

District of Metchosin

Minutes

**Healthy Community Advisory Select Committee Meeting  
Oct. 28, 2025, at 4:30 p.m.**

**Present:** Shari Rourke, Sarah Anthony, Councillor Sharie Epp, Barrett Fullerton, Shannon Carman, Stacey Weir, Kathleen Sutherland

**Regrets:** Chief Dunlop

The meeting was called to order at 4:38 p.m.

**1. Agenda, Additions and Approval**

Requests to move items:

- 4. a) Village Square update to appear as item 6. b) under Other Business; and
- Item 5.d) Seniors Information Resource Centre (SIRC) Liaison Report to 5. a) prior to the Chair's report.

**Moved and Seconded** by Kathleen Sutherland. and Sarah Anthony

THAT the Committee approve the agenda as amended to move agenda item 4. a) Village Square update to appear as item 6. b) under Other Business and that item 5. d) Seniors Information Resource Centre (SIRC) Liaison Report be moved to 5. a) prior to the Chair's Report

**Carried**

**2. Public Participation**

- Vio Mitchell, resident, addressed the Committee with concerns about health of non-profits in Metchosin, and the health of volunteerism generally. Emphasized that volunteers are the backbone of the community, and that people are currently feeling unappreciated. She would like to know if our committee sees a role for itself in amplifying volunteerism?

**3. Adoption of Minutes**

**a) Healthy Community Advisory Select Committee, September 23, 2025**

**Moved and Seconded** by Councillor Shari Epp and Sarah Anthony

THAT the Committee approve the minutes of the Healthy Community Advisory Select Committee meeting held on September 23, 2025.

**Carried**

**4. Business Arising from the Minutes**

- None.

## 5. Reports

### a) Seniors Information Resource Centre (SIRC) Liaison:

- 20 participants attended Wellness Wednesdays; 12 rides were provided, and 25 phone calls made.
- SIRC supported 3 tech sessions, 7 visitors, and several information requests (house cleaning, online bill payments, handy person).
- Recent activities included:
  - Bus trip to Rocky Point Bird Observatory (14);
  - Legal presentation with Oana Grant (27);
  - Wellness Wednesday Tea (10);
  - Friday Social (8);
  - Bus trip to Hatley Castle Gardens (7);
  - UVIC Self-Management presentation (7); and
  - Driver Training presentation (21).
- Upcoming events:
  - Flu & COVID Clinic (Nov 1);
  - Grief & Loss Support Group (Nov 3);
  - Wellness Wednesday Teas (Nov 5 & 19);
  - “Dealing with Conflict” with Debra Swain and library trip (Nov 6);
  - Caregivers Support Group;
  - Westshore shopping trip (Nov 20); and
  - Baha’i Friday Tea (Nov 28).

### b) Chair

- Movie Night on Sept 26 was sparsely attended, but set up worked very well, and it was proof of concept;
- The housing workshop was well attended and lots of feedback gathered;
- A Firehall Open House is coming up on Nov 12;
- Remembrance Day on the 11<sup>th</sup>;
- Breakfast with Santa coming in December;
- Regarding volunteers in Metchosin, HCASC will consider how it can offer support in this area and promote more communication between groups.

### c) Council Liaison

- Wellness Collective still going ahead to open a space in the old School; and
- Walkable shoulder pilot project currently underway on Duke Rd East.

### d) Fire Chief

- No report.

### e) Health and Safety

- No report.

## **6. Other Business**

### **a) Community Centre Open House Recap**

- Report coming on the Open House event on Oct 17, with over 100 people attending.
- Much feedback gathered.

### **b) Village Square Update**

- Nothing to report, interviews ongoing with old School tenants.

## **7. Adjournment and Next Meeting Date**

The meeting adjourned at 5:48 p.m.

Next meeting will be Tuesday, November 25 at 4:30 p.m.