form here, and return it with \$10 per person to the address above.

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Our Creature Feature:

Rural Nightlife *by Shirley Connor*

With the longest of days shortly upon us and the warming of the weather, many of us venture outside much later into the evening. As we do so, and day slowly fades into night, we become acutely aware of many differences in our surroundings. Just prior to sunset, the activity among animals, birds and insects increases dramatically and as night draws near, a drama of survival between predator and prey unfolds in the wilderness around us.

In the wild, night time, or the period of darkness from sunset to sunrise, is not very different from life in the daytime as there are still predators that need to hunt and prey that need to hide. The darkness, however, does provide advantages for a number of different species. It helps to hide animals from their enemies. Creatures that need to keep their bodies moist, such as slugs and snails, come out at night as the air is damper and cooler. Hunting at night helps some predators avoid competing for food with daytime hunters. By hunting and eating during different parts of a 24-hour period, different creatures share the same food supply without having to fight over it.

Even ocean creatures living at night have advantages. Crustaceans shed their shells only at night so they can hide from enemies while their new shells harden. Ghost shrimp, crab, moon snail and sea urchin move about more at night and their greater survival rate is due to fewer predators during this time. Venturing down to the ocean at night, you may be surprised to learn that this underwater environment is full of life and excitement. At night, the Pacific Ocean lights up with the glow of many creatures including jellyfish, octopuses, clams, worms, shrimp, snails, fish, bacteria and algae. This lighting up is called bioluminescence and is created by a chemical reaction usually inside an animal's body. This allows animals to see at night, find food, attract a mate or avoid enemies. Crabs and shrimp are very active at night, feeding and moving around on the ocean floor, and even the tiny floating animals called zooplankton rise up near the surface at night when they can feed more safely. Although zooplankton are too small to see with the naked eye, you can see fish and other aquatic life feeding on them.

Nocturnal insects also benefit from the darkness. During the night, insects such as dragonfly and damselfly nymphs usually change into adults or emerge from their pupal case because it is a safe time. A new adult dragonfly or damselfly skin is soft and its body could easily dry out if exposed to the heat of the day. Also, newly emerged insects move very slowly and cannot fly for several hours, so the safety of darkness is essential for their survival.

As day turns into night many changes also occur to the plants around us. If you venture into a garden as the sun sets, you will see many brightly coloured flowers close up their petals to keep their pollen dry during the damp night. Some plants open only at dusk to attract night pollinators such as moths. Such plants include honeysuckle, nicotiana, evening primrose and phlox.

Many nocturnal animals have developed physiological differences from diurnal or daytime animals. These differences, or adaptations, include changes to the senses of sight, smell, touch, taste or hearing.

Many night creatures are able to see in the dark, but they are not as visually dependent as we are. Most animals, including people, have two types of cells in their eyes, called rods and cones. Rods are used for seeing in low light, and cones help to see color and detail. Nocturnal animals have mostly rods in their eyes allowing them to see very well at night. They also have a mirror-like eye membrane called a tapetum that reflects light for better vision in the darkness.




on our cover Raccoon photo taken by nature photographer Jim Jenkins of East Sooke.

Humans are not so gifted; hence seeing in the dark is more of a challenge. Unless, of course, you have been feasting regularly on all those carrots that mom tells us will improve our eyesight!!! Owls, such as our Great Horned, Saw-whet, Barn or Barred, have amazing eyesight. Not only do they have very large eyes compared to their overall body size and these let in lots of light, but also their eyes point forward so the owl is able to see amazing depth and detail far away.

Some night time animals also "see" in a different way. Bats, for instance, have an amazing ability to communicate and navigate with high-frequency sounds to find their food. Because of this they can fly higher, farther, and faster at night than most nocturnal birds. Little brown bats are quite a common summer sight. You can see them easily at sunset as they fly quickly past eating insects at a rapid rate. Bats are very important allies in insect control, as a little brown bat eats at least one-third of its body weight in insects in a half hour of foraging. That equates to approximately 300 mosquitoes in 30 minutes. I guess this is why bat houses [and the promotion of them for our back yards] are now catching on!!! Some whales and porpoises also use echolocation to find prey in their underwater darkness.

At night, all animals are great at seeing movement, so an important key to seeing wildlife, day or night, is to stay still and stay quiet. This way you may just catch a glimpse of that barred owl on the prowl for a deer mouse, or the little brown bat feeding on insects. These can be sights to behold if you patiently and quietly explore at night.

Continued on page 4



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Continued from page 3

The night air carries many odors, and many night creatures depend more on smell than any other sense. Strong scents attract pollinators, so many flowers give off perfume at night. Smell is a chemical sense that along with taste gives living things the ability to detect chemicals in their environment. Insects such as moths have sensitive antennae to tell them about the world far beyond their reach or vision by detecting chemical molecules that travel on air currents. In fact, some male moths have been known to respond to the scent of a female moth more than a kilometer away.

Smell also plays an important role in helping mother bats identify their young amid a crowd of baby bats. Burrowing moles neither see nor hear but use their acute sense of smell to find out about their world. These underground creatures, along with earthworms, are highly sensitive to vibrations transmitted through the soil. Rabbits also have highly sensitive noses and use them to detect danger during the night.

Many of us are very familiar with the black-tailed deer that frequent our yards. However, many may be unaware that deer are crepuscular, or animals that are most active at dawn and dusk. Deer use their special sensors called chemoreceptor to detect traces of chemicals as smells and tastes and then mark their territories with scents. It is because of this that some people try applying different scents around their yard to keep deer at bay.

Nocturnal birds that rely heavily on their sense of smell include the albatross and shearwaters. Using this sense is how they catch fish near the water's surface at night. In fact, fish also use smell to locate their own species and to differentiate males from females.



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Raccoons, those common night time animals visiting both urban and rural areas, use their sense of smell to locate available food. These omnivores feed normally on berries, nuts, grapes, worms, insects, frogs, crayfish, turtles and small animals such as mice, but can also be commonly seen rooting through people's garbage cans for any other tasty morsels.

The sense of touch is one that is used by many nocturnal animals in search of food during the dark of night. Cougar and other members of the cat family use their whiskers to help them find their way in the dark. These vibrissae growing from the eyebrow, cheek and mouth area are sensitive to breezes, nearby objects and the movements of other animals. A mole has tentacles on its nose that move constantly, and these help it to feel its way in the dark and to locate its food, while slugs and snails use small pairs of tentacles. Raccoons, with their great dexterity, use their sense of touch to catch fish in shallow streams. When they feel a fish, they just grab it and eat it.

Many creatures of the night don't have what we think of as ears but can hear sounds beyond our range of hearing. Some have developed special structures more sensitive than our ears and some send and receive vibrations and transform them into a "language" that they can understand. There are many notable differences in the way that this is done. Each night bats, nighthawks, insects, frogs and other creatures respond to various cues in the environment such as temperature, humidity, and level of darkness. Some animals become active and vocal early in the evening while others begin their nightly routine much later. The process is consistent night after night. For instance, on many spring nights, we can hear mating sounds from a number of night time creatures. The song of the common male cricket is made by rubbing the sharp edge of one front wing over the ridge on the other front wing, while the chorus of tiny tree frogs is made by forcing air back and forth from their lungs to the bubble-like vocal sac under their chin. As the air passes through their throats, it vibrates their vocal cords and makes the sound we hear. These mating "songs" are important messages of communication and are only a few of the sounds that we hear at night.

Owls rely on sound to help them find meals and mates while avoiding predators. They are known to have better hearing than any other bird and maybe even any other animal. They can hear the footsteps of a tiny mouse - even when flying high in the air in the dark! These amazing stealth fliers are very swift, whisper-quiet and camouflaged. A flying owl makes almost no sound at all. Its extra big wings help it glide silently and its soft, fringed wing feathers muffle the sound of air passing over them.

Although we are not blessed with the amazing senses and adaptations that nocturnal animals use to explore their environment, the night time can still be a fascinating time to get out and explore. Arouse your senses and explore the night in comfort and safety. Throw a bed outside during a warm spell and sleep out in the comfort of the night, underneath the stars and surrounded by the incredible sounds of nature. The night world is a great place to be - full of interesting things to learn about. Happy summer!

www.ruralobserver.com

To the Rural Observer

I would like to commend the group of Juan de Fuca residents for their excellent production of the Rural Observer. Very well organized. Very informative. Very interesting.

David Lawrie
Willis Point



by Jim Bowman

After all the sunshine we had in February and April it's about time for a shot of reality with a few statistics about rainfall in this neck of the woods.

But first, I have a confession to make. As a child - more years ago than I care to think about - I lived in the Lake District of England, an area renowned for its scenic beauty, the number of dead poets lying around, and RAIN.

At the time, I thought all adults were boring because they never said anything to their neighbours or passers-by except to trade fatuous comments about the weather along the lines of, "Another wet one, what?" while the would-be comedians among the resident yokels couldn't wait to pounce on herds of sodden tourists waiting for the pubs to open just to say, "We had summer on a Thursday last year".

I swore that, when I grew up, I would speak with my neighbours about the situation in the Balkans, or cricket scores, or other such serious matters, perhaps even offer a verse or two from one of those deceased poets, anything but the confounded weather. Well, guess what? During this past sunny February, not only was I taunting my neighbour with, "Hard on your webbed feet, eh?" but I was also regaling passers-by with the self evident, "Another nice day, eh?" The sun was shining away, not a cloud anywhere in the North Pacific, and even a blind, deaf and dumb three-toed sloth could tell it was a nice day.

And worse. For years I have been keeping rainfall records with the aid of a measuring cylinder stuck in the flowerbed. (It's about the only thing the deer don't eat). I was inspired by those wimpy statistics in the Times Colonist measured at the airport. You know the stats I mean. They'll say, for example, this year's rainfall to the end of March has been x millimetres and I think, "Hmhf. We had more than that last week". But I needed proof, hence the rain gauge and the statistics.

My numbers are in inches, which is understandable from a graduate of the school of yards, roods, chains and perches. Fortunately my computer consultant, all of five years old, unearthed the following (in millimetres). The average annual rainfall for the years 1971 to 2000 measured at the Victoria Airport was 833.3 mm (that's 34.45 inches to those of us still embedded in the Jurassic).

My East Sooke measurements (or at least the ones I haven't lost) show:

- 1995 - 56.94 inches (1459.94 mm)
- 1996 - 44.75 inches (1147.39 mm)
- 1997 - 64.77 inches (1660.70 mm)
- 2003 - 91.10 inches (2335.80 mm)
- 2004 - 70.02 inches (1795.31 mm).

The monthly amounts in inches for the recent past (see box below) should be of interest, particularly the October 2003 deluge when we had $\frac{3}{4}$ of the average yearly amount for Victoria in that month. In one 24-hour period we had over 10 inches.

	2003	2004	2005
January	12.075	9.85	2.66
February	4.1	2.65	2.85
March	12.875	7.705	6.46
April	3.925	0.7	4.43
May	1.36	2.47	
June	0.46	1.47	
July	1.15	0.26	
August	0.24	6.415	
September	1.78	4.325	
October	26.365	6.6	
November	18.425	15.55	
December	8.35	12.03	
Totals	91.105	70.025	

Now I can imagine the local weather watchers out in Port Renfrew are wondering what I'm bragging about when no doubt their rainfall amounts would make ours look like the Mohave Desert. What about the Malahat, that place the media insist is about as safe to travel as a 19th century expedition through the Khyber Pass? How much rain do they get? And then there are those other parts of our far-flung rural paradise - Willis Point and Otter Point, Shirley and Jordan River. There must be a few other old bores like me out there measuring the rainfall and greeting the populace with totally redundant meteorological comments. Perhaps we should have a Juan De Fuca Rainoff. But, whoa up! Better forget that last suggestion. We might find that the Sooke Council, renowned throughout the municipal world for their discovery of liquid contiguity as a way of increasing tax revenues, may be measuring their rainfall in preparation for yet another takeover bid.

Lorne Tomalty's Labour of Love

by Cindy Smith

Almost at the summit of the Malahat, I veer right, down a windy road, and pull into Lorne Tomalty's driveway, and the Malahat Estate Vineyard. I receive a hearty welcome from a tall, fit man, dashing in his French beret, exuding a vitality that is astonishing for a man of eighty-one years.



Photo of Lorne Tomalty by Bernard R.J. Michaleski, RCA

"A renowned vintner has indicated that Lorne does indeed have something special; an exceptional terroir, arguably the best in the province."

As I step into his home, I am impressed by the warm ambience. The place is elegant, airy, rich with fine craftsmanship and mellow afternoon light. I am also charmed by the absence of pretence, reinforced when I admit to Lorne that I'm no wine connoisseur, and he fires back, "Well who the hell is?"

I am anxious to see the fruits of his labour, so we hop into his old Mercury Marquis with veteran plates, and head down a dirt road towards the vineyard. Once there, Lorne walks briskly up the steep incline, showing me how he carefully tends each individual vine and creates the best environment possible. The meticulous attention to detail is mind-boggling. He has spent years painstakingly building and tending his four-acre rock terrace vineyard--the highest vineyard on the island--before reaping his honest reward. I realize that he is like the vines that grow out of this soil: determined to reach for the light, with an almost magical power to create something wonderful.

We return to the house and the moment of truth. Lorne pours his Ortega. I bring the glass to my lips- Ahhh...truly! Bottled poetry!

In my reverie, I see a soft movement. Peggy, Lorne's wife of 55 years, moves down a beautifully wrought cherry wood staircase. I find that she is the perfect foil to Lorne's intensity, as she admonishes him with a feisty twinkle in her eye, "Put in your hearing aid-you're shouting again!" Lorne is on a roll, lambasting the current government. He has worked hard for everything and enjoys a nice life, but he and Peggy still make time to be politically active and help out others less fortunate. Their passion is inspiring. With much awe, and a tinge of envy, I feel certain they've discovered-or created-the elixir of youth.

A renowned vintner has indicated that Lorne does indeed have something special; an exceptional terroir, arguably the best in the province. Terroir, I learn, can be loosely translated as all the characteristics of a place that are embodied in a wine, the effect that the environment has on the vines to create a particular wine. As I empty my glass and reluctantly prepare to leave, I muse... exceptional terroir, yes, but not without Lorne Tomalty and his labour of love.

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The Old Otter Point / Emerson School

by Elida Peers, Exec. Director/Curator Sooke Region Museum

Today all that remains are a few logs marking the dimensions of the Old Otter Point/Emerson School, once the centre of community life in Otter Point. The logs are hidden by new undergrowth and saplings that have grown up around the ruins of the old school.

During the early 1980s, the Sooke Region Museum embarked on a project to research historical buildings constructed prior to 1920, that were still standing within the then Sooke Electoral Area of the Capital Regional District. At the completion of the study in 1985, the museum published its "101 Historical Buildings of the Sooke Region".

The book refers to the Emerson family, of Icelandic descent, who pre-empted land at the corner of Otter Point and Kemp Lake Roads. Around 1895, Mr. M. Emerson built a log home [still standing] where he and his wife raised four children, at 2666 Kemp Lake Road.

In 1908, a school was built at the western boundary of the Emerson property. Of log construction, it faced Otter Point Road, about a quarter mile west of the junction with Kemp Lake Road. This school was known as the "Old Otter Point School, or to further differentiate from the frame building constructed later, the "Emerson School". The first teacher was Mr. Gossip, followed by Mrs. Dunbar Milligan.

Here is how Margaret Perron, daughter of the pioneer W. H. Anderson family of Malahat Farm, described schooling in those days. She attended the first school in that district, Tugwell School, located a few miles west of the Emerson property from 1899 to 1902. "That was all the schooling my brother and I had. I got the rest from experience, and the hard way ..."

"Later when a school was opened at the Emerson Place on the Old Otter Point Road," she continued, "my sister Vinnie attended school there. My father built a small wagon for her, and she trained two dogs to pull it, so she had transportation to school. Later she had a horse she named 'Darby', which she road bareback to school. She would turn him loose when she got to school in the morning, and if she caught up with him, she rode him home, otherwise she walked the four miles in the evening."

In the museum's publication, are excerpts from an account written by Christine L.J. Clark, who grew up at Shirley, daughter of pioneers Edwin and Christina Clark. This account, first published in 1974 in *The Mirror* [fore-runner of the Sooke News Mirror] is reproduced in part here:

"The one-room school was opened on the property of Mr. M. Emerson, about 1908. It was built of logs, with three large windows on each side. The desks for the children and the teacher were 'homemade' of lumber split by hand and nicely planed.



Archive photos compliments of the Sooke Region Museum

In the centre aisle stood a large pot-bellied heater, which kept the building cosy during the cooler weather. It was the custom in those days for the government to make a grant of \$50.00 towards the cost of a new school building, but the local parents were required to build and equip the school. The government appointed a teacher and paid the salary - about \$50.00 a month for ten months of the year...water, for drinking only, was obtained from a nearby creek during the winter, and carried from home by the children for the rest of the year. It was kept in a pail at the back of the room and the tin 'dipper' with a long handle was shared by all. Absenteeism was no problem, even during the winter months when the children often had to 'break trail' through the snow...the Christmas entertainment in which all children participated, was an annual event...a beautiful Christmas tree stood in the corner aglow with shining ornaments and real lighted coloured wax candles...coal oil lamps and lanterns provided the lighting...water for coffee was heated in a four-gallon coal oil can which was suspended over a fire the men had built outside. After more games and dancing, the younger children were tucked in blankets in a corner of the horse-drawn wagon on a soft bed of hay...for the ride home...the schoolhouse was the social centre of the district...when the new school was built

at the head of Kemp Lake Road in 1913, the log building was no longer required for that purpose, but was used for social events for some years."

The new frame building at the head of Kemp Lake Road was identified as the second Otter Point School, and held classes from 1913 until 1952, after which pupils were bussed to Sooke Elementary.

Recently, the Otter Point and Shirley Residents and Ratepayers Association

[OPSRRRA] wrote to Mr. George Abbott, Minister of Sustainable Resources, asking his ministry to consider granting the Crown land on which the ruins of the Emerson School are located, to the Otter Point community for a park to commemorate early pioneers of the community and to preserve the remains of the school from further destruction.



Summer at the Port Renfrew Rec. Centre

by Gill Griese

During the summer months in Port Renfrew our community centre becomes a bit busier with the addition of the visitor information booth. This is also a time for us to hire high school students for the summer to assist tourists.

We are still open daily from 12:00 p.m. to 9:00 p.m. and 10:00 a.m. to 9:00 p.m. on weekends, offering computer use, billiards, board games and arts and crafts. And, of course, the concession stand is open as well.

A new class that we set in motion in April is Scrapbooking on Tuesday nights. We expect it to continue through the summer, as well as quilting.

For the past few months we have enjoyed monthly workshops with Christine Atkins, RPN, BA, a registered psychiatric nurse; and Don Wilson who is an acupuncture detoxification specialist. They have been helping to train interested community members in becoming peer helpers.

Our Saturday morning yoga class has been going so well that in anticipation of busier schedules we will be adding a couple more, including an evening class. The schedule will be available soon. In the meantime please contact the rec centre with any questions you may have.

The other bit of exciting news is that we now offer a movie loan club. We have a selection of VHS and DVDs available, and for a small donation you can take the movie(s) of your choice home for the night. All proceeds from this will go toward purchasing new releases.



BEARS AND COUGARS ON THE TRAILS

by Patricia Sloan

Be aware when hiking if you are in bear or cougar territory. And remember, it's their world, and we are the visitors. So that you can both enjoy the rest of your lives, what follows are a few essentials of mutual safety and enjoyment while in the woods.

BEAR AWARE

- If you know they are active in the area, DON'T GO.
- Keep a close eye on your surroundings-look for bear poop (human-sized, dark, may include berry seeds), claw marks on trees, footprints. If you see a lot of these signs, leave.
- If you spot cubs, GET OUT NOW. Back out the way you came, if possible.
- When walking on the trail, make noise any way that you like-yell, whistle, sing, bang rocks. Wear bear bells, which are like small cowbells, around your hips, legs, or on your backpack. The object is not to startle, but to warn them of your approach.
- If you see a bear, continue to make lots of noise so as not to surprise it. Closely observe the bear's actions. If it approaches you or stays put, leave immediately. It may be protecting offspring or a kill; it may be humanized or it may perceive you as a meal.
- Wear bright solid colours, not camouflage.
- Don't offer them food. Keep all food in airtight containers and bury your garbage.
- Keep dogs on leash always. If your pet is injured, it will most likely run back to you drawing the bear closer.

In summary: bears attack for protection of cubs or a kill or when stressed. Bears stomp around and generally don't attempt to hide their presence from you. To retreat from a bear, calmly back out, continue to make noise, don't bolt, do not make sudden moves.

cont'd on page 9

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ARE YOU WATER-WISE?

by Margaret de Witt

The Willis Point-Partridge Hills Groundwater Assessment Study of 2000 indicated the necessity to conserve our potable water. The study also explained that the land we're living on is composed of fractured bedrock with very thin soil cover. Each winter, the rains pass through the soil and begin to fill the spaces created by the fractures within the bedrock. After several months of rain, the spaces within the bedrock are filled with rainwater and the excess water literally spills out of the ground.

When the rains cease in the spring, the process is reversed. Vegetation and our wells continue to draw water from the fractures and the level of available water is lowered.

The wetlands are important because they consist of areas that drain imperfectly. The water they contain seeps into the bedrock more slowly, extending the availability of water to the ecosystem, and therefore our wells, further into the dry season.

It's easier to visualize if you think of Willis Point as a giant slurpie that we're all sharing. All the trees and vegetation in the ecosystem have their straws in the slurpie. All our houses have their straws in the slurpie. If some of the straws extract large volumes, with no regard toward sharing, our slurpie won't last long... and...there are no free refills until the seasonal rains replenish our slurpie. It is important to keep this in mind whenever we discuss management of our water resources.

Specific recommendations for conserving water and protecting our supply of potable groundwater include:

“ Consider the use of drip irrigation and/or hand watering for gardens. Avoid the use of central or unattended hose sprinkler irrigation watering, which tend to waste water due to evaporation and over irrigation. In the rural rugged setting of Willis Point and seasonal limited groundwater supplies, discourage the development of lawns.

- Consider the use of low water consumption fixtures such as low-flush toilets, efficient washing machines and dishwashers, flow restricters on showers, etc.
- Power washing and the filling of hot tubs and/or swimming pools should be undertaken long before seasonal rains stop so recharging of groundwater can occur.
- If there is the risk of seawater intrusion into waterfront wells, consideration should be given to seeking professional advice about installing a low-level shutoff control device.
- Continual drilling of replacement wells for salt-water wells on the same lot may result in expansion of seawater contamination to a wider area.
- Properly maintain and service septic tanks and fields. Repair leaking (breakout) septic fields that may discharge effluent to runoff channels and possibly towards neighboring wells at lower elevations.
- Undertake a semi-annual (March/September) analysis of the well water supply for total and fecal coliform.

Remember, conserving water helps all of us!

COUGARS

- When on the trails, the object is to warn of your presence. As with bears, make any noises that you like such as yelling, whistling, bear bells, talking, banging rocks, etc.
- Cougars prefer prey smaller than themselves such as children or pets.
- A cougar stalks. It will be very close by before you know it's there. If you see it, most likely it will be close to attack mode. These animals are typically desperately hungry, thirsty or stressed.
- Since cougars typically attack prey smaller than themselves, avoid putting yourself in a position of appearing small and vulnerable. For example, crouching down to drink from a stream, fixing a bicycle tire, sitting to rummage through a backpack, etc.
- Cougars attack from the rear-very rarely face on. Some people experienced in backcountry skills will paint large glaring eyes on the back of a hard hat, or wear a full facial mask on the back of their head.
- If you are faced with a cougar LOOK BIG. Make yourself appear as large and aggressive as you can by raising and waving your arms over your head, with large branches in hand if available. Shout loudly or make other threatening noises. If accompanied by small children, place them on your shoulders and back out.

In summary; cougars stalk; they attack for food (you); be aggressive, big, and loud. To retreat from a cougar, calmly back out with an aggressive posture.

BEAR SPRAY

The use of bear spray is not generally recommended because:

- It can create a false sense of security.
- Misdirected spray (aim or wind) can engulf you, putting you out of commission.
- It will not deter a seriously motivated bear or cougar.
- Few people know how to use bear spray properly, and improper use may further enrage the animal. Since the safety lock on the trigger is difficult to operate, many people disarm the lock for convenience. However, the canister may unexpectedly discharge in the cab of a truck, or in your handy upper pocket when you stumble...

Willis Point
Volunteers needed for the
Tod Inlet Nature House.
email: seachange@shaw.ca
THANK YOU!

What's Happening in East Sooke

If you have an event that you would like published in an upcoming issue please contact **Linda at 642-7949** or e-mail shane.linda@shaw.ca subject:community announcements.

Earth Camp for Children: two groups of 10: 6&7, and 8&9 year olds
August 1-5, 9:00 a.m. - 3: p.m. at Centre for Earth and Spirit, 6040 East Sooke Rd.
Ph: 642-3546 or visit www.centreforearthandspirit.org

East Sooke Fire Improvement District Meetings

Meetings are open to the public and are held on the first Monday of the month. [If the first Monday falls on a statutory holiday the meeting will be the following Monday.]
No meeting July and August.

Fitness Classes

East Sooke Community Hall
Classes are offered several days of the week and at a variety of times. Participation is by donation. Contact Holly-Anne at 642-0681 for times and dates.

Karatedo Shindokai

East Sooke Community Hall
Contact Drew Mackinnon at 642-0113 for information.

East Sooke Go Ju Ryu Karate Club

East Sooke Community Hall
Tuesdays, 6:30 p.m.
For more information call Sensei Armin Seilopp at 642-3926.

Yoga with Ina

A gentle practice for real bodies
Weekly classes. Call Ina Shah at 642-0270 for more information

New to East Sooke or having a baby?

Your welcome wagon representative would be pleased to give you a wonderful basket of gifts. Call Sonia Lambert 642-212

Partners in Conservation

by Ramona Scott

Many small-scale farmers voluntarily steward natural ecosystems and wildlife habitat on their agricultural land because they love wild places and they know that biodiversity is good for their farm. The Conservation Partners Program (CPP) is a province-wide program of TLC The Land Conservancy of BC that aims to provide support and recognition for farmers and ranchers who contribute to long-term conservation of biodiversity and natural habitat.



Currently, there are 14 TLC Conservation Partners on Vancouver Island; Ragley Organic Farm and Glenairley-Centre for Earth and Spirit, both located in East Sooke. TLC invites any farmers in the Sooke to Port Renfrew area to contact us if you are interested in the recognition and support offered by the Program. Contact Ramona Scott, Agricultural Liaison, at (250)479-8053 ramona@conservancy.bc.ca

TLC The Land Conservancy of BC is a non-profit, charitable Land Trust working throughout British Columbia. TLC protects important habitat for plants, animals and natural communities as well as properties with historical, cultural, scientific, scenic or compatible recreational value.

Through the CPP, TLC recognizes that agricultural lands and the farmers who steward them are a vital component of conservation in BC. The CPP supports their efforts and the viability of these farms by entering into voluntary stewardship agreements with farmers, and actively spreading awareness amongst the public and consumers about the conservation work that they do. The idea is that farmers who are putting time, energy and resources into conservation of local environments be recognized for their efforts by the public and in the marketplace, and by local and provincial governments.

In recognition of their valuable conservation work, participating farmers receive a CPP "butterfly" label. This label is provided to markets and retail outlets, together with pamphlets, signage, and information about farmers and the Conservation Partners Program. In other words, the CPP works cooperatively to bring a face and environmental success story to the kitchen table, one farm at a time.

To enable consumers to be able to make a conscious decision to purchase products grown with habitat protection in mind a distinctive label is needed. The Viceroy butterfly was chosen for the label as a symbol of conservation because it has disappeared from its home in BC. Many native species are at risk in BC because their natural habitats are at risk.

East Sooke Fire Trustees Election Results of May 28, 2005:

TONY BASTONE	158
DWAYNE MAXMEN	148
STEVE GRUNDY	100
LLOYAD BOEHMER	93

Two positions were open. Thank you to all four candidates for volunteering to support our community. Our hats go off to all of you!!

The CPP label is not a competitor for Certified Organic; it complements it by setting a standard for natural biodiversity and wildlife habitat protection, along with organic growing practices, as part of the vision for the whole farm.

Through a wide range of networking, stewardship, and educational activities, the CPP builds links and working relationships between conservationists and the agricultural community, farmers and the public, demonstrating that we all share common goals.

The following are some ways that farmers manage for biodiversity on farms. They are recognizable methods where agriculture and conservation work together to create a healthier and sustainable farm. Some farmers go a step further in protecting their farm and its wild places by partnering with TLC to place a conservation covenant on their property.

- Control invasive species
- Improve pest management and fertilization
- Conserve water - mulch, micro and drip irrigation, soaker hoses
- Screen fish out of irrigation pipes
- Practice conservation tillage and cover cropping
- Practice good grazing management - protect streams and ponds
- Improve and maintain functioning of riparian area
- Retain edge habitats - hedgerows, grass borders
- Install wildlife plantings - buffers, windbreaks
- Preserve wildlife trees
- Protect nests, nesting birds and eggs in nests
- Protect sensitive wildlife areas
- Erect raptor roosts, bat houses

Glenairley, 6040 East Sooke Road

Operated by the Centre for Earth and Spirit Society, leased from the Sisters of Saint Ann, this 25-acre property is being put back into agricultural production after 75 years of non-farm use.

Alex Gillespie and his family successfully farmed this land from 1911 until about 1930. Janet Broadbent, the Centre's neighbour and granddaughter of the Gillespies, says "In those days it was a viable and productive farm supporting a registered Jersey herd and pigs. All food for the animals was grown on the land. Butter, bacon and potatoes from Glenairley regularly took first prizes at the Vancouver Winter Fair." The Society is working to raise funds to construct a wetland and associated waterworks for water conservation and wildlife habitat. It is essential for the Society to collect surface water in the wetland and dugouts as a source for irrigation. Approximately four acres of land will be developed for certified organic market garden to supply the Centre and to establish a Community Supported Agriculture Program. Local residents are invited to join in the development of this community-centered resource. www.centreforearthandspirit.org



Ramona Scott of TLC and Josephine Hill of Ragley Farm

Ragley Organic Farm, 5717 East Sooke Road

Two large Douglas fir trees stand at the entrance to Ragley Farm on East Sooke Road. At the end of a winding driveway, the forest opens to sheep grazing on green pastures, and a heritage farmhouse and gardens, originally built by Rev. and Lady Walker. They arrived from Britain in 1912 where they named their new home after their Estate in England. Today, Josephine and Rob Hill own this 31-acre farm. They have continued to maintain more than half of the farm in natural forest. Barnes Creek flows through the lush forest, bordering two sides of their farm. Abundant ferns, mosses, native shrubs and wildflowers carpet the predominantly fir and cedar forest floor. Maple trees flourish here, where possibly the largest maple tree in the region grows.

Visitors are welcome at Josephine Hill's farm market - a sun-filled area of the barn converted to an inviting sales display of fresh produce, preserves, dried fruits and eggs. On Saturdays, customers can buy bread, pies and muffins freshly baked on the same day in a beautifully crafted outdoor masonry oven, lovingly referred to as the Bread Chapel.

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Thank-You!

to all those who volunteered and donated to the East Sooke Bottle Drive on May 23rd. It was a huge success, raising over \$400 to benefit the Rural Observer.

(Please save your bottles - we're doing it again in September.)



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Calendar of Events for Shirley

Unless otherwise indicated, events held at the Shirley Community Hall.

Shirley Community Association

June 13, 7:30 p.m.

Contact: Chuck - 646-2077

Sheringham Point Lighthouse Preservation Society - AGM

August 7th @ 2:00 p.m.

Village Market Meeting Room

Shirley Day Pirate Festival

Family Fun

August 21, 10:00 a.m. - 4:00 p.m.

SVFPS General Meeting

September 11, 2:00 p.m.

Contact: Dominique - 646-2528

Shirley Community Association

September 14, 7:30 p.m.

Contact: Chuck - 646-2077

Shirley Volunteer Fire Department

Practices Thursdays from 7:00 - 9:00 p.m.

Contact: Carl - 646-2107

Shirley Quilters and Crafters

2nd & 4th Thursdays 10:00 a.m. - 3:00 p.m.

Shirley Community Association, President

Chuck Minten 646-2077

SVFPS, President Dominique Bernardet

646-2528;

Fire Chief Carl Nelson 646-2107



More advertising info on our website:
www.ruralobserver.com

Blessing For A New Family *by Colleen Minten*

You are blessed when a child comes into your life. There is great joy in having an infant who is dependent upon you for all things.

What will a child learn from you? Will it be dignity, respect and compassion? Teach your child by example. Honour each other so that your baby will learn to honour others.

Give thanks to the Great Spirit and the Creator often because it is they who will guide you through your lives. Learn from the mighty Douglas Fir how to stand upright and straight. Learn from the protecting Cedar how to flex and bend in the wind. Learn from the birds that sing for no other reason than their eyes have opened and their throats fill with song. Learn from the Orca who travels the ocean with her suckling calf at her side. Learn from mother bear who sups on salmon and berries and will defend her cub with tooth and claw. Learn from the eagle for it is she who flies closest to the sun.

Honour your Mother who gave you life from her blood and her bone. Honour all other women who have helped to nurture your soul.

Honour your Father for it from his seed that you have sprung. Honour all other men who have formed the bone of your back.

All of us will know sadness and despair in our lives. From the depths look up to see a single star shining brightly. Follow that star for it will lead you back into the light.

Teach your child to know their elders. Listen to the stories that your people share with you and write them down. Write down your own stories so that your child and generations of children yet unborn will know you and your people and where they come from.

Teach your child to be respectful of all plant and animal life. Use what you need without waste.

Honour the Sky Father who brings to us stars and moonlight, sunshine, wind and rain.

Honour the Earth Mother from whom all life flows with natural abundance.

If negative energy is directed towards you, deflect it with love and compassion. Let positive energy flow through your veins and out of your body to surround you and your family. Try to find some good in every human being and every living thing. Shower all the people around with respect so that your child will do the same.

Nourish your body with wholesome foods and drinks and avoid things that will intoxicate you or destroy your zest for life.

Treat each other kindly, gently and lovingly, so that your child will be kind, gentle and have a lovely spirit. Physical beauty is only one aspect of life, and it is fleeting. It is more important to have a beautiful soul.

I ask the Great Spirit and the Creator to surround this new little family with love. Let them lean on each other in good times and bad. Let this house be filled with laughter, prayer and beauty. Let this family care for each other with tenderness all the days of their lives.

Petition Presented to Member of Parliament *by Terri Alcock*

Lighthouses date back to ancient Egypt when mirrors were used during the day to reflect the sun, and fire was the source of light at night. These ancient towers were more than 100 meters high, and the light could be seen for more than 50 kilometers. Shirley has a historic beacon of its own and, while the Sheringham Point lighthouse doesn't boast that kind of history, it has been standing watch on the rugged west coast of British Columbia for almost a century.

In April, the lighthouse moved a step closer to being preserved when Dr. Keith Martin, MP, was given a petition and letters with more than 3500 signatures supporting the goal of acquiring and protecting the lighthouse and surrounding property.



Photo submitted by Michael Galizio

Upon receiving the petition, Dr. Martin, who has been working closely with the Sheringham Point Lighthouse Preservation Society for more than a year, said, "I can't wait to see the day when the area will be preserved in perpetuity for future generations to enjoy." Dr. Martin continues to work with the federal and provincial governments to help ensure success.

JDF Regional Director Erik Lund, who has also worked diligently on behalf of the lighthouse project, recently announced that the Juan de Fuca Parks Commission would assume ownership of the lighthouse property if the community were able to purchase it. The Society already has a number of private financial commitments and hopes to receive additional financial support from the public, government and area corporations.

If the purchase occurs as Dr. Martin and Society president Michael Galizio believe it will, the Society would manage and care for the Lighthouse, while the CRD would actually own the property. Galizio said, "The original impetus to preserve the magnificent landmark came from Wynne and Joe Arden, descendants of the first light keeper Eustace Arden, along with Lanny Seaton, Jill and John Foweraker and poet Gary Geddes." Galizio continued, "Working closely with these people, we incorporated their past research and chartered the 150-member, non-profit Sheringham Point Lighthouse Preservation Society."


"I can't wait to see the day when the area will be preserved in perpetuity for future generations to enjoy." Dr. Keith Martin



Representing the Society at Dr. Martin's office were former light keeper Tom Cross, Elanie Bruton, daughter of Jim Bruton, a former light keeper, Society members Jan and Marcie van de Linde, Lanny and Diane Seaton, Gordon Stewart and his daughters Charlotte and Lucille, Bobbie Metzger and Michael Galizio.

Also on hand were the Times Colonist, CFX radio, the New VI and CH Television, and the Sooke News Mirror, all of whom ran stories on the lighthouse and the community's efforts to preserve the structure and property as a passive park.

For more information on the Lighthouse or the Society, call 646-2528; email sheringhamlight@aol.com; or visit the website at www.sheringhamlighthouse.org.



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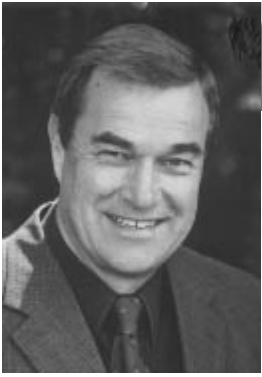
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IF NOT, THEN PLEASE CALL US FOR A NO OBLIGATION ASSESSMENT.

2005 Membership Renewals

It's time to renew your membership in the Juan de Fuca Rural Publication Society.

Our fee structure is as follows - you may renew at the basic level of \$10, or become a "Friend" of the Rural Observer for \$25, a "Supporter" for \$50, or a "Lifetime Member" for only \$100. We recommend the lifetime membership - you won't need to remember to renew each year! The Rural Observer needs your support to keep it strong, viable and independent. Please send renewals to the Juan de Fuca Rural Publication Society, 6790 East Sooke Road, Sooke V0S 1N0.



From Juan de Fuca CRD Director Erik Lund

Now that the amalgamation referendum is completed, it's time to put the issue to rest. However, some related developments beyond our control continue, and I want to share the information with readers of the Rural Observer.

Sooke continues to advertise for land owners from the Electoral Area to apply to join them in "wedlock". In a letter I received recently from Minister Coell, he anticipates a slow attrition from the Electoral Area toward municipalities, in accordance with the Municipal Boundary Extension Criteria. I was previously comforted, during a meeting with provincial staff, by a statement that they would not encourage such "cherry picking" mergers in the future. The Minister's letter appears to depart from that sentiment.

In the Minister's letter, he also downplays options the citizens of the Juan de Fuca Electoral Area may have for self-governance in any form. With the vote on the referendum being as strong as it was, it is pretty clear that amalgamation with anyone will not likely be forced on us by the province. It may also be safe to say that if the citizens of the Electoral Area really want to have self-governance, they could force the issue with a strong petition at any time.

Since the last Rural Observer there have been town-hall meetings in all six communities. From these meetings and what has happened in the past few months, the overwhelming will of the people is clear.

"Keep taxes low. Maintain rural lifestyles. Increase the quality of life by concentrating on setting priorities such as emergency

preparedness, better transportation, policing and recreational opportunities. Protect our communities through Official Community Plans. Be very mindful of the environment, but stay away from urban type by-laws. Most of all, give the electorate influence over decisions made by local government."

These ideals are achievable and, while we will not necessarily have better roads, street lights or sewers, we can have desirable communities in which to live. Since we will not have self-governance in the near future, we have to do the best we can with what we have. The key, it would seem, is to keep taxes low, develop the best possible governance model and keep the status quo. By following this path, adjoining municipalities will likely tax themselves so high, relative to us, that we will never entertain the notion of joining them.

On another matter, it gives me great pleasure to announce that we will be receiving a gas tax rebate. The three Electoral Areas will get \$220,000 to be divided between them. This will mean the JDF Electoral Area will get between \$40,000 and \$50,000 for 2005. The money is mandated to be spent on infrastructure in the JDF Electoral Area. What the criteria will be has not been determined as yet.

Lastly, our Official Community Plans are nearing completion. We are still on track to have them to the Minister for approval before summer. For more news and updates please check out the Electoral Area web site at www.crd.bc.ca/jdf

It has been an honour to serve you over the past two and a half years. Have a nice summer!

BABY TEETH - WHAT ARE THEY GOOD FOR?

by Wayne Schadt, B.Sc., D.D.S.

My last contribution to the Rural Observer dealt with keeping your teeth for life. I thought perhaps we should have a look at the beginning, and the excitement of that first tooth.

In my youth a person saw the dentist only when they were in pain, and the outcome was rarely positive. Preventative Dentistry took hold in the mid-sixties, when we in North America decided that regular care beat the prospect of extractions.

Recently many esteemed pediatric "gurus" have recommended that a child's first dental visit coincide with their first birthday. As you can imagine, this visit is a joint effort between the parent and the dentist. Ear protection and soundproof rooms might be needed.

Actually, the visit generally works out quite well with proper care and patience. The main reasons for the early visit are twofold. One is to check out the child's mouth, and the other to educate the parents.

I am still amazed when I see a 3-year old with ten cavities. With what we know now, this should never happen. Decay at this age is a direct result of improper nutrition and poor oral hygiene. The main culprit of decay is refined carbohydrates; i.e. sugar. The parent often delivers this to the child through the bottle, sipping cup and poor diet. Juice is the main contributor to decay and yet we have been indoctrinated to believe that it is healthy for the child when nothing could be further from the truth. Recommended juice intake is 4 ounces per day. Nutritionists remind us to eat fruit rather than drink it. If a bottle is necessary at night then water is the liquid of choice. Milk can be just as destructive as juice and will cause tooth decay if left to bathe the teeth overnight.

Another misconception is that thumb sucking and soother use is a natural process. In the past, large corporations have made millions of dollars by giving free soothers to parents of newborns in the hospital maternity ward. This gave parents the impression that soothers must be good for children because the hospital supplied them. Thumb sucking produces orthodontic nightmares, moderate to severe facial deformity and serious problems with speech, chewing, swallowing, mouth breathing and facial asymmetry. Too often these conditions go unchecked until it is too late.

cont'd on page 15

Summer is finally here, and my son and I are spending as much time outdoors as possible. The beginning of summer is so energizing that I had trouble shortening my list and submitting "just a few ideas". The following are my favourites so I know you and your child will enjoy them.

Quick and Easy Hot Day Ideas

- * Fill small pails with water and give your child a fat paint-brush. Your child can "paint" everything in your backyard.
- * Fill recycled spray bottles with water
- * Last minute bubble solution: mix 1 part dish detergent with 1 part water

Shaving Cream Painting

This is a great picnic table activity. Cover the table with a plastic tablecloth and use the garden hose for a quick clean up.

Materials:

- 1 can of inexpensive shaving cream
- cup of water
- additional optional materials:
tempera paint
small cars, trucks, dolls



Squirt some of the shaving cream onto the table and allow your child to finger-paint. Sprinkle in a little water if the shaving cream gets dry or stiff. For variety you can add a bit of liquid tempera to change the colour, play some music in the background or invite your child to bring in a few small toys to extend the activity.

Why are the twenty baby teeth so important? They act as guides for the position of the permanent teeth. In essence, they are the blueprint for healthy adult teeth. Loosing them prematurely really messes things up.

The use of fluoride in preventing decay and growing strong teeth is well documented. In areas of the mid-west and the prairies where fluoride is found naturally in water supplies, the decay rates are extremely low. Bones and teeth from Saskatchewan are generally strong. With the vast amount of evidence showing that fluoride, at the proper dosage, is very beneficial and poses no health risk, it is surprising that some communities still do not add it to municipal water. Personally, we gave our children fluoride prenatally through to age fourteen and would have kept going, but teenagers don't always cooperate! Ingested fluoride helps stop tooth decay!!

So, these are just a few things going through a Dentist's mind during that first visit. Hopefully the prize at the end of that appointment won't be a sugary "lollipop".

Studying Earthworms

In this science experiment your child will learn about earthworms, - the way worms burrow and live underground and how they can adapt to a new environment.

Materials:

- Large glass jar with a large mouth
- soil
- earthworms
- gravel
- food for the worms (lettuce, cornmeal, cereal)



Mix a small amount of gravel in good rich soil. Put earthworms into the jar. Add food on top of the dirt and keep the soil moist. Children can observe the earthworms in an environment much like the one in which they live.

Fantasy Fossils

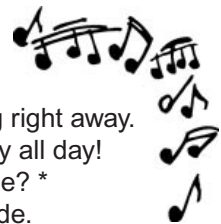
Materials:

- plaster of Paris
- water
- sand
- objects that will make an impression in the sand i.e. shells, plastic animals, hands

Fill a pan, bowl or pail with sand. Sprinkle the sand lightly with water until it is moist enough to hold an impression. Make an impression in the sand using any hard object or even your hand or foot. Mix water and plaster according to package directions in a small bowl or pail. Immediately pour the plaster mix into sand impression. Let the plaster dry then remove the fossil from the sand.

Summer Fun Song

Going on a Picnic



Going on a picnic! Leaving right away.
If it doesn't rain we will stay all day!
Did you bring the lemonade? *
Yes, I brought the lemonade.
Going on a picnic! Leaving right away...

* substitute different items for the picnic

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