

CURRENTLY CUMBERLAND

...IS ALIVE WITH THE COLOURS, SCENTS & SOUNDS OF AUTUMN
ON THE EDGE OF THE FOREST!

October 2009

Volume 1, Issue 8

ONGOING COMMUNITY EVENTS

SUNDAYS WEEKLY

SEEDS IS STILL OPEN Sundays 10AM-5PM..... we'll keep going as long as you keep shopping. Support local *AND* save yourself a trip into town on your day off. Thank you, Cumberland!

SUNDAY SERVICE for the Cumberland Community Church is at 10:30AM. The church is at 3rd & Penrith and starts the service with the ringing of the bell. For further information contact Pastor Ted Edelman 250-336-8801. Monday, Tuesday and Wednesday mornings the pastor is at the church to help you.

ULTIMATE SUNDAYS – 3PM at the Cumberland Elementary Playing Fields, \$5 suggested donation/session, 6 weeks Oct 4 - Nov 8. Bring cleats or runners. Cumberland Community Schools Society Adult Community Programming.

MONDAYS WEEKLY

ARGENTINE TANGO PRACTICA Mondays (Oct. 5, 19, 26) at The Zocalo Cafe, Courtenay 7:30 to 9:30PM A free community event! For more info: vancouverislandtango.com

TUESDAYS WEEKLY

LINE DANCING will commence Oct 6th and be held Tues. evenings 6:30PM at the Cumberland Community Church Hall at 3rd & Penrith. We encourage persons to come out and exercise, enjoy and invigorate themselves. Contact Charissa for more details 250-336-2275.

KIDSPIN experimental music for creative kids "You made it, now play it!" Rhythm games, invented instruments, singing, character development...Tuesdays 10 – 11AM, October 7-27 at the Abbey. Parents and kids, home-schoolers & afternoon kindergarten friendly! Ages 4-7 \$40/4 classes. To register call 336-2474 info@joannafinch.com, www.joannafinch.com

Printed on 100% RECYCLED Paper

CROW SHOW
ARTISTS GONE RAVEN MAD
Oct 22nd - Nov 6th
Opening Reception
Thurs Oct 22 7-9 pm
Artists in Attendance
Cash bar proceeds
to Cumberland
Community Forest
Society
250-336-2000
magnoliagallery.ca
MAGNOLIA ART GALLERY

I told my husband
I want
the best!
* * *
**Cumberland Veterinary
Clinic**
Everything at Gov't Liquor
store prices.....it's different here!
250-336-8449

TUESDAYS WEEKLY CONTINUED

Weekly BINGO for community charities at the Cumberland Legion. Tues 7pm, 24 games & everyone's welcome!

VOCALASE Improvisational voice music for every body! Fall classes at the Abbey with instructor Joanna Finch. FMI 250-336-2474, www.joannafinch.com. Six Sessions - Level One. Harmonize, create sound shapes, practice rhythm with mouth music, skat, rap, dance! Laugh and let go of inhibitions while learning the technique and magic of improvisational voice music with games by Joanna & Rhiannon. www.rhiannonmusic.com. All ages, youth up. Tuesdays 5 - 6:30PM \$60 for six weeks Oct 27 - Dec 1 *sign up now- classes fill up!*

WEDNESDAYS WEEKLY

ARGENTINE TANGO BEGINNER SERIES Wednesdays - October 7 to November 25 7:30PM to 8:30PM at The Abbey. FMI gkirra@gmail.com, vancouverislandtango.com

NO. 6 MINE PARK weekly work party, 10AM-12PM. Everyone's encouraged to help maintain this lovely park & playground.

VOCALASE Improvisational voice music for every body Six Sessions Advanced at the Abbey Wednesdays 4 - 5:30PM \$60 for six weeks. Coming in October! 336-2474 info@joannafinch.com, www.joannafinch.com

THURSDAYS WEEKLY

BOOT CAMP THURSDAYS – 6PM at the Cumberland Elementary. \$5 suggested donation/session, 8 weeks. Oct 1 - Nov 26. Bring water & good shoes. Trainer/Comedian Paul Purin leads adult community programming presented by Cumberland Community Schools Society.

KNITTING IN THE VILLAGE 1 - 3PM at the Village Yarn Shoppe. Open Monday to Saturday, 10:30AM - 5PM. 2719 Dunsmuir.

The CUMBERLAND UNITED CHURCH CHOIR began just before Christmas last year, and a friendly fun group it is! Meeting Thursdays at 7PM to sing an eclectic mix of sacred music; folk to gospel to classical. All newcomers are very welcome - no experience required! For further info call Eve at 250-338-4785, 250-218-8302.

COMMUNITY EVENTS

OCTOBER 1, 2, 3, 8, 9, & 10

Courtenay Little Theatre presents "BORDERTOWN CAFÉ", 7:30PM, at the Sid Williams Theatre in Courtenay. Humour, outspoken love and yearning in a family-run, prairie town, truck-stop café. Tickets: Adults \$16 St. \$14. 338-2430 or www.sidwilliamstheatre.com

FRIDAY, OCTOBER 2

Come to the Cumberland Legion and play DARTS with your friends at 7:30PM.

SATURDAY, OCTOBER 3

OOM PA PA HARVEST FEST presented by the Soroptomist International of Courtenay at the Courtenay Legion, 7PM. Beer, Bratwurst, Pretzels, Live Music by the Bill Cave Trio, Silent and Live Auction. Tix \$30 at Home & Garden Gate in Cumberland. FMI 250-897-6213

FRIDAY, OCTOBER 9

Community charity BINGO at the Cumberland Legion from 11AM – 1PM.

FRIDAY, OCTOBER 9

Cumberland OAP monthly meeting at 1:30PM at the Buchanan Hall, lower Cultural Centre, 2674 Dunsmuir Ave. If you are newly retired, new to our community, or just have some time to spend with others you are welcome to join this fun and worthwhile organization. Open to adults 19+, FMI 336-2239, 336-2128.

SATURDAY, OCTOBER 10

FREE Mile High Chair Lift Rides from 12-3PM at Mount Washington Alpine Resort. *Weather Permitting* – call 250-338-1386 first to confirm conditions up the hill.

TUESDAY, OCTOBER 13

Cumberland Community Schools Society ANNUAL GENERAL MEETING 6:30PM, Cumberland Elementary School, babysitting included. The Cumberland Community Schools Society (CCSS) is a not for profit Society who's mission it is "To Strengthen our Community through participation in knowledge sharing activities by facilitating educational, recreational, cultural programs and access to community support services for all members of the Village of Cumberland." Come and find out more about our community based organization!

TUESDAY, OCTOBER 13

NUTRITION FOR YOU - A Recipe for Healthy Eating will give you the energy to do the things you enjoy. Whether you have high blood pressure, high cholesterol, diabetes, or want to prevent these issues, this seminar will highlight which foods to choose. No charge for participants. Sponsored by Active Comox Valley, Cumberland Recreation & Thrifty Foods. 7:00-8:30PM Register at Cumberland Rec 336-2231.

Village Yarn Shoppe
Fine Yarns & Accesories
It's time to start knitting
gifts for the holidays!
We have projects for all abilities.
2719 Dunsmuir Ave 250 336 2484

 The Rotary Club of
Cumberland Centennial
5TH ANNUAL
EXTRAVAGANZA ITALIANA
CRI Hall, Saturday October 17
Family-style Italian Dinner & Auction
Tickets \$30/person
Contact John 339-4068, johnpegc@telus.net
Meet Tuesdays 7am at Carmie's Cafe, Visitors Welcome

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DODGE CITY VIDEO
presents Kathy & Jan's Top Picks
- Sin No Ambre, foreign - Wolverine
- State of Play, mystery - Canvas, inspired
- Camille, romantic comedy by a true story
- Earth, family documentary
250-336-8709 2718 Dunsmuir Ave

 **Blinds**
BILLIARDS & BAUBLES
250 338 7824
Free In-Home Consultations
Mention this Ad for Free Installation

THURSDAY OCTOBER, 15

Last chance to register for the CUMBERLAND PIE OF THE YEAR CONTEST. Register at 2680 Dunsmuir Ave in the Cumberland Museum. Registration required, \$5 entry fee, limited entries accepted. 1st Prize - \$250, 2nd Prize \$100, 3rd Prize \$75, 4th Prize \$50, 5th Prize \$25. For official rules and registration info contact 336-8313.

SATURDAY, OCTOBER 17

Cumberland Cultural Centre &
Cumberland Museum & Archives
Presents the 2009

CUMBERLAND HARVEST FAIR

Sponsored by the Cumberland Chamber of Commerce & Sitka Silviculture Ltd. Arts & Crafts, Pumpkin Sale, MiniFilm Fest, Pie Contest & Auction, Plant Sale, Book Sale, Concession from 10AM - 4PM. Visit www.cumberlandbc.org

SATURDAY, OCTOBER 17

Come enjoy local writing talents at the Open Mic Café. Listen and/or share in this friendly, encouraging atmosphere. Starts 7:30PM at Tarbell's. Contact Traci 336-8702 FMI. See you there!

SATURDAY, OCTOBER 17

5TH ANNUAL EXTRAVAGANZA ITALIANA, The Rotary Club of Cumberland's major fundraiser at the CRI Hall. Cocktails at 6PM, dinner 7PM. Silent & live auction featuring auctioneer Dave Stevens. Tickets \$30. Call or e-mail John Challender at: 250-339-4068 or johnpegc@telus.net.

SUNDAY, OCTOBER 18

Cumberland Legion has CRIB at 1:00PM

HOW TO ADVERTISE!

DROP OFF ADS, EVENT LISTINGS, & PAYMENT, cash or cheque, at Seeds Natural Food Market 7 days/week. Free Events & Free Store Ads are FREE! Classifieds and other events; \$5 for 40 words, \$15 for 41 - 80.

FOR DISPLAY ADS call Kathryn at 250-336-8996, or currentlycumberland@gmail.com

**NOVEMBER ISSUE DEADLINE IS...
FRIDAY, OCTOBER 23TH!**

Don't miss out on all the fun!
Check us out at

www.currentlycumberland.ca

Stay up to date on Cumberland's many
current events & opportunities!

FINE PRINT ALERT! While every care is taken in compiling the contents of each issue, the publisher of Currently Cumberland assumes no responsibility for any errors or damage, loss, or injury arising from participation in any offer, competition, or advertisement contained in Currently Cumberland. We also reserve the right to refuse offensive advertising.

COMMUNITY EVENTS

MONDAY, OCTOBER 19

Cumberland Masonic Hall Charity BINGO. Doors open 5:30PM, games at 7PM. Snacks & refreshments available. Play & support the Cancer Car Program.

THURSDAY, OCTOBER 22

CROW SHOW – Artists Gone “Raven Mad” opening reception at Magnolia Gallery & Garden from 7-9PM. Artists in attendance. Cash bar proceeds to Cumberland Community Forest Society. Corner of 3rd & Dunsmuir, Cumberland 250-336-2000, MagnoliaGallery.ca

Pumpkins * Pumpkins * Pumpkins

29 cents/lb. all month long

Plus - Enter to win a **FREE PUMPKIN** by answering this skill-testing question:

What is the pumpkin capital of the world?

(Drop answers in-store by October 21 to enter)



Cumberland's Grocer

Open 7 days a week — corner of 3rd & Dunsmuir

FRIDAY, OCTOBER 23

Community charity BINGO at the Cumberland Legion from 11AM – 1PM.

SUNDAY, OCTOBER 25

The PERSEVERANCE TRAIL RUN starts at 11AM, reg at 9AM. Family friendly 3km cross-country or 10km mountain run. Proceeds donated to the Cumberland Community Forest Society.

DAILY OCT 29, 30, 31 & NOV 1

Come in for a hot apple cider and a spoooooooky mooooovie line up from Oct.29th - Nov.1st at REEL FILMS. Free treats for those in their Halloween get-up and prizes for the best costume of the night! www.reelfilmsatfrelones.com

SATURDAY, OCTOBER 31

CUMBERLAND TRICK OR TREAT PARADE. Time 4PM. Meet at the CRI and parade down Dunsmuir Ave, collecting treats from Cumberland merchants, and then back to the CRI for free hot dogs and juice. Sponsored by the Cumberland Businesses and the CRI.

It's a 70's Halloween party featuring WUNDERBREAD at the Waverley. Tix \$20 in advance, \$25 at the door. Prizes for best real afro, tallest go-go-boots. Dancers in cages...Costumes a must. Brought to you by Cumberland Village Works, www.cumberlandvillageworks.com

Visit our 2nd location
at 221A Church St, Comox
"The Church Street Bakery"
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Village Bakery

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REEL FILMS
at Frelone's
Cumberland's Own Movie Theater!!
Playing thought provoking films Thursday thru Sunday
2781 Dunsmuir Ave.
250-336-0190
www.reelfilmsatfrelones.com
Also open for private party bookings!

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Caring Family Dentistry
Accepting New Clients
Great Children's Program
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250-336-2006
2763 Dunsmuir Ave
Dr. William K. Armstrong, DDS

It's Holiday Wine Time!
Choose a kit or bring in your harvested fruit now, for wines ready by Christmas!
2726 C Dunsmuir Ave
or please call 250.336.8411

CAUTION
Physiotherapy
Chiropractic
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Accidents Happen. We Can Help.
www.rehabinmotion.com
250-334-9670

VILLAGE FREE STORE

Area Rug, Neutral colours, in excellent shape, no smoking, no pets - just needs a clean. 5' x 8' call 250-400-2636.

Free Graco Playpen. Clean. 336-8996.

The Village Free Store is pretty lean this month. Let's clean out our garages and closets and see what goodies we can donate back into our community in November! Donate/Recycle locally! Village Free Store ads are free to post. Call 336-8996, or email currentlycumberland@gmail.com.

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BUY/SELL/BARTER

Cove Handjob Mt bike 17 inch frame, set up - Race Face Deus and XT, Bomber adjustable front fork, \$950.00 OBO, call 250-336-8504

Rossingno! Mega Bang Telemark skis, 178cm, mid fat, with Targa G3 bindings, \$370.00, call 250-336-8504

1967 Chevy Bel Air for sale. All original. Great shape. Sexy blue. \$3000 OBO Cumberland, 250-400-1865.

ANNOUNCEMENTS

Thank you for all your support and best wishes after my injury! I am so grateful to be surrounded by such a wonderful community of people! Sue

Thank you to Kathy at Dodge City Video from Reel Films for your help and kindness.

Cumberland Community School wishes to send a huge thank you to the Cumberland Legion for their very generous donation! These funds will be used for the lunch program, and afterschool, and community-based programming. We greatly appreciate the Legion's ongoing support. Many thanks.

DODGEPODGE

STRONGSTART is now offered at Cumberland Junior Secondary! StrongStart is a play based Early Years program for children (ages birth to 5 years) to attend with their adult. The program is on a drop in basis and is free. Registration is possible at the school office or upon first visit. Child's birth certificate or photocopy is necessary to complete registration. Hours: Tues, Wed, Thurs 8:30-11:30AM and Tues & Thurs 12-3PM. Call 250-336-8511 for info.

CUMBERLAND COMMUNITY PRESCHOOL has spaces available for children 3 - 5 years! A part of the Comox Valley Children's Day Care Society it is our philosophy to offer every child an environment of love and encouragement, which provides opportunities to grow socially, emotionally, intellectually and physically, and to provide an environment in which children feel good about themselves as individuals and in social situations. For more info & registration please call 250-339-3033.

KIDDIE CORNER CHILD CARE has space available. We are a fun, licensed, and family oriented environment that focuses on learning through play. For more info please call 250-336-0173.

ARE YOU LOOKING FOR A TUTOR? I'm a BC qualified teacher able to tutor K-12 in a variety of subject areas, including French. TESL Certified. Dedicated to providing a supportive learning environment for your child. Call BRIAR @ 250-400-1865.

We would like to see if persons in our Community are interested in starting a **COMMUNITY KITCHEN**. These are groups of 7-10 participants who meet regularly to cook meals to feed themselves and their families. Everyone shares in the recipe selection, shopping, cooking and clean-up. You pay for the portion of food you take home. It is an exchange of ideas, preparation of low cost nutritious meals and forms new relationships among neighbours. Contact Charissa at 250-336-2275 for more info.

REEL FILMS at Frelones is now open for private party bookings. Whether it's a kids birthday, an adults evening or a common-interest group, we can specialize and cater to your event with film, food and activities. Call 250-336-0190 for questions and bookings. More info also available at www.reelfilmsatfrelones.com

Cumberland Community School Society's GARDEN PROJECT looking for donations of gardening tools and canning supplies. Call Sue 336-8782.

Cumberland Elementary's **ENVIRONMENT CLUB** is looking for fruit trees that need to be picked. Call Sue 336-8782.

GET FIT AND ENERGIZED! Join some of our motivating classes. StrollerFit, Stroller Bootcamp, Prenatal Fitness, Yoga, and Fitcamp Classes, Personal Fitness Training (in your home or at a gym of your choice.) Check out our schedule online or call Rhonda Parker @ 250-338-1434 for more info and to register. "WELL-BALANCED FITNESS & BODYWORK" Specializing in Prenatal, Postnatal and Senior Fitness, www.wellbalancedbody.ca

NEW PILATES CLASSES & BODYTALK THERAPY IN CUMBERLAND! Fiona Black is an experienced pilates teacher & is offering matwork classes at The Abbey, Cumberland. Registration is NOW open. Classes run Oct 6th to Nov 10th. Fiona is also a certified BodyTalk practitioner. This natural form of therapy is gentle, non-invasive and facilitates balance and health within the body. For more information about pilates classes or BodyTalk please contact Fiona at 250-650-0501 or fiona.bodytalk@gmail.com.

The Village of Cumberland invites applications for the position of **PERSONAL STRENGTH TRAINING INSTRUCTOR** for our 50 Plus Weights Program. The job starts immediately and runs till the end of the year with the possibility of extending the program. Successful applicant must be a BCRPA Certified Strength Training Instructor. Hours of work are Tuesdays and Thursdays 8 - 10 AM. Wage: \$17/hr. Please submit a cover letter and resume outlining qualifications and experience by Friday, October 9, 2009 to Margaret Robertson, Village of Cumberland, Box 340, 2665 Dunsmuir Ave, Cumberland BC, V0R 1S0 or email to cri@cumberlandbc.net

SALON VIVRE...Come to Life! Aveda trained stylist offers an October special: \$10 off a colour... "Richen your colour for fall!" Located at 2872 Bruce St, Cumberland. Call Shannon at 250-400-2240, or visit salonvivre.com

CUMBERLAND RECREATION HALL HOURS, 250-336-2231
 Mon - Fri.....7:00AM - 9:00PM
 Sat.....9:00AM - 4:30PM
 Sun.....1:00PM - 8:30PM

Cumberland Recreation presents "RHYTHM AND MOVEMENT" for 3 - 5 year olds on Thursdays 1:30 - 2:15 pm \$40/10 classes. Please call 250-336-2231 to register in this fantastic program.

Are you new to the community? Call **WELCOME WAGON**. It is a free Community service that helps you in your new surroundings. Call Charissa 336-2275.

FAITHFUL FRIENDS. It's never too early or too late to train your dog! Surviving puppyhood, ongoing, Mondays 6 - 7PM. Family Dog Level 1, Wed Oct 6 - Nov 11, 6 - 7PM. Private training and day training also available. For more info, contact Julie@positivepets.ca or 250-336-0247.

ABODE COMPLETE CLEANING, 250-898-8151, www.abodecomplete.com Residential and Office Cleaning. Licensed, Bonded, Insured & Work Safe Covered. Friendly, reliable, customized green cleaning to suit *your needs and budget*.

The **EPICURE FALL & WINTER BROCHURE** is now here! Seasonal products available for Holiday meals, entertaining, & wonderful gift giving. Contact me for your free brochure. New and returning products available only until Dec.31st. Get yours now! Tammi Wilkie, Independent Consultant Epicure Selections 250-336-8421, stwilkie@shaw.ca

Free **SCRAP CAR REMOVAL**, call Warren at 336-8946.

"**SIMPLY SEWING**" Mending and alterations. Reasonable and prompt service. Satisfaction guaranteed. Call Margaret 250-336-2801, Cumberland.

DOBSON'S LAWNS AND GARDENS Lawns cut, hedge and shrub pruning, garden clean-up. Fifteen years experience, and insured. Call Rick or Marianna at 250-336-8944.

CALL TO ARTISTS & CRAFTERS! Cumberland Winter Fair returns! Sunday November 29, 2009 10am-6pm @ CRI Welcoming applications from vendors of handmade goods including food, art, music, crafts, clothing and more! Vending fees are only \$40. Pick up an application form at Cumberland Chamber office 2680 Dunsmuir in the Cumberland Museum, Mon-Sat 9am-5pm.

FOR RENT - Newly renovated 1 bdrm aboveground basement suite available Oct 15 or Nov 1. Hydro & Internet included. Sorry, no smoking or pets. Looking for someone to love it like their own. \$850/month, 336-0149.

**Spay & Neuter
 Socialize & Rehome
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Catch 'em, Fix 'em
 Feed 'em, Love 'em
 Keep 'em!



KITTY CAT P.A.L.S
 Prevent a Litter Society

kittycatpals@hotmail.com
 250-338-4622

www.wstudiomassagetherapy.com/pals

All funds raised go directly to spay/neuter abandoned or feral cats. P.A.L.S relies on food donations to feed feral colonies. Consider adopting a loving, socialized kitten rescued from a feral colony. Volunteers are needed to help on the frontlines, fundraise and provide foster homes and outdoor relocation homes.

Please volunteer or donate!

UPCOMING EVENTS

STORYTELLING WORKSHOP with Naomi Steinberg! November 12th - 15th at The Abbey, Cumberland B.C. Story is more than a stringing together of words...it is a rich and living experience that depends upon both teller and listener. Renowned Vancouver-based storyteller Naomi Eliana is coming to Cumberland to facilitate a workshop that helps hone the skill of an ancient oral tradition. You are invited to join us! No experience necessary. Workshop runs Thursday evening, all day Friday and Saturday morning. Cost is \$125, includes refreshments. Bring your own lunch Friday. Questions/Registration call Caroline at 250-336-2418, and check out www.naomi-eliana.ca

OCEAN RESORT WEEKEND RETREAT with VocalEase instructor Joanna Finch for women: mid January, Friday to Sunday. Kali Loves Aphrodite- Aphrodite Loves Kali: An exploration, through voice & movement, into women's relationship with fear and compassion. Dance your desires; release your joy and pain in improvised song while gathering insights into the mystery and magic of self-love. Sign up now if this interests you. www.oceanresort.ca, 250-336-2474 info@joannafinch.com, www.joannafinch.com

DODGE CITY VIDEO presents THE SPOOKY MOVIE TRIVIA CONTEST

Please *bring in* your answers to **Dodge City Video** in October and be entered in a draw for a Gift Basket!
Draw Takes Place November 1st

ADULT TRIVIA

- 1) In the Silence of the Lambs series, what is Hannibal Lector's obsession?
- 2) In the Halloween series, how old was Micheal Myers when he killed his first victim?
- 3) In the first Friday the 13th series, how did Jason Die?
- 4) In A Nightmare on Elm St, how did Freddy Krueger really die?
- 5) What is the name of the Hotel owner in Psycho?
- 6) In the Shining, what does Jack Torrance sell his soul for?

KIDS TRIVIA

- 1) In the Haunted Mansion, what are the kids names?
- 2) What does Nebbercracker drop when the paramedics take him away?
- 3) In Coraline, what does Coraline take back with her when she goes to look for her parents?
- 4) In The Corpse Bride, when Victor goes into the forest to practice his wedding vows, where does he place the wedding ring?
- 5) In Scooby-Doo and the Goblin King, what is the name of the Princess?
- 6) In the Goonies, what is the name of the deformed Fratelli brother that they keep hidden under the restaurant?



VILLAGE MEATS

(250) 336 8829

YOUR LOCAL BUTCHER SHOP

Fresh Vancouver Island Chicken
\$5.00 New York Striploin Steak

Tom Poley, CCSS Supporter

2779 Dunsmuir Ave

Cumberland BC



Cumberland Community Schools Society

Presents: Adult Community Programs

ULTIMATE SUNDAYS – 3PM at Cumberland Elementary Playing Fields. \$5 suggested donation, per session. Bring cleats or runners. 6 sessions from Oct 4 to Nov 8.

BOOT CAMP THURSDAYS – 6PM at Cumberland Elementary School. \$5 suggested donation, per session. Bring good shoes, and water. 8 sessions from Oct 1 to Nov 26.

"The Cumberland Community Schools Society (CCSS) is a not for profit Society who's mission it is "To Strengthen our Community through participation in knowledge sharing activities by facilitating educational, recreational, cultural programs and access to community support services for all members of the Village of Cumberland."

Did you know...? That CCSS is currently running free afterschool programs for Cumberland students including Primary Arts & Crafts, Environmental Club, Theatre Basics, Advanced Drama, Mountain Biking Beginner & Advanced, Keyboards, Youth Yoga, Floor Hockey and Afterschool Homework Club.

CCSS also offers a **Hot Lunch Program** that provides a healthy, balanced meal for only \$3/day. This service is also provided for free to children in need.

For more information on programming, volunteer opportunities, to register yourself or your child in an upcoming program, or to suggest a program please contact Jeremy at ccss.coordinator@gmail.com.

Proudly
Making
Cumberland
Kids Lunches

Carmie's Cafe & Catering

2699 Dunsmuir Ave

Check out Carmie's New Daily Specials!

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Really Good
Food!



We deliver fresh organic produce to your door!

We support
LOCAL farmers

We Donate Healthy,
Fresh Snacks for CCSS
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sunshineorganics.ca

We Support
the CCSS
Hungry Kids
Lunch Program!



Fresh Pizza
Healthy Breads
Wheat Free
Options

CUMBERLAND HARVEST FAIR

SATURDAY, OCTOBER 17

Sponsored by the Cumberland Chamber of Commerce & Sitka Silviculture Ltd.
For complete details check out www.cumberlandbc.org

10AM - 4PM - KIDS CRAFT & ACTIVITY ZONE sponsored by Cumberland Community Schools Society and Our Big Earth

- **PUMPKIN SALE** sponsored by Seeds Natural Food Market, and hosted by the Cumberland Pathfinders & Rangers. Proceeds to Cumberland Community Schools Society

- **PLANT SALE** benefitting the Cumberland Community Forest Society

- **BOOK SALE** benefitting the Cumberland Museum & Archives

- **MINI FILM FEST** sponsored by World Community (Museum viewing room)

11AM FALL FOODS CONCESSION hosted by the Cumberland Chamber, open till 4PM

WALKING TOURS - Meet in front of the Museum

10AM Heritage Buildings Tour with Donna Lemay

12PM Useful/Edible Plants with Gwyn Sproule

1:15PM Cumberland Community Forest with Andrew Nicol

2PM Guided Mountain Bike Trail Ride with Island Mountain Rides (all ages & abilities welcome!)

CUMBERLAND PIE OF THE YEAR 2009

12 - 2PM PEOPLE'S CHOICE VOTING

2:30PM FINAL JUDGING with lively auction of uncut winning pies with auctioneer Dave Stevens. All funds raised benefit the Cumberland Community Schools Society.



Cumberland Pie of the Year Contest

Register by Oct 15 at the Cumberland Museum, 2680 Dunsmuir Ave.
Registration Required
\$5 fee, limited entries accepted.

1st Prize - \$250
2nd Prize - \$100 3rd Prize - \$75
4th Prize - \$50 5th Prize \$25

For Official Rules & Regulations Call 250-336-8313

INFORMATIVE DISPLAYS BY:

Cumberland Community Forest Society, Cumberland Wetland Action Committee, Coal Creek Historic Park Advisory Committee, Perseverance Creek Streamkeepers Society, ELM/Extreme Runners Perseverance Trail Run – and more!

Cumberland Pie of the Year Contest 2008 - Winning Recipe!

Ann Marie Kraft's Apple Pie

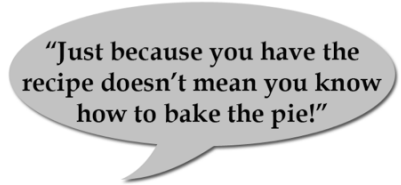
Filling

6+ cups Cut-up Apple
1/2 cup Brown Sugar
1/2 cup White Sugar
1/4 cup Flour
1tsp Cinnamon
1tbsp Lemon Juice
2tbsp Butter

Pastry

1lb Crisco
4 cups Flour
2 tsp Salt
2/3 cup Orange Juice
Add salt to flour, cut in Crisco and add orange juice.
At any stage do not overmix!

Mix first 5 ingredients & let sit while you make the pastry. Then fill the pie, add lemon juice and butter, and add the pie top. Place pie on a cookie sheet to catch drippings. Pie is done when golden brown and oozing the filling. Bake at 350° for 45 - 50 minutes. Good Luck!



- Ann Marie's Unofficial Disclaimer

