

55-Plus building fund reaches 60 percent of target

By Richard McMorran

THE CORDOVA BAY 55-Plus Association fund-raising drive for the proposed addition to the Cordova Bay elementary school building continues. The expansion will double the space available for seniors during the day and for the whole community in the evenings and on weekends. Tenders for construction were expected to be called by the end of October with hopes of September 2009 completion.

The total cost of the addition is estimated at \$1.245 million of which CB 55-Plus Association is required to contribute \$175,000. Through fund-raising events and donations received to date, the association has raised \$106,000, or 60 percent of the target.

With a donation to the Cordova Bay 55-Plus Association you will be able to see exactly how your money is spent as you watch the building going up in your community. Furthermore, our administration costs are near zero as all the work in collecting funds is done by our volunteers.

So please make this project one of your charities. Drop in to the association offices any weekday morning to view the plans and see the unique donation showcase where all donations of \$200 or more are recognized. Donations can be mailed to P.O. Box 41001, 5134 Cordova Bay Road, Victoria, V8Y 3C8 or dropped off at the association office at Cordova Bay Elementary School, 5238 Cordova Bay Road. Or phone Rich at 250-658-5085 for more information.

The next fund-raising event will be the association's annual Christmas craft and bake sale on Tuesday, December 16, from 9:00 a.m. to 4:00 p.m. held at the Community Place in the elementary school. Home baking and local crafts for Christmas will be on sale to the public.

Also open to the public will be our annual Valentine lunch, held at McMorran's Lookout Room on Tuesday, February 10. This popular event includes a fabulous lunch, a floor show and door prizes. Watch for more information in January.

CORDOVA BAY ASSOCIATION EXECUTIVE

President: Roger Stonebanks, 5050 Lochside Dr., V8Y 2E9. 250-658-5125. Email: rstonebanks@telus.net

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

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

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Cordova Bay sees many development proposals

MORE THAN a dozen subdivision or development applications in Cordova Bay are either pending or have received conditional approval from the municipality

Subdivision applications are as follow:

783 Claremont Avenue. Application by Doral Development Projects Ltd. to rezone to create 12 additional lots for single-family dwellings. Conditional approval granted.

982 and 988 Claremont Avenue and 5046 Cordova Bay Road. Application by David Scotney to rezone three lots to create one additional lot for single family dwelling use. Conditional approval granted.

5178 Rambler Road. Application by Douglas Fetterley to rezone to create one additional lot for single family dwelling. Conditional approval granted.

722 Menawood Place. Application to rezone to create one additional lot for family dwelling. On hold as per applicant's request.

5081 Del Monte Avenue. Application by DMS Homes Ltd. to create one additional lot for single family dwelling use under the current zoning. Conditional approval granted.

5032 Wesley Road. Application by Ted Lunt Design Ltd. to rezone to create one additional lot for single family dwelling. Pending.

4961 Thunderbird Place. Application by Bill Tinney to rezone to create five additional lots for single family dwellings. Pending.

4821 Major Road. Application by C. Roy Verbrugge to rezone to create one additional lot for single family use. Conditional approval granted.

5055, 5059, 5063 Wesley Road. Application by Bruce Hagedorn to create two

additional lots for single family dwellings under current zoning. Conditional approval granted.

763 Helvetia Crescent. Application by Pacific East Developments Ltd. To rezone to create one additional lot for single family dwelling. Pending.

759 Helvetia Crescent. Application by Brad Cunnin to rezone to create three additional lots for single family dwelling use. Pending.

5182 Cordova Bay Road. Application by St. David Anglican Church to rezone and adjust a property boundary. No new lots will be created. Conditional approval granted.

Development applications are as follows:

5144 Cordova Bay Road. Application by Alan Lowe Architect Inc. for shopping centre redevelopment to include 3,586 sq. m. of commercial floor space and 16 apartment units. Project has received preliminary approval but final approval is withheld pending site remediation under contaminated site regulations. Site plan is available from Saanich planning department.

4550 Cordova Bay Road. Application by Gustav Klimach to rezone in order to construct a new building for apartment use. On hold per applicant's request.

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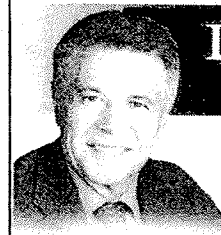
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Six newcomers run for seats on Saanich council

MAYOR Frank Leonard and the six councillors seeking re-election on November 15 face challenges from six hopefuls. With two councillors not seeking re-election, this guarantees at least two new faces as a result.

Mayor Frank Leonard is being challenged by Harald Wolf, and other new contestants for council seats are Dean Murdock, Victor Hughes, Paul Gerrard, Patrick Chenier and Rob Wickson.

Bob Gillespie and Jackie Ngai are not seeking re-election, leaving Susan Brice, Vicki Sanders, Wayne Hunter, Judy Brownoff, Leif Wergeland and Vic Derman asking electors for a renewed mandate to serve the community.

Sayward-Fowler intersection claims yet another victim

SHORTLY after 2:00 p.m. on September 26, a Mercedes travelling east from the highway down Sayward Road failed to negotiate the sharp curve into Fowler Road, reports Jennifer Furtado.

Living on Sayward Road, the Cordova Bay Association director has seen and heard several near-misses since she moved there a few months ago.

The car crossed the centre line at the intersection, taking down a power pole and blocking traffic for more than an hour due to live hydro wires across the road.

One of the Saanich police officers attending the scene told CHEK news that speed and the design of the intersection were probably factors in the accident and his report would state this.

The male driver suffered only minor injuries due to multiple air bags deployed in his car, but Ms. Furtado points out that other users of the road would not have been so lucky if they had been involved.

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.

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*Your new or renewed
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All new or renewed membership applications received before February 1, 2009 will be entered in a draw for a \$50 gift certificate for dinner for two at the Cordova Bay restaurant of your choice. The winning entry will be drawn at the Cordova Bay Association executive meeting in February 2009 and will be announced in the March (Spring) issue of *The Cordovan*. Individual memberships are only \$5 a year and a membership for each person in your family will increase your chances of winning. Complete the form on this page and send it in now!

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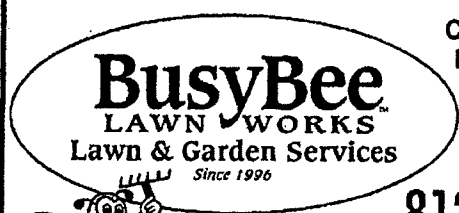
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Blame estrogen for those female cellulite dimples

By Dr. Lance Setterfield

CELLULITE is composed of fat and vertical strands of fibrous tissue causing dimpling of the overlying skin. The arrangement of vascular structures and lymphatics give it the typical characteristics which we all dislike so much.

Estrogen plays a role which is why it is more common in females. Weak capillaries (small blood vessels) produce excess tissue fluid (exudates) and edema, or swelling, which in turn stimulates fat production. Fibroblasts (collagen producers) increase, but tissue deteriorates because of rebuilding and restructuring into islands of fat surrounded by bridges of fibrous strands.

Dietary modification

A diet rich in lecithin, essential fatty acids (Omega 3 oils), and antioxidants helps reduce fluid retention and increase cellular circulation. Increase your intake of fruits and vegetables to get more of those cellulite-fighting nutrients. Asparagus, broccoli, citrus fruits, bananas, pears and pineapple, and oily fish are anti-cellulite.

Exercise

Regular exercise (aerobic, stretching and light weights) will tone the underlying tissues.

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Anti-cellulite creams contain the following effective ingredients: Vitamin K for repair of small vessels, Vitamins E and B complex, (biotin, niacin, pantothenic acid,) lecithin, manganese, licorice extract, grape seed extract and caffeine-like elements. These help breakdown fats and stimulate the formation of healthy blood vessels.

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Regular events at Elk Lake Baptist Church

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

We have an art club that meets every second Saturday at 9:30 a.m. in the old church hall. Both inexperienced and budding artists are encouraged.

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



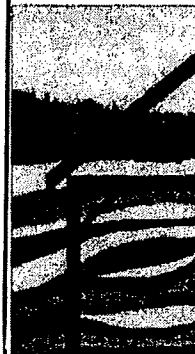
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By Patricia Sparks, N. Member of the
Canadian Power & Sail Squadrons, 658-8614

Team-spirit makes rowing a sport to be reckoned with

AS DEMONSTRATED in the Olympics, rowing is certainly a sport to be reckoned with. It is action packed, takes a lot of dedication and is very much team spirited. The inherent challenges of the sport 'promote self-confidence and self-esteem'.

The above was self evident to me as a stood at the docks of the Selkirk Waterway one Saturday morning a week or two ago. I was taken by the number of folk, both young and old, who took part in the activities at the Rowing Club. There were any number of skulls in the water ranging in size from singles all the way up to the long shells which needed a coxswain and eight rowers. Activity started at the clubhouse itself, where the rowers were coached as to how to pick up the shell - together - up over their heads and walk down the gangway to the dock where they awaited further instructions before they swung it over and lowered it into the water. No easy task.

With all this activity the thing that was very evident was the teamwork that was displayed by each and every rower out there. What I did not realize was that children as young as 13 can take part, and that the Go Rowing and Paddling Associating of Canada, is a non-profit club that is open to everyone. They follow stringent policy and safety guidelines. For further information on the Rowing Club you can go to <http://www.gorowandpaddle.org/profile/index.php>

Safe boating!



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Haliburton Farm ends the season with bumper crops

By Purbina Govindarajulu

WE ARE COMING to the close of another great growing season at Haliburton Community Organic Farm. The cold spring had us off to slow start, but things heated up over the summer and we had a bumper crop of cucumbers, potatoes, peas, herbs and summer and winter squash.

We started the spring with our first ever sale of seedlings. Seasonal vegetables, especially salad mixes, companion plants such as marigolds and herbs like dill and lavender were hot sellers.

Our new Community Supported Agriculture (CSA) program was very successful. Ten subscribers received baskets of fresh Haliburton produce (value \$20 per basket) over 16 weeks plus a bonus box at Thanksgiving.

Over 100 people attended our Summer Solstice event at the farm. Visitors enjoyed farm tours, a market, home made cookies and an educational installation art piece by Sean Martindale. Thousands of plastic water bottles formed a 'stream' that flowed from the farm into the CRD Water reservoir compound, demonstrating the unbelievable volume of bottled water consumed, and the stunning amount of waste produced.

Mark your calendars for our Christmas Sale featuring seasonal produce, gifts, baking, spices, seeds, wreaths, bows, garlands, and decorative greens to be held at the farm house, 741 Haliburton Rd. – November 28th - 4pm-8pm and November 29th - 10am-3pm.

We would like to thank all the volunteers and supporters of the farm, who helped make 2008 a very successful year. To read more about our projects, check our website: <http://www.haliburtonfarm.org/>

Dr. Purnima Govindarajulu is a member of the Haliburton Community Organic Farm board of directors. ...

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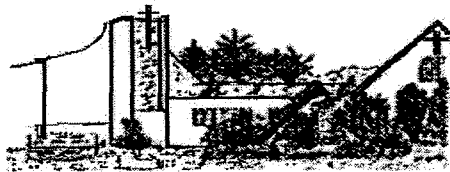


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OUR PARISH FAMILY welcomes and invites all age groups to come to St. David's, to join the people of the parish in their witness to God through worship and activities within and without the community. The parish provides nursery service during the 10:00 a.m. Sunday service.

SERVICES

**Sundays : 8:00 a.m. Said Eucharist
10:00 a.m. Family Service.**

Thursdays : 10:00 a.m. Said Eucharist

You may have noticed that we have renewed two of our buildings' roofs, renovated part of the space inside for the Pacific Dance Centre, sold two properties beside the church buildings and have gained permission from Saanich council to rezone a critical green space behind the church for children, especially for the Cordova Bay Preschool.

We are attempting to not just renovate and rethink our physical space but also to reconnect with the surrounding community and rethink our own inner space as to who we are in the modern age and in the Cordova Bay community. In other words, we are looking for a new way of being in the world and to be part of the community. We would appreciate your feedback, your thoughts, even your participation in helping us reshape the Anglican Church of St. David into a community (Anglican?) church that serves the community.

Would you like to be part of this conversation? Would you like to rewrite what it is to be a Christian in the modern world? Then you would be welcome here! Call us at 250-658-5022 or drop by and visit for worship. We promise we will not make you feel uncomfortable, or tell you that you are going to hell unless you repent or that we want your money. What we want is to share journeys, stories and recreate the Church (the people, not the buildings) into a spiritual entity that exists to serve others, not itself.

By inviting others into this community we seek to actively put the best words into practice and seek to "repair the world" of at least some of the harm that we have caused. We cannot do that without others.



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PLANTLAND

Victoria Garden Centre at Mattick's Farm
5325 Cordova Bay Road, Victoria, B.C.
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Majestic Tailoring & Drycleaning

For complete Alteration and Drycleaning service please call Majestic Tailoring at
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We also specialize in all Wedding dresses, Evening gowns and Suits with over 10 years in tailoring experience.



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5138 Cordova Bay Road



Cordova Bay United Church

813 Claremont Avenue

Rev. Bill Cantelon
Beth Walker
Judy McLelan
Pat Shumka
Jane Shumka

Congregation Ministry
Children & Family Ministry
Office Administration
Music Ministry & Organist
Children's Ministry

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



Worship Service ~ Sundays @ 10:00 am

Christmas Schedule: Sun. Dec 7th - 10 am - White Gift Sunday
Sun. Dec 14th - 10 am - Christmas Cantata, The Winter Rose
Sun. Dec 21st - 10 am - Club D 6:5 Christmas Pageant
Wed. Dec 24th - 4 pm - Nativity Drama with Candle Lighting
(geared towards families with young children)
Wed. Dec 24th - 8 pm - Lessons, Carols & Candle Lighting



Children & Family Ministry

Club D 6:5 - Sundays at 10 am ~ Look up Deuteronomy chapter 6 v 5.1
Sunday School Time is for children, ages 3 years and up.
This time is filled with music, stories, prayer & offering.
Join us as we venture through the Whole People of God curriculum.

Funky Monkey (Grades 2 - 4)

~ Fri. Nov 29th - Advent Decorating & Party
~ Sun. Dec 14th - Noon - 2 pm - Chocolate Making

Junior Youth Group (Grades 5 & 6)

~ Fri. Nov 14th ~ 6:30 pm to 8:30 pm
~ Fri. Dec. 12th ~ 6:30 pm to 8:30 pm

Senior Youth Troop (Grades 7 - 12)

~ Fri. Dec 19th ~ 6:30 pm to 8:30 pm.

Family Night ~ For families of all ages

~ Fri. Nov 1st - Salmon Kings Hockey Game
~ Fri. Nov 29th - Advent Party - Make cookies for Our Place & decorate church



Healing Services ~ Everyone welcome.

Sun. Nov 9th ~ 7pm
Sun. Dec 14th ~ 7pm - Blue Christmas theme
Sun. Jan 11th ~ 7 pm

This is a quiet hour of singing, mediation, candle lighting and laying-on-of-hands for anyone wishing this.

A time to reconnect with God, the source of all healing, in the quiet and the stillness.



"On the Ridge" Craft Fair

Saturday, November 8th ~ 10:00 am to 4:00 pm

Featuring a wonderful selection of high quality, juried crafts.

Live music while you shop provided by Brad Prevedorus on his classical guitar.

Homemade soup, cookies, muffins & hot beverages. Wheelchair accessible.

Tables available - please contact Linda at (250) 652-3184. Admission \$1 to charities.



Cordova Bay United Church UCW

Annual Christmas Luncheon/Tea, Craft & Bake Sale

Saturday, November 22nd ~ 11:00 am - 2 pm

Soup & Sandwich Lunch - Tea & Fancies

Wheelchair Accessible



Carrot Seed Preschool

813 Claremont Avenue,

Phone: 658-2331 Fax: 658 5937

Email: carrotseed@cbunited.ca

Website: www.carrotseedpreschool.com