

# CURRENTLY CUMBERLAND

JULY 2011

SWIM, HIKE, BIKE, WALK, PADDLE, BBQ, WASHOE!

## WEEKLY EVENTS

### SUNDAYS WEEKLY

CUMBERLAND COMMUNITY CHURCH  
Sunday service is at 10:30AM. Located at 3rd and Penrith. Everyone is welcome.

CUMBERLAND UNITED CHURCH, 1st and Penrith. Sunday School and Service at 10AM begins July 3rd, ends September 4<sup>th</sup>. No luncheon during summer. Children's program continues. Minister: Julianne Kasmer, cell phone 250-650-4151 Church phone 250-400-7800 Choir: Eve Mark, phone 250-338-4785

### MONDAYS WEEKLY

COAL HILLS BMX Monday night gate practice continues with Half Track practice starting at 5:30PM, Regular gates from 6 - 7:30PM and new rider clinic from 6:30 - 7PM. For more info visit [www.coalhillsbmx.com](http://www.coalhillsbmx.com)

### TUESDAYS WEEKLY

CUMBERLAND CENTENNIAL ROTARY meets 7AM at Carmie's Café. Interested in knowing more about Rotary? Please attend a meeting as our guest. Call local Cumberland Rotarian Linda Oprica at 250-336-2636.

NO. 6 MINE PARK WEEKLY WORK PARTY from 10AM-12PM. Nature lovers, gardeners, and families are encouraged to come lend a hand. The tool shed will be open. Volunteers lovingly maintain this park. If you've played with your kids, raced in a mountain bike race, attended an Easter Egg Hunt or enjoyed any other community events hosted from this historic site consider coming and helping out.

Tuesdays right through to Saturdays Polka Dot Pants! Consignment & New Clothing Boutique accepts Canadian Tire \$\$\$'s at par.

### WEDNESDAYS WEEKLY

COMOX VALLEY FARMERS MARKET  
Wednesday Market!

Comox Bay Farm 9:00AM -12:00PM

Schedule of Performers for July

July 6 Charity Munro

July 13 Amy Cunningham

July 20 Rodney MacMillan

July 27 Jack Sigurdson

*Come for the Freshness, Stay for the Fun!*

FMI: 250-218-0321

[marketmanager@comoxvalleyfarmersmarket.com](mailto:marketmanager@comoxvalleyfarmersmarket.com)

[www.comoxvalleyfarmersmarket.com](http://www.comoxvalleyfarmersmarket.com)

UROC LADIES MOUNTAIN BIKE RIDES leave from DCC at 6PM. You must be a UROC member to ride with this fun and supportive group. After each ride we gather for a meal & bevy at a local pub/restaurant. For more info all 336-2200, or visit [www.unitedridersofcumberland.com](http://www.unitedridersofcumberland.com)

### THURSDAYS WEEKLY

July 7<sup>th</sup> through August 25<sup>th</sup> SUMMER PROGRAMS AT THE CUMBERLAND MUSEUM Thursdays 9AM to 1PM (4 hour class) for ages 7-11. Classes are free pending full registration but all are encouraged to donate. Bring a Healthy Snack to Share *Explore the Historic and Contemporary aspects of weekly themes:* Laundry Practices, Sewing and Textiles Multi Ethnic Food Preservation and Wild Edibles, Woodcraft and Earthwork Installations, Community Interviews and Presentations. Call or visit the museum at 2680 Dunsmuir Ave. or online at [www.cumberlandmuseum.ca](http://www.cumberlandmuseum.ca).

Coal Hills BMX – Racing is moving to Thursdays now that the kids are out of school! Thursdays Racing registration from 6:00-6:30PM. It's not too late to give it a try! FMI visit [www.coalhillsbmx.com](http://www.coalhillsbmx.com) and follow us on Facebook!

Vancouver Island MusicFest  
PRESENTS



ALISON KRAUSS &  
UNION STATION  
FEATURING JERRY DOUGLAS

THURSDAY  
JULY 7, 2011

Comox Valley  
Exhibition Grounds

Tix: \$50  
with a Weekend Pass to  
Vancouver Island MusicFest

\$65 for non-MusicFest  
Weekend Pass Holders

VANCOUVER ISLAND  
MUSICFEST  
July 8-10, 2011

CAMPING, SCHEDULES, SHUTTLES,  
OUTLETS & MORE AT  
[islandmusicfest.com](http://islandmusicfest.com)

ALL DAY BREAKFAST!  
Mon, Wed, Thurs, Fri, Sat, Sun  
8:30 to 4  
Closed Tuesday



carmie's café  
Serving Breakfast & Lunch



Tara Miller  
REGISTERED MASSAGE THERAPIST

UNITED RIDERS OF CUMBERLAND

\$10 off 1 hour treatments for UROC members  
\$5 back to you, and \$5 to the  
Cumberland Community Forest Society



250-650-8272 or 250-336-2257  
2765 DUNSMUIR AVE

## WEEKLY EVENTS

### SATURDAYS WEEKLY

Comox Valley Farmers Market  
Saturday Market

Headquarters Road 9:00AM - 12:00PM

Schedule of performers:

July 2 Ashlea Jones Smith

**July 9 In celebration of and collaboration with Music Fest**

**Special guest Nathan Rogers**

July 16 Alan Jossul

July 23 RNR

July 30 Luke Blu Guthrie

*Come for the freshness, stay for the fun!*

FMI: 250-218-0321

marketmanager@comoxvalleyfarmersmarket.com

www.comoxvalleyfarmersmarket.com

**MEDITATION GROUP SESSIONS**  
mornings 9 - 9:45AM at the Cumberland United Church. Non-denominational. All are welcome. No fee.

**COAL HILLS BMX Saturday racing** continues this month with signup from 10 - 10:45AM. www.coalhillsbmx.com for info.

**GROOVE YOGA** is back for July! Every Saturday 10:30am-12noon at The Abbey, Cumberland (corner of Penrith and 1st) Come and enjoy Flow Yoga to an eclectic musical soundtrack. All Levels Welcome! Contact: helen@wonkystuff.com or 250-650-0126.

## JULY EVENTS

### FRIDAY, JULY 1

**HAPPY CANADA DAY!**

The "Dukes of Dodge" play the Cumberland Hotel at 9PM. No cover, and new polkas for your listening and dancing pleasure!

### SATURDAY & SUNDAY JULY 2 & 3

BC BIKE RACE is in Cumberland again this year so get down to the start line (it's pretty cool!) at 2<sup>nd</sup> and Dunsmuir on July 3<sup>rd</sup> at 9:30AM and cheer these amazing athletes at the start line of this epic mountain bike race.

### TUESDAY, JULY 5

The SUMMER READING CLUB runs for 7 weeks starting July 5, 2011. Get your kids celebrating the fun of reading by participating in the Vancouver Island Regional Library's Summer Reading Club 2011! This year's Summer Reading Club is called "Savour Each Word". There are some great events planned for Cumberland. Don't forget the Wind Up Party and Medal Ceremonies in August! For more information, please visit "Summer Reading Club 2011" at www.virl.bc.ca.

### THURSDAY, JULY 7

ALISON KRAUSS AND UNION STATION plays Comox Valley Exhibition Grounds - Gates at 6PM. For full schedule & festival info visit [www.islandmusicfest.com](http://www.islandmusicfest.com)

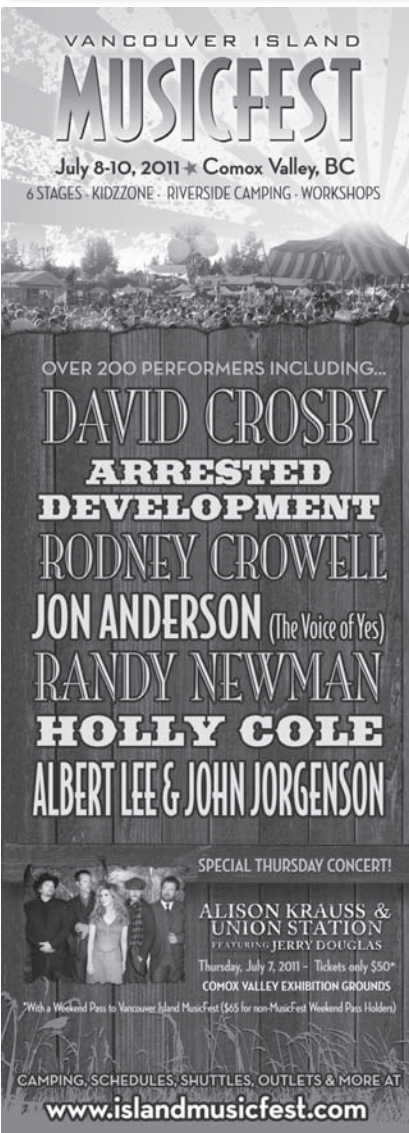


**Cumberland, BC**  
**July 2 to 3, 2011**

BC Bike Race will be returning to Cumberland this year, with racers camping at Village Park.

Note that there will be **minor traffic delays** on July 3 on Dunsmuir, 3rd St, and Bevan Rd.

To volunteer, please email [jeremy@bcbikerace.com](mailto:jeremy@bcbikerace.com)



VANCOUVER ISLAND  
**MUSICFEST**  
July 8-10, 2011 \* Comox Valley, BC  
6 STAGES - KIDZZONE - RIVERSIDE CAMPING - WORKSHOPS

OVER 200 PERFORMERS INCLUDING...

**DAVID CROSBY**  
**ARRESTED DEVELOPMENT**  
**RODNEY CROWELL**  
**JON ANDERSON** (The Voice of Yes)  
**RANDY NEWMAN**  
**HOLLY COLE**  
**ALBERT LEE & JOHN JORGENSEN**

SPECIAL THURSDAY CONCERT!  
ALISON KRAUSS & UNION STATION  
FEATURING JERRY DOUGLAS  
Thursday, July 7, 2011 - Tickets only \$50\*  
COMOX VALLEY EXHIBITION GROUNDS  
\*With a Weekend Pass to Vancouver Island MusicFest (\$65 for non-MusicFest Weekend Pass Holders)

CAMPING, SCHEDULES, SHUTTLES, OUTLETS & MORE AT  
[www.islandmusicfest.com](http://www.islandmusicfest.com)



JOIN US ON  
**facebook**  
[www.facebook.com/currentlycumberland](http://www.facebook.com/currentlycumberland)

### FRIDAY, JULY 8

Villagers head to MUSICFEST Gates open at 4PM - Arrested Development and more!

### SATURDAY, JULY 9

Villagers head to MUSICFEST - Gates open at 9AM - Randy Newman and more!

### SUNDAY, JULY 10

Villagers head to MUSICFEST - Gates open at 9AM - David Crosby and more!

### MONDAY, JULY 11

**COMOX VALLEY GIRLS GROUP** - Exploring the Female Experience, Summer 2011 Group - for 13 to 16 year olds. Since 1999, Girls Group has been a supportive arena for girls to explore their thoughts, feelings, and challenges. Our primary goal is for girls to develop increased competence in building safe and healthy relationships. Mondays starting July 11 and running for 5 weeks - from 11:30am to 2:30pm. Meetings to start at the CRI downstairs in the meeting room. To register call 250-897-5568 or email [wendy@comoxvalleygirlsgroup.com](mailto:wendy@comoxvalleygirlsgroup.com)  
**NO GROUP August 1 (BC Day)** Sponsored by Comox Valley Transition Society

### WEDNESDAY, JULY 13

**30 DAY LOCAL FOOD CHALLENGE CUMBERLAND DAY!**

Visit THE WANDERING MOOSE CAFE from 9AM - 1PM and watch the Comox Valley's 1ST ANNUAL BARISTA CHAMPIONSHIP & LATTE ART COMPETITION. Cheer on your favorite valley coffee shop barista or friend taking up the challenge. The event will be MC'd by Dyan Spinks of Royston Roasting Coffee Company!

Visit SEEDS MARKET from 2 - 5PM today and experience the culinary magic of the 'Gourmet' Girls' preparing food on-site with the fresh, fantastic ingredients available at YOUR local food market. Kids come by and make your own terrarium with the CCSS Environment Club to take home and grow some of your own food. Come and eat and play!

### THURSDAY, JULY 14

CUMBERLAND: PAINT LIKE EMILY CARR. Come and learn about the life of Emily Carr and her painting style. We will paint a picture of the forest just like Emily Carr did. Paints and paper will be supplied. Please wear old clothes! 10:30AM - 11:30 AM. En plein air, Village Square Park, Ages 4-7 Registration Required. Call 336-8121.

### FRIDAY, JULY 15

USBORNE BOOKS OPEN HOUSE: Come and see a wide range of high quality children's books that both you and your children will love! A portion of the proceeds will buy books to help stock the Lilli House. There will be a draw for 25 dollars in FREE books. 2676 Grizedale Ave. July 15 from 11:30AM -7PM. Phone 250-400-0114 or email [smather2011@gmail.com](mailto:smather2011@gmail.com) with any questions.

**SATURDAY & SUNDAY, JULY 16 & 17**  
**SHOWDOWN IN THE VALLEY**, 3780 Colake Rd. 9AM - 2PM. Contact 250-334-3479 for info. Hosted by Courtenay Fish & Game Protective Association. Watch exciting cowboy action shooting, free admission. Walk through the little western town, Boomtown!

**AUGUST 11<sup>TH</sup> - AUGUST 19<sup>TH</sup>**  
**CUMBERLAND SCAVENGER HUNT**  
 Fun for the whole family! Drop by the Cumberland Library and take part in our scavenger hunt. Submit your completed form for the change to win a prize!

**THURSDAY, AUGUST 25**  
**CUMBERLAND: WIND -UP PARTY & MEDAL CEREMONY** Celebrate your summer reading success. Complete your Reading Record and earn your SRC medal. 10:30 am - 11:30 am, Village Square Park, All Ages, Drop in. Check out [www.virl.bc.ca](http://www.virl.bc.ca) for Summer Reading Club events at the Courtenay and Comox library branches too!

**SEEKING ACCOMMODATION**

**HIGHLY SKILLED TRADESMAN LOOKING FOR LONG-TERM ACCOMMODATION** in exchange (or partially) for renovating, creating or renewing living spaces. Have vehicle, tools and skills. Require a garage or large storage space along with quiet accommodation in the Comox Valley. victor 250. 703. 1218. Please leave a message.

**WANTED RENTAL ACCOMMODATION FOR AUGUST 1<sup>ST</sup>**, Comox Valley Area (Courtenay, Cumberland, Royston) Creative Mature Male, NS ND NPets, Workshop area would be nice And closer to forest and/or ocean. Not on busy street please. Require close parking. Have refs 604-202-5461, [bodietoo@gmail.com](mailto:bodietoo@gmail.com)

**ANNOUNCEMENTS**

The Cumberland Community Forest Society is **LOOKING FOR VOLUNTEERS** to help serve the meals to participants in the BC Bike Race on July 2nd between 5:30 pm and 7:30 pm at the CRI hall on Dunsmuir. To volunteer please email [info@cumberlandforest.com](mailto:info@cumberlandforest.com) or call 336-8628.

**DO YOU LOVE STERLING SILVER JEWELLERY?** Earn on average \$375 in free jewellery hosting a Silipada Jewellery party. No presentations involved. For more info please call Melanie at 336-8027 or visit my website [www.mysilipada.com/melanie.devine](http://www.mysilipada.com/melanie.devine)

Many local kids appeared in the **CPTN THNDRPNTZ! PILOT** premiere recently filmed here in Cumberland. It is available for you to watch at [www.captainthunderpants.com](http://www.captainthunderpants.com).

Definition of extinguish is to put out or to bring to an end. **VOTE YES TO BRING THE HST TO AN END.** Information at [www.bchstanswers.com](http://www.bchstanswers.com)



**Registered Massage Therapy**  
 SERVICES IN YOUR HOME OR WORKPLACE  
**JEFF COLLEY, RMT 250.465.9453**  
[WWW.JEFFCOLLEYRMT.COM](http://WWW.JEFFCOLLEYRMT.COM)

**NOTICE TO CUSTOMERS!**  
**TARBELL'S**  
**WILL BE CLOSED JULY 5<sup>TH</sup>**  
**AND**  
**RE-OPENING JULY 11<sup>TH</sup>**



**TARBELL'S DELI**  
**NEW HOURS: DAILY**  
**10AM-5PM**  
**VISIT**  
**TARBELLSDELI.CA**  
**FOR INFO & NEW MENU**



**Make That Dream Come True**

1 Year Closed:	3.50%
1 Year Open:	5.00%
3 Year Closed:	4.25%
5 Year Closed:	5.75%
5 Year Fixed Variable:	3.00%
	Prime: 3.00%

Reduce that mortgage even faster with daily mortgage payments.



Call Aundrea (Loans Manager) 250-336-2272

**CUMBERLAND & DISTRICT CREDIT UNION**  
[www.CumberlandCreditUnion.com](http://www.CumberlandCreditUnion.com)

Dear Currently Cumberland,  
 We wish to send a belated thank you for being such a great community networking resource! We just had to mention the word that we needed some temporary baby gear, it was out on Currently Cumberland's Facebook, and we had a response within an hour with what we needed and more! Thanks also to Melissa who so quickly responded with a great smile and welcomed us to borrow what we needed. This is what community is all about! Keep up the great work!

Scott & Gwen Stansbury  
 (STANSBURY'S GUEST HOUSE)

**COAL HILLS BMX** would like to send a huge shout out to the village residents for the outstanding support given to our bottle drive. It is a very good feeling to be received with such positivity by the community. Many, many thanks.



**UNIQUE BUSINESS OPPORTUNITY**  
 How would you like to be part of a unique outdoor, educational business? Goatpacking is an exciting and ever-growing specialty field, well established in the U.S. awaiting its Canadian premiere. As a previous owner/operator of such a business, I am looking to team up with anyone in the Comox Valley, to share the combination of my knowledge and equipment with your farm. If you have a genuine/serious interest, are energetic and looking to invest in or sponsor a unique business, let's combine resources. Call 250-218-2258 or email [musicalmusings@yahoo.com](mailto:musicalmusings@yahoo.com)

**FOR SALE**

**HOUSE FOR SALE.** 2751 Windermere Avenue, Cumberland. Cute little 2 bedroom, 1 bathroom Home with a great yard. \$229 000.00

**FOR RENT**

**ROOM FOR RENT** in Cumberland Heritage Home. Large, bright room available immediately. \$475 per month includes all utilities, Hydro, hd cable and internet. Lots of available parking and storage. Call Tyson at 250-702-2143.

**NOW HIRING**

Organic Family is hiring! Looking for someone to work Saturdays and the occasional Sunday for July & August. Must be friendly and reliable, sales experience preferred. Drop off resumes to 2719 Dunsmuir Ave Cumberland.

# Seeds Food Market

July - Weekly Specials

Join the 30 Day  
Local Food Challenge  
this month!  
Cumberland Day  
July 13



July 1 - 10	July 11 - 17	July 18 - 24	July 25 - 31
<p>Heinz Baked Beans 99 cents each</p> 	<p>Simply Natural Organic Ketchup \$2.99 each</p> 	<p>Camp Pure Maple Syrup only \$9.99</p> 	<p>Full Circle Compost-a-Bag for Kitchen Organics \$4.99</p> 

Cumberland's Grocer located at 3rd & Dunsmuir Open 9:30 - 6:30 Everyday 250-336-0129

Good Wholesome Food at Affordable Prices

THE 3RD ANNUAL COMOX VALLEY **30** DAY LOCAL FOOD CHALLENGE  
JULY 2 - AUGUST 2

**THE FIRST COMOX VALLEY BARISTA CHAMPIONSHIP AND LATTE ART COMPETITION**

When: WEDNESDAY, JULY 13  
Time: 9 A.M. TO NOON  
Where: Wandering Moose Café

Come on by and see the region's hottest baristas face off with Royston Roasting coffee in hand to take home top honors. Then, head on over to Seeds Natural Food Market for demos with Gourmet Girls Catering, kid fun with the Cumberland Community School Society and more all day.

Brought to you by the Comox Valley 30-Day Local Food Challenge and Our Big Earth Media Co.

[www.eatlocalcomoxvalley.com](http://www.eatlocalcomoxvalley.com)

## Watermelon Martinis

~ Courtesy of Seeds Market  
Makes 6 large martinis!

### Ingredients:

- 4 cups watermelon (with the rinds, and seeds removed)
- 1 cup lemon vodka
- 1/2 cup triple sec
- 2 limes, squeezed
- 1 cup ice cubes
- 1 tablespoon sugar (or sugar substitute)

### Directions:

In a blender, combine the watermelon chunks and puree. Remove pureed fruit and pour into a pitcher and keep very cold, even a little frozen to make it icy. For two generous martinis, add one cup of the watermelon puree, 1/4 cup of lemon vodka, and one tablespoon of triple sec to the blender with three ice cubes and blend. Pour into a nice festive glass, garnish with watermelon chunks and lime wedges.



RBC  
Royal Bank

There is an innovative collaboration happening between a small town cafe and a global banking giant this July and it is happening here in Cumberland. Tracy Bono, Senior Account Manager for RBC and Cumberland local, is bringing **Mobile Banking Services** to downtown Cumberland. For the month of July, Tracy will be available to meet clients and prospective clients on Wednesdays from 9:00am to 11:30 am at Carmie's Cafe.

This is a very new and exciting endeavour for the Banking community. RBC is a leader in making banking "Simpler, Faster, Better" with their current Mobile Banking strategy. They have user friendly online banking options on their website [www.rbc.com](http://www.rbc.com) as well as telephone banking. With safe, secure access to your accounts from just about anywhere, RBC Mobile Banking makes it easy to simplify your life and bank on your terms with apps for BlackBerry, iPhone, iPod and iPad users. RBC Mobile Web Banking even allows you to manage your money using the Internet browser on your mobile phone, giving you the flexibility and convenience of banking anywhere, anytime.

RBC also has a strong physical presence in the Comox Valley with a Main Branch on Ryan Road, a full-service South Courtenay branch in the Wal-Mart plaza, a full service machine at London Drugs in the Driftwood Mall and also an ATM located here in Cumberland at the Esso Supreme Convenience.

Tracy is pleased to be taking Mobile Banking a step further and offering mobile financial services in person. Offering information on Mortgages, Loans, Credit Lines, Investments, Visa cards, Chequing and Savings Accounts, and Small Business Banking. She will be available to consult with you to answer any questions, and to compare RBC services and rates with your current provider's. She will be able to help you with all of your banking needs with the exception of withdrawals and deposits. If your needs go beyond the services she can provide, she will introduce you to other professionals within RBC such as Mobile Mortgage Specialists, Mobile Investment Planners and Small Business Bankers.

Tracy grew up in Cumberland and has strong family ties to the community. She chose to return to raise her family in the Village she knows and loves. Tracy fondly remembers "playing banker" as a young girl scribbling on deposit slips at the original Royal Bank location in Cumberland while waiting for her Mother in line. A career of 18 years in the financial services industry has prepared her for this new role as Community Liason/Mobile Banker. She specializes in providing financial solutions that are designed specifically for you. Whether you want help with all your financial needs or specialized services in partnership with other professional advisors, your best interests will always come first.

Call Tracy Bono at 250-897-7222 or email [tracy.bono@rbc.com](mailto:tracy.bono@rbc.com) or visit her on Wednesdays in July between 9:00 am and 11:30 am at Carmie's Cafe & Catering, located at 2699 Dunsmuir Ave, Cumberland.

# Woodtree Construction

*"Don't worry, we'll build it"*

general construction, renovations, landscaping,  
design and project supervision, residential, commercial,  
specialty building, remote recreational, agricultural, custom work  
we do major and minor renovations  
and restoration of historic buildings of all types.

30 years of experience, local references available... let us do a quote on your project.  
We have trade rates, and we salvage and recycle where possible...

250-871-7776 24 hour message service

## FOR KIDS

### USBORNE BOOKS OPEN HOUSE:

Come and see a wide range of high quality children's books that both you and your children will love! A portion of the proceeds will buy books to help stock the Lilli House. There will be a draw for 25 dollars in FREE books. 2676 Grizedale Ave. July 15 from 11:30am-7pm. Phone 250-400-0114 or email smather2011@gmail.com with any questions.

### Euphoria Summer Day Camp

Swimming, hiking, biking, fossil hunting, crafts, and more. Educational and fun:0) June 30 - Aug 19 Mon-Fri. 8-5:30. Subsidy Available. 250-336-0149.

### KIDDIE CORNER CHILDCARE

has space in September for before school care including morning school drop off and then afterschool pick up at Cumberland Elementary. Drop off at my house 7:30am, pick up by 5:15pm. All day care is also available. We are a fun, licensed, family oriented environment that focuses on learning through play. Please call Dana to register. 250-336-0173.

### LITTLE SQUIRREL'S BURROW

is offering an **EARLY LEARNING PROGRAM** for 3-5 year olds. Qualified teacher with Montessori training; 3 (T/W/Th) mornings a week. Program includes early literacy and numeracy skills, music, art, science, nature exploration, and lots of fun! Call Erin at 250-465-0675 to reserve a spot for September.

July 7<sup>th</sup> through August 25<sup>th</sup>, 2011

### SUMMER PROGRAMS AT THE CUMBERLAND MUSEUM

Thursdays 9AM to 1PM (4 hour class) for ages 7-11. Classes are free pending full registration but all are encouraged to donate. Bring a Healthy Snack to Share *Explore the Historic and Contemporary aspects of weekly themes: Laundry Practices, Sewing and Textiles Multi Ethnic Food Preservation and Wild Edibles, Woodcraft and Earthwork Installations, Community Interviews and Presentations.* Call or visit the museum at 2680 Dunsmuir Ave. or online at [www.cumberlandmuseum.ca](http://www.cumberlandmuseum.ca).

### POLKA DOT PANTS!

Consignment & New Clothing Boutique on Dunsmuir sells affordable kids clothing newborn to age 7. We're always looking for boys jeans, size 3 and up. [www.facebook.com/polkadotpants](http://www.facebook.com/polkadotpants), 250-336-0303, 2720 Dunsmuir Ave.



**SUSHI MON**  
mt washington • cumberland

Join Sushi-Mon  
at the Cumberland Hotel for

## Teriyaki Wednesdays

Come in for our  
Special Teriyaki Dinner,  
just \$12.95  
from 4pm - 8pm

Wednesday is also Jam Night  
at the Hotel and Beers are only  
\$3.95

2714 Dunsmuir Ave. 250-336-8844

This sheet of paper is green...  
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Riding a bicycle is fun. Simple.



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OPEN 7 DAYS/WEEK

We're local. You're local. Let's ride.



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CUMBERLAND OWNED SINCE 2003

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your vehicle so  
you don't have to!

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[seecoautomotive@shaw.ca](mailto:seecoautomotive@shaw.ca)



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## HOW TO ADVERTISE HERE

Drop off classified ads, event listings, & Display Ads at *Seeds Food Market* 7 days/week, or call 336-8996, or email [currentlycumberland@gmail.com](mailto:currentlycumberland@gmail.com).

## SUMMER PLANS?

This summer's edition of **The Big Time Out** is in the works and will take place on **August 12th & 13th** in our little village of Cumberland showcasing great music, creative collaborations and the unique surprises that have been the signature of Cumberland Village Works shows since 2005.

Featuring: Beats Antique (featuring Sidecar Tommy & David Satori), Bedouin Soundclash, Dub FX, OKA, Kim Churchill, Brasstronaut, The Boom Booms, Kuba Oms & the Velvet Revolution, Emily Spiller and many more!

Tickets are online at [www.thebigtimeout.com](http://www.thebigtimeout.com) or at Tarbells and The Waverley Hotel.

Currently Kathryn and my little family have been dancing our hearts out at these festivals every year since Michael Franti & Spearhead came to town in 2005. Every year it gets better and every year we get more stoked.

Special thanks to Cumberland Village Works and all the fine folk who make it all happen.

If you don't have your ticket yet you might be crazy. If cash is the issue then consider volunteering. If you don't like the tunes go for the people watching, great food and vendors. If you've got kids bring'em along. Great kids' activity tents, and lots of room to run and play. If you don't like any of it, don't worry; it'll be over before you know it. Peace.



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at  
pdp

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recycled  
clothes



save  
our  
planet



open tues - sat  
10:30 - 5  
336-0303  
2720 dunsmuir  
cumberland  
earth



# Summer/11 Programs



## All Sorts of Sports Camp

Learn a variety of different sports including soccer, basketball & floor hockey. Skill development and good sportsmanship will be encouraged. Please bring a snack and a water bottle.

Cost: \$80/week

Age 6 - 12

Time: 9am - 2pm

Dates: July 4th - 8th 2011

## Movie Magic Summer Film Camp

Learn the Hollywood movie secrets in this week long summer camp for kids aged 9 - 15. Designed as a hands on program, everyone will create an animated claymation movie and a short film with props, acting and special effects! The program will conclude with a special screening for family and friends.

[www.MOVIE-MAGIC.ca](http://www.MOVIE-MAGIC.ca)

Cost: \$140

Age 9 - 15

Dates: July 18th - 22nd

## Baby Sitting Course

Disciplining, emergency procedures and first aid are covered.

A must for young babysitters.

Cost: \$55, book provided

Age 11 years and up

Time: 9am - 3pm

Date: Monday, July 11th

## Big Dog Mountain Biking

Big Dog Biking is offering mountain bike instruction for another year!

Learn to lift your wheels, turn corners better and ride over bridges!

These are skills based instruction courses where you learn how to ride a mountain bike over various obstacles, followed by a trail ride in Cumberland Forest where we use the skills we've been learning.

Check out our website and register through Cumberland Recreation Centre. For children's courses please contact us directly, adult courses are scheduled in Cumberland as follows:

Our beginner to intermediate weekend course is being offered Aug 27/28/29 - afternoons in the park, followed by trail ride from 6 - 8pm on Monday night.

Tuesday night progressions sessions cover the same skills but in shorter sessions and allow more rest or practice time in between.

July 5/12/19/26, 6 - 8pm except an extended last session when we go on our trail ride.

[www.bigdogbiking.com](http://www.bigdogbiking.com)

250-336-3693

Email: [bigdogbiking@gmail.com](mailto:bigdogbiking@gmail.com)

Cost: \$75 + HST = \$84 for Kids, \$125 + HST = \$140 for Adults

## Creative Dance, Theatre and Mask Making!

Calling all kids who love to act out and act up; this will be a week of silliness, creative mask making, laughter and confidence boosting fun! Theatre games, creative movement activities, stretching, learning to focus with a partner, and a mash up of group games. No experience needed.

Cost: 66/week

Age 5-7

Time: 10am - 12pm

Date: August 22nd - 26th

## Improv Theatre, Creative Dance and Mask Making

Who wants to laugh and have some silly making fun? You? This is a week of Theatre games, creative movement activities, partner focusing, group games, silly voices, expressing and exaggerating emotions and of course, being yourself in a playful and wildly entertaining way. You will learn some fun games, you will gain confidence in your body movement, and your brain will get a good creative workout. No experience needed, this will be fun guaranteed!!

Cost: \$80/week

Age 7 - 11

Time: 1pm - 3:30pm

Date: August 22nd - 26th

## Climbing Camp

Come out and learn or improve your climbing skills. In this course you will learn the uses of climbing gear, belaying and technique. This course will be indoor for the first day then outdoors for the last two. Please bring a packed lunch, water bottle and appropriate clothing.

Cost \$140

Age: 12 and up

Monday July 25th 9am - 1pm (CRI)

Tuesday July 26th 9am - 3pm

Wednesday July 27th 9am - 3pm

Tuesday and Wednesday will be at Comox Lake.

## Cumberland Village Water Park

Don't forget to stop by the Cumberland Village Park and spend a cooling day at our Water Park!

Open 7 days a week from 10am - 7pm Daily

Bring your sunscreen and have some fun!

## Cumberland Recreation Summer Hours

Monday - Thursday 7am - 8:30pm

Friday 7am - 4:30pm

Closed Saturday and Sunday

Please Call 250-336-2231 to Register for any of our exciting Summer Programs!  
Cumberland Recreation is located at 2665 Dunsmuir Avenue, Cumberland.

## NEED A HAND?

### WINDOW WASHING!

Have Captain Squeegee let the sun shine in.  
Free estimates. 218-0190

### BETTER GNOMES AND GARDENS

Lawn mowing. 218-0190

**DOBSON'S LAWNS AND GARDENS** Lawn cut and gardening services, small trash removal, hedge trimming. 20 years experience. Fully insured. Call Rick at 250-336-8944.

**WARREN HAS OPENED A WRECKING YARD!** again... and needs scrap vehicles! Will pay \$50/car, more for good ones. Keys locked out? He does that too! Call 336-8946.

**MOVING - NEW BABY - WORKING - VETERAN - BUSINESS OWNER:** We can help you all. If you are trying to keep up with your home or business cleaning we have the perfect solution. We are the green clean team. Moving? Call us for your final clean. **Spring Cleaning Special on Now.** Windows to Walls - We do them all. Environment, pet and child friendly products. Visa and Mastercard -VAC Health ID Cards Accepted. Licensed-Bonded and Insured for your peace of mind. Call for a quote today 250-871-0407 or cell 250-218-6065. Visit our website at [www.abodecomplete.com](http://www.abodecomplete.com)

**CHAOS CONTROL CANADA** Means More Free Time For You 250-218-2258, [musicals@yahoo.com](mailto:musicals@yahoo.com). Have Laptop Computer - Will Travel to you. Organize Libraries, Collectibles, Music or Recipes. Set-up & Organize Filing Systems. Attend to Correspondence & Bills. Grounds Keeping & Food Gardens. Errands & Chauffeur Service. Typing & Research. House Sitting.

**EVE'S MUSIC STUDIO: VOICE AND PIANO LESSONS FOR ALL AGES.** Come and experience your free introductory private lesson, and make your booking for the fall term. Summer lesson times available for Voice, piano, speech and theory. (250) 338 - 4785 / 218 - 8302. Convenient Downtown Courtenay Location.

**IF YOUR PET** is unbefcoming to you it should be coming to me! Call **GAYLE'S GROOMING** at 250-336-8601

**WELCOME WAGON:** Are you or someone you know new to the community? Welcome Wagon has been giving free gift baskets away since 1930! This is a free community service that helps you settle into your new surroundings. Call Carissa 250-336-2275.

## CUMBERLAND DENTAL CENTRE



Caring Family Dentistry  
Accepting New Clients  
Great Children's Program  
Implant Dentistry

250-336-2006  
2763 Dunsmuir Ave  
Dr. William K. Armstrong, DDS

250.650.0099  
[chris.sperber@remax.net](mailto:chris.sperber@remax.net) | [chris-sperber.com](http://chris-sperber.com)

**Chris Sperber**  
ASSOCIATE REALTOR

RE/MAX Ocean Pacific Realty  
282 Arderton Rd., Comox, BC  
250.339.2021

**Ryan Williams**



**Cumberland Village Bakery**  
Open everyday except Sunday! 250-336-2411

**Tangled Tails**



Calm and Gentle Grooming  
250 336 0336  
[tangledtails.net](http://tangledtails.net)  
2704 Rydal Ave in Cumberland


**SEW WHAT.**



**SHOE & OUTDOOR GEAR REPAIR**

Drop off at Dodge City Cycles in Cumberland or Blue Touque in Courtenay

250-650-4118  
[WWW.SEWHATISEW.COM](http://WWW.SEWHATISEW.COM)



**The Rotary Club of Cumberland Centennial**  
[www.rotarycc.org](http://www.rotarycc.org)

On June 11th we held a very successful Rhododendron sale and raised more than \$5000.00 for Jeneece Place - a home away from home for families of seriously ill children.

Meets Tuesdays 7AM - Carmie's Cafe - All welcome!

## HEALTH & WELLNESS

### CUMBERLAND YOGA AT THE ABBEY.

Summer schedule begins July 2<sup>nd</sup>. All levels welcome. Suggested \$10 donation/class. 2689 Penrith at 1<sup>st</sup>.

Mon 7:30 - 9:30pm Hatha Yoga w Melanie  
Tues 9:30 - 11am Hatha Yoga w Melanie  
Wednesday 4 - 5:30pm Flow Yoga w Toni  
Thursday 9:30 - 11am Flow Yoga w Toni  
Saturday 10:30am - 12 Groove Yoga w Helen  
Sunday 1 - 2:30pm Community Yoga w Mel  
For more info contact us at [yogatoni@gmail.com](mailto:yogatoni@gmail.com) or find us on Facebook at "Cumberland Summer Yoga"

### DANA DIXON PERSONAL TRAINING

Available right here in Cumberland! Call to get fit today! At home programs available as well as in gym programs at our own Cumberland Rec. Centre! Please call to register today 250-702-4209. My qualifications include BCRPA Personal Trainer, BCRPA Weight Trainer and CF-L1.

### JUST BREATHE JULY'S SUMMER GLOW SPECIAL.

Micro-Stimulation Facial with infused serum to illuminate your beautiful living fabric! Eyebrow Shaping and Eyelash or Eyebrow Tinting. Your perfect summer gift for \$110. Gift Certificates Available At Alley Cuts on Thursdays & Fridays 250-650-1103. [justbreathebcspa.com](http://justbreathebcspa.com)

### CREATIVE MOVEMENT, IMPROV THEATRE AND MASK MAKING!!

Children and adults classes and half day camps this Summer in Cumberland, Courtenay and Cortes Island with Jade de Trey. Visit [dancewithjade.ca](http://dancewithjade.ca) or 250-400-0842 for more info. Inspiring, fun, creativity! All welcome.

**HOLISTIC MASSAGE, ENERGY MEDICINE, NUTRITION AND LIFE COACHING** with Jade de Trey in Cumberland 250-400-0842

**TARA MILLER RMT at CUMBERLAND MASSAGE THERAPY** has a summer promotion fundraiser for UROC and the Cumberland Community Forest Society! Book a one hour treatment and get \$10 off if you are a UROC member. \$5 back to you and \$5 to the forest society! Call Tara at 250-336-2257 or 250-650-8272 to book your appointment.

### GROOVE YOGA is back for July!

Every Saturday 10:30am-12noon at The Abbey, Cumberland (corner of Penrith and 1st) Come and enjoy Flow Yoga to an eclectic musical soundtrack. All Levels Welcome! Contact: [helen@wonkystuff.com](mailto:helen@wonkystuff.com) or 250-650-0126

With careful consideration of the environmental impact of this project we choose to print on 100% recycled Canadian paper using vegetable based inks at Classic Printers in Courtenay BC. While every care is taken in compiling the contents of each issue, the publisher of Currently Cumberland assumes no responsibility for any damage, loss, or injury arising from participation in any offer, competition, or advertisement contained in Currently Cumberland.

We also reserve the right to refuse advertising.

Email [currentlycumberland@gmail.com](mailto:currentlycumberland@gmail.com) or call 250-336-8996 to advertise in the August 2011 Issue!

Simple Classified Ads start at just \$5

AUGUST ISSUE DEADLINE: July 18

Fancy Display Ads start at \$45