

The Cordovan

Summer 2012

Issue 6



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

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UPCOMING EVENTS

June 23: **Cordova Bay Day**, St. David by the Sea Anglican Church, Cordova Bay Road

Saanich Police Block-Watch Program



• Next information session is on June 19 at the Saanich station.

• For information and future dates, see:

www.saanichpolice.ca

Cordova Bay Day is Coming on June 23!

Saturday, June 23, 2012
12:00 p.m. - 3:00 p.m.
St. David by the Sea Church
5182 Cordova Bay Road

Fun and games for all ages; a live jazz band, new historical displays, face painter, bouncy castle, golf game, ring toss and more.



Refreshments include hot dogs and hamburgers, ice cream, popcorn, pop, tea and coffee.

Saanich Emergency Measures, Saanich Fire and Police, Parks and Recreation Departments, Girl Guides and Boy Scouts and the 'Take the Pressure Down' Program will have displays in addition to many vendors and artisan tables.



- Would you like to 'buy a table' for \$25? Sell your products or introduce your ideas, pamphlets and business cards and keep all your profit! If you can't 'buy a table', can you donate the \$25 to help support our local community?
- Or sponsor one of the games with your business prominently advertised?
- Or provide a gift certificate to be added to the giant raffle?
- Do you have unwanted books to donate to the used book table?

For information on any of the above, please contact Sylvia Burkhardt: 250-658-5318, or email: burkhardt11@yahoo.ca.

The Cordova Bay Association (CBA) board of directors looks forward to seeing you on the day. Seniors are invited to enjoy a cup of tea and cupcake compliments of the CBA.

Beach House Restaurant Update

By Chris Harbord

Cordova Bay residents eagerly anticipating the opening of the new Beach House restaurant, formerly McMorras Beach House and Charters Restaurant, may not be waiting much longer. As of the end of May, owner Kate Phoenix was cautiously optimistic that the new eatery could be open within two or three weeks, putting the official first day of business around the second or third week in June.

Beach House continued on page 2

Beach House continued from page 1

“Currently we’re waiting on the regulatory agencies to complete their inspections and give us approval to open,” said Phoenix. “The kitchen and appliance inspection is done - we’re now waiting for our fire alarm testing, occupancy permit and liquor license processes to be finalized.”

The upper dining room, seating 180, and the café will open first with the lower-floor dining area to follow. There will also be a patio-dining area.

Phoenix also reports that the restaurant’s chefs are testing new recipes and the menus are off to the printers. Menu items will include rotisserie-grilled chicken and ribs, fresh burgers and soups, fish and chips and pizza.

Tru Value Foods Opens

By Penny Joppe



Tru Value opening event

The Cordova Bay Plaza parking lot was full and 200+ people gathered in the rain on April 11 to watch Mayor Frank Leonard cut the ceremonial ribbon. Tru Value Foods general manager, Phil Greenhalgh, thanked everyone responsible for the changes made to the premises. “This store is not just our store, it’s your store, it’s a community store,” he said. “The company is keen to get involved in the community and wants to hold special events for local charities.”

Joining Greenhalgh as Tru Value partners are Gerry Rainer and Brett Clarke, who all have roots in Thrifty Foods. The store manager is Rob Clarke.

To read more and see several photos of the opening ceremony, visit the CBA News page: cbasn.com/news.php

Closing One Door, Opening Another

By Penny Joppe

After 26 years, Dan and Kathleen Dekker are closing the **Cordova Bay Hair Boutique** in The Plaza on June 30. But, don’t despair, they’re not going far! On July 3 they open the door to their new full-family service in Mattick’s Farm, next to Continental Kitchen.



Dan and Kathleen Dekker

Opening times are the same: Tuesday-Saturday, 9:30 a.m.-6:00 p.m. As well as brand-new equipment, you can relax in two fully-restored 1957 antique barber chairs! Dan

and Kathleen want to thank Cordova Bay residents for their continued support over the years. They’re looking forward to doing your hair for another 26 years! Telephone number: 250-658-5914.

Almost One Year Old

By Penny Joppe

Pure Pharmacy opened almost a year ago. Cordova Bay residents are certainly taking advantage of their local integrated pharmacy and post office. There are



Pure Pharmacy

two new friendly faces on the staff:

Nutritionist Sally Morrow works Mon-Fri, 10:30 a.m.-5:30 p.m. She offers advice on

supplements and weight management and can provide a nutri-body analysis for you based on bodily signs that may relate to a nutritional imbalance.

Naturopathic Physician Dr Kristen Bovee works each Wed. and Fri from 1:30 p.m.-6:00 p.m. She provides complimentary 15-minute consultations to discuss natural approaches to skin health, including allergies, eczema, rosacea, acne, and anti-aging approaches for a healthy ‘glow’. For all bookings, please call 250-590-6053. (Keep a watch in your mailbox for the first Pure Pharmacy flyer.) . purepharmacy.com

Keep up to date with Cordova Bay news: cbasn.com/news.php.

Scroll through older Cordovan newsletters that go right back to 1947: cbasn.com/Newsletter.php.

Use the new ‘Search’ facility on the website - it’s brilliant!

President's Corner

By Anthony Minniti, CBA President



Who are the people in your neighbourhood?

For this issue of The Cordovan, I am going to stray from typical themes of community events and activities. As a young boy growing up in Northern Ontario, I was met each morning by the jingles of Sesame Street... "Oh, who are the people in your neighbourhood?"...This tune was solidified by my walk to school each morning; I passed most of the people in the song: the postman, trash collector, grocer, barber, teacher, etc...this left a lasting impression of community and neighbourhood.

When our family moved to Cordova Bay, we spent time choosing a home based on price, geography i.e. location and commute, finishes and design. All the typical elements considered when purchasing a home. I am embarrassed to say I forgot about community and neighbourhood.

It took two hours of living in Cordova Bay to be reminded. I drove to the bank...it looked nothing like a bank...it was a weather-beaten portable. The first person I met was Bill Purkis, the bank manager. He was friendly, helpful and informative. As I left the bank and walked to the post office, I felt reassured and comforted. This is community and neighbourhood! This is what the song is all about.

Bill and I had coffee every couple of months and he shared his insights on community, on customer service and goings-on in Cordova Bay. Bill retired from the bank this year. I wish him a fulfilling retirement. In my opinion we are so lucky in Cordova Bay to have the banker, grocer, shop keeper, barber, pharmacist, florist, etc...who exemplify community. This is the prevalent theme for this year's Cordova Bay Day.

Who are the people in your neighbourhood?

Well, they're the people that you meet

When you're walking down the street

They're the people that you meet each day!



I invite all to come to Cordova Bay Day on June 23, to meet the people in your neighbourhood.

A Successful and Fun AGM

By Penny Joppe

Mayor Frank Leonard was guest speaker at the CBA's annual general meeting (AGM) on April 26 held in the large meeting room at the 55 Plus Association Centre. He emphasized the importance of infrastructure renewal (pipes in the ground, bridges etc) and said the 3.25% tax increase includes 0.75% for this purpose. He hopes council continues this expenditure every year.

The main topic of his speech was a definite change in the coming years to garbage collection that will see kitchen scraps separated for composting rather than going to the dump. [Click here](#) to read about the two three-month pilot projects already underway.

A member of the audience asked if Saanich Parks is going to do something soon about the deteriorating steps to the beach at Walema Avenue. Parks manager, Rae Roer, has now told the CBA: "This is a challenging site and we are currently exploring several options for materials and design."

At the same time he confirmed there will be parking for about 30 vehicles at the south end of Fowler Park this year with the project to start in late May and end in the fall. The parking area will provide a new connection to the Lochside Regional Trail and will alleviate some parking concerns in the neighbourhood including Lochside Park.

To view lots of photos and the stunning slideshow kindly put together by CBA member Richard Alexander, please visit: cbasn.com/news.php.

Seven members were elected to the board of directors - three of whom were re-elected - to join the four incumbents.



Meet Your New CBA Board of Directors...

Anthony Minniti: *President*



He and his family fell in love with Victoria and moved here from Ontario. Anthony is the MD of Century Group Construction in Cordova Bay. As our president last year, his knowledge of development and construction has added great value to the association. He'll be serving his third year on the CBA board.

Lori Strandlund: *Secretary (New)*



Born and raised in Victoria, Lori is proud to be a third generation Victoria resident. She has three children, is a business manager, and operates her own business in Cordova Bay. She's zealous about the neighbourhood and excited to be part of building community spirit. Lori has served on a number of boards and brings a solid understanding of board work

Larry Gontovnick: *1st Vice-President (New)*



Larry has lived in Cordova Bay for six years. His career in Chemistry and Pharmacology has taken him around Canada. Now retired, he serves on local boards, enjoys outdoor activities, sports and attends the theatre and symphony. Larry and his wife Barb have three sons. He cares about our community and believes he can make a meaningful

contribution.

Graham Shorthill: *Traffic Chair*



Graham has lived in Cordova Bay since 1976. He helped start the *Friends of Mt. Douglas Park Society*, wrote on park issues for *The Cordovan* newsletter in the 90's and has been an active member of the Cordova Bay Road Subcommittee. Graham is now retired from Camosun College, but still teaches courses in chemistry

occasionally.

David Kuprowsky: *2nd Vice-President*



David has lived in Cordova Bay since 1965. He's seen changes since attending Cordova Bay Elementary and Claremont Secondary schools. He owns and operates a drywall business. This is David's 12th year on the CBA board; he still enjoys being active in the community. When not working, David can be found on the local golf courses.

Randy Otto: *Membership Chair*



Randy moved to Cordova Bay in 2006, to live in a comfortable climate, near the water and to enjoy a slower pace of life. Randy owns a number of automotive retail and wholesale businesses from Victoria. He's served on several business and social boards over the years and is a certified personal success coach and trained hypnotist, a field which he plans to graduate towards as his "retirement career".

graduated towards as his "retirement career".

Barb Lucas: *Treasurer (New)*



Barb has lived in Cordova Bay 23 years with her husband Rainer and two daughters. She's an accountant, currently at the Art Gallery. Barb was involved with the local schools as her daughters went through CB Elementary, Royal Oak and Claremont schools. Barb's passion is the walking trails around Cordova Bay. She looks forward to giving back to the community through the

CBA.

Pablo Miranda: *Public Relations Chair*



Pablo has been a Cordova Bay resident since 2008 and is the National Advertising Manager at the Victoria Times Colonist. He serves on a number of boards and sports associations. We're pleased he's chosen to return to the board again after serving this past year stating that he enjoys his efforts to learn more about the community and contribute towards its continued success. Pablo and his wife Jodi are the parents of three children.

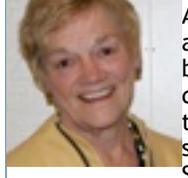
wife Jodi are the parents of three children.

Arran McLellan: *Planning Chair (New)*



Arran is a new resident having moved to Cordova Bay within the past year. He's a realtor and operates a home-based boot-camp fitness business. He has a keen desire to be involved in community planning, and lives with his three children ages 10, five and three.

Sylvia Burkhardt: *Community Relations*



A local resident for 32 years, Sylvia has been an avid supporter of preserving the natural beauty of Cordova Bay since the 80's. With a degree in environmental geography, Sylvia taught high-school geography and history and spent five years teaching in Beijing, China. She served on the board last year on membership and is heavily involved in planning this year's Cordova Bay Day.

Ed Boomars: *Alternate Planning Chair*



Ed joined the CBA board last year to assist the Planning Chair. He and his wife Linda have owned their home in Cordova Bay since 1997 and been full-time residents since 2008. Ed serves on his church council and belongs to the oldest coffee club in town. He's happy to continue assisting with

planning matters.

Interested in joining the CBA board of directors next year? We suggest you attend one or more of the monthly meetings held on the second Wednesday of each month except July and August. You'll meet the present board and get a good feel of how the board works. Meetings are open to the public so any member of the CBA may attend.

Traffic Update

By Graham Shorthill, Traffic Chair



With the agreed changes at Sayward now in the hands of the engineers and the sidewalk along Cordova Bay Road essentially complete, there has been a small lull in activity but not for long.

Bus stops - There were concerns about the one removed between Claremont and Haliburton so the black-top section of the sidewalk could be completed. A temporary stop has been reinstated and we expect to see a full restoration soon including the bench that was there originally. The other stop that has people worried is the new one at the Sayward-Fowler-Hunt intersection.

There's now a drawing of the new intersection, produced by Saanich's engineering department. It shows the bus stop relocated further along Fowler so it doesn't interfere with the traffic flow through the revised junction. In this rendition, Hunt Road becomes a standard minor road joining Fowler by means of a "Stop" sign and the triangle of grass and the dangerous traffic patterns vanish.

Two other specific items came out of the recent annual general meeting. Firstly, the problem of varying speed limits along Cordova Bay Road and the road-rage they produce in people caught behind drivers obeying the law. The second is the new danger involved in turning onto Cordova Bay Road from Claremont when there's a vehicle parked in the first bay to the north. Drivers cannot see the on-coming traffic in these conditions.

These are specific examples of the existing problems along the whole length of the main artery through our community. One of the first actions of the new board of directors was to ask for the creation of a traffic-calming strategy for the whole road. Watch this space for future developments.

Planning Update

By Arran McLellan, Planning Chair



This spring and summer have started off slowly as the number of applications for subdivision and/or development has remained low and has followed trend from the beginning of the year.

Sales of properties have increased moderately with the time on market

decreasing. The median sale-to-list ratio is 98% which shows that the homes which are selling are receiving very close-to-list price. The sale-to-assessed ratio is 104.4% which is great for Cordova Bay home owners.

Tru Value Foods is up and running and is doing well and happy to be part of the community and to be able to service its customers.

An application to develop 759 Helvetia Crescent has been made. If approved, it will turn the current property, which is zoned A-1, into four RS-12 lots all of which will be between 930sm-975.8sm. The proposed subdivision will see one fee-simple lot and three bare-land strata lots. The plans fit within the Official Community Plan and the Local Area Plan, map 7.1 Residential Concept Policy 7.2(d) and the subdivision complies with all the requirements set out.

The application for 4601 Cordova Bay Rd is pending and it will allow Saanich to extend its covenant along the bank to preserve it as this lot is one of the last remaining without the covenant.

This is my first planning report in place of Jack Colbert and I'm glad to have his and Ed Boomars' support in order to bring you all the relevant updates.

CBA Membership

By Randy Otto, Membership Chair



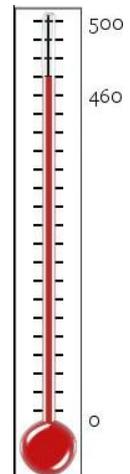
At this time we have 440 members which is down from 482 at the end of 2011. We've sent renewal notices out in May and hope that everyone will renew for 2012.

As well, this year our plan is to solicit flyers to the entire Cordova Bay community to encourage non members to join.

At \$5 per year the cost should not be an issue and our association works hard to support the community.

For example check out the new sidewalks on Cordova Bay Road!

Please tell your neighbours. The CBA membership numbers have influence with Saanich and we get things done.



Do you enjoy walking? Want to help promote the CBA?

Could you spare some time to deliver flyers to mail boxes in your area of Cordova Bay? We would be very grateful. For info: Randy Otto on 250-658-9331 or rfotto@shaw.ca.

Comings & Goings at Mattick's

By Penny Joppe

(All 16 stores are featured in the website:
www.matticksfarm.com/directory.html)

Homebody Interiors and Designs opened for business in April (where Country Goose was). Judi Adema and her daughter Rachele welcome you to



browse a mix of contemporary and traditional everlasting products in their bright, spacious shop. Choose from in-store samples of linen and upholstery; try out the furniture, look at the European

linen, unique porcelain, pictures and accessories. There's an air of elegance, quality and skilled craftsmanship here. www.homebodyinteriors.ca.

The Continental Kitchen is a gourmet kitchen boutique store. It's currently on the market so if you relish the idea of owning one of the prettiest kitchen shops in the area, the present owners, Carolyn and John Brady, are happy to chat to you. After 10 years at Mattick's Farm, they've decided to retire. After all, Carolyn has just turned 70 so it's high time! They can't thank the local community enough for supporting them even through the difficult times.

As Carolyn points out, Mattick's Farm is a good place to be a shop keeper surrounded by beautifully kept gardens - stores that are open seven days a week, plenty of free parking, each store is privately owned, and they follow the trend and are very welcoming. And, of course, there's easy access to golf! ContinentalKitchen@gmail.com (Reach the website via the Mattick's Farm directory.)



Tru Value's 'Spirit Board' Program

To qualify for this generous program, any local, non-profit community group can write to Rob Clarke, Store Manager of Tru Value Foods in Cordova Bay Plaza, with information regarding their organization - and why they would like to participate in the 'Spirit Board' program. Goals, successes, past achievements and the contact person who will be authorized to redeem the accumulated points need to be included in the letter.

Once the application has been accepted, the name of the organization and a number will be put up on a board at the front of the store. Store customers can choose a number, give it to the cashier and 1% of their grocery bill will be allocated to the organization. With 24 hours notice, points may be redeemed for gift cards anytime Monday to Friday. Tru Value looks forward to working with you: cordovabaystore@truvaluefoods.com.

Elephant Flowers Bev opened the store in May (where Secret Garden was). You can actually watch her arranging flowers at her work station or in the wonderful antique-style bath! (Well, not actually in it!) She's a full-service florist who provides unique,



custom and memorable floral art for weddings and functions, as well as on-demand bouquets and flowers in the shop. Stuck for gift ideas? There's also unique giftware and soaps from Salt Spring Island. In the fall, Bev's flower-arranging workshops will begin. www.elephantflowers.com/Site/Home.html.

More Mattick's Farm News

Adrienne's Tea Garden Sabine has introduced many new mouth-watering bakery items and several additions to the weekend menus. Watch out for special-function days. www.adriennesteagarden.com/

A Stable Way of Life has loads of new stock - check out the gorgeous purses and sandals. www.astablewayoflife.com/

Art Knapp Garden Centre Holly wants to remind all of you over 60 about the 'Seniors Discount Day' every Wednesday. And everyone should watch for the 'June Value Sale'. (Reach the website via the Mattick's Farm directory.)

Sunday's Snowflakes It's been a busy spring in this fabulous clothing boutique. There are plenty of black and white garments this year and orange and coral colours are in. www.sundaysnowflakes.com/.

VQA Wine Shop Did you know that VQA stands for Vintner's Quality Alliance? It's a Canadian standard that ensures the wine in the bottle is a 100% British Columbia product. Wine sampling is every Saturday, 2.00 p.m.-4.00 p.m. www.vqawineshop.ca/.

Local Nursery Offers Both Expertise and Enthusiasm

By Chris Harbord



Self-proclaimed ‘plant-hounds’ Mark and Pauline Hedger are definitely in the right business.

The owners of ScentSational Plants on Sayward Road are committed to providing a very diverse selection of ornamental perennials,

shrubs, flowering trees, vines and exotics as well as some annuals, all currently on show at their local nursery.

“We have limited numbers of lots and lots of different things,” says Mark. “We offer a wide variety of specialty plants, some quite rare, from all over the world. It’s fascinating to see plants from the other side of the globe thrive here in Victoria.”

The nursery is considerably larger than it looks from the road and goes back from the storefront through several greenhouses full of colourful, multi-textured scented plants of all varieties.

“Our selection is of particular interest to serious gardeners, mainly due to the large range of plants we carry,” said Mark. “Like our name says, we have many fragrant plants and pride ourselves on the quality of the product we have available.”

ScentSational Plants sources their produce from a number of different suppliers, such as speciality vendors and

wholesalers on the Lower Mainland, and puts considerable effort into dividing, growing, cutting and starting their own plants from exotic seeds.

Although Mark and Pauline have strong relationships with many of the region’s gardening clubs, they also support novice gardeners make informed decisions about what plants would be successful in areas of the yard with less-than-optimal growing conditions. Speaking of relationships, the couple took theirs from business partners to life partners following their nuptials just over two years ago.

The business has been operating at its current Cordova Bay location for 10 years. Canine ‘greeter’ Jasmine is also a big draw for customers.



ScentSational Plants is currently open Thursday through Monday (closed Tuesday and Wednesday) from 9 a.m. to 5 p.m. scentsationalplants.ca/

Sentiments of a Canadian Teen – Graduation

By Alexa Rowe, *Claremont Secondary Student*



Graduation. No matter who you are, if you’re seven or eighty-two, you probably have some sort of reaction to the word. But, if you’re 18 like me, nearing the final two months of your high-school career, the word has probably sent a familiar shiver down your spine, as the looming presence of that undiscovered country that is life after high school once again overwhelms your conscience. Of course, there’s the fear and worry that

naturally comes with anything unknown. I honestly never thought there would be a day I’d miss fighting with my sister over my hair straightener, but, as the day where I have to leave her quickly approaches, I find myself already missing our morning tiffs. Nevertheless, I think I speak for all prospective graduates when I say that despite the fear that comes with graduation, there is an emanate excitement that has consumed us all, whether it be in buying the perfect dress, or in the possibility of our own life, where we finally get the chance to explore that big beautiful world alone. There is a fundamental kind of hope that comes with the future: a magical place where nothing is certain and anything is possible. As written in one of my favourite quotes, “The past can’t see you, but the future is listening.” And, that is one of the wonders of Graduation. It is a time of new beginnings, of chances to be taken and mistakes not yet made, and who would not be excited by that?

Someone for Us to Be Proud Of: Dr. Henry Shimizu MD, FRCS, CM

By Penny Joppe

In March 2012, Cordova Bay resident, Dr. Henry Shimizu, was presented by the Lieutenant Governor of British Columbia with the Queen Elizabeth II Diamond Jubilee Medal for being a recipient of the Order of Canada living in British Columbia. And on June 14, at a Ceremony at the University of Victoria, Dr. Shimizu, is to be honoured with an Honorary Degree of Laws.

It's an enormous accolade to have received the Order of Canada primarily for his life-time work in medicine, the Arts (president of the Edmonton



Art Board and Alberta Ballet Company), chair of the Japanese Canadian Redress Foundation and several multi-cultural boards in Alberta.

Henry retired from the University of Alberta in 1998. While there, he co-founded Western Canada's first burn-treatment centre and, as president of the Canadian Society of Plastic Surgery, assisted in the establishment of a residency program in plastic surgery. In 1999, he worked voluntarily in Guatemala doing plastic surgery on cleft lips and burn injuries on children.

During WWII, Henry and his family were interned in a Japanese camp at New Denver, British Columbia. He was instrumental in creating the Nikkei Internment Memorial Centre in New Denver. His series of 27 oil paintings of day-to-day life in the internment camp was exhibited in Edmonton in 2002 and recently in the MacPherson Library. In 2008, Henry published the book "*Images of Internment*" based on these paintings.

Henry and his wife Joan moved permanently to Cordova Bay in 2006. They have four grown children and six grandchildren. Henry still paints, plays golf and travels widely. He sits on the Probus committee, the committee of Asian Studies at UVIC and the Victoria NIKKEI Cultural Society board - and he's a member of the CBA!

These few words don't do justice to the many awards and accomplishments of Dr. Henry Shimizu. He should write a book!

If you know someone in Cordova Bay who deserves a mention under 'Someone for us to be proud of', please contact the newsletter committee at: letter-to-editor@cbsn.com

A New Interpretive Sign In Doris Page Park

By Penny Joppe

Former Cordova Bay resident, Alison Battuello, remembers: "Doris Page who lived at the corner of Haliburton and Lochside Drive in Cordova Bay and tended the English country garden surrounding her cottage. Miss Page, a well-known horticulturist, had the foresight to imagine the coming growth in Cordova Bay, with the accompanying infill of development, and left her property to the municipality to be used as a natural green space after her death. Her gift to the community of her land and her garden has provided a pocket oasis and a natural corridor to the seashore below. How fortunate for us to receive such a gift and how crucial it is that we be careful stewards of it. How important it is also to tell every park visitor, through an interpretive sign, the story behind such a green and generous gift."



Jointly with Saanich, the CBA has donated this sign to replace a previously vandalized one. It's installed in Doris Page Park on the west side of Lochside Drive. If you're travelling on Lochside, do stop and read the history of this area.

Welcome Wagon in Cordova Bay:

for information, free gifts or a visit, please
phone: Daphne McDonald: 250-658-3183 or
email: dldaphne@shaw.ca.

Tru Value Opening-Draw Winners

Henrick Sedin JerseyNick Phillips
Patio Set and BBQ....Heather Solomonson
Sidney Crosby Picture....J. Begg
Brinkman Smoker...Jerry and Sue Shewchuck
Flatscreen T.V....Fern Becker

A Man for Every Park

By Roger Stonebanks



McMorran Park

Paul Butterfield vowed to visit every park in Saanich - all 158 of them. He succeeded. And he has recorded his experience in photos and text on his blog, Hiking Every Park - hikeeverypark.blogspot.ca/2012_04_01_archive.html.

"Saanich is where I live and work and I love the fact that you can reach over 150 examples of the natural environment in less than 10 minutes in any direction," Paul Butterfield wrote on his blog.

"This gave me the impetus to share with those less fortunate, that may not drive, or bike, or even walk. Those that really need the healing are the ones usually farthest removed from it, and I

plan to change that." Paul's day job is with Saanich Engineering looking after transportation - traffic, operations, and safety. After work hours it's parks where he relaxes.

"I wanted to make sure that I knew what I was talking about," he said of his idea to bring parks to people. "Now I've a real good sense of just what is out there, what our parks can offer."

Paul also said he had been stressed at work, taking on too many projects. The first weekend in the parks "transformed me. I felt so fantastic. I felt healthier after I did it."



Story Park

'Messy Church' at St. David by the Sea Anglican Church

By Scott McLeod, Priest Associate, St. David's

No, it's not cleaning the church - don't worry, you're not being asked to do work like that!

The idea for 'Messy Church' comes from the UK where a woman named Lucy Moore was conscious of the growing disconnect between church and the wider community - especially busy



families! In an age when people are searching for a spiritual experience, not just to be talked or preached at, Lucy Moore searched for a way to engage in a friendly, welcoming, and non-threatening manner. She came up with 'Messy Church'.

Using food and creativity as the points of engagement, stories, songs, crafts, and food are in turn used to engage and share with people looking for a church

experience for their kids and themselves. Make no mistake, it isn't your traditional Sunday School - it's a whole-family affair, grandparents to babes-in-arms, and everyone in between. But, you must want to get your hands messy, release that inner child, and engage in the activities with your family; it's not day care or child minding - it's for the family to engage in the story, and the crafts related to the story, to sing, and learn, then share a meal together.

At St. David's we've been doing this once a month since September 2010. Sometimes we have 50 people, sometimes we have 10. It doesn't matter how many show up; what matters is getting to know people, hearing their stories, and engaging in a spiritual journey with them.

We invite you to share your journey with us at 10.00 a.m. on the last Saturday of every month except July and August when we have a summer break.

The next 'Messy Church' is June 30th at St. David's, 5182 Cordova Bay Road - using the beach for part of the time! stdavidbythesea.ca/

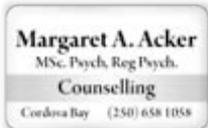


Community Donation

Recently the CBA donated \$1,000 to the 55 Plus Association to put towards a large flat-screen TV for the main meeting room at the Centre. It makes a great second screen for meetings so that people in the back of the room can easily follow what's going on. The CBA board of directors was able to put this to good use at its recent annual general meeting which was held in the 55 Plus Centre.

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.



CBA contact information

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