

The Cordovan

Winter 2012

Issue 8



Cordova Bay Association for Community Affairs (CBA)
www.cbasn.com

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UPCOMING EVENTS

Dec 24 Family Christmas Service -
St. David by the Sea Anglican Church
4:00 p.m.

CBA CONTACT INFO

President
cba.president@cbasn.com
Membership
cbamail@shaw.ca
Advertisements
cba-advertising@cbasn.com
The Cordovan
letter-to-editor@cbasn.com

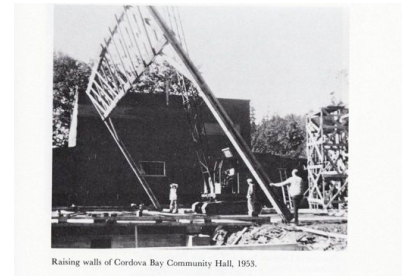
Cordova Bay Association for
Community Affairs - P.O. Box
41003, 5166 Cordova Bay
Road, Victoria V8Y 0A3

Plans unveiled for new community club building

By Roger Stonebanks, CBA member

The Cordova Bay Community Club is planning to tap into the same enthusiastic spirit of volunteerism that created the present community hall on Sutcliffe Road with its proposed replacement building.

The present building, featuring three badminton courts and meeting and office space, was built mostly by volunteer labour and donated materials, in two stages, in the late 1940s and 1950s.



Raising walls of Cordova Bay Community Hall, 1953.

Club continued on page 2

Curbside garbage collection – it's coming

By Roger Stonebanks, CBA member

Curbside garbage collection is coming to Saanich.



But Saanich promises that anyone who can't cart their garbage can to and from the street will be helped. Crews currently pick up and return garbage cans from sideyards and backyards.

"Criteria for assistance will be established for residents who are physically unable to move their refuse to the curb - no one will be refused waste collection," the District of Saanich promised in the minutes of the Nov. 5, 2012, council/committee of the whole meeting.

Council approved in principle the implementation of a municipally-operated curbside-collection service for kitchen-scraps recycling and household garbage using Saanich-provided standardized carts and municipal-collection crews on or before Jan. 1, 2015.

Garbage continued on page 2

Club continued from page 1

Club members voted on Nov. 28, 2012, to borrow up to \$800,000 for a new building with eight badminton courts and, in a later stage, community space. The present building would then be deconstructed. Financially, the new building can only be constructed through volunteerism.

The club will apply to Saanich for rezoning and for a development permit and will be seeking public input before anything reaches council.

For more information, contact club president Ron Jordan - 250-385-9422 - rwjordanster@gmail.com. Club's website - www.cordovabaycommunityclub.ca - click on "our past" and "our present".



Annual Vancouver Island Badminton Tournament, Cordova Bay Community Hall, 1960.

Tell us if you recognize yourself in this photo?

Community Club background:

The early days of the Cordova Bay Community Club have been recorded on pages 108 to 110 of Anne Pearson's fine book *Sea-Lake: Recollections and*

Congratulations to the Haliburton Organic Farm for celebrating its 10th anniversary.

The area now being farmed was destined to be sold for subdivision by the Capital Regional District (CRD) until the Land for Food Coalition and the CBA joined forces and Saanich purchased the land from the CRD for \$400,000. The land is now leased by Saanich to the Haliburton Community Organic Farm Society for \$1 a year.

History of Cordova Bay and Elk Lake. It's available from the Greater Victoria Public Library.

Cordova Bay resident, Gwen MacPherson, reviewed the club's early days, on [Page 5 of the spring 2003 issue of The Cordovan](#). The first issue of the club's newsletter, *Spindrift (December 1947)*, on the last page - Community Hall Objective - showed that sports and badminton were to be a feature of the hall from the start.

Garbage continued from page 1

Saanich has said that the pending Capital Regional District ban on kitchen scraps at Hartland Landfill requires a change in collection service to pick up two separate wastes from households - food waste (which will be recycled); and garbage. Kitchen scraps make up more than 30 per cent of household garbage. Recycling rather than dumping food waste will extend the life of Hartland Landfill.

Curbside collection (rather than sideyard/backyard collection) will be cheaper, says Saanich - an estimated \$150 to \$180 a year compared with \$275 to \$300.

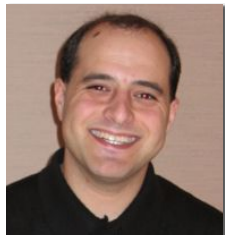


Much more information is available from Saanich at its website - www.saanich.ca/scraps - or contact Saanich directly for information/provide input by email kitchenscraps@saanich.ca or telephone 250-475-5533.



President's corner

By Anthony Minniti, CBA President



As president of the Cordova Bay Association for Community Affairs (CBA) I've made it a habit to browse our online archives of the Spindrift and Cordovan issues. I read them randomly for pure interest or, sometimes, with clear intent to trace back history on a particular issue. I'm amazed at the community concerns that remain relevant after 65 years of archival history:

- Transportation - roads, transit, bike lanes, LRT.
- Growth and development.
- Emergency preparedness.
- Sewage treatment and wastewater management.
- Waste reduction and recycling.
- Municipal services and taxation.

This past year, we've dealt with these concerns in varying degrees. I'd like to remind you of the following issues:

- Pat Bay and Sayward intersection, traffic speed on Cordova Bay road, slow traffic on Haliburton at peak times.
- Urban infill developments of between one to five homes through our community; and Cordova Bay Community Club renovation and rezoning.
- Earthquakes and Tsunami events.
- CRD actively attempting to finalize the planning of a sewage-treatment system.
- Saanich announcing changes to refuse pick-up and recycling programs.
- Property tax increases; discussions about services.

Naturally, this is a busy time of the year. Please don't lose sight of these issues - I encourage you to participate during 2013 in finding community-based solutions. Our board meetings are on the second Wednesday of each month, except July and August.

On behalf of the entire Board of Directors, and the committee volunteers, I'd like to extend the warmest holiday wishes to all the residents and businesses in Cordova Bay.

Happy New Year!



Planning update

By Arran McLellan, Planning Chair



December is upon us and the time for the holidays nears. We had the opening of the Beach House this year as well as improvements to the roads and bus stops. There is some road improvement taking place on Fenn Avenue, but there's no permit activity for the old Esso Site. Cordova Bay has seen a slow year in terms of building permits and zoning applications.

The market is slowing but chugging along at a moderate pace. As mortgage regulations tighten

market activity, in terms of building permits and home sales, slows.

Regarding developments to come, there are some plans for the old Elk Lake Café, Hamsterly Road, that will be submitted soon. And the Cordova Bay Community Club is looking to expand, so will be looking for a zoning change and a development permit in order to build a new community center.



Traffic update

By *Graham Shorthill, Traffic Chair*



What to do with Doris Page Park

A number of people have complained about the state of this park where it meets the new sidewalk on Cordova Bay Road. It's used as a dumping ground for old tyres, dog waste and general refuse and some people mistake it for a private lot.

Saanich Parks wants to identify the area as a park but they think a sign by itself will not be sufficient to prevent the present abuse. If you have a suggestion, please e-mail letter-to-editor@cbasn.com.

State of play for traffic projects

Bus shelter

The replacement bus shelter at Cordova Bay Plaza is postponed until 2013. We'll make sure it's in the Saanich budget at the start of the year.

Haliburton left turn

There's an obvious need to control the traffic turning left on to the highway and a need to protect the pedestrians using the hill. Saanich engineers have a plan to reduce these dangers in 2013 but plans are still at the preliminary drawing stage.



Fowler-Hunt-Sayward

Plans have advanced to convert this dangerous mess into a conventional major-minor road intersection with Fowler as the major road and traffic from Hunt arriving at a "Stop" sign. The new junction and the bus stop will be moved south away from the dangerous curve hopefully next summer. Preliminary drawings show a sidewalk, relocated bus stop and access to the new park. But, the change of grade from Hunt to Fowler requires a more gradual slope creating an access problem to a private residence on Hunt.

Fowler Park

The main parking lot has been carved out and there's space for a reserve lot closer to Sayward. A path to the Lochside trail has been punched through and the ground covered with material to stabilize the soil before the final surface is laid in 2013 provided there are funds in the budget.

Resurfacing Cordova Bay Road

Good news - a major section of the road was resurfaced over the summer. Bad news - people are using it as a race track. We need to restore the speed

limit and a calming village ambiance perhaps with curves, pinch points and flower beds.

Strategic plan for Cordova Bay Road

Now the sidewalk project is nearing completion, it's time to focus on the traffic flow through the community. We recently met with



Saanich engineers to see what could be done. Details will be posted on the website but the main points include the following options:

- Extend the streetscape plan to Sayward.
- Incorporate bicycle lanes on Fowler when the park is developed.
- Review the unsafe operation of Claremont/Cordova Bay junction.
- Change the operation of the Royal Oak Drive/Cordova Bay Road intersection to restrict the flow of traffic into the village core.
- Create a 40km/h zone from Fowler Park right through Mt. Douglas Park.

CBA membership

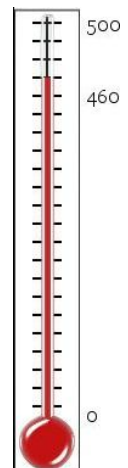
By *Randy Otto, Membership Chair*



We're proud to have broken the 500 barrier with 512 members for 2012. Thank you to all our supporters for joining and renewing your memberships. Our growth has been steady

but we're still a long way from reaching our goal of 1,000 members. This represents only 20% of the Cordova Bay adult population. Everyone can help strengthen the CBA and add power and influence with Saanich by spreading the word to your friends and neighbours about the work that your association continues to offer in our community.

We'll keep you posted on the many changes and improvements planned in Cordova Bay for 2013.



Beach House update

By Chris Harbord, CBA member



The Beach House Restaurant on Cordova Bay Road continues to evolve with the downstairs bistro opening in November as well as an updated menu, web site and building signage.

“The bistro has unpretentious, casual atmosphere with a menu focussed on local food that suits everyone’s budget,” said new head chef Steven Mugridge. “It’s fine dining at reasonable prices.”

The Beach House staff have booked many holiday parties for both the upstairs dining room and downstairs bistro, continuing the tradition that McMorrans began of the location being a venue of choice for special events.

“We have also tweaked the dining room menu to include more light choices, increasing the number of fresh items but still keeping the family-friendly fare such as pizza and fresh cut fries,” says Mugridge. “The number of snacks and appetizers has also increased.”

Mugridge, who recently relocated to Victoria from the Cowichan area, describes Cordova Bay as “great” and says the community is very friendly. When speaking about the Beach House, he is clearly excited about the restaurant’s current success as well as future prospects.

“We are aiming to continue bringing in customers from the area and have the Beach House be the local hangout as well as a destination restaurant. We want to put the Beach House on the map.” The new web site for the Beach House, which includes the new menus, is available online at www.beachhousevictoria.com/.

Cordova Bay Elementary Principal Kelly Urarii is interviewed

By Cordova Bay resident, Vienna M aged 11

How are you enjoying your first year as principal at



Cordova Elementary?

I absolutely LOVE it! It’s been a really fun time with the kids here, the families are great, the staff is amazing to work with and they have been very welcoming.

How are you supporting students to get involved with the community?

We have a number of dedicated teachers who have worked hard at

creating opportunities for kids to get involved including the Terry Fox Foundation, COPS for Cancer, Jump Rope for Heart, Mustard Seed Food Bank and Women In Need. The school has also organized a book sale with all proceeds going to support local families in need.

How are the 55+ members connected to the school?

Students and seniors get together regularly for cooking or craft projects and even some field trips. There is also a digital photography group that has worked closely with our grade five students. Several classes have done performances for the seniors during class

time. We also share our facilities so scheduling and maintaining our good relationship is important.

Cordova Bay Elementary School is implementing strategies around inquiry. How are the teachers and students using inquiry for further learning?

Students are taught about effective ways to question and ‘wonder’ about their world. They use questions to form a research plan and utilize materials available to them to gain knowledge. The adults are doing the same as they deepen their professional learning. Students and adults then get a chance to share their knowledge with others. That makes school a very dynamic and exciting place to be!



Saanich's heritage

By Vicki Sanders, District of Saanich Councillor



“Babbacombe Farm” 6187 Hunt Road

The community of Cordova Bay was initially a farming community remote from Fort Victoria. It wasn't until the early 1900s that the area became a popular summer retreat. With the arrival of the Canadian Northern Pacific Railway in 1912 the area became accessible and subdivisions of small lots sprang up along the waterfront.

“Babbacombe,” a one-storey summer cottage, was built on Hunt Road at this time. A two-storey main section addition was built on the west side of the cottage, circa 1916. The design is credited to Vancouver-based architect Henry H. Gillingham (1874-1930). This very distinctive residence is reminiscent of English farmhouses. The cross-gabled farmhouse, with its half-timbering, multi-paned upper-level casement windows, cedar shingles and diamond-paned leaded lights on the main level is typical of the British Arts and Crafts style. “Babbacombe” is listed in Saanich's heritage place names as the home of H Burbidge at Royal Oak, P.O, Victoria, B.C.

Herbert Edward Burbidge (1880-1945) had worked at London's famed department store, Harrods. When Herbert came to Canada in 1910, he became the store's commissioner for the Hudson's Bay Company. As commissioner he was responsible for “The Bay” building, now the “Hudson”, at 1701 Douglas Street in Victoria. Following retiring to Hunt Road in 1921, Herbert became a breeder of outstanding Jersey cattle on his property called “Babbacombe Farm”. Herbert's wife, Harriet Georgina (1870-1952), moved to Vancouver following Herbert's death in 1945.

To learn more about Saanich's heritage - [please click here](#).

Ridge Playhouse recipient of CBA donation



Profit from the 2011 & 2012 Cordova Bay Day has given the CBA an opportunity to donate \$2,500 to the Ridge Playhouse, Claremont Secondary School to be used by its Fine Arts program/Student government program. A specialty digital camera will be bought to film theatre performances for the internet and for archives and for filming school and community events. The CBA's Community Fund is earmarked for community groups or endeavours within Cordova Bay.

McMorran Park

By Penny Joppe, CBA member

Very soon, Saanich Parks Department is providing a new interpretive sign close to the Beach House Restaurant. It's to have a history of the McMorran family on one side and a map of Saanich showing all the parks and trails on the other side. To see the design, go to the [CBA's News page](#).



Pamper time?

By Penny Joppe, CBA member

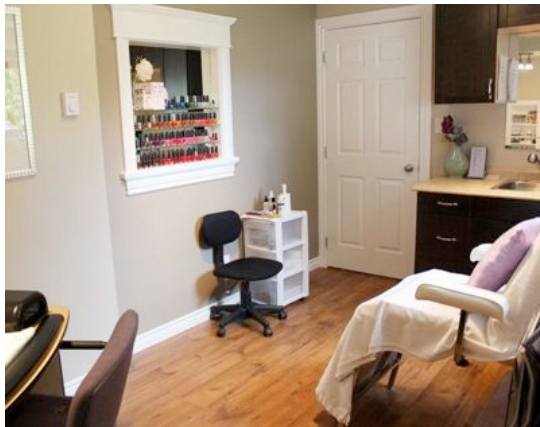
Stuck on ideas for Christmas presents? How about a gift certificate? Our advertisers provide them. We haven't the space to name them all but see them on the [CBA Business Directory](#) page. If you aren't already an [advertiser](#), please consider becoming one.

Caroline King Nails & Esthetics

Caroline's Nails & Esthetics is a home-based nail salon in Abbey Road, Cordova Bay specializing in gel nails, waxing and tinting.

With Christmas fast approaching, Caroline is busy but is happy to take on new clients and offers gift certificates - a great present for the ladies. She looks forward to welcoming you to her beautiful studio that has private access, driveway parking, and flexible hours. "I love doing nails and esthetics, and especially enjoy one-on-one time with my clients," says Caroline. "Please phone for an appointment - 250-886-0414."

www.carolinekingnails.com.



Caroline's interior showing the peaceful treatment room

Cordova Bay Studio



Wilhelmina Groot and Sandra Patterson have a unique mother-daughter relationship with 47 years experience between them. Both are certified for the full range of esthetic and electrolysis services they provide. Male and female clients are offered a personal service and treated one-on-one.

The recently remodeled private treatment rooms in a ground-floor studio are accessed through the peaceful back garden of

Wilhelmina's home at 4794 Cordova Bay Road. The tranquil home-based location has easy parking.

Facials are designed for individual skin-care needs and the specialized services include electrolysis, spider-vein treatment, dermabrasion and nasal waxing.

For a free consultation, please phone Wilhelmina and Sandra on 250-658-2506. www.cordovabaystudio.com

Charisma European Health and Beauty Spa



Corina Cernat is the owner of Charisma Spa. With 28 years experience in her field of health and beauty she is very knowledgeable and keeps up to date with the best European skin care available only to big Spas. She offers private one-on-one customized treatments that address many health and beauty needs you may have - from customized facials, pedicures, and body treatments for sculpting or slimming; laser treatments to alleviate your pain; to relaxing Jacuzzi baths with aromatherapy oils followed by pampering of your choice.

The Clinique, in Vanalman Avenue, is close to Cordova Bay. It's in a quiet, private and tranquil residential neighbourhood with free parking.

How about giving someone you love and care for a gift certificate for Christmas. What better way to relax after a hard day's work in the hands of a specialist esthetician who will treat and recommend the best program. As Corina points out, "a certificate doesn't just have to be given to a woman - men, teenagers and mature people will appreciate some pampering and quiet time too. You deserve it, we are worth it! Please phone me on 250-727-9375."

www.charismabeauty.ca.

Flow Yoga In Cordova Bay



Imagine the gift of empowerment for the body, mind and heart. The practice of yoga, for many people, is a direct source of physical and mental empowerment.

Many Cordova Bay residents are currently enjoying Flow Yoga classes at St. David by the Sea Anglican Church. In this flowing, dynamic form of yoga, postures are linked together using breath.

While participating in flow yoga, students have described the classes as a playful mix of challenge and calm, a recipe for a truly inspiring class. The yoga instructor, Marlene Vale, says she has “an appetite for yoga” that is infectious through her humour, energy and positive encouragement. All ability levels are welcome as yoga inspires excellence in every body.



You can practise with Marlene on Tuesdays and Thursdays at 9am to 10:15am. Christmas gift certificates are available for purchase through Marlene at the Church on yoga mornings or by phone at 250-886-8478.

Art Knapp Garden Centre

“Christmas trees are here” says Holly Tyler, and fresh greens, swags and wreaths are ready for your door and decorating needs. There are poinsettias and beautiful house plants galore. Want a really cool unique gift? Check out the tillandsia’s (air plants) on the Mattick’s Farm [“Christmas Wish Book”](#).



Health Through Homeopathy



Most people have heard the word “homeopathy” but have little understanding of how it works. Homeopathy is a system of healing that has been around since 1841.

There are two types of homeopathic prescribing - one that treats sudden physical problems like diarrhea, swelling after injury, acute sudden ear aches. The other is for conditions developed over time - anxiety, chronic fatigue, sleeping disorders.

Many people treat symptoms as they arise using pain killers, antacids, sleeping pills - without looking deeper at the source of the problem.

“If you compare your body to a car, my car for example” says Jenny Szulc, “the engine coolant light keeps coming on saying the levels are low. So I keep topping up the engine coolant. But why does the coolant level keep dropping? I need to look at the whole engine really, to see what the problem is - don’t I?”

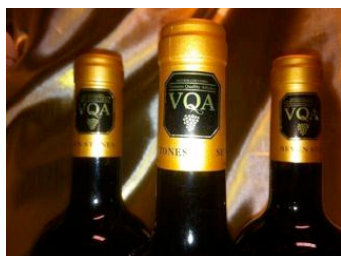
Your body is a miracle and every symptom it sends, is like a “check coolant level”. It’s trying to tell you something isn’t working as it should be.

But what’s the real reason for the problem? Is it a food sensitivity? Is it an organ issue? What’s the diagnosis? Often, there’s no diagnosis - the condition hasn’t progressed to that stage. Something is just “off”. In homeopathy we look at the symptoms, regardless of whether there’s been a diagnosis. The symptoms can be physical, mental or emotional, but we look at all areas to determine what homeopathic remedy best matches the person’s state.

These remedies come from nature. They’re prepared by a few specialized pharmacies in the world.

“I feel homeopathy is a gift, from nature, to help our bodies and minds heal. Please call me on 250-858-8087 to see how homeopathy might work for you, or email Jshomeo@telus.net” says Jenny. www.jshomeopathy.com.

VQA Wine Shop



BC Wine is a great gift to give and receive for the holidays. Check out the selection [at VQA Wine Shop](#) at Mattick's Farm. For 15 years this wine shop has been treating residents of Cordova Bay to some of the finest BC wines -

and all at winery direct prices! There's a great selection of wine-related giftware - wine racks, wine books, wine glasses - or how about a gift certificate.



Super Duper Dollar Store and gifts

Long-time supporter of the CBA, Jeannie Kam, owner of The Dollar Store is offering a 10% discount for all gift certificates purchased between now and 28th February 2013 (payment by cash or debit card only). You'll find this treasure-trove store in the Cordova Bay Plaza. [Business Directory.](#)



Want a new hair style for Christmas? Visit Dan and Kathleen

Dekker, Cordova Bay Hair Boutique at Mattick's Farm. Pure Day Spa for a relaxing facial. [Victoria Pilates](#) to get trim. Fabulous gifts from [Homebody Interiors & Designs](#) and [A Stable Way of Life](#) and a new outfit from [Sunday's Snowflakes](#).

What about some new blinds from Marlene of [Carriss Window Fashions](#) on Lochside Drive? Or have your house cleaned by [Barb](#)? There are lots of gift ideas in the Business Directory.

High protein diets, are they always good for my cat?

By Dr. Jackie Lee MVB MRCVS, Capital Cat Clinic



The short answer to this is no, not always. Many cats do benefit from high levels of protein in their diet but not all. In some cats, it can be harmful.

Young cats up to about 8-9 months of age need kitten food high in protein. This is important for their growth and development. Overweight cats with diabetes are now given canned high-protein diets as these

are very helpful in getting diabetic cats into remission. Some diets are marketed as high-meat content. This is not the same as high protein and may mean high fat and moderate protein instead. An example of high meat/high fat cat-food ingredients is brown meat from chicken or ground beef. Very lean (high protein) meat is unlikely to be found in commercially-produced cat food.

The current trend for high-protein diets may work well for the healthy young cat but does result in some cats being fed high-protein diets that would be much better off on moderate or, in some cases, low-protein diets.

Cats with known chronic kidney failure (insufficiency) are not helped by high-protein diets and some symptoms such as excessive water consumption and urination may get worse on these diets.

In general, for cats over about 10 years of age, mature-type diets are recommended as they have a healthier protein balance for older kidneys than diets labelled "high protein". Mature diets are also balanced for cardiac health and should have age-appropriate calorie content. Some also have glucosamine and other anti-arthritics added.

Additional information can be found at ["Binky's page"](#). This is a resource mainly for owners of diabetic cats but also has good general comments on cat nutrition.

The [Capital Cat Clinic](#), with its easy parking right at the door, is at 5411 Hamsterly Road next to Elk Lake. 250-881-1218.

Happenings in the community

Mustard Seed Food Drive

Every year at Christmas CB 55+ has collected non-perishable food items for the Mustard Seed. We're doing this again, except this year we're joining forces with the CB Elementary school to make a joint and hopefully large collection for the Mustard Seed.



Feeding the Community

Please bring any non-perishable food items you wish to donate by noon on December 19th. You'll find the collection area just inside the School's main door, in the hallway on the left.

Family Christmas service

December 24, St. David by the Sea Anglican Church, 4:00 p.m. -



Mattick's Farm store to close

Judi Adema and her daughter Rachelle are closing the door of their store, Homebody Interiors & Designs in Mattick's Farm, on Saturday December 22. All the best Judi with your move to Calgary.

Cordova Bay community notice board

The CBA provides the notice board in the Cordova Bay Plaza for use by residents subject to the following rules - one notice per person; no staples, nails or screws are allowed - only thumb tacks or pushpins; notices must be dated and removed after 30 days; no commercial notices please; notices covering existing notices will be removed. Please be considerate.



In case of snow

Sidewalks are not cleared by the municipality except on bridges, on pedestrian underpasses and overpasses. Property owners are required by municipal bylaws to clear snow and ice from sidewalks in front of their property by 10:00 a.m. each day. Unshovelled sidewalks can result in a fine of \$150 per offence. Please help your elderly or disabled neighbours with snow removal.



The Cordova Bay Association web site

Check out our web site: www.cbasn.com for up-to-date news and notices and lots of pretty pictures. There's plenty more to read, including traffic and planning news and important emergency preparedness information.

The Cordovan receives submissions from residents and members. The content is not officially endorsed by the CBA board prior to publication.

Business Directory – Support our Local Advertisers

Click on each logo for information. [Click here](#) for more information. Or phone: Penny Joppe on 250-658-8566.



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Cordova Bay LawnCare
Tel: 250-589-9862



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(250) 886-0414
970 ABBEY RD IN CORDOVA BAY



Daphne McDonald
Ma RCC EMDR Level II
Counselling & Coaching
Step 1 - Call me (250) 658-3183



Saanich Councillor
Vicki SANDERS
(250) 592-0865



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& PIZZERIA
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MORTGAGE DEPOSIT
(250) 475-1166



Scott Marshall
Wilson Marshall Law



Century Group Inc.
CONSTRUCTORS



Q.I. Wine Shop
at MATTICK'S FARM



Cordova Bay House Cleaning
cordovabayhousecleaning@gmail.com
250-884-3980



cannor nursery



Elk Lake Veterinary Hospital



Elizabeth May
O.C., M.P.
Saanich-Gulf Islands
elizabethmaymp.ca
250-657-2000



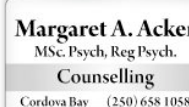
Family Caregivers' Network Society



BRIDGMEAD VILLAGE VETERINARY CLINIC (2001) LTD



Ingrid Heckel Real Estate Services.
www.ingridheckel.com



Margaret A. Acker
MSc. Psych, Reg Psych.
Counselling
Cordova Bay (250) 658 1058



the beachhouse
restaurant
250.658.5224



Professional Service and Aftercare
HEARING SERVICES



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SAANICH SOUTH



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SAYWARD HILL



BERWICK
Berwick Retirement Communities



js
homeopathy



A Stable Way of Life
at Mattick's Farm
Shoes, handbags, gifts and more



Sunday's Snowflakes
Mattick's Farm



SUPER DUPER DOLLAR STORE & GIFTS
5138 Cordova Bay Road
Owner: Jeannie Kam



Can you buy your home yet?
Let's find out!
Caroline Lennox MBSA
mortgage broker
invis
D.A.C. E.A.G.E.



Burkmar Automotive
#1-6809 Kikpatrick Crescent
250-652-5066
burkmarauto@shaw.ca



Carrot Seed Preschool



Holly Tyler welcomes you to...
Acknapp
at Mattick's Farm

Charisma Health & Beauty Spa
 Laser Treatment
 For Pain Relief
 250 727-9375
 www.charismatic.ca

Capital Cat Clinic
 Dr. Jackie Lee
 (250) 881-1218

BusyBee
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Mattick's Farm
 mini GOLF

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 davewight@garagedoordepot.ca
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