

The Cordovan

Winter 2010
Issue 1



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

The Cordovan goes electronic

Welcome to the first "e" version of *The Cordovan*.

After a long and successful history in print, involving hundreds of volunteers, the writing was on the wall. It was time to move to a more timely and easily distributed newsletter.

We hope you'll find the content informative and we encourage you to send us your comments and ideas for future issues to: letter-to-editor@cbasn.com

You can expect to see changes as our e-newsletter evolves.

A sincere thank you to all the volunteers who faithfully delivered almost 3,000 copies four times a year for the past 34 years. And special thanks to our advertisers and contributors, who kept the printed *Cordovan* going since 1976.

A special mention goes to Maurice Chazottes for his unfailing professionalism as *The Cordovan* editor for nine years and Peggy Hancyk who, for 20 years, coordinated the advertising. Peggy is continuing to do the same for the electronic Business Directory, so we're counting on her for another 20 years!



INSIDE THIS ISSUE

- 1 Cordovan goes electronic
- 2 Planning update
- 3 President's corner
- 4 Crime up slightly
- 5 Health tip
- 6 Love your lawn
- 7 Where CBA fees go
- 8 Business Directory

Beklens closing December 24

In case you haven't heard, Beklens restaurant is closing on December 24 after five years in Cordova Bay. The 134-seat restaurant has been for sale for some time, according to owners Kent and Lara Knudsen. Patrons were notified of the closure in the restaurant's recent newsletter.

McMorran's new owner reveals plans...

Kate Phoenix, owner of the former McMorran's Beach House/Charters Restaurant provided the CBA with an update of her renovation plans. Work will begin once Saanich gives approval and she looks forward to opening this spring.

The first priority is the restoration and improvement of the upstairs dining room after the roof is replaced. The roof trusses will be improved to create a traditional post-and-beam room with better light and a more open feel.

A kitchen will be reinstalled upstairs optimizing speed of service, food quality and to ensure food is hot. Key architectural elements - the maple dance floor and large fireplace will be preserved.

The lower restaurant area will be refurbished next. The plan is to create an updated, west-coast casual environment. Furnishings will be softer with booths and banquettes creating a more private area in keeping with the lower ceiling.

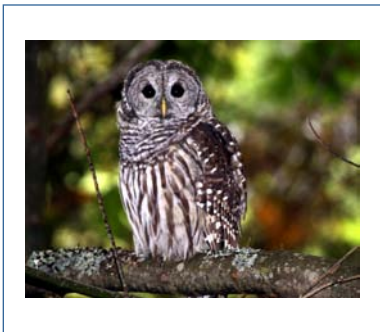
Special events can still be booked. Plans also include a menu for outside dining at picnic tables on the adjacent lawn or as take-out.

Ms. Phoenix knows the restaurant industry well. She owns Sam's Deli and Roger's Chocolates Soda Shoppe, both located on lower Government Street in Victoria.





“The CBA Planning committee will only be effective if the residents of Cordova Bay let us know their wishes about any development in the area.”



Barred Owl photographed in Cordova Bay by Anthony de Goutière.

Send us your favourite Cordova Bay photo for inclusion in future editions. Send as a low resolution .jpeg to:

letter-to-editor@cbsn.com

Planning Update

By Jack Colbert - CBA Planning Committee

A major focus of the CBA is the work by our Planning committee. What does the Planning Committee in the CBA do? It keeps track of any new development proposals in Cordova Bay and attempts to ensure the proposals:

- conform to the Cordova Bay Local Area Plan
- meet the wishes of the majority of the residents in the area
- fit in and improve the neighbourhood without causing undue traffic or other problems for the neighbours.

Most issues the CBA sees involves “in-fill” development. As the larger areas of land in Cordova Bay are disappearing, smaller acre-sized properties are seeking rezoning for in-fill housing. With those applications come neighbourhood concerns about extra traffic and loss of green space and privacy.

Click [here](#) for the current rezoning and subdivision applications on the CBA website.

Here’s the update on the two major developments under review.

- **Cordova Bay Plaza**

A plan to redevelop the Plaza was approved by Saanich about 10 years ago. The owners couldn’t proceed because of soil contamination from two previous gas stations on the property. The issue appears to be resolved and the owners are waiting for Ministry of Environment approval so development can proceed.

Some neighbours want the development application reopened because of the time delay. Saanich advises that the owners have the right to proceed with the original plan, however, if the owners decide to make any changes, the process will start all over again and the residents of Cordova Bay will have the opportunity to offer input on the type of plaza they want.

- **Trio Gravel and Mart**

Saanich has approved a development for this large site, which is to include a residential area as well as storage buildings. The property owner won’t go ahead with a development until the market improves. In the meantime, the covenant between Saanich and the owner allows the “mart” to remain open. Some neighbours have complained about the number of trucks going in and out of the property and Saanich Legal department and the owner are attempting to resolve the issue.

Secondary suites...what do you say?

Last spring, Saanich Council passed a motion legalizing secondary suites south of McKenzie Avenue. At that time, two councilors indicated that a plan was needed to legalize secondary suites in all of Saanich.

In spite of the fact that most of Cordova Bay is zoned single-family dwellings, it’s expected that Saanich will be reviewing this topic soon.

The CBA will be looking for your input on this issue. Watch for a notice on the [CBA website](#) asking for members’ input.

What is the local area plan?

The Cordova Bay Local Area Plan is part of the District of Saanich's overall Community Plan. It's an in-depth review of the area's topography, commerce, heritage and people. It was developed by Saanich in 1980 and updated in 1988 with the assistance of residents in the area and the CBA. From this, Saanich established a set of criteria to be followed when planning all development in Cordova Bay.

Q. Why is it important?

A. Because any new development is supposed to follow this plan and, as you know, any development in Cordova Bay affects you.

Q. What are the main factors considered when development applications are submitted?

A. Maintain Cordova Bay as a partly rural and partly suburban community with predominantly single-family dwellings. Maintain the suburban, village-like character of Cordova Bay with the village acting as a neighbourhood centre and focal point for the community.

Q. What are the main objectives of growth in Cordova Bay?

A. Prevent growth beyond the urban-containment boundary and provide limited growth within the urban-containment boundary so as not to exceed the capacity of the sewer system and road network.

Q. Where can I get a copy?

A. It's available on the [CBA website](#) or you can get a copy from the Saanich Municipal Hall, 770 Vernon Avenue (across from the Uptown Centre) for a small fee.

Cordova Bay loses landmark business

After serving the neighbourhood and residents of Cordova Bay for the past 65 years, the Cordova Bay Esso gas station will close in January 2011.

Owner, Mike Burkmar, is closing his service station and car-repair shop after 15 years on Cordova Bay Road. Mike took over from Lyle Steer who operated the station for the first 50 years! Mike tried to keep the car repair shop on-site, but Imperial Oil wants the entire site closed and fenced off for three to five years. Esso maintains that the underground tanks are 20 years old and not worth replacing. Dismantling of the station will start in early 2011.

A great supporter of the community and local sports, Mike gave many young people in the community their first jobs.

You'll find Mike at his new location - a larger three-bay service-only garage at 6809 Kirkpatrick Crescent, just off Keating Cross Road in Central Saanich Keating Cross Road in Central Saanich. "Thanks for the great service and community support. All the best Mike!"

President's corner

By Richard Alexander, CBA President



Greetings and welcome to our first e-newsletter! 2010 has been a very active year for the CBA Board of Directors. Here's a look at what we've been involved in on behalf of CBA members and the community:

- Reviewed and assisted with community input on seven housing development applications.
- Participated in discussions with Saanich Municipality on Cordova Bay projects to be funded in 2011 including sidewalk construction plans.
- Continued lobbying for road safety improvements at our two major "trouble" intersections: Pat Bay highway/Sayward and Fowler/Hunt/Sayward. CBA co-hosted a community forum in June that attracted 115 concerned residents. [Click here](#) for more information.
- Hosted a successful "Cordova Bay Day" in June with the support of many volunteers. Raised funds for non-profit donations within Cordova Bay.
- Surveyed CBA membership as requested by Saanich on two controversial issues: banning beach fires and allowing dogs on Cordova Bay and Sayward beaches in the summer.
- Provided input on a province-wide review of urban wildlife control, deer and feral rabbits for Saanich.
- Continued to maintain and develop the [CBA website](#) for the benefit of Cordova Bay members and community.
- Transition to an electronic newsletter to maintain a legacy of publishing community information that spans back to 1947.

President's corner continued on page 8

Crime up slightly in Cordova Bay

By Jeff Brocklebank



According to Constable Petra Dornblut, Crime Prevention Officer of the Saanich Police Department, crime in Cordova Bay is up slightly over this time last year.

Although violent crimes are down, it's "crimes of opportunity" such as theft from automobiles, breaking and entering and shoplifting that are higher.

Constable Dornblut advises residents to follow these simple steps to curb breaking-and-entering crimes:

- Install timers on your lights and your stereo when you're away from home and for extended periods.
- Inform trusted neighbours that you'll be away.
- Ask a neighbour if they will park their car in your driveway for random periods of time during your absence.
- For apartment and condo residents - THE most important crime prevention action is to wait for the parking gate to lower completely before driving away, as thieves are "laying in wait" for such opportunities.

Walk through of your home or business

Saanich Police now offers a free service whereby an officer will do a walk-through of your home to alert you to potential security breaches.

The same service is available to local businesses. The police will come to your store and inspect your debit and credit-card terminal and place a highly-visible sticker on it to assure your customers that the equipment is authentic and hasn't been tampered with.

To take advantage of these free services, contact Constable Petra Dornblut at 250-475-4321.

Beach fires on Cordova Bay

Looking for more information? Go to www.cbasn.com. Click on *Notices* and scroll down to: *Latest news on beach fires - Cordova Bay and Sayward beaches.*

Winter's for the birds

By Holly Tyler, Victoria Garden Centre, Mattick's Farm



Winter wind warning ... yikes!! This winter is supposed to be *cold* and snowy. With this in mind, I suggest that part of winter gardening is to pay attention to the birds. Let's keep them fed and healthy.

Decorative birdseed cakes provide some welcome food for our feathered friends and a fun winter project with immediate results. These can be used for gifts or to decorate the garden.

You'll need

- 4 packets or 28 gm of unflavoured gelatine
- 1/3 cup or 75 ml of cold water
- 3/4 cup or 180 ml of boiling water
- 2 tbsp. or 30 ml of corn syrup
- 3 cups or 500gm of mixed birdseed
- 4 inch or 10 cm diameter cookie moulds. These are available at local kitchen shops, Michaels and sometimes the larger department stores.

Step 1

Assemble ingredients and grease each mould with cooking oil. Dissolve the gelatine packets and 1/3 c cold water. Bring 3/4 c of water to a boil in medium size pot. Reduce the heat to low and add the gelatine mixture; stir to blend. Add the corn syrup and the birdseed. Stir this thoroughly over the low heat. Add more birdseed if the mixture seems runny until all liquid is absorbed. Remove from heat and let the mixture cool slightly.

Step 2

Spoon the mixture into the moulds. Press the mixture firmly into the moulds.

Step 3

Make a hole in the center of the mould by inserting a small stick (kabob stick) through the center of each mould. Let the moulds dry thoroughly ... they should be very firm to the touch. This can take up to a week. Once these are set remove the stick and release the form from the mould.

Step 4

Thread a string or ribbon though the center hole and tie. So there you have it - a little food for our friends for over the Christmas season. *Till next time and the very best of the holiday season to you all!*

Health tips...

By Dr. Anahita Ariana



If you have a cold or flu...antibiotics won't work

Antibiotics kill bacteria, not viruses. And since colds, 'flu and most sore throats are caused by viruses, this means antibiotics will not help cure your cold or flu, or even make you

feel better.

This is frustrating to hear, I know, but it's true. In fact, taking antibiotics when you have a virus may do more harm than good. Using antibiotics when they're not needed can result in bacteria that are stronger and harder to kill. It can create resistant strains of bacteria. Plus, taking antibiotics always poses the risk of side effects such as rashes, allergic reactions and dangerous forms of diarrhea.

So I strongly advise against using antibiotics if you don't have a bacterial infection. How can you know? Your doctor or nurse can help you find out if your illness is bacterial or viral.

In the meantime, avoid contagious viruses as much as possible. Keeping your hands clean is one of the most important ways to avoid getting sick and spreading germs. Wash your hands with soap and running water for 20 seconds. If that's not possible, use an alcohol-based hand rub. Make sure to cover your nose and mouth with a tissue when you cough or sneeze, and your hands afterwards so as not to spread your germs onto the keyboard or door handle you might be sharing with others.

Plus, stay home if you get sick. Take a break. And last, but not least, get the flu vaccine each year in the fall, especially if you're elderly or have compromised health.

Safe boating - the hidden menace

Ever since we started boating in the 1970's, there's been the real threat of debris in the water. On what looks like a perfectly clean surface lurks the hidden dangers of deadheads, logs, building materials and plastics.

Our first boat was a 27' Bayliner. Without the benefit of a flying bridge, it was hard to see what lay ahead. We were on constant lookout, which was just as well, as we encountered a complete door in a trough, lots of wood and those insidious deadheads.

In case you're not familiar with the term "deadhead," this is a log which is completely waterlogged. Instead of floating on top of the water, it drifts in an upright position, just below the surface, popping up and down with the wave action. Boaters who find them will often tag them with a flag on a long spike.

Today we still encounter similar threats. There aren't as many logs on the water, however looking at the logs on Cordova Bay beach the other day, after the storm we just had, I'm not so sure. But there is an increase in the plastic products, particularly plastic bags. I'm not sure about other areas, but the Victoria Inner Harbour certainly has its fair share of them. While not as hard as logs, they can cause considerable damage by blocking water intakes, causing engines to overheat, or they can wrap themselves around propellers causing imbalance.

Cleaning up the beaches - a little goes a long way

Recently, several members of the Power Squadron spent a day on our beach in Cordova Bay and enjoyed a BBQ afterwards to celebrate the removal of "an astonishing assortment of debris." Other beaches were targeted resulting in a total of 800 lbs (363 kg) of litter being removed. Rings, tires, money, Styrofoam (lots of it), poles, balls, air mattress, coffee cups, straws, utensils, bottles, cans, paper and plastic bags, balloons, rope, wire, shotgun bullets, thousands of cigarette butts, and the list goes on. All this removed from the beaches means a cleaner, safer beach for us, our children, our pets and the marine life.

Next time you plan to go down to the beach remember to take a pair of gloves and a bag and pick up the debris you find along your path. If all of us did this, can you imagine the difference we could make?



Safe boating...

*Patricia Sparks,
Member Canadian Power &
Sail Squadron*

St. David by the Sea....

Have you heard of the Three Saint's Ministry or Theology Pub or Messy Church?

Times are a changing and things are happening at St. David's by the Sea Anglican Church. Check out [Links](#) on the CBA website.

Love your lawn

By Barry McLean, *Clean Air Landscaping**

Brrrr... as the days get shorter and the nights get longer, thoughts of lawn care and gardening are replaced by holiday planning (can we still say Christmas?) and the anticipation of your favorite eggnog cocktail.

But for those of us in the lawn-care industry, we're still busy cleaning, raking, mowing and preparing your beautiful lawns for another chilly winter. Here are some things to think about to prepare your lawn for the next three to four months of wet - cool weather.

Keep lawns clear

One of the most important things that you can do for your lawn over the next few months is to keep the lawn's surface free of coverings of fallen leaves, outdoor furniture, branches or any other debris from plants. Also, because of windy conditions typical on Vancouver Island, lawn debris from trees can increase over the winter months. If it's not removed, then damp, un-aerated patches can form below the fallen matter, which can in turn damage the lawn.

Rake well

An important pre-winter lawn treatment is to give your lawn a good raking. Also known as "scarification," this should be done using the correct equipment designed for the job. The endless number of times that you mowed your lawn this past summer can leave a layer of cut grass just above the soil known as "thatch." Thatch creates poor drainage and can lead to wet or water-logged lawns which subject your lawn to disease - not to mention the dreaded mushroom! (Sorry all you mushroom lovers).

Consider aerating

Lastly, give some thought to aerating your lawn using some basic hand tools that you can purchase from the local hardware store. This will help de-compact your lawn and will lead to better drainage. The small cores removed from the manual plug tool can stay on your lawn and decompose over the winter. If you have grass that is too compact (high traffic areas) or lawns which have poor drainage consider aerating it now.

We don't recommend gasoline-powered aerators due to the nature of our clean-tech business; however you can rent them from Home Depot or power-tool rental stores.

If you haven't already aerated your lawn, you can also do it in the spring.

**Clean Air Landscaping is a lawn-and-yard-care company utilizing only cordless and electric equipment all powered by portable renewable solar energy. Clean Air lawns are completely carbon neutral, zero emission and quiet.*
www.cleanairlandscaping.ca



Cordova Bay Golf Course named Facility of the Year



Congratulations to the Cordova Bay Golf Course named "Facility of the Year" by the Professional Golfers' Association of British Columbia at the annual BC golf awards in Penticton last month.

Superintendent and Cordova Bay resident, Dean Piller, was named Canadian Superintendent of the Year by the Canadian Golf Superintendents Association. Well done Dean! For details visit www.cordovabaygolf.com

CBA needs you...

The CBA is only as strong as its membership. We close 2010 with 392 members. Our goal for 2011 is 500+. You can join or renew your membership online.

If you're already a member, don't forget to renew. Notices will be sent out in early January or check out [Membership](#) on the CBA website. If you're not a CBA member, consider joining and support the work being done to preserve and enhance our community. The CBA is one of the most active community associations in the region.

Volunteers needed

As a volunteer organization, there are always jobs to be done. Can you help?

- **The Cordovan newsletter** - editor, layout, and contributors. Send your contact information to: cba-contact@cbasn.com.
- **Board of Directors** - CBA is always looking for new faces and fresh ideas. Board experience is not required. If you're interested, email: cba.president@cbasn.com.
- **Cordova Bay Day**, June 2011 - planning committee, set up. Send your contact information cba-contact@cbasn.com.

Where CBA money goes

Ever wonder where your \$5 CBA membership money goes?

In addition to costs to hold meetings, maintain the website and until recently help pay for printing of *The Cordovan* newsletter, the CBA has funded or helped to fund the following:

- In a matching-grant program with Saanich, we've participated in the installation of six cedar benches in the community. The latest is in the soon-to-be-named McMorrin Park. One is by the tennis court in Lochside Park, another in McMinn Park and three are by bus stops on Cordova Bay road at Maxine Lane, Sunnygrove Terrace and Galey Way.
- Community donations have been made to non-profit Cordova Bay organizations including: Haliburton Farm, 55 Plus Association and the Cordova Bay Soccer Club.
- Funds are also used for hosting expenses for an all-candidates meeting every four years, annual Cordova Bay day and the AGM.



If you have suggestions for non-profit organizations in Cordova Bay which would benefit from a grant from the CBA, please forward your suggestion to: cba-contact@cbasn.com

Win a meal for two

All new and renewal membership applications received by February 1 will be entered in a draw for a \$50 gift certificate for a meal for two at the Cordova Bay restaurant of your choice. The draw will be made at the CBA directors' meeting in February and the winner announced in the spring issue of *The Cordovan*.

Let's face it. Dermal rolling works

By Dr. Lance Setterfield

The expression, "don't judge a book by its cover", exists because it's human nature to do exactly that. Society places incredible emphasis on outward appearance. We can kick against it, but the bottom line is we're often treated according to the way we look. This has spawned an entire industry, and broken promises have numbed consumers and created skeptics. Every now and then, though, something remains unnoticed because it seems too simple or cheap. Dermal Rollers have been around for about 14 years. Initially they were hand-made and cost \$850. Results varied due to poor technique and inadequate skin care product composition to support cell nutrition after micro-injury. All this is changing.



Dermal Rolling is now gaining traction. Perhaps the August 2009 issue of MarieClaire.co.uk, reporting that Angelina Jolie and Brad Pitt were using rollers to maintain their good looks, has contributed. More likely, it is due to testimonials on blogs such as acne.org, etc., which are generally very positive ...because it works. The greatest complaint is varying degrees of results, often due to people bumbling along treating themselves, not seeking or receiving correct advice re technique and products. For comparison, read what is said about costly treatments such as Fraxel or Thermage. It's interesting that rollers are often denounced in clinics and spas.

How does it work? Hundreds of tiny pins "aerate" the skin, allowing up to 80% more absorption of skin care products. It's essential knowing what cells need for lunch. Not all creams contain these nutrients. What does the roller do that creams cannot? The answer used to be "release growth factors from cells that help repair and rejuvenate". Some products now also contain essential-growth factors to help cells get the job done. More aggressive treatments can be done by medically-trained staff for complicated treatments, e.g. scars, stretch marks. Longer needles get down to the level of the problem but need prescription anesthetic, as well as anatomy knowledge (nerves, blood vessels) to avoid complications.

Let's face it continued on page 8

Continued from Page 3...President's corner

Our CBA goals for next year?

1. Increase CBA membership for greater participation in community issues and a stronger voice to Saanich Municipality.
2. Recruit new members to our Board of Directors.
3. Maintain and improve communication to our members and the community.

Volunteer support and community participation are key to help maintain our beautiful community and having meaningful input to Saanich Municipality. We hope members and the Cordova Bay community continue to support and participate in our efforts.

Best wishes for the Christmas holidays and New Year.

Richard Alexander, CBA President

Continued from Page 7...Let's face it

People prefer being in control of their own treatment. Most do not find it painful. There's typically no downtime with home treatments, especially when done at night. It's safe, easy and only takes about 5-10 minutes, depending on what areas are treated. Rolling is effective for wrinkles, scars, enlarged pores, brown spots (and stretch marks, which are hardest to treat) and yet affordable.

Are you ready to roll? www.acaciadermacare.com.

Upcoming events

- April 2011 - *The Cordovan* spring edition. Watch for *Letters to the editor*
- April 20, 2011 - CBA Annual General Meeting
Guest speaker: Mayor Frank Leonard
- Late June - Cordova Bay Day
Details at www.cbasn.com

CBA Business Directory in Progress

Interested in advertising?

We're busy preparing our new Business Directory which will offer local businesses the chance to advertise on our website and in *The Cordovan*.

Your company logo will be posted on our Business Directory page and the public will be able to click on your logo and link to your website. Don't have a logo? We'll use your company name and have it link to a contact page for your business.

Advertising co-ordinator, Peggy Hancyk, has been contacting local businesses. If you haven't received a letter outlining costs and details, contact Peggy at: cba-advertising@cbasn.com.

Please keep checking the website in January for the new electronic Business Directory and support our local businesses!

Want to contact us?

Here's our contact information. Send us your comments or suggestion for our next e-newsletter edition.



- CBA website: www.cbasn.com
- President: cba.president@cbasn.com
- Advertising: cba-advertising@cbasn.com
- *The Cordovan*: letter-to-editor@cbasn.com
- To volunteer: cba-contact@cbasn.com
- Membership: cba-membership@cbasn.com

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Help us maintain a strong voice for community affairs.

Please pass this newsletter on to your friends and neighbours and encourage them to join the CBA. .