

The Cordovan

Spring 2011
Issue 2



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

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Plans for Beach House summer opening...

In case you missed it, the "Beach House" (former McMorran's Beach House/Charters Restaurant) will miss its planned spring opening. Summer looks to be a more realistic timeline.

Owner, Kate Phoenix, has a date with the municipality's board of variance on April 13, 2011 and will seek approval of her plans for improvement to the building's roof, windows and siding. Because the building is too close to the property line, it's deemed "non-conforming" and any external alterations require board of variance approval.

Plans are still to complete the exterior improvements first before starting upgrades to the restaurant's interior.



Sannich's heritage planning committee recently approved the exterior design. Architectural sketches are on view at a temporary notice board adjacent to the restaurant on Cordova Bay Road. [See full story.](#)

UPCOMING EVENTS

- April 20: CBA Annual General Meeting. Guest speaker: Mayor Frank Leonard
- June 25: Cordova Bay Day
Details at www.cbasn.com
- Oct. 26: CBA hosts "All Candidates Meeting" prior to the November Civic Elections

Cordova Bay Plaza

Everything you wanted to know and more ...



Former CBA president *Roger Stonebanks*, a retired journalist, asks what will happen to the 1960 strip mall? And when? ([Click here](#) for the full text of Roger's article.)

If one thing is clear, no one knows when redevelopment of Cordova Bay Plaza will happen. After more than a decade of delay caused by underground gasoline pollution, there's no timeline on when work will begin, whether it will be the plan approved by Saanich council in 1999, if there will be fresh public input or whether it will be something completely new.

Cordova Bay Plaza continued on page 2

Notice of CBA Annual General Meeting

Wednesday, April 20 - 7:00 PM

Cordova Bay United Church Hall
813 Claremont Avenue

Public Session: Guest Speaker
Mayor Frank Leonard

Everyone is welcome to the public session that will precede the annual general meeting (AGM). Attendance and voting at the AGM portion is limited to CBA members. Memberships will be available at the door for \$5.00 per person per year or go online for more information.

Program

7:00 PM - Public meeting - address by Mayor Leonard, questions to follow

7:30 PM - Refreshments, general conversation and stunning slide show

8:00 PM - Annual General Meeting

AGM Agenda

- Annual financial report 2010
- Appointment of auditor for 2011
- President and Committee Chair reports
- Election of new board members: five for a two-year term; two for a one-year term (nominations may be made from the floor)
- New business
- Adjournment

Put it on your calendar! Come out and support your neighbourhood association.

You might even win the Door Prize!

Cordova Bay Plaza continued from page 1...

How it all began

The plaza saga began in 1997 when Your Family Food Mart, owned by the Pang brothers, started plans for redevelopment of the property. Prior to that, two gas stations had operated on or near the site:

- Chevron Canada operated a gas station on the northeast corner of the plaza property until 1979 when it closed and underground storage tanks were removed.
- Shell Canada operated a gas station under the PayLess Gas name at the now vacant property on the other side of Doumac Avenue. It was closed in 1997 and the storage tanks removed.

After a year of public input, Saanich council gave its approval in 1999 for a much larger supermarket, shops with 16 apartment units above them, and a separate building for Scotiabank. However, council withheld the required Development Permit pending:

- consolidation of the two legal lots that comprise the plaza property
- confirmation from the Ministry of Environment, Lands and Parks that no site remediation is required.

Allegations and denials over responsibility for the plaza pollution abounded and lawsuits began to fly in 2003 involving Chevron Canada, Shell Canada, Your Family Food Mart, and McMorran's Cordova Bay Ltd. More than two years passed before the statement of claim and statements of defence were filed in BC Supreme Court.

The trial was first scheduled for 2007 and then 2008, but adjourned to see if private arbitration could resolve issues. That proved unsuccessful and the case was rescheduled for trial starting on April 12, 2010. The trial was adjourned again, and this time the parties reached a confidential out-of-court settlement in BC Supreme court - meaning none of the parties will say who was at fault for the pollution. Or at what cost.

CBA's involvement

For a number of years Scotiabank occupied a temporary double-wide trailer in the parking lot until the branch was eventually relocated, at the CBA's recommendation, to the south end of the mall. The CBA also promoted and worked with the plaza in a number of clean-up improvements to the mall and the property.

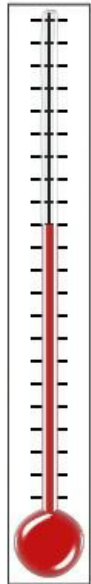
And that's where matters remain to this day. The [District of Saanich](#) reports the plaza development is on hold. Beyond the pollution issue, what remains for the Cordova Bay community is the bigger and more important question: will the development be what Saanich council approved in 1999 or will it be something new? As they used to say on radio - "stay tuned." And we should probably - be patient.

Emergency preparedness

How prepared are you? The recent devastating events in New Zealand and Japan are important reminders that we all need to make preparations. If you haven't made your preparations...don't put it off any longer. Check out helpful links on the [CBA website](#). Looking to donate? A [helpful blog](#) on the St. David by the Sea Anglican Church website provides links to many aid organizations.

CBA membership

Thanks to everyone that has renewed their membership or joined the CBA. As of March 28, 2011 we're at 295 members ... 59 percent of our goal of 500 members in 2011.



Help us reach our goal! Please forward *The Cordovan* to neighbours and friends in Cordova Bay and encourage them to join. If you know someone without a computer, please print them a copy of the newsletter.

Early-bird draw winner

Congratulations to Randy Otto of Agate Lane, winner of this year's CBA membership draw for a \$50 gift certificate to a restaurant in Cordova Bay.

All new and renewal memberships received before February 1, 2011 were entered into the draw. Randy's name was drawn and he chose Café Yucatan & Pizzeria in the Cordova Bay Plaza.



Randy Otto (left) receiving his certificate from manager Dave Wight.

President's corner

By Richard Alexander, CBA President



Your CBA Board of Directors has had a busy start to the year. We continue to engage with Saanich on various community and municipal topics. Here's a quick recap:

Animal bylaw issues: CBA gathered community input in 2010 on several animal issues involving backyard chickens, dogs on the beach, deer and rabbits. These issues were addressed at a special Council meeting on March 29, 2011. We're waiting for the minutes to be posted on the [Saanich website](#), but according to a [Times Colonist](#) article March 31 several bylaw changes regarding dogs on the beach, allowing urban chickens and wildlife control will be implemented.

Road issues: supported the Cordova Bay Road Sub-Committee (chair Doug Beale) in its submission to Saanich to continue sidewalk



construction plans along Cordova Bay Road in 2011, in particular between Haliburton Road and Cordova Bay Estate. We continue to monitor the intersection at Sayward Road and the Pat Bay Highway.

There's still a noticeable lack of action by all levels of government to address this high-accident intersection.

Beach fire ban: supported residents on Parker Avenue to obtain more information from the Saanich Fire Department about the recent ban of all beach fires in Cordova Bay. Approximately 50 residents met with Todd Cave, Assistant Chief, Fire Prevention Division on January 29 at Parker Park, with several CBA board members in attendance. It's fair to say most of the residents weren't satisfied with the explanation they heard on how or why the fire ban was put in place considering local families have enjoyed safe beach fires for decades. We expect residents may continue their efforts to have the ban rescinded as historical data provided by the fire department does not indicate a serious fire safety issue on these beaches.

Community donation: we made a \$1,000 donation to the Cordova Bay Co-operative Preschool after their presentation to the board on Jan. 12. Funds will go towards repairing the shed, sand box and purchasing much needed window coverings. Community donations are available to non-profit organizations in Cordova Bay.

Don't forget to join us at our AGM on April 20. Keep the CBA a healthy and viable organization and a strong voice on behalf of Cordova Bay. Best wishes for the spring and summer months.



Cordova Bay Day – Saturday June 25 ... put it on your calendar!

Where: grounds of St. David by the Sea Church - 5182 Cordova Bay Road, 12:00 - 2:00 PM

Activities: Silent auction, displays, face painter, bouncy castle, golf game, refreshments and more.

We're looking for sponsors and for donations for the silent auction. The more profit we make, the more we can give back to the community! Please contact Penny on 250-658-8566 for details and costs.

Planning Update

By Jack Colbert - CBA Planning Committee



More than once I've been asked "why does the CBA need a planning group?" "Aren't planning issues handled by the Saanich Planning Department and isn't it their job to make sure subdivisions and developments are done correctly?"

The short answer is yes...but what happens if someone wants to build a monster home next door or a three-story apartment that blocks your view or wants to clear cut the lot on the corner? All of these have been tried and it's the job of the CBA to go to Saanich Planning or the Mayor and Council, if necessary, and fight for you if you're faced with these types of issues.

Whether you're applying for a development permit or opposed to one, it's much easier and you'll have a stronger case if you have the CBA behind you. Saanich will tell you they normally want the CBA's input before they give final approval to any application in Cordova Bay. Contact me at: jack_colbert@telus.net.

What's new in Planning?

The development scene has been slow for the first quarter of 2011. (See [page 1](#) for updates on the Beach House restaurant and the Plaza Shopping

- Imperial Oil Esso Station - Cordova Bay Road
The station is closed and the property fenced. For those that live nearby or drive by, it's not a pretty site. We've been advised that the building will be torn down in the near future and the soil tested to ensure it's not contaminated. If any contamination is found Imperial Oil will clean it up. The land will be sold; however, it's unlikely we'll see any new development in the near future.
- 941Sutcliffe (Badminton Club). Ron Jordan, President, told the CBA that the present building has been ungraded to ensure its safe. However, they've been advised that the building would be in jeopardy of collapsing in a serious earthquake. Saanich would like the club to build a new building by the Cedar Hill Golf Course; however the members would like to stay in Cordova Bay. The club is not considering a move unless the economics favour such action.

Click [here](#) to view the current status of individual applications before Saanich.

Looking to slow the aging process? Try Pilates.

By Susan Van Cadsand, Owner and Director, Victoria Pilates Studio

It's well documented that exercise has anti-aging benefits and a recent study published by McMaster University on February 22, 2011 is further proof of the importance of exercise to slow the aging process.

Physical activity makes most people feel better and perform tasks easier. It's now known that resistance training will actually rejuvenate muscle tissue in healthy adults.

Pilates has been proven to be one of the safest ways to achieve resistance training and teach the body to move correctly. Aerobic activity alone is not enough. As we age, strength training is crucial because it increases balance, strength and improves our posture. Strength training decreases the likelihood of developing osteo or rheumatoid arthritis.



As we age, maintaining your independence is priceless. Exercise is one of the best ways we can maintain our self-sufficiency. Moderate amounts of strength training will keep our motor functions working properly. It will decrease our chance of falling and increase our ability and confidence to perform physical tasks. Pilates resistance classes also help increase the metabolism and help aid in controlling weight gains often experienced as we age.

When deciding on an exercise regime, consider the benefits of Pilates. Choose a studio that operates under the Pilates Method Alliance, the only international governing body for Pilates Certification, so you can be assured of Instructor training credentials.

Birth of a Vision

"I had an idea; it flowed from that and then took off by itself."... Inez Cole

Do you know how the Cordova Bay 55 Plus Association began?

Frustrated at the slow bus service between Cordova Bay and two senior centres where Inez was involved in programs, she placed an ad in *The Cordovan* in November 1999 to determine the level of community interest in having a seniors' centre in Cordova Bay.

Gwen MacPherson was first to respond and, a few months later, Daphne Chazottes answered a second ad. Wheels were set in motion but these three remarkable women realized helpful men were needed. While minding his own business at a Tai Chi class, Jack Willoughby was approached by Gwen to join their steering committee. At first he said no; "but she's persistent!" said Jack. Then Gwen persuaded her childhood friend, Rich McMorrان, to join. So, in November 2000, the "Fab Five" met as a seniors' committee for the first time.



The "Fab Five" from left to right

- Rich McMorrان
- Daphne Chazottes
- Inez Cole
- Gwen MacPherson
- Jack Willoughby

Receiving a Certificate of Recognition from the Beacon Community Services and Peninsula News at the *Hearts of the Community* ceremony and luncheon held February 15, 2011 at the Mary Winspear Centre in Sidney. Congratulations!

With their different skills, the idea grew. Many sites were looked at and turned down. Inez was a member of the Cordova Bay Association for Community Affairs (CBA), through which she spearheaded the drive to gather support for a seniors' facility. A public meeting in July 2001 drew 75 people with loads of support and ideas for programs. The steering committee began discussions with Saanich Recreation to look at sharing existing community facilities. Two years later, after many meetings, it was decided to use vacant classroom space at the Cordova Bay Elementary School.

On March 23, 2004 the committee officially settled on the name: "Cordova Bay 55 Plus Association" and became incorporated. As Rich McMorrان said, *"we've helped a lot of people in Cordova Bay meet their neighbours and make new friends. And we've given purpose and joy and added years on to the lives of our elder citizens."*

We have here in Cordova Bay a seniors' association that we can all be very proud of. A heartfelt thanks to the "Fab Five!" Information on the Cordova Bay 55+ Association is available at www.cordovabay55plus.org.

Safe boating tip...

By Patricia Sparks, Canadian Power & Sail Squadron



With all the low power heaters, lamps, etc., used to keep your boat nice and dry during winter, you'll definitely be using shore power.

Remember to disconnect the power cord from the dock first. If you disconnect from the boat first, you'll be carrying a live wire to the dock, which could be fatal if you slip!

Skin Care

By Dr. Lance Setterfield



Did you know our immune system attempts to destroy all foreign material in the body, causing inflammation and premature aging in the process? With all the chemicals we apply to our skin, it is little wonder that over 20 percent of the population has "sensitive" skin. Is your skin-care product part of the solution or part of the problem?

Health tips...

By Dr. Anahita Ariana

Disposing of old medications properly...



Do you have old or expired medicines in your home? Are you throwing them in the garbage or flushing them down the toilet? If so, you're not alone.

Thousands of pounds of medications are thrown out every year in B.C., often in the garbage or toilet. But we've now learned that disposing medicines this way creates an environmental hazard. Most water-treatment plants are unable to remove these drugs from the water, so they end up in our soil, water and may even be piped to our faucets. In fact, traces of certain medications have already been found in water supplies across North America.

According to an Associated Press investigation reported in early 2008, "a vast array of pharmaceuticals including antibiotics, anti-convulsants, mood stabilizers and sex hormones has been found in the drinking water supplies of at least 41 million Americans." While the potential harm to humans remains unclear, research has shown that animals living in water, such as fish and frogs, can be affected.

What's the solution?

So how can you be sure your old medicines are disposed of properly? The best option is to take them to your local pharmacy. They'll take your expired/unneeded medications and see to it that they're disposed of in the proper manner. The following can be returned to a pharmacy for disposal:

- All prescription drugs and non-prescription medicines
- Mineral and vitamin supplements
- Herbal products and throat lozenges

Did you know?

Cordova Bay has just over 3,300 residential housing units according to data provided by the Saanich Planning Department as taken from the 2006 BC Assessment and the 2009 Census.

Housing Type	2006	2009
Single Family Dwellings	2,690	2,854
Townhouses	140	194
Apartments units	} 165	82
Condos		173
Total	2,995	3,303

Those darn deer!

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



Depending on your perspective, we have a lovely and thriving deer population and they are hungry. So as gardeners, how do we cope?

Deer are browsing animals. They have regular paths they follow and eat as they go. If your garden is at the beginning of their excursion, you'll see more munching than if you're towards the end. They have preferences like roses, hydrangea and hostas. The baby deer will try anything once. Deer adapt if their path and food source are disrupted. Construction, fences and changes in the path will have them looking for new opportunities. They'll munch on plants they ignored previously. This means your experience may be different from your neighbours.

So what are the solutions?

Repellents work on the basis of bad taste or strong odor. This impairs their natural sense of taste and smell so they avoid the area. Blood meal, fragrant soap (Irish Spring), egg and oil mixture, and commercial products like "Bobbex" and "Plantskydd" are examples of repellents. Some are better than others. Fencing is the ultimate solution. However, if they can see food they'll try to jump or crawl under fencing. If you're considering fencing, it must be high and sturdy. Black net fencing held in place with garden stakes or rebar can provide a temporary solution. It protects items while they mature and it's not too visible.

The very best solution is to choose plants that are not favored by the deer. They avoid plants with strong odors, grey foliated items, fuzzy or prickly leaves and thorny stems.

A more extensive suggestion list can be provided by your local garden center. Here's a few of our suggestions:

- Shrubs: pieris, skimmia, heathers, senecio, lavender, rhodos (not azalea's), and berberis
- Perennials: erysimum "bowles mauve", hellebore, sword fern, herbs and dicentra
- Annuals: osteospermum, fiborous begonia, snapdragons, arctotis, and calendula

A reminder... these are deer "resistant" only...some deer have not read the lists!

Birding in the bay ... getting started

By Alastair Urquhart, Cordova Bay resident



Bird watching in Cordova Bay is a year around activity. If you haven't tried it...it's easy to begin. All you need are sharp eyes - or a good set of binoculars - good ears, patience and a love of being outdoors. A bird book (Field Guide) will definitely enhance

your enjoyment. You may know someone who is knowledgeable about birds, and birders are always interested in sharing their knowledge so join them when they go out.

Remember the snow we had on February 23? I snow shod on the Cordova Bay Golf Course in what might well be described as a blizzard. During my walk I saw two bald eagles, a snipe, a house finch, Anna's hummingbirds, common and hooded mergansers, ring-necked ducks, American wigeon, robins and wrens. Did you know that more than 70 species of land and seabirds are routinely seen at Cordova Bay Golf Course?



How to get started

Start in your own backyard and keep a note of the birds you see and hear. You'll already know the common birds but it's worth observing even the crows, robins and sparrows when you see them. And when you come across a new bird, check it against pictures in a bird book. Note as much as you can about a new one: its size, colour, shape etc. With binoculars you can see more detail such as the eye, wings and tail. Field Guides are useful because they point out key characteristics of birds.

A good book for beginners is *Birds of Victoria and Vicinity* by Bovey, Campbell and Gates. Field Guides are available from the Nature Sanctuary at Swan Lake and from the Victoria Natural History Society.

Birding at the golf course

The Cordova Bay Golf Course may be open to birders in late spring when the course is being aerated and there's a late shotgun start. Check the notice board inside the clubhouse for more information as a date has not yet been set.

*Eagle picture courtesy of Anthony de Goutière.

Moving on to kindergarten

By: Dianne Bentley and Gaie Judson Early Childhood Educators - Carrot Seed Preschool

Every year at our preschool we have a number of children who get quite anxious when everyone in their little world starts talking about moving on to kindergarten.

A typically confident and happy child, who is heading to kindergarten in September, suddenly becomes very anxious about being left anywhere, whether it's at preschool, swimming lessons, visiting a friend, etc.

Parents, family members and friends are all very excited about kindergarten. It's their child's next big developmental milestone. In their excitement, friends and family unwittingly neglect to realize that to a four 4 ½ - 5 year old, kindergarten is the unknown.

What is important to your preschooler is 'today'.

With a little planning and understanding the transition into kindergarten can go very smoothly.



Here are some suggestions:

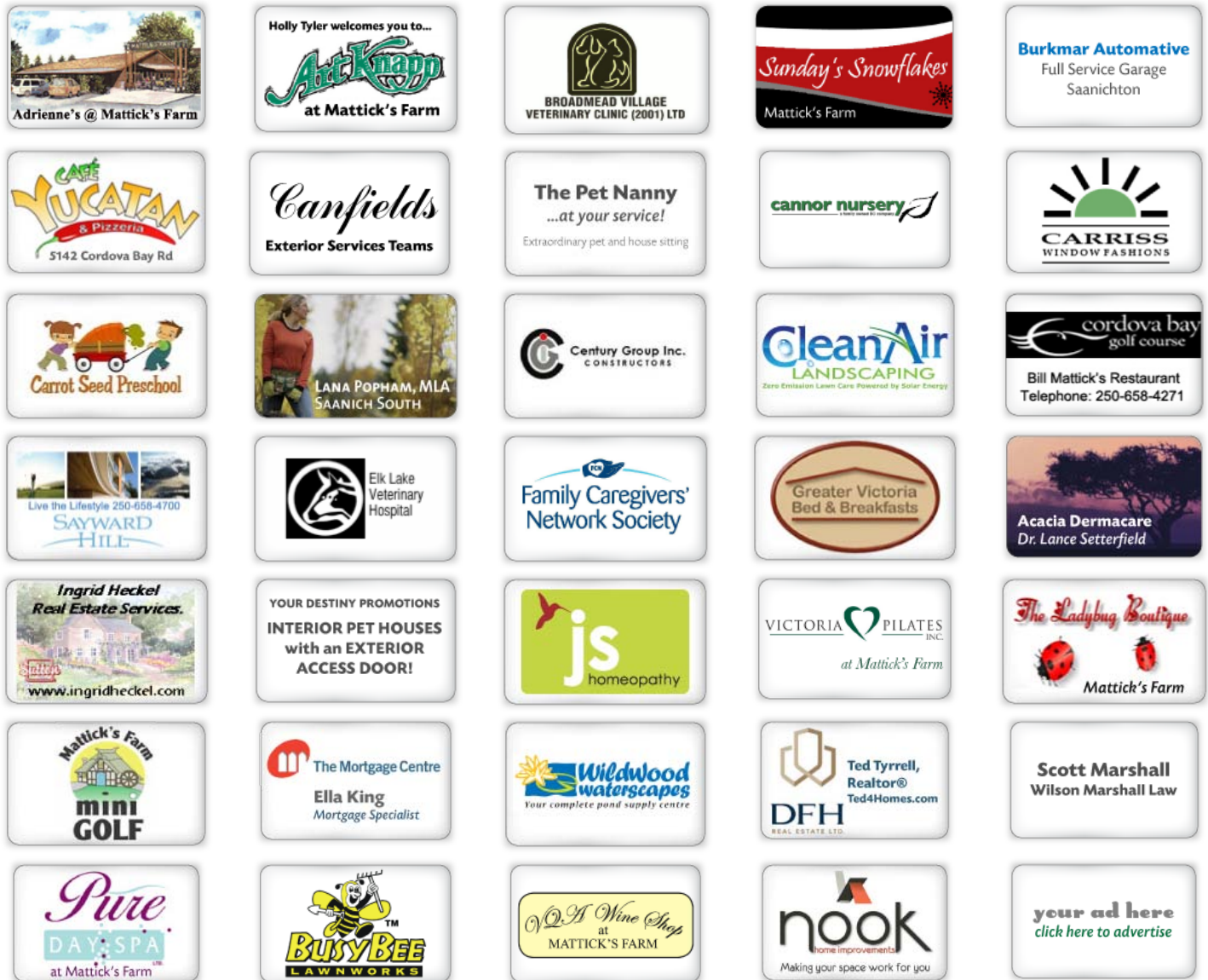
- Firstly... relax. September is almost six months away and there's lots of time to talk about kindergarten over the summer.
- Follow your child's lead - if they're showing signs of anxiety over kindergarten only talk about kindergarten if they bring it up.
- Keep the kindergarten-related dialogue casual and simple.
- Get to know families at preschool or your neighbourhood who'll be going to your child's new school and arrange to meet at the playground over the summer.
- Lastly, kindergarten is coming, but for now your child is still a preschooler.

Together, enjoy this special time in your child's life.

carrotseedpreschool@shawbiz.ca

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Your CBA Board of Directors

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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