

The Cordovan

Spring 2012

Issue 5



Cordova Bay Association for Community Affairs (CBA)

www.cbasn.com

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View of Cordova Bay from the beach at Mt. Douglas, by Maureen Owen

UPCOMING EVENTS

- April 26: Annual General Meeting: Guest Speaker Mayor Frank Leonard
- May 12: Women's Golf Festival
- June 23: Cordova Bay Day. [Click here for details.](#)

URGENT NOTICES

Sutcliffe Lodge urgently needs volunteer directors to ensure Lodge administration remains local. If not, BC Housing will take over. [Click here](#) for more information.

New Supermarket to Open in April

By Roger Stonebanks

Tru Value Foods is targeting the first week of April to open its new supermarket at Cordova Bay Plaza.

"It's very exciting for us to be back in the Victoria market and we feel that our program and community involvement will fulfill a need in the Cordova Bay area that has been missing for many years," said Phil Greenhalgh, general manager of Tru Value Foods.

The company has four supermarkets in the Gulf Islands and operated a supermarket in Brentwood Bay from 1991 to late 2010 when its lease was not renewed. Food Forum, the previous supermarket tenant, closed on Jan. 31, 2012.

New Supermarket continued on page 2 ...

Countdown Begins to Opening of Beach House

By Chris Harbord

Residents of Cordova Bay will have a new local eatery in April as renovations to The Beach House enter the final stages.

Gas lines to the restaurant, formerly McMorran's Beach House and Charters Restaurant, were disconnected while the renovations were underway and are scheduled to be reconnected the last week of February. The next step is for the restaurant to pass inspections from the health authority before opening.

The restaurant will first open for take-out followed by the opening of the upstairs dining room and then the downstairs dining room in the weeks to come.

Beach House continued on page 2

Adrienne's Tea Garden Has a New Owner

By Penny Joppe, Vice President

Long-time owner, Fay Hextall, has turned the operation over to Sabine Schwaiger whose face you will recognize from the recently-opened Pure Pharmacy. We will miss Fay and wish her a happy retirement. Over the years, she has been a loyal supporter of the Cordova Bay Association for Community Affairs.

We're pleased to hear Sabine is not planning major changes to Adrienne's at Mattick's Farm which is famous for its high teas, eggs

Adrienne's continued on page 2



Notice of CBA Annual General Meeting

Thursday 26 April
7.00 p.m.

The Seaside Room
Cordova Bay Community Place
#1 - 5238 Cordova Bay Road
(Adjacent to the Cordova Bay
Elementary School)

Program

7.00 p.m. - Public meeting -
address by **Mayor Frank
Leonard**. Questions to follow

7.30 p.m. - Refreshments,
general conversation and
stunning slide show

8.00 p.m. - Annual General
Meeting

AGM Agenda

- Annual financial report 2011
- Appointment of auditor for 2012
- President and Committee Chair reports
- Election of new board members: six for a two-year term
- (nominations may be made from the floor)
- New business
- Adjournment

Put it on your calendar! Come out and support your neighbourhood association.

You might even win the Door Prize!

New Supermarket continued from page 1 ...

Since taking possession of the plaza premises, Tru Value Foods has been busy with renovations. Greenhalgh is shy on details at this point saying “we would like to keep the changes as a surprise. We hope when people walk into the store they will go ‘Wow.’ Our intention is for the community to view our full-service store as its store. As the anchor tenant and in partnership with the other businesses in the plaza, it is our intention to bring life to the plaza in order for it to be a gathering place for the residents. I think everyone will like what they see and it will be our job to deliver and satisfy their needs.”

Each Tru Value Foods supermarket operates its “Spirit-Board Program” which directs one per cent of all store sales back to customer-chosen and Spirit Board-approved local charities in the form of food vouchers and resalable food cards.

Greenhalgh, who spent 28 years with Thrifty Foods including managing its Fairfield store, said “the store is in the process of hiring staff and management and it is safe to say that many of our employees will be from the Cordova Bay area. This will include some of the part-time staff that was employed at the Food Forum store when it closed. If all goes well, the opening is planned for the first week in April but there are many variables that could come into play to back this date up.”

Beach House continued from page 1

“The Beach House will serve high-end comfort food in a welcoming, casual family atmosphere,” said owner Kate Phoenix. Menu items will include rotisserie grilled chicken and ribs, fresh burgers and soups, fish and chips and pizza.



When the restaurant is fully open, it will offer seating for 350 people with 200 upstairs and 150 downstairs including patios. The upper or lower spaces can be

booked for large functions and the overflow parking on the opposite side of Cordova Bay Road is still available.

“When fully staffed, we will have 50 employees between the front and back of house,” said Phoenix. “We are still welcoming applicants so I encourage anyone interested to drop their resumé off at the restaurant.”

Adrienne's continued from page 1

Benedict, homemade soups and crêpes, and full-service deli. Next time you're passing, try one of the 16 flavours of ice-cream from Gramma Fay's Ice Cream Parlour. And the friendly staff is all being retained, including supervisor Jocelyn Harrison who began working at Adrienne's before Fay took over in the mid '80's.



Mattick's Farm has been developed over the years by the Jawl family into a busy retail complex and tourist attraction with 15 stores. The ivy-covered Adrienne's Tea Garden was one of the first businesses in this attractive shopping centre. [Read more here.](#)

President's corner

By Anthony Minniti, President



Over the past year as the Cordova Bay Association (CBA) president, I have often carefully read our constitution. I am sure it's not something most Cordova Bay Residents have considered. I feel it is worthwhile that I

highlight our "raison d'être:" ***The purposes of the society are to work for physical and social improvement in the Cordova Bay community.*** The purpose of the association also includes:

1. The fostering of meaningful community involvement in all development and land use planning for the area;
2. Limitation of community population density;
3. The development and co-operative use of community service facilities for all ages;
4. As far as possible, preservation and improvement of the single-family dwelling nature of the area;
5. The study of any and all matters pertaining to the well-being of residents in this community;
6. The fostering of cooperative and coordinated community services to meet community needs;
7. Ensuring that community residents have a determining voice, by democratic process, on all public projects within the neighbourhood.

As you can see, our mandate is very broad, but also very specific. It has been fun, challenging, and sometimes frustrating endeavoring to fulfill our purpose. That said, being surrounded by neighbours on the board of directors that have varied experiences, opinions and a collaborative spirit has made the experience very fulfilling. I encourage CBA members and the community as a whole to attend our meetings to get a flavor of community affairs.

Following our AGM on April 26th we will have a new board. I would like to thank all our board of directors for their dedicated work this year, acknowledge all the departing directors, and welcome new community members standing for the board. Penny Joppe and Jack Colbert, two longstanding board members, are retiring. We acknowledge their long and committed service to our community. They have worked tirelessly to ensure that the CBA fulfills its purpose. Thank you both for ensuring that community residents have a strong and enthusiastic voice on all public matters within our neighbourhood!

Underground Gas Pollution Situation at Cordova Bay Plaza

For a complete background to this long-standing issue click here: <http://cbasn.com/news.php>

and follow the two links in the item headlined: "Cordova Bay Plaza News."

CBA membership

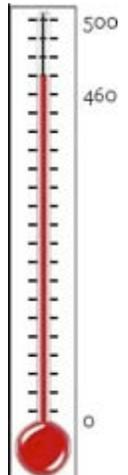
By Randy Otto, Membership Chair



The board of directors of the Cordova Bay Association would like to express their appreciation to all the new and renewed members who have signed up in 2011 and so far in 2012.

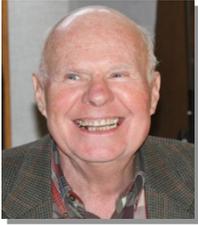
Our membership numbers continue to grow and we are pleased to declare a record number of members at the end of 2011. Our goal was to reach 500 members in 2011 and we nearly made it with **486 members at year end**. During this past year we encouraged new and existing members to take two-year memberships or longer and to encourage spousal members as well. We have kept the cost down to only **\$5.00 per year per member**. We believe this is very affordable for everyone and is much less than most community associations charge for their memberships. Our objective is to increase our membership numbers because the municipality of Saanich pays attention to these numbers. It helps give us the influence we need to get the improvements we work for in our community. **Our goal is to reach 1000 members by 2013.** Please tell your neighbours about the Cordova Bay Association. Have them view our website to see the scope of work that the association performs and how far \$5.00 goes.

We extend our best wishes to all the members and the entire community and look forward to **another great year in Cordova Bay** .



Planning update

By Jack Colbert, Planning Chair



The number of applicants to subdivide and/or develop property in Cordova Bay has slowed appreciably in the past six months as would be expected with the slower economy. We were sorry to see Kate Phoenix, who purchased the McMorran Restaurant, has had issues getting her new Beach House

Restaurant open - we're certainly looking forward to opening day which should come soon. She's doing a great job on the building and restaurant and we're certain that the deli and



restaurant will be a great asset for the community.

We were sorry to lose Vince and the Food Forum, however it's great to see that Valu Foods is taking up the grocery-store space

in the Cordova Bay Plaza and we certainly welcome them to the community.

The owners of the Plaza do have an approved Application for Redevelopment of the Plaza that was completed about 12 years ago. However, nothing has been done, to date, so likely there will be modifications when any development does finally go ahead.

The applicant to develop the property at 5147 Del Monte has modified his proposal slightly to accommodate some of the wishes of the neighbours and will be submitting this to Saanich Planning shortly. Unfortunately, one of the main issues for the neighbours is the traffic and safety at the corner of Del Monte and Helvetia. This is in the hands of Saanich Engineering to resolve. If the property development does go ahead, it will help somewhat as a sidewalk is planned for the intersection.

As well, the addition of land to the north end of Dumac Park will greatly assist Saanich in improving this area for the residents of Cordova Bay.

An application to subdivide the property at 4601 Cordova Bay Road has been made. If approved, it will allow Saanich to likely extend its covenant on the ocean bank along that section of Cordova Bay.

There are still many "old" applications for subdivision or development that are either pending or approved by Saanich since, once approved, an application doesn't have an expiry date in Saanich.

This will be my last planning report as I will be stepping down after quite a number of years as the Planning Chairman for the Cordova Bay Association. I would like to say I am most impressed with the group of volunteers from the community who have agreed to let their names stand for election for the CBA Board - it assures all of us that your Community Association is in good hands.

Eating at Night...

By Arran McLellan

The reason that some people gain weight may be that they eat a lot of food late at night. Evening snackers often consume more calorie-dense foods, leading to a greater number of overall daily calories which cause weight gain.



It's probably not when the food is consumed that's the problem, but rather *what* and *how much*. People who mindlessly eat chips at 10:00 p.m. while watching TV might benefit from making a behavioural plan which may include not eating after 8:00 p.m.

Tips:

Avoid Temptation - Don't stockpile the fattening foods, thereby reducing the accessibility of them. Go for fruits and veggies instead.

Self Monitor - Keep a detailed food journal. It is a highly effective tool to help spot patterns, food choices and habits.

Retrain the Brain - Eat low-fat, high-fibre foods. Have a diet rich in healthy food choices. Enjoy portion-controlled servings of your favourite foods to minimize cravings. Often fat and sugar-filled foods can lose much of their allure when eaten in moderation.



Traffic News in Cordova Bay

By Graham Shorthill, Traffic Chair

Sayward/Pat Bay Highway intersection

Residents attending the Feb. 29 meeting applauded proposed changes to this high-crash intersection. They also expressed strong concerns on the need for traffic calming along Cordova Bay Road to discourage using this road as a “rat run” to and from the highway and reduce speeding.



Recently, these problems have been tackled imaginatively in the upper part of Shelbourne where changes have created an environment which fosters an atmosphere of calm and safety.



Another example is on Helmcken Road between Highway One and the Old Island Highway. The road now meanders, with narrow lanes and small roundabouts that

discourage speeding. This has produced a traffic corridor serving all users of the space not just motorists. We should learn from these innovations and incorporate similar ones to make Cordova Bay Road a pleasure to use.

Sidewalks and bus shelters

Work will be completed soon on the last section of sidewalk near Claremont. We want to add modern bus shelters at the Plaza and at Gloria. The one at the Plaza won't be a problem as it'll replace a dilapidated structure but the one at Gloria would be new so there is the argument that this transit site has a low ridership - therefore a low priority.

Cordova Bay signs

Many people have praised the granite signs near Mattick's Farm and at the Royal Oak intersection and have asked for more. Two sites are proposed: one on Sayward leading down to Fowler and one just outside Mount Douglas Park. Are there other sites to consider? After applying for a permit and going through safety checks, the CBA will seek sponsors to cover some of the cost.



It might be ambitious, but Cordova Bay this year could see a celebration of a new park, completed sidewalks and shelters, a new restaurant and the beginnings of a face lift for the Plaza.

HCP, also known as Glendale Gardens, needs our help!

By Penny Joppe, Vice President

In the early hours of February 16 2011 a fire destroyed the Horticulture Centre of the Pacific (HCP) iconic glasshouse, head gardener's office and equipment rooms. Already bursting at the seams with space limitations for courses, community groups and office space, the loss of the facilities make it difficult to maintain operations and impossible to expand. HCP is a teaching garden without a community facility.



To use the insurance funds of \$200,000 to replace it with the same structure would be a missed opportunity. HCP needs a modern, four-season facility that can accommodate College courses, club meetings, plant exhibits, weddings, corporate meetings and community recreation programs.

To build such a facility will need far more funds than the \$200,000 insurance money. **The goal** is a new magnificent building named the “Couvelier Pavilion” in honour of Mel Couvelier, the founder of HCP in 1979. For information:

<http://hcp.ca/campaign>.

Cordova Bay Garden Centres Art Knapp and ScentSational Plants are supporting the fundraising efforts by donating a percentage of their sales to this very worthwhile project. By supporting them, you will be supporting HCP.



Rod Couvelier, eldest son of the late Mel Couvelier, and Mel's wife, Millie, unveil the fundraising thermometer, June 21, 2011

Doris Page to be Honoured



The late Doris Page, whose campaign saved the land extending from Lochside Drive to Cordova Bay Road alongside Haliburton Road from potential subdivision, and who donated on her death in 1999 her own property on the west side of Lochside Drive at Haliburton Road, will be honoured with a new interpretative sign in the Saanich park that bears her name.

The initiative for the new sign (the previous one at the picnic shelter was stolen) came from the Cordova Bay Association for Community Affairs which proposed the idea to Saanich last year under the annual matching-grant program. With funds from the annual Cordova Bay Day silent auction, the CBA put up \$1,500 and Saanich matched this amount. The new free-standing sign will be erected on the west side of Lochside Drive at what was the driveway entrance to Doris's cottage and now leads to the picnic area.

Doris, a noted gardener, arrived in Canada in the late 1940s and worked for 32 years with Edward Lohbrunner at his Lakeview Gardens.

Special community donations

The CBA recently donated \$1,000 to a very special and worthy non-profit organization: Haliburton Community Organic Farm.

As a result, a storage shed has been built to be used by the volunteer farmers for storing tools and seeds and, soon, benches will be built to be placed along the farm's new woodchip trail.



(Above) The shed with (below) a lovely plaque thanking the CBA.

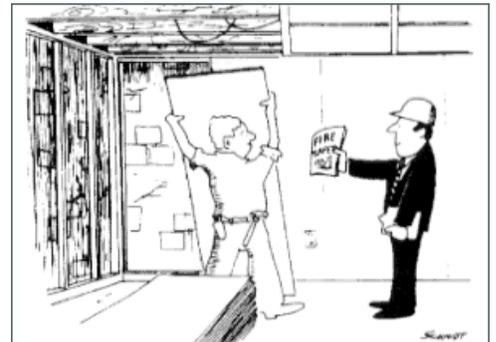


Residential Building Permits

By Arran McLellan

A building permit is required for all NEW buildings over 10 m² (107 ft²) or for anyone wishing to alter, reconstruct, demolish, deconstruct, remove or relocate an existing building.

Permits protect the homeowner in two ways. First, the municipality will make sure the plans outline a structurally-sound project. Second, it checks that building codes and bylaws are followed. If you fail to get a proper permit, inspectors can ask you to halt work and may remove any completed work.



To obtain a building permit, submit a permit application with two sets of site plans and detailed drawings of the project. (It is recommended to have an engineer or architect to do the drawings.) Allow 10-30 business days for processing and between \$200-\$2000 for the administration, processing fees, staff hours and inspections. The municipality will check the project at key stages to ensure quality of work. Approximately six inspections will be made over the duration of the project.

Building permit application forms (PDF) are available at the Municipal Hall or online. All submission requirements are listed. Incomplete applications are not accepted.

It is imperative that the proper permits be in place for your building and renovation work. If you don't see a permit, there probably isn't one. Ask the contractor to show you the permit **BEFORE** work starts.

Come for the School, Stay for the Clubs

By Graeme Clarke, student at Claremont Secondary School



It was the summer of 2008, and I sat at a table in an Indian restaurant with my eldest sister and two of her friends. They had just graduated from Cordova Bay's local High School, Claremont Secondary, and this was my last summer before I was to begin attending. I wanted a little bit of advice/curry while my sister and her friends reminisced, so I went out to this lunch with them. I asked many questions about what

to expect from high school, but perhaps my most important question was this:

"If you could go back and change one thing about your time in high school, what would it be?" To my surprise, my sister and her friends all had the same response, which was to be involved more in the school, and to essentially be in more extra-curricular activities.

This idea is overlooked by far too many high-school students, especially at a school so great for clubs as Claremont. Coming up on its 50th anniversary this year, Claremont has clubs such as musical theatre and drama programs, newly refined student government and renowned lacrosse

program that have been run by passionate teachers as long as any student can remember. Whether high-school students realize it or not, the time they have in high school is very limited. Occupying your time with any of Claremont's fantastic clubs is one of the most valuable opportunities existing for students in their limited four years.

Crime Stats in Cordova Bay

(January 1, 2011 to January 26, 2012)

Break and Enters: 16
Theft from Autos: 26

Block Watch Groups

Sayward: 1 Active block, 1 pending block
Ridge: 10 Active blocks
Lochside: 13 Active blocks, 1 closed block, 4 pending blocks

This point can be best illustrated with a simile:

Going through high school is not like floating on a tube down a river, watching the sights slowly drift by and waiting to be done. Going through high school is like walking down the cereal aisle at a grocery store. You push your cart through at the same pace as everyone else, taking your sweet-sweet experiences with you as you go, grabbing them off the shelf. You have to walk down the aisle either way, so you might as well take what you can and make it more worthwhile. I mean, sure you can make that mad dash from the register for that item you forgot, but then you lose that experience.



I could go on, but I'm getting off track (That last part was supposed to be about trying clubs after graduating, if you didn't catch that). After being a volunteer, during Claremont's recent open house, I was reminded about how much goes on at this school. There really is something for everyone, from Lego club, to swim team, to math club, to rugby, to photography and the list goes on and on.

I've been as involved as I can since I've been at Claremont, and the learning experiences, exposure to new friends and life lessons I've taken from various things I'll take with me long past my high-school diploma. If you know someone who is, or soon will be, attending Claremont encourage them as much as you can to join clubs and be involved. You only go to high school once, and making the best of what you have is the best way to pass the time.



View of Cordova Bay from the beach at Mt. Douglas, photo taken by Maureen Owen.

Let's Get Into Spring

By Holly Tyler, Art Knapp Garden Centre, Mattick's Farm



amazing fruit yield. There are up to fifteen varieties available. These range from cherry tomatoes such as Sweet Million to Brandy Wine, Beefsteak and Black Krim. These are perfect for



gardeners with space constraints or anyone who struggles with getting enough tomatoes in a season.



white flower showing an edge of delicate pink.

Patricia Ann Fretwell is another newcomer. It is the first double red and pink Clematis.

Morning Mist is a new Clematis that boasts 11" flowers. Wow! It is a



Proven Winner brand continues to provide fantastic annuals. This year look for more mini Petunias (calibrachoa) such as Cherry Star and Sweet Tart. These are vibrant pink with distinct yellow centers. Other mini Petunias such as Double Lavender, Double Rose and Double Ruby provide a delicate touch to your plantings with their rose-like form.



In the perennial category Hellebores have come on strong. This year the "Winter Thriller Series" is getting attention. These bloom mid spring and one of the favorites is Red Racer. It provides a deep burgundy red flower of exceptional size which would compliment any other pink hellebore.

Dahlias are the final topic although they are among the first items available. Many of these Dahlias are in stores now. Gardeners should watch for Twynning's Smartie a unique bicolor flower about 4" across and showing petals of white and magenta. Night Butterfly is another two tone with maroon outer petals and magenta and white center. The Dahlia, Karma Choc, is a 5" flower in a magnificent deep burgundy red.

Whatever your garden passion you can find a new plant to love.

Home Workout *By Arran McLellan*

Try to aim for one sweat a day which doesn't include running after kids or a flight of three stairs! Try to aim for one sweat a day which doesn't include running after kids or a flight of three stairs! Ideally, a cardiovascular workout should be between 30-60 minutes and as often as possible.

Try this home workout:

1. Warm up with 5-10 minutes of skipping, running on the spot, treadmill etc.
2. Then do 10 squats, 10 sit ups, 10 push ups, and 10 lunges (five each leg).
3. Repeat for five minutes as many times as possible.
4. Rest for one minute and repeat the workout, including the warm-up cardio activity.
5. If you need a challenge, do the circuit 3-6 times. If you're just starting an exercise program or pressed for time, do the workout once or twice.



Upcoming Events

Cordova Bay Elementary School

March 5 - Non Instructional Day
 March 16 - Saanich Elementary School Swim Meet (12:00- 3:00 pm)
 March 19 to March 23rd inclusive - Spring Break
 April 6 & April 9 - Good Friday & Easter Monday
 April 10 - PAC General Meeting -7:00pm
 May 15 - PAC General Meeting -7:00pm
 May 21 - Statutory Holiday - Victoria Day
 May 26 - Fundraiser Event

Claremont Senior Secondary School

April 28: **50th Anniversary Celebration:**
 Claremont is celebrating 50. Please check out the [school website](#) for more details as they develop.
 May 25 and 26: 40th Reunion - Graduating Class of 1972. For more information, visit their [link](#).
 March 19 to March 23 inclusive - Spring Break
 April 6 & April 9 - Good Friday & Easter Monday
 May 21 - Statutory Holiday - Victoria Day

Cordova Bay 55+ Association

Many activities, including Free Blood Pressure clinic on March 20, 9:00 - 10:30am

Cordova Bay Golf Course

May 12, 2012 - Women's Golf Festival

Claremont Ridge Playhouse

May 2-12 (Wed-Sat nights) at 7pm: **The Wizard of Oz**. Additional 2pm matinee on May 12. Tickets on sale as of April 1st. Call 250-658-6672 to reserve. All tickets \$12.50
 June 6- 7pm: **Band/Choir Concert**

St. David's By the Sea

Sunday Service 10 am - Children Welcome.
 Wednesday Service 10 am -

Cordova Bay United Church

Sunday Service 10:00 to 11:15 am
 Mondays - Band Practice - 4:00 to 5:00 pm
 Mondays - Chime Choir Rehearsal - 7:30-8:00pm
 Wednesdays - unserious coffee - 11:00 - noon
 Thursdays - Choir - 7:00 - 8:00pm

Elk Lake Baptist Church

Sunday Service 11 am - Children Welcome.

Cordova Bay Elementary School is looking for Commercial Vendors

They are having an outdoor market/sale fundraiser on May 26 and are looking for commercial vendors to take part in this fun event!

Their 3 goals for this event are:

1. to build communities
2. to raise funds for assistive computers in the classrooms
3. fun, fun, fun!

If you have a business you would like to promote, while helping them to reach their fundraising goals, please consider renting booth space at their market: 10x10 booth space for \$25!!

Please contact Tanya Schley, Commercial Vendor Co-ordinator for more information at: <mailto:tanyaschley@hotmail.com>

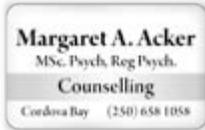
You Scoop!

The CBA is out to help keep our beaches, parks and sidewalks clean. "You Scoop" signs are available for \$3.00 each or 2 for \$5.00. They are 8" x 12" coroplast. Attach them to your fences, buildings, or anywhere on your property to encourage dog owners to clean up after their dogs. Contact Randy Otto at rfitto@shaw.ca or 250-658-9331.



Business Directory – support our local advertisers

Click on each logo for advertisers’ information. Interested in advertising? [Click here](#) for more information. Or phone: Penny Joppe on 250-658-8566.

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