

SPRING 2010 VOL. 34 NO. 1

It's goodbye to home delivery

WE'RE SORRY to confirm that this is the last issue of *The Cordovan* to be delivered to your door by an enthusiastic and hard-working group of volunteers.

Later this year, your community newsletter will be delivered electronically to the email addresses of the association members who have provided us with these addresses and will also be posted on the CBA's website (www.cbasn.com) for general public access.

A limited number of printed copies will also be available at the Super Duper Dollar Store in Cordova Bay Plaza, Mat-tick's Farm (on the indoor bench near Adrienne's), the 55 Plus office at Cordova Bay Community Place and Cordova Bay United Church.

The change is prompted by the increasing limits of volunteering, which is affecting many organizations, coupled with the steady increase in population in our community.

The Cordovan was first published in July 1976 as a mimeographed sheet delivered door to door. This final print edition follows that tradition, and as a gesture to the many advertisers who have supported the publication over the years, all the advertisements in this issue are printed free of charge.

The electronic version of *The Cordovan* will still include advertising as a two-page directory of merchants and services.

In response to many suggestions, the new *Cordova* will include a Letters to the Editor column. This will provide a forum for comments and questions on local issues and possibly provide some answers.

THE EXECUTIVE OF THE CORDOVA BAY ASSOCIATION FOR COMMUNITY AFFAIRS

Acting President: Penny Joppe, 7-4771 Cordova Bay Rd., V8Y 2J7. 250-658-8566. Email: pen.ton@shaw.ca
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Treasurer: Diane De Wolfe, 5051 Lochside Dr., V8Y 2G1. 250-658-4436. Email: dianedewolfe@shaw.ca
Traffic committee chair: Wayne Christmas, 5087 Lochside Dr., V8Y 2G2. 250-658-2290. Email: wayne.christmas@telus.net
Planning committee chair: Jack Colbert, 5005 Bonanza Pl., V8Y 3E1. 250-658-0507. Email: jack_colbert@telus.net
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David Kuprowsky, 5312 Williams Hill Rd., V8Y 3H6. 250-475-6114. Email: jkuprowsky@shaw.ca
Maureen Leech, 904 Walking Stick Lane, V8Y 3H6. 250-658-9323. Email: ajcom@telus.net

Editor, *The Cordovan*: Maurice Chazottes, 101-5327 Cordova Bay Rd., V8Y 2L3. 250-658-4030. Email: chazott@shaw.ca

The CBA web site at www.cbasn.com includes latest community news and an on-line version of *The Cordovan*.

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MIKE BURKMAR

Here's the winner of that dinner for two

ALL new and renewal memberships applications received by February 1 were entered in a draw for two \$25 gift certificates for dinner for two at any Cordova Bay restaurant.. The draw was made at the CBA executive meeting in February, and the winner is Ingrid Taylor, of Patrick Place.

Costing only \$5 per person a year, membership supports the Cordova Bay Association for Community Affairs, one of the most active in the region.

On behalf of the community the CBA examines all proposals for development, subdivision and zoning changes to make sure they meet the requirements of the Local Area Plan.

The association's representatives also attend council and other municipal meetings to monitor areas of concern to your community and to place its position on these issues before Mayor and Council as required.

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Please mail this completed form with a cheque or money order for \$5 per person per annum payable to the Cordova Bay Association for Community Affairs to: Jennifer Furtado, 821 Sayward Rd., Victoria, B.C., V8Y 1R5. Or drop it off in the special box at the Dollar Store in Cordova Bay plaza.

THE CORDOVA BAY ASSOCIATION FOR COMMUNITY AFFAIRS

NOTICE OF ANNUAL GENERAL MEETING

Cordova Bay United Church Hall

813 Claremont Avenue

7:00 p.m.

Friday, April 16, 2010

The Annual General Meeting will be preceded by a public session to which everyone is welcome. Attendance and voting at the subsequent AGM will be limited to members of the association in good standing. Memberships for 2010 will be available at the door for \$5 per person, or you may use the application form below.

PROGRAM

7:00 p.m., address by Councillor Dean Murdock
with a slide presentation, followed by a question period.

7:45 p.m. approximately, refreshment and conversation break
followed by the Annual General Meeting

AGM AGENDA

8:15 p.m., call to order

Former President Roger Stonebanks' report

Annual financial report

Election of six executive directors for a two-year term
(nominations may be made from the floor)

New business Adjournment

There will be a prize draw at the AGM!

MEMBERSHIP APPLICATION OR RENEWAL FOR

(please check one box)

☐ One year ☐ Two years ☐ Three Years ☐ Four years

Name.....

Address.....

.....Postal code.....

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"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand, for a talk beside the fire: it is the time for home..."

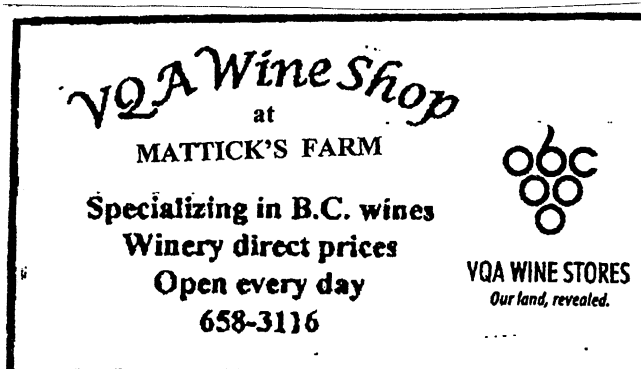
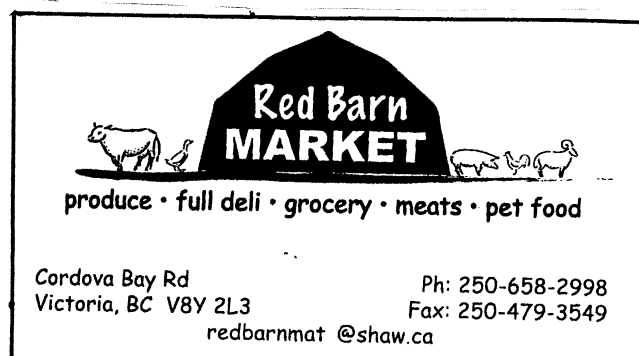


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President Roger Stonebanks' Farewell Report

A year of change and difficult decisions

THE YEAR 2009 turned out to be a year of change for the Cordova Bay Association for Community Affairs. We decided to 'go electronic' with our newsletter *The Cordovan*. And McMorran's Beach House decided to close at Easter 2010 after 90 years.

It was not an easy decision to change the format of *The Cordovan* from print to electronic delivery with a limited number of printed copies intended for those without computers or access to computers. It was the only choice given the decline – common everywhere – in volunteers' time.

Thanks to CBA executive member Richard Alexander and his company, LGL Limited environmental research associates, copies of *The Cordovan* back to the first issue in 1976 as well as *Spindrifts*, the monthly publication of Cordova Bay Community Club, from 1947 to 1958, were digitized. The CDs and hardcopies were donated to Saanich Archives. They will also be available on the CBA website – www.cbasn.com – complete with a searchable feature. This is a tremendous glimpse at modern history of Cordova Bay.

The sadness that inevitably accompanied the announcement that McMorran's Beach House, scene of so many community events, will close was offset by the purchase by Saanich as a public park of the lot immediately south of the public path with steps to the beach. This secures for the future a feature with a gorgeous view of our bay and beyond. What will happen to the McMorran property remains to be seen but it is something that the CBA will watch carefully, as we do for all development proposals in Cordova Bay.

While the economic recession inevitably slowed the pace of rezoning and subdivisions coming before your executive for an expression of opinion before proceeding to council, we were

especially busy with traffic issues.]The intersection of Patricia Bay Highway and Sayward Road is one of the most dangerous on Vancouver Island. We will continue pressing the Ministry of Transportation and Infrastructure to introduce changes to improve safety. The corner/intersection of Sayward, Hunt and Fowler roads continues to be the scene of accidents. It is poorly designed (if the word "design" can be used for something that looks like it evolved rather than it was planned). The CBA continues to press Saanich for changes. Both Patricia Bay/Sayward and Sayward/Hunt/Fowler are featured on the CBA website under "News."

Meanwhile, as land development proposals began to pick up around year's end, you can keep up-to-date on development proposals in Cordova Bay by checking "Rezoning" on the CBA website or the District of Saanich website – "What's New In Your Neighbourhood" – under "Cordova Bay."

Under Sally Tuckey's leadership, we staged our most successful Cordova Bay Day last summer, raising \$2810.40 for community activities within Cordova Bay. Membership in the CBA in 2009 reached 413, only two short of the recent record; our finances are healthy; a new sidewalk was constructed on Cordova Bay Road between Sunnygrove Terrace and Galey Way with a CBA-sponsored redwood bench at the Sunnygrove Terrace bus stop (our third on Cordova Bay Road); the extension was opened to Cordova Bay Community Place (home to Cordova Bay 55 Plus Association in the daytime and for general community use on evenings and weekends).

Finally – I had to resign as president and from the executive on December 9 for a major health reason and Penny Joppe is serving as acting president. It was my pleasure to be CBA president for the last seven years. I wish all the best to my successor.

Therapist opens private practice in Cordova Bay

DAPHNE McDonald, M.A. (Applied Behavioral Science) and Registered BC Clinical Counsellor, is expanding her private practice to Cordova Bay, where she lives.

Currently the director of and counsellor for a heroin addictions clinic, she is also trained as a life coach. With 20 years' experience coping with mental health issues she works with addictions, relationships, personal issues like grief and loss, work-place issues, depression and anxiety, and has specialized training (EMDR) in working with people who have experienced trauma..

Daphne says she sees making changes/healing as a joint process between therapist and client. "Together we make a map. I have a light and shine it on the map to help clients find the key for resolution."

The first step is knowing if you are lost in any of these areas, she believes. The second step is reaching out. For information call 250-658-3183.

Susan Bridges appointed to Saanich advisory committee

A LONG-TIME former member of the Cordova Bay Association for Community Affairs executive, Susan Bridges has been appointed to the Saanich Planning, Transportation and Economic Development advisory committee.

During her former service with CBA, Susan was a first vice-president, and later chaired the traffic and the planning committees.



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Vandals desecrate United Church memorial garden

IN 2005 Cordova Bay United Church dedicated The Memorial Gardens, located at the rear of the church property.. The gardens have a Memorial Plot for the interment of ashes of members and adherents of the church.

There is a beautifully planted area, memorial benches and lawn. The fence and sign clearly identify the garden as a place of peace and quiet. A Memorial Plaque is located on the south end of the east wall of the church naming those interred within the garden.

The garden was established as a peaceful retreat for anyone needing "time-out" from the busy-ness of life as well as a burial site.

Unfortunately in recent months some vandalism has occurred. One of the benches, although chained down, had to be retrieved from the bushes at Claremont High School.

Other incidents have since taken place which has led us to writing this article in the hopes that making our community aware of the sacredness of this site will encourage more respect for it.

Please feel free to visit these gardens during one of your walks in the neighbourhood. -- *Beth Walker, Minister of Family Ministries, 250-658-5911.*

Check the CBA's website for up-to-date community news

FOR up-to-the-minute news about the Cordova Bay Association and your community please visit the CBA website at www.cbasn.com and check News and Notices. There is also useful information on emergency preparedness.

The CBA under Sally Tuckey's leadership will again stage a Cordova Bay Day community get-together and silent auction fund-raiser on Saturday, June 26. Details about times and location will be published on the CBA website when they are finalized.



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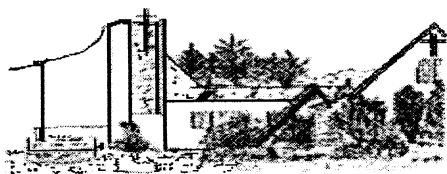
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study)

Friday : Coffee Hour 10:30 a.m.- Noon

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This parish of St. David has made an impact in Cordova Bay and beyond since the early 1940s. Many people of all ages have had their perspective on faith enhanced considerably over the years through the sharing, caring and love of God and each other, through Jesus Christ. All are welcome to join us in fellowship, prayer and praise as we strive to make God's will our will. The media has recently commented on the DTT commission's report about the Anglican churches on Vancouver Island and the Gulf Islands – the Anglican Diocese of B.C. (Bishop James Cowan residing) which will be considered at the Synod gathering of Clergy and Lay representatives of the Diocese. We at St. David will do our best to convince Synod that our faith community can and should continue to be the Anglican presence here. Your prayers and support are welcome. We share our facilities with many wonderful people including: Cordova Bay Preschool 250-658-3441; Pacific Dance Centre 250-477-6114; New Horizons (seniors drop-in) Thursdays 10 a.m. - 3p.m.; Smooth Move Aerobics 250-652-6831; Girl Guides/Sparks 250-383-1712. For information: Canon Philip Wadham and/or Wardens Don Johnson 250-658-1296, Ron Hall 250-658-5850.

St. David by the Sea Anglican church faces closure

A MEETING of the synod of the Anglican Diocese of B.C. to be held this month (March) will decide whether to close Cordova Bay's Anglican church and 13 others on Vancouver Island because of declining congregations.

Five other churches would be re-named and become "hub churches" to serve congregations affected by the closures.

Announcing the recommendations made by a diocesan team, Bishop James Cowan said: "We have the choice at this time to be able to make the choice for a transformational change focused on mission and where we're going, rather than dwindling." Parish churches need at least 150 members to stay alive, he added, and the churches affected do not have that many.

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\$5.00 and everyone is welcome.

Art Club. We have an art club for all those
interested, including those in the community.

This is held every second Saturday from
August 29 at 9:30 a.m. in the old church hall.

"Thirst for Justice" is a group at Elk Lake
Baptist that is trying to better understand and
respond to the growing world-wide water
crisis. This group recently hosted a showing
of the film "A World Without Water." More
activities are being planned for the future.

*If you are interested in any of the above
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about our church, phone 250-658-8111 or see
our website, www.elklakebaptist.com.*

**In appreciation of the support of many
businesses and individuals over the
years the business cards and display
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The Cordovan are printed
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Contracting company opens regional HQ in Cordova Bay

CENTURY Group Inc officially opened its Western Region headquarters in November in Cordova Bay. Based in Victoria, the Century Group Inc West has already built a reputation for excellence in craftsmanship in Western Canada.

Like its parent company, CGI West is proud to be an "old fashioned" contractor working with sophisticated owners on diverse projects across Western Canada. Their work with Chapters/Indigo, Hermes, and the Manitoba Lottery Corporation is evidence of their commitment to building significant projects to the highest standard.

Established in 1978 in Toronto, Century Group Inc. was founded as a family business focusing on personalized service. They prided themselves on high quality work and excellent customer service.

CGI's Western operation is led by Anthony Minniti, who is supported by four office staff and five experienced site supervisors.

Community Club aims to raise \$2.5 million to replace aging hall

PLANNING to raise a targeted total of \$2.5 million to replace its aging hall, the board of the Cordova Bay Community Club is gauging the level of support from stakeholders including club members, community organizations, individuals, businesses, banks, investment firms and foundations.

The \$2.5 million project would initially provide a 15,000 sq. ft. hall, seven badminton courts, offices, shower and change rooms and maintenance facilities. A future second floor addition of 5,000 sq. ft. would house meeting rooms and other general purpose facilities.

The meeting heard that it costs \$30,000 to run the present hall (including heating/insurance/maintenance) while \$70,000 will be required for the new hall.

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The skin's bare necessities

By Dr. Lance Setterfield

THE QUEST for beautiful, healthy skin has spawned a multi-million dollar industry. Is this only for the rich and famous? Certainly not. Although the likes of Angelina Jolie are rumored to use dermal rolling to optimize healthy skin, the real Cinderella story of this simple, safe, natural, affordable treatment is quietly unfolding and will take the world by storm. It is becoming main stream and has been featured on *Dr Phil* and *The Doctors*.

This home device increases absorption of cell nutrients by up to 80 percent via hundreds of tiny pins that create channels through the top layer of skin. It has been proven to improve wrinkles, enlarged pores, brown spots, and even scars, and while it may sound like torture, it is easily tolerated.

The roller (high quality, medical grade stainless steel pins) will not do much on its own and should be viewed as the spoon to deliver the skin's food. So what does the skin need for lunch? Surprisingly little.

One of the simplest things you can do to achieve healthier skin (especially acne) is to take **Omega 3** supplements. The secret is the dose, and it must be "enteric coated" for best results. This will reduce pore size and milia, while restoring membrane function, natural skin bacteria, and pH. **Antioxidants**, such as Beta-carotene, and Vitamins C and E, protect against UVA and harmful free radicals, thus preserving the collagen and elastin you still have. **Vitamin A** restores cell function. **Vitamin C** reduces brown spots and acts as a building block for collagen. **Copper peptides** are also crucial in collagen production. There are many other things one could consider, but these are the bare essentials. Many products include minuscule amounts of these ingredients to enable manufacturers to make label claims, so if you don't see results, chances are the doses are inadequate.

Dermal rolling is safe to combine with other treatments such as laser, Botox, or fillers, and best results are often obtained using a combination. Last, but not least, don't forget your **sunscreen** with an SPF 30.

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