

St. David-by-the-Sea church ponders an uncertain future

FACED with a steadily dwindling congregation, St. David-by-the-Sea Anglican church has reached out to the community for help in deciding whether to change its approach or close down.

The sixty-year-old church ran an advertisement in a local newspaper inviting comments on what the church has meant to the community and how St. David's can be made more important to individuals and Cordova Bay.

"To some people the existence of a church is seen as a cornerstone of the community," said the advertisement, adding it is often a focal point for many activities beyond those of worship and spiritual comfort. "To some it is the place to go for marriages and funerals, and perhaps at Christmas and Easter. To other is it merely a building to drive past on the way to somewhere else."

Denis Brown, a contact person named in the advertisement, says the congregation would like to stay open "rather than close with a whimper." The church's rector, the Rev. Michael Hemmings, has given regular sermons on the options facing the congregation as numbers continue to dwindle as senior members die. "The writing is on the wall," he says. "The choice is whether to wait until the last person is buried from the church or to do something now."

If the decision is made to close the church, he explains, the bishop would sell the property. The congregation would then have a say as to where the assets would go.

Mr. Hemmings points out that other denominations share St. David's problem. "There's a cultural shift. There's less interest

Continued on page 2

CORDOVA BAY ASSOCIATION EXECUTIVE

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Cordova Bay Association, P.O. Box 41004, Cordova Bay Post Office, Victoria, B.C. V8Y 3C8.

The CBA's web site is www.cbasn.com and includes an on-line version of The Cordovan.

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Continued from page 1

in an institutionalized form of spirituality. There are spiritual people out there, but most are not finding it in the context of an institution."

Referring to what he calls "out of the box thinking," Mr. Hemmings says perhaps by holding services at other times of the week, such as Tuesday evenings at 5:30 p.m., the church could attract busy families who are occupied with sporting activities on weekends. The church needs to be visionary about how it serves its members, he argues.

Having reached out to the community, Mr. Hemmings believes St. David's can survive for at least another year. However, he is inviting two new "tenants" to use the church. One of them is St. Saviour's Anglican church in Vic. West where the charismatic minister, the Rev. Antonio Osorio, has introduced several successful programs, some of which might be adaptable to Cordova Bay.

But Mr. Hemmings says the key to turning St. David's fortunes around is for people who have become disillusioned with the church to come and talk with him about their concerns and try to come up with solutions through an exchange of ideas.

St. David's had its beginnings in October, 1944, with an informal meeting that decided to form an Anglican Women's Guild. The guild raised money to buy property on which to build a church and in March, 1947, the first sod was turned for a parish hall. The cornerstone was laid in May, and services were first held in the incomplete hall on September 14 of that year.

The rectory was acquired in 1953 and two guild rooms, now the office area, were built shortly after. At the annual general meeting in 1979 parishioners voted to build the present church. Sod was turned in July and the building was dedicated on November 30, 1979.

CBA supports artificial turf proposal for Lochside Park

THE CORDOVA Bay Association executive has voted to support the proposed conversion of the grass soccer field in the northeast corner of Lochside Park to artificial turf. At the same time, the CBA executive supported a report from Saanich Parks recommending both short-term and longer-term actions for improved parking and traffic management at the site.

In its statement of support, the CBA executive said that "measures to alleviate present and potential parking problems must be dealt with on an urgent basis by Saanich based on close neighbourhood consultation and input and public information/input meetings."

At a public meeting in March called by Saanich Parks to study the artificial turf proposal, most comments were directed at present parking problems on Lochside Drive leading into the park.

The CBA's support for artificial turf was based on Cordova Bay Soccer Club's written proposal which confirms, among other things, potential multi-sport use of the artificial turf field, only one new floodlight to be erected directed away from houses, and the soccer club to be primarily responsible for financing the conversion and its replacement.

Approval of the conversion to artificial turf will be up to Saanich council, which would involve a municipal contribution to the cost.

Second bench approved

SAANICH council has approved a CBA initiative for a redwood bench at the Galey Way bus stop on Cordova Bay Road. The \$2,100 cost is shared equally between Saanich and the CBA. This is the second such bench on Cordova Bay Road. The first, installed last year, is at the Maxine Lane bus stop.



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Activities at St. David-by-the-Sea every Thursday for everyone 55 years and up include carpet bowling at 10:00 a.m. (\$1) and cards in the afternoon (\$1) or bring your own craft. Annual membership only \$5. Call Don Dundee at 658-8458 for information.

Pacific Dance Centre

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Our new studio will be at St. David-by-the-Sea. We are looking forward to being part of this lovely community. Founded in 1978, PDC is known for its tradition of excellence in ballet training and performance. Please join us for our show, a full-length ballet at the Royal Theatre, June 16 & 17 at 7:00 p.m. Watch for our grand opening in September. Fall registration: 477-6114.



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MIKE BURKMAR

Association welcomes two new directors

AT THE APRIL annual general meeting, members of the Cordova Bay Association unanimously elected two new directors-at-large to the board. John Brady was elected to a two-year term, in company with Wayne Christmas, Janice de Cunha, David Kuprowsky and Leo Lee who ran for re-election. The other new director, John Noble, was elected for one year, completing the two-year term of Ken Strong, who died while in office.

John Brady has lived in Greater Victoria since the seventies and in Cordova Bay since 1999. He is an Associate of the Royal Incorporation of Architects of Scotland and practiced and taught architecture for more than 20 years. He has a special interest in private housing and the principles of urban development. With his wife, Carol, he owns The Continental Kitchen, a boutique store located in the Mattick's Farm complex.

John Noble has lived in Cordova Bay since 1974 and is a retired public servant, having held senior positions in various ministries of the provincial government. He previously served as a director of the Cordova Bay Association for several years and was a member of the planning committee. John has effectively chaired public meetings organized by the association.

The new executive, which includes several directors in the middle of serving two-year terms, appointed Sally Tuckey as secretary to succeed Kathy Lamb, who retired from the board. Other officers re-appointed were Roger Stonebanks (President), Susan Bridges (First Vice-president), Maurice Chazottes (Second Vice-president), Janice de Cunha (Membership Secretary), Wayne Christmas (Traffic Committee chair) and Leo Lee (Treasurer).

Cordova Bay Association membership tops 300

MORE THAN 300 members now support the CBA whose activities include examining all proposals for development, subdivision and zoning changes in our community to make sure they meet the requirements of the Cordova Bay Local Area Plan. The association also:

Sends representatives to attend council and other relevant municipal meetings to monitor issues of concern to the community and to place the community's position before Mayor and Council when required.

Provides information and assistance to community residents with concerns or questions about changes in local planning.

Provides and maintains the community notice board in the Cordova Bay Plaza.

Publishes and delivers *The Cordovan* to your door four times a year and maintains a website (www.cbasn.com) with news and information of relevance to Cordova Bay.

This work is all done by volunteers. Help support your association by becoming a member today.

MEMBERSHIP APPLICATION OR RENEWAL FOR 2007

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Closest lawn bowling club to Cordova Bay has room for more members

LAKE HILL Lawn Bowling Club, located in Reynolds Road Park, close to the intersection of Blenkinsop and Cedar Hill Cross Road on La Salle Street, has openings for new members this spring. This is the closest club to Cordova Bay.

Well, what do you know about lawn bowls? It is a more popular sport than you might think. The game was developed in the U.K. and is also a big-time sport in Australia, New Zealand and South Africa. There are also many active clubs in Arizona and Florida.

Who can play? Young adults to seniors, any shape or size. The game is easy to learn, fun, tactical, competitive and provides very good moderate exercise. The outdoor playing season is May to October, six days a week. Games are played by teams of four, triples, pairs and singles.

Teams can be all women, all men or mixed. Open draws are popular, playing triples or pairs, with a mix of teams of varying experience. No need to commit to a specific day or time. Enjoy friendly competition at our club and tournaments with other Greater Victoria area clubs. There are also provincial, national and international competitions. Greater Victoria teams have done very well in all categories.

There is a moderate annual fee. Free coaching sessions are provided by qualified coaches before you join.

Give the game a try, meet our members, tour the facilities, ask questions and enjoy some refreshments. Our address is 3930 La Salle Street. Call Roger Vale at 658-5301 and we will meet you at the club anytime.

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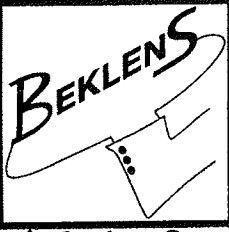
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Cordova Bay Road sub-committee report

New sidewalk extension due for later this summer

THE NEXT PHASE of safety improvements for the Cordova Bay road streetscape will begin in late June or early July.

The sub-committee has learned from Saanich Engineering that sidewalk construction between Maxine Lane and Sunnygrove Terrace is on the schedule this summer, extending the new Cordova Bay road sidewalk from Haliburton Road further south to Sunnygrove Terrace.

Design plans for this section were displayed at the public open house held at the Community Centre at Cordova Bay school in January.

The great majority of residents who turned out to view the project plans and ask questions of Engineering staff members showed whole-hearted support for the overall plan which provides for eventual sidewalk development from Maxine Lane to Galey Way.

While current funding will complete the Maxine Lane to Sunnygrove Terrace section, the remaining 300 meters to Galey Way will require further funding from the municipality.

More and more residents are enjoying the existing sidewalk, finding the increased safety an incentive to walking to commercial areas, schools, churches, beaches and trails. The sub-committee believes the addition of more sidewalk will further expand such use. The municipality will notify residents living along the construction section by mail in advance of the work.

The Cordova Bay Road Sub-Committee, which operates under the auspices of the Cordova Bay Association, will continue to petition the municipality for completion of the total project.

For further details and/or to comment, contact sub-committee members Alison Battuello (658-4762), Doug Beale (658-4606), Wayne Christmas (658-2290), Robin Dyke (658-4815) or Don Johannessen (658-8824).

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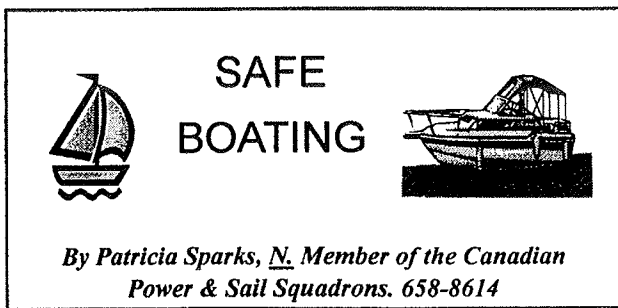


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Soaring gas prices and new regulations all affect boating

A QUESTION I asked myself this past week was – how is the high price of gas going to affect boaters? A newsy article I found in a site from eastern USA was very interesting. Sales for the larger (over 30 ft) vessels are down, and there is more of a demand for the smaller boats. The one thing that was a little nerve-wracking though, was that fishermen are now starting to ‘boat pool’, where there used to be two or three in a small vessel there may now be upwards of six or more. Interesting.

An update to an article I wrote a couple of *Cordovan's* ago. On May 8th, the Federal government released new regulations against marine pollution that will affect all boats and ships in Canada. Sewage dumping will be prohibited, and all boats with a toilet will require an approved sewage sanitation device or holding tank. Dumping waste of any kind (garbage, oily bilge water, etc) could result in a penalty. The new regulation gives authorities greater enforcement powers. Dozens of cruise ships travel the B.C. coast every summer and the government has not charged any under previous regulations. I wonder what they will do now? The news was from the *Ottawa Citizen* and posted by Pat Drummond at <http://boating.ncf.ca> - I found this to be a very interesting site and well worth visiting.

Once again whilst you are out on the water, remember the following main causes of insurance claims, as noted in the “Boat U.S. Marine

Insurance” newsletter.

Striking submerged objects - floating debris, rocks .

Sinking - failed hoses and clamps, out-drive bellows, clogged scuppers, clogged bilge pump.

Fire and explosion - 12-volt wiring, shore-power cord inlet corrosion, corroded exhaust manifolds, fuel leaks.

Wind and weather - tying up securely, guarding against chafing and staying protected help reduce damage.

Collisions - docks, pilings, other boats

Grounding - what you do after hitting bottom often causes more damage

Lightning - improper grounding, bad luck!

Theft of boat - 90% were on trailers

Theft of equipment - out-drives, trailers, electronics, etc.

Have a great summer – enjoy the water – and above all, keep safe!

P.S. If you have not yet taken a safe boating course, it is time to sign up for the classes starting in the Fall.



To volunteer call your neighbourhood Direct Volunteer Services Committee
595-8008

Cordova Bay Association thanks its willing team of volunteer deliverers

IN WHAT has become an annual tradition, many volunteer deliverers of *The Cordovan* were guests of honour at a lunch held in late March. The co-ordinator of this unique delivery service is Penny Joppe, who succeeded Margaret Moore after she was obliged to step down after many years following major surgery. Margaret was recognized in her absence when volunteers all signed a card bearing good wishes which was delivered to Margaret together with a gift of flowering plants. Founded in 1976, *The Cordovan's* circulation now exceeds 2,700 copies published four times a year. Production costs are met by the generous support of several local businesses who are regular advertisers.



Hello,
my name is Nick Coleman and I have recently started working as a realtor with Pemberton Holmes. My goal as a realtor is to specialize in the Cordova Bay area as well as helping first time buyers in their journey to become home owners. Please visit my website at www.nickcoleman.ca to find out more about me, my monthly newsletter and my monthly contest. If you are considering selling your home or know someone who is, I would be honoured if you would consider me to be your realtor.



Nick Coleman
Realtor



Phone: 384-8124
Email: nick@nickcoleman.ca

Haliburton farm plans all-day work party

SATURDAY, June 16 will be a busy day at the Haliburton Community Organic farm as volunteers are asked to donate as much time as they can between the hours of 10:00 a.m. and 4:00 p.m. to catch up on work to be done as the growing season gets into gear.

No prior experience is necessary and some tools will be available for use by work parties, but if you are able to bring a hoe for weeding, a shovel or clippers they would be appreciated.

Volunteers are advised to wear good, sturdy footwear, possibly carry raingear, and bring water to drink.

If you are planning to help on that day, please email haliburtonfarm@canada.org to let them know you are coming. This special event replaces the usual work day on the second Saturday of June, but the other work days on the second Saturday of other months and the first and third Wednesdays of each month still apply. The society's website at www.haliburtonfarm.org has more information on the farm and its operations.






Photo by Tony De Goutière

Saanich tackles parking problems at Lochside Park

SAANICH PARKS staff are working with engineering staff to find possible solutions to parking problems at municipal parks. According to parks manager Rae Roer, while conversion of grass fields to artificial turf is not likely to increase traffic, the message at several public meetings was that the problem needs to be addressed.

At Lochside Park a number of short-term measures are being undertaken to improve traffic flow and parking. These include creating more parking spaces, renewing markings to make parking places more obvious and clearly indicate no-parking areas and improving traffic flow for player drop-off. Sports clubs will be encouraged to adopt car-pooling and dropping-off players.

By September or October a longer term solution involving the recently-acquired Fowler Road park area should be in place for council's approval. A public meeting will be held in mid-June to assist Saanich Parks in speeding up the design and planning process involved in developing a concept plan for the park area.



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Business owners face fines for failure to clean-up graffiti

SAANICH police are fighting unsightly graffiti on business premises by taking photos and advising owners that they can either clean up the vandalism themselves or call the John Howard Society who provide youth labour to do the job.

This labour force is often created through the restorative justice program designed as an alternative to the traditional justice system. The program brings together the victim, the offender and their respective support groups working with a trained John Howard facilitator. A police representative may also be involved. An agreement usually results in the victim performing some sort of community service.

The Saanich Police Business Graffiti Project employs this form of community service by using the society's free manpower to paint over the graffiti if the business owner provides the paint and supplies. However, if the business owner refuses to co-operate the police may advise Saanich bylaw enforcement officers who can invoke the municipality's unsightly premises bylaw to impose fines.

Saanich police have a 24-hour business graffiti hotline at 475-4321, extension 1702 which accepts voice mail from businesses only. For all other municipal structures these departments should be contacted direct:

Parks and park structures—475-5522.

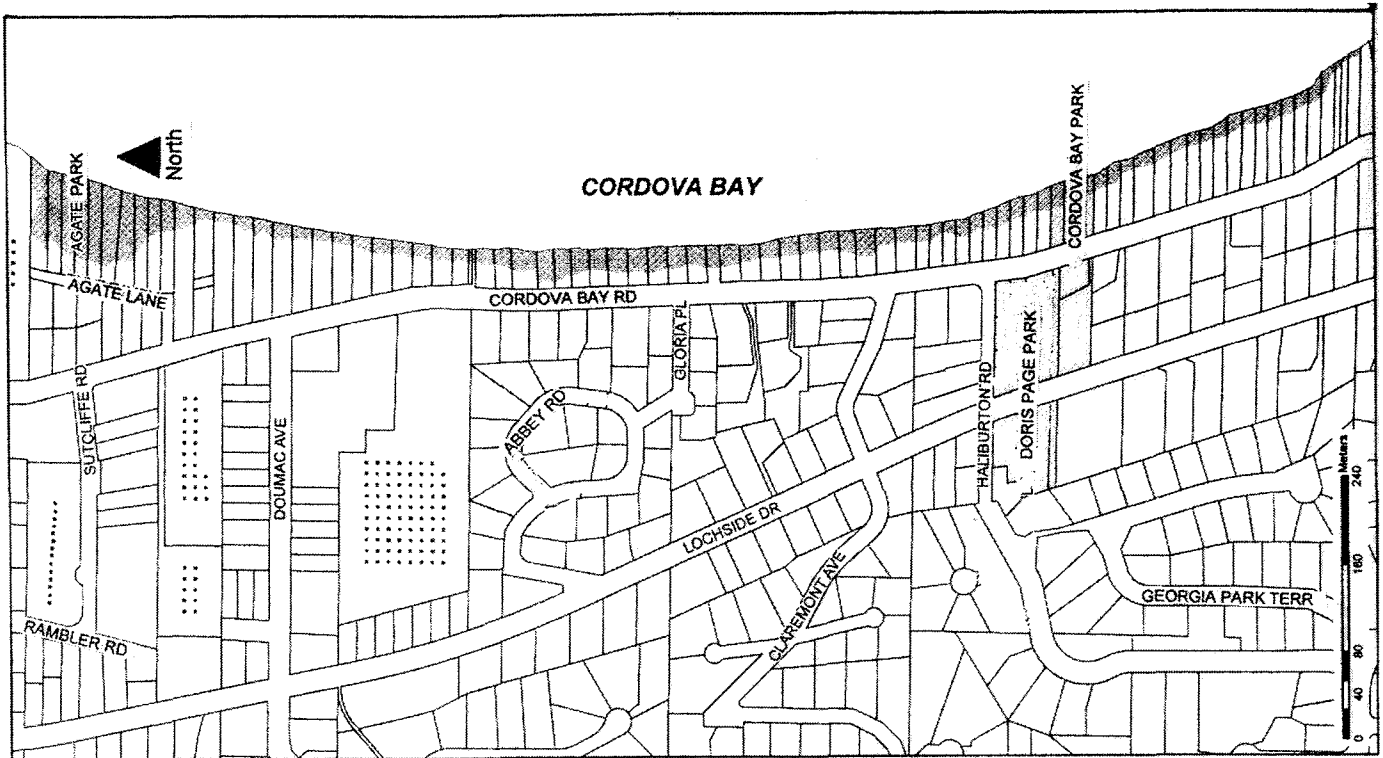
Bus shelters within Saanich—475-5486.

Bridges, pillars, signposts, poles, sidewalks—475-5592.

B.C. Hydro's Ted Olynyk, would also like to hear of any tagging of hydro equipment via email with a photo if possible. His address is ted.olynyk@bchydro.com or phone 1-800-224-9376.

For Telus boxes or structures call 1-888-811-2323.

For recreation centres, CRD properties, Canada Post and any educational facilities, contact each directly as they have their own maintenance staffs assigned for clean-up.



Shaded area along Cordova Bay coastline shows zone subject to flooding from tsunamis. This map was distributed to waterfront households by Saanich, with advice on precautions to take. While the risk is low, the Agate Park area to the north (left hand side of the map) presents the greatest likelihood of flooding. Areas such as Parker Avenue are no risk because of high banks.

Saanich warns waterfront households of tsunami risk

WORKING with the provincial emergency program, Saanich Fire Department has created maps showing which areas of the municipality are at highest risk if a tsunami strikes.

Located "round the corner" from Juan de Fuca strait and the open Pacific Ocean, Cordova Bay and the Saanich Peninsula are at a far lower risk than areas such as Tofino or even Cadboro Bay, but the Cordova Bay map distributed to waterfront residents shows the Agate Park area could suffer from the most flooding.

The study on which the maps are based calculated flooding up to four metres above the highest natural tide level.

Frank Macdonald, Saanich's deputy emergency program coordinator, assures residents that the map is not meant to alarm people. But it should serve as a reminder to plan ahead in case a tsunami strikes.

Although tsunami watches and warnings

are not likely to be issued for the Greater Victoria area, ground shaking lasting 60 seconds or more should alert those living in the shaded area on the map to seek higher ground. When a major subduction earthquake occurs the first wave could arrive in Victoria in about an hour and a half. Authorities caution that even a strong distant earthquake resulting in tsunami action might not be felt in Greater Victoria. On the other hand a strong local earthquake might not allow time for emergency officials to issue a warning.

If you happen to be near the beach an early silent warning of an impending tsunami could be a steady rise in the water level or, conversely, the sea may recede so far that the sea bed is exposed.

Asked why the Parker Avenue area is not included on the map, Frank Macdonald explained that higher banks there reduce the risk.

Claremont Secondary sets Ridge theatre rental fees

THE RECENTLY-FORMED Ridge Playhouse Society is managing Claremont Secondary School's 256-seat theatre which can now be rented for meetings, concerts, movie presentations and conferences.

The playhouse has a traditional proscenium-arch stage, a large orchestra pit, separate male and female change rooms and a box office. Recent renovations have made wheelchair access to the stage possible.

Included in the rental rates is the use of both handheld and lavalier wireless microphones, the sound system, an upright piano, lighting and projection equipment.

For registered non-profit societies, rates are \$300 for a four-hour rental period that includes a free or paying public audience. Proof of society incorporation is required. The charge for a technician (a minimum of one) is \$8 per hour. If the rental is on a weekend an additional custodian fee of \$35 an hour will be charged.

For for-profit organizations the four-hour rental rate is \$450 with an audience. The charges for a technician and a weekend custodian are the same as for non-profit societies.

The rental rate for a meeting or rehearsal is less at \$40 an hour. The technician and custodian fees are the same as above.

Doumac Park restoration begins

A GEOTECHNICAL engineer has been assessing the damage to the Doumac Park trail caused by recent storms. Saanich Parks manager Rae Roer reports repairs are being done in two stages, first to remove fallen trees and provide access to the trail and secondly to repair the trail itself. The Parks department hoped to complete the work by early April.

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E-mail: elklakebaptist@shaw.ca

Website: www.elklakebaptist.ca



Our desire is that Elk Lake Baptist Church be a place where people feel accepted, experience God's love and care and the love and care of the community, and find a place where they can make their own special contribution.

Regular Sunday Services

10:00 a.m. Christian education classes for all ages

11:00 a.m. Worship service.

Visitors are welcome at all our services

Special Event

The Elk Lake Baptist Women are

holding a STRAWBERRY TEA

Saturday, June 23, 2007

2:00—4:00 p.m.

Bake table, Crafts and Attic Treasures,

Entertainment. \$4.50 per person.

Some regular events at Elk Lake Baptist Church:

College and Career Group meets every Thursday night at 7:30 p.m. Phone 658-8111 for information as to location.

60 More or Less seniors' group meets at 12 noon on the first Thursday of each month for lunch and an interesting program. The cost is \$4.00 and all are welcome.

Art Club. We have an art club for all those interested.

This is held every second Saturday at

9:30 a.m. in the old church hall

If you are interested in participating in any of the above programs or would like more information about our church, phone 658-8111 or see our website.

Police respond to Kiwanis' request for check on speeding drivers

CORDOVA BAY Kiwanis have received an unexpected report from Saanich Police following the club's request for a traffic calming day using a speed reading board on Cordova Bay Road.

While the police were initially reluctant to run a speed check associated with another organization, one was in fact carried out on August 1 last year located at 5100 Cordova Bay Road. Of the 238 vehicles observed between 7:40 and 8:45 a.m. only 27 were driving at or below the 40 km/h speed limit. No fewer than 153 drivers were up to 10 km/h over the limit, and 51 were barreling along at 11 to 20 km/h too fast. An unlucky seven drivers, clocked at more than 21 km/h over the limit, received warning letters from the police department.

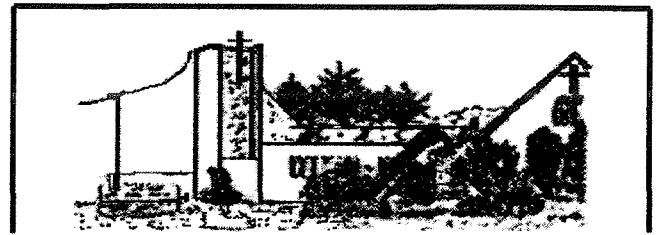
Cst. Brad Brajcich, a crime prevention officer with the community liaison section of Saanich Police, informed Kiwanis' Mickey Stevens all the data collected had been forwarded to the traffic safety unit for further analysis.

Anyone with further concerns about speeding on Cordova Bay Road should contact traffic safety at 475-4321.

Ridge Golf Club upgrades streetscape planting

UNSIGHTLY blackberry vines and other invasive plants have been removed from the Cordova Bay Road bank along the Ridge Golf Club property, and 100 willows and 20 dogwoods have been planted to beautify the slope.

Irrigation is being installed along the top of the bank to help the new plantings, which are expected to grow between three and six feet a year. Any emerging blackberries will be sprayed later this spring to control them.



**ST. DAVID BY THE SEA
ANGLICAN CHURCH
5182 Cordova Bay Road
Victoria, B.C. V8Y 2K8
Phone 658-5022 Fax 658-2035**

Office hours: Tuesday to Friday, 9:00 to Noon.

Email: st.david@victoria.tc.ca

We're not dead yet!

By the time you read this we will all be close to the end of the school year and the beginning of summer. Aside from our usual services on Sundays at 10:00 a.m., to which any and all are welcome, we have a very special service, with a great BBQ to take place afterwards, on June 17. However, for that Sunday only we will be at St. Peter's, Lakehill (St. Peter's Road off Quadra, just down from the Keg) for both the worship (10:30 a.m.) and the BBQ.

If you have been angry, disappointed, frustrated with, or simply unknowing about the Church in the past, we invite you to come and check us out at this special service or any of our other services. Or if you just want to come in and talk, tell our pastor, Michael Hemmings your stories. He will listen to them. We believe that a community of faith based on following the Way of Jesus Christ should be about both preaching and living the cardinal Judeo-Christian virtues: repentance, forgiveness, mercy, kindness and acts of love or charity. We at least believe that those attributes should also characterize a Christian community, as well as the individuals within it.

So, we would like to hear your stories. We would like to have you back and are willing to ask: under what circumstances, if any, could we get you back? Can we figure out a way of being a community of faithful individuals in a different way, even different from being in a church building on Sunday morning? We would like to hear your views and thoughts. Please do not hesitate to call us: 658-5022 and leave a message for the Rev. Michael Hemmings if no-one can immediately answer your phone call. Your message will mean a great deal to us.

By the way, in June and July you may see some action around the church building: we will be under reconstruction! Would you be willing to come or come back and help us 'redo' church?

**CORDOVA BAY ASSOCIATION FOR
COMMUNITY AFFAIRS**

Balance sheet, December 31, 2006
(with comparative figures for 2005)



**‘Good Neighbours’
project aids Rithet’s
Bog restoration**

<u>ASSETS</u>		
	2006	2005
Cash	6,511	5,172
Investments*	7,241	6,467
Shares, Cost Capital	5	5
	13,757	11,644

NET ASSETS REPRESENTED BY

Accumulated surplus from operations	12,010	10,179
Development fund	1,747	1,465
Net assets	13,757	11,644

**Investments consist of cashable Savings Bonds or G.I.C.s maturing in:*

2007	1,057
2008	2,134
2009	2,050
2010	2,000
	7,241

Delivery volunteers needed

STARTING this September, a volunteer is needed to take about 12 bundles of Cordovans to the homes of other volunteers who then deliver them to their neighbours. This happens four times a year. Areas involved are Sunny-mead and the 4700-4800 block of Cordova Bay Road.

Two new volunteers are also required for local deliveries along Cordova Bay Road between Maxine Lane and Sunnygrove Terrace and along Cordova Bay Road between Maxine Lane and the former Parkview store. There are about 40 homes along each route.

If you can help or need more information please phone Penny Joppe at 658-8566.

MONSTER trucks, classic Jaguars, and volunteering their services as parking attendants for the English Car Club show at the Saanich Historical Society, have been part of the Venturers pursuit of their interest in car restoration.

Scouts overcame the rugged Klondike Derby at Royal Roads, and have since been constructing a portable obstacle course for Beaver-ree. A camping trip to Portland Island and a nine-day trip to the Bowron Lakes in August are anticipated.

Kub Kar season saw two of our Cubs place in the top 10 fastest cars, before we started work with the Habitat Acquisition Trust “Good Neighbours Project” in Rithet’s Bog. The Cubs built swallow nesting boxes, pulled broom and English ivy, and painted yellow fish next to storm drains in support of bog restoration. The 5th Tsartlip Group has been nominated for an Environmental Award with the Saanich municipality for their work in this area.

Beavers added their boundless energy to the Rithet’s Bog project and ivy removal at Swan Lake. A visit to the Pacific Raptor Centre in Duncan provided soaring insights. An afternoon at the Maritime Museum, boating at Elk Lake and a sailing lesson at the Royal Victoria Yacht Club earned all the Beavers their sea legs. Beaver-ree and a weekend at Camp Barnard will wind up this year’s adventures for the Beavers .

Registration is now under way for the 2007-2008 programs beginning in September. For more information about Venturers (ages 14-17), Scouts (ages 11-14), Cubs (ages 8 to 10) or Beavers (ages 5 – 7) please contact the 5th Tsartlip’s Group Registrar, Gary Farnden, at 658-8554.

Beware of damage from 'protective' sunscreens

By Dr. Lance Setterfield

Q: We're constantly advised to use sunscreen, so how can it be harmful?

A: Sunscreen is essential, but scientists in California have proven that certain chemicals used in sunscreens to filter out UV radiation are absorbed into the skin. These absorbed chemicals are harmful when there is *continued* exposure to UV rays without the adequate protection of UV filters. This unprotected exposure turns these chemicals into harmful compounds called reactive oxygen species (ROS) which attack skin cells and can cause oxidative damage to the skin. This adds to the damage already produced by UV rays.

Q: How do I ensure adequate protection?

A: First, continue to use sunscreen. Just remember that a *high* SPF number does not necessarily provide better protection. It is essential that all sunscreens be applied *adequately*—thickly enough, 20 minutes before exposure; and re-applied *every two hours*.

Second, there are new sunscreens available that contain lesser amounts of these chemicals, thereby reducing the potential production of ROS. Look for sunscreens that do not contain chemicals such as octylmethoxycinnamate, octocrylene and oxybenzone. You want to use sunscreens that combine adequate antioxidants and titanium; these are the most effective. Antioxidants have been shown to reduce UV-induced "reactive oxygen species" (ROS) levels in the skin, and titanium reflects UV radiation. (Though zinc is commonly found in sunscreens to reflect UV rays, it may interfere with antioxidant activity, thereby reducing protection.)

Dr Setterfield's topic in the next Cordovan will be Advanced Skin Care Procedures.

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Cordova Bay United Church

813 Claremont Avenue

Ministers: Rev. Bill Cantelon

Rev. Anna Constantin

Choir Director/Organist: Pat Shumka

Phone: 658 5911 – Fax: 658 5937

Church office hours: Monday – Friday 9:00 a.m. – 1:30 p.m.

E Mail: office@cbunited.ca Website: www.cbunited.ca

Please see our website for more details about our ministry.



Worship Service & Sunday School ~ Sundays @ 10:00 am

Special Services:

Sunday, Sept. 9th ~ Rally Sunday ~ This is the “kick off” for the fall term with a picnic and outdoor games following the Sunday Service. We have programs for Sunday school, pre-teens, middle school and secondary school. All are welcome to attend. For more info regarding the youth programs contact Rev. Anna Constantin ~ anna.c@cbunited.ca

Sunday, Sept. 30th ~ 2 pm - Blessing of the Animals Service. This service is located in the parking alcove behind the church. Creatures of all shapes and sizes are welcome to attend!

Sunday, Oct. 7th ~ 10 am ~ World Wide Communion Sunday

Sunday, Nov. 4th ~ 10 am ~ All Saint's & Peace Sunday



CARROT SEED PRESCHOOL LTD.

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Healing Services

Sunday, Sep 9th @ 7pm

Sunday, Oct 14th @ 7pm

Sunday, Nov 11th @ 7pm

Sunday, Dec 9th @ 7pm

Come, join us for an inspirational evening of candle lighting, silent meditation, music and prayers for healing and renewal. Everyone welcome.



Fall Rummage Sale

Saturday, Oct. 20th, 2007 ~ 9:30 am to 1:00 pm

Household Furnishings, Hardware, Dishes, Small Appliances, Clothing, Plants, Books, Records, Linens, Sporting Goods, Tools & much more.



“On the Ridge” Craft Fair

Saturday, Nov. 3rd, 2007 ~ 10:00 am to 4:00 pm

Featuring high quality, juried crafts. Soup, cookies, muffins and hot beverages.

Admission \$1.00 to charities. Wheelchair accessible.