



CURRENTLY CUMBERLAND

... IS HAPPY TO HAVE BEEN INVADING YOUR MAIL BOX FOR 2 YEARS!

MARCH 2011

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, 11AM. Minister: Julianne Kasmer, cell phone 250-650-4151 Church phone 250-400-7800 Choir: Eve Mark, phone 250-338-4785

COMMUNITY YOGA CLASS All levels yoga class at the Abbey, 1-2:30PM. Beginner /everyone friendly, come one, come all! By donation, suggested \$5 (benefiting Forest Society, Community Way and me). FMI Melanie 778-992-0314. March 20 class cancelled.

ARGENTINE TANGO - Cumberland Legion. Beginners lesson 7 - 8PM \$15 (includes practica). Practica only \$5, 8:15 - 10PM. Intermediate class, 6PM 6 wk session starts April 17th, must pre-register. See blog at www.tangodelosamigos.com or call 778-992-0029 for info and updates.

MONDAYS WEEKLY

Pleasure Craft Theatre presents.... **DODGEWOOD**, the Town with no shame! A live improvised soap opera. Doors open at 7:30PM, show's at 8PM, King George Hotel, All Ages, 5 bucks. March 7th and 14th only!

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 & people who use & love this park are encouraged to come lend a hand maintaining this great community park. The tool shed will be open, help is appreciated.

LINE DANCING at the Cumberland Community Church Hall. This is a beginner's class and everyone is welcome. It is a lot of fun and gets you exercising at the same time. Cost is a toonie and class is Tuesdays at 6:30PM. Call Charissa for more info at 250-336-2275.

Holistic Massage
Emotional Freedom Technique
Nutritional Guidance
Intuitive Health Consulting
Dance Classes

with Jade de Trey
(Certified Holistic Health Counselor)
In Cumberland 250-400-0842 dancewithjade.ca



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dcc
Dodge City Cycles

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SAVE MONEY!

WEDNESDAYS WEEKLY

Royston-Cumberland Lions Club
VOLUNTEER INCOME TAX PREPARATION, Senior and Low Income Families Only. Cumberland Community Church, 3rd Avenue and Penrith, Wednesdays Only. February 23rd to April 27th. 1 - 4PM, No appointment needed. Sponsored by Vancouver Island Volunteer Income Tax Preparation Service Revenue Canada. FMI: Lions Mary or Bob 250-336-0209

Michel Duhaime R.Ac. of Green Spirit Acupuncture is resuming his **TRADITIONAL CHINESE MEDICINE** practice in Cumberland, at The Abbey, corner of 1st and Penrith. Private consults, by appointment only. Walk-in clinic on Wednesdays 1 - 6PM, no appointments necessary. Call 250-218-2618 for an appointment or information. Also, coming up soon, C.H.I. - Complementary Healthcare Insurance, only at Green Spirit.

WEDNESDAY NIGHT NIA, 6 to 7:15PM Using the power of martial arts, the grace of dance, and the wisdom of the body, Nia builds strength and agility - it's an exercise class based on the joy of movement! joyfulfitness.blogspot.com or 336-0238.

SINGERS WELCOME! Cumberland United Church choir welcomes new members! Please join us on Wednesdays at 7PM. Still seeking an **ACCOMPANIST** for this group. For info. call Eve 250-338-4785.

FRIDAYS WEEKLY

CONTACT IMPROVISATION DANCE classes every other Friday: March 11 & 25th. 6:30-8:30 at the Abbey in Cumberland. drop - in \$14. All levels welcome. Come out for come spirited, fun, nurturing and satisfying dance. Call jade for info 250-400-0842 or dancewithjade.ca

SATURDAYS WEEKLY

MEDITATION GROUP SESSIONS mornings 10-10:45AM at the Cumberland United Church. Non-denominational. All are welcome. No fee.

EVERYDAY

You can walk in the Cumberland Community Forest, or at Comox Lake or Maple Lake. It's beautiful here. Go outside and enjoy yourself.

This sheet of paper is green...
we print on 100% recycled paper.



MARCH EVENTS

THURSDAY, MARCH 3

who: United Riders of Cumberland
 what: Annual General Meeting
 when: 7PM

where: Tarbells Cafe in Cumberland
 why: Because you want to be involved with the mountain bike community! UROC exists to promote and advocate mountain biking in Cumberland and the Comox Valley as a whole. UROC is a registered non-profit organization that strives to encourage the positive spirit of mountain biking in our society. UROC also organizes local mountain biking events, contributes to trail maintenance and facilitates land access.

SATURDAY, MARCH 5

SEEDY SATURDAY brought to you by the Comox Valley Growers and Seed Savers. At the Filberg Centre in Courtenay. Save \$2 if you buy advance tickets now. They cost \$6 in advance, and \$8 at the door. Tix available at Seeds Market.

SUNDAY, MARCH 6

The monthly CUMBERLAND COFFEEHOUSE is pleased to feature Danny Zambilowicz as its Guest Artist. Doors open at 6:30 to sign up for the Open Stage, which runs from 7 - 8:15PM. Refreshments available at intermission; Danny's set begins at 8:45. Admission \$4.

TUESDAY, MARCH 8



"YOU GO GIRL"...

Celebrate 100 years of International Women's Days with the team at Alley Cuts {3270 2nd St} from 6:30-9:30PM. Drop in and allow us to pamper you! Curl up by our cozy fireplace, enjoy snacks and refreshments and chat with our specialists: Darilyn {owner/operator and wanna-be actress}, Sara {stylist, our "foil" gal}, Paulina {stylist specializing in organic hair care alternatives}, Jennifer {healing practitioner and hair designer}, Nathalie Marie {esthetician and skin care therapist}, and Carolyn {independent Mary Kay Beauty Consultant}. See you there Sister!!!!

FRIDAY, MARCH 11

SEEDS MARKET has been open three years! CUSTOMER APPRECIATION EVENT from 4:00 - 6:30PM. Store-wide sale - 20% off of all inventory (some exceptions apply) Cake * Live Music * Prizes* Thank you Cumberland!!!

CREATING A SPACE FOR LOVE IN A KIN'S DOMAIN - All those who have been inspired by the Ringing Cedar Series, or who hold a vision for sustainable land use, or the concept of 'transition communities', are

I told my husband
I want
the best!

* * *

**Cumberland Veterinary
Clinic**

We are now open (some) Saturdays
Call or check our website for hours

www.cumberlandvet.ca 250-336-8449

250.650.0099
chris.sperber@remax.net | chris-sperber.com

Chris Sperber
 ASSOCIATE REALTOR

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

Ryan Williams
 PERSONAL REALTOR

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 HAVE IDEAS BUT ARE NOT SURE WHERE TO START?
 NOT SURE OF THE PERMIT PROCESS?

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**The Rotary Club of
Cumberland Centennial**
www.rotarycc.org

Volunteers are the heart of a healthy community,
 please feel welcome to attend one of our meetings.

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

invited to a brainstorm where ideas on how this process might begin in Cumberland, and maybe even in the Comox Valley. Friday March 11th evening, 6:30-8:30, at The Abbey, corner of 1st Street and Penrith Avenue in Cumberland. Tea provided. Please bring goodies to share.

SATURDAY, MARCH 12

From 9:30AM - 6:00PM More fun at Seeds CUSTOMER APPRECIATION EVENT continues Store-wide sale - 20% off of all inventory (some exceptions apply) Cake* Live music* Prizes* We are so grateful for your support!

Green Spirit Health Workshops EMOTIONAL FREEDOM TECHNIQUE - Part 1 March 12, 2011, 1 - 4PM at The Abbey, \$25. Also known as Meridian Tapping, maybe a less daunting title, this simple technique can easily & effectively get rid of your phobias, ills, and undesired emotions toward stressful events and/or people. Taught by Michel Duhaime, R.Ac. To register or for more information, call 250-218-2618.

WEDNESDAY, MARCH 16

HERBAL HEALTH FOR WOMEN; PMS, fibroids, menopause and more. A Monthly Lecture Series from 6:30 - 9PM with certified Master Gardener and certified Horticulture Therapist Chanchal Cabrera MSc at the Innisfree Farm in Royston. \$35 plus HST. To register or for more info call 336-8767 or visit www.chanchalcabrera.com

FRIDAY - SUNDAY, MARCH 18 - 20

CONTACT IMPROVISATION DANCE WORKSHOP "Catching waves; dancing the body migrations" ~ all levels. Guest teacher Isabelle Kirouac. Learn to fall and rise with grace, release the unnecessary tension in our body and move with ease and flow. A great workshop to begin contact dancing. \$135. Contact Jade de Trey for info/registration 400-0842 or visit www.threelittlereddots.org

SATURDAY, MARCH 26

OLD TIME FIDDLERS FAMILY DANCE Branch 17 Old Time Fiddlers host a dance at the Fallen Alders hall on Royston Road. Tickets are \$7. The doors open at 7PM and the dance starts at 8. The talented musicians play all of your favorite tunes for dancing and listening. A light lunch is served and there are spot dance prizes, a 50/50 draw and a door prize. Families with children always welcome.

TUESDAY, MARCH 29

Did you know that SEEDS MARKET was a top 5 contender for Small Business BC's "Best Employer" award? Good Luck to Cumberland's Grocers, Tina & Jim, at the awards ceremony in Vancouver today. You've already won it to us!



Seeds Food Market 250-336-0129



Time to dig
into
the garden...
West Coast
Seeds are in!

March - Weekly Specials

March 1 - 6

2 for \$6.99
Simply Natural
Pasta Sauces



March 7 - 13

Rice Dream
2 for \$5.99



March 11, 4 to Close -
All Day March 12

Happy Anniversary, Seeds!
Customer Appreciation Event

Store-wide sale!

20% off of all inventory



Cake! Prizes!
Live music!

some exceptions apply

March 14 - 31

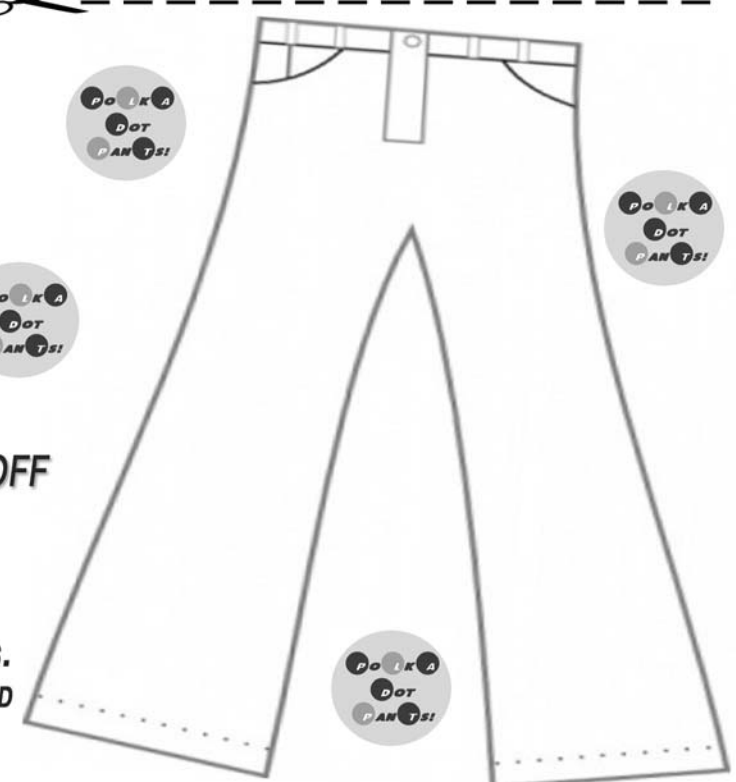
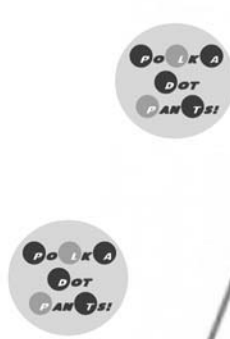
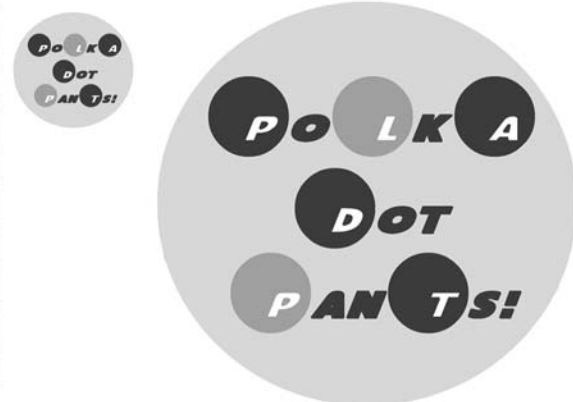
Annie's Pasta and
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Cumberland's Grocer located at 3rd & Dunsmuir Open Mon-Fri 9:30 - 6:30 Sat 9:30 - 6 Sun 10 - 5

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CUMBERLAND SENIOR LAMPLIGHTERS

Weekly Events

Every Second Monday

Whist

Every second Monday at 1:30 pm. Learn a new game of cards and have a fun afternoon playing Whist. Meet new friends and have coffee. The alternate Mondays we go to Union Bay to play and are treated royally.

Tuesdays

Carpet Bowling

Every Tuesday at 1:00 pm. Come out and have fun and exercise at the same time. Lessons given to the novice beginner. Have coffee and treats with old and new friends.

Wednesdays

Arts & Crafts Club

Every Wednesday at 10:00 am. Enjoy coffee, conversation and time spent with other "artists". Call Holly at 250-336-8036 for more information.

Second Friday Monthly

Monthly Meeting

We hold our regular monthly meeting the second Friday of every month at 1:30 pm in the Buchanan Hall. If you wish to become a new member, please feel free to attend.

Saturdays

Whist & Bingo

What a great way to spend a Saturday evening. For an inexpensive evening of laughs, good snacks, and prizes. Come to the hall at 6:45 pm for Whist and 8:45 pm for Bingo.

Second Sunday Monthly

Court Whist & Pot Luck Supper

6 pm. After enjoying a delicious Pot Luck Supper we play court whist. If you are prepared to have an absolutely fantastic evening please join us.



Cumberland, BC

CUMBERLAND SENIOR LAMPLIGHTERS
FORMERLY THE CUMBERLAND OAP

The Cumberland Senior Lamplighters is a busy and worthwhile organization that not only advocates for our citizens but has a great deal of fun in the process. We offer many programs in our hall at 2674 Dunmuir Avenue (downstairs.) If you are over 19 years of age, new to our community, or just have some time to spend with others, or are newly retired, please join us. Call Bidy at 250-336-2422 or Bev at 250-336-2128 for more information.

WHO ARE WE? WHAT DO WE DO?

The purpose of the BC Old Age Pensioners Organization is to promote and defend the best interests of the Senior Citizens of BC. Specifically, this includes protection of social programs, attained over the years, such as pension, Medicare, Pharmacare, social activities and housing and their enhancement if possible, from erosion by any level of government.

The Cumberland Senior Lamplighters are proud to be a part of the BC Old Age Pensioners Organization. They also are proud to help fund a scholarship available once a year to a student studying Gerontology at NIC.

We welcome new members, retirees and also those approaching their golden age. Our membership costs \$12 yearly. Membership is not required to participate in our weekly activities.

UPCOMING EVENTS

WEDNESDAY, APRIL 20TH
Spring Bazaar. Enjoy a homemade bowl of soup, sandwich and dessert. Crafts, bake sale and raffles too. Starts at Noon.

MAY Watch for our upcoming demonstration in Chinese cooking with Marie Lowe who taught Chinese cooking at NIC for 18 years.





ORGANIC FAMILY
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We're Spring Cleaning!
Watch for our weekly specials

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CUMBERLAND DENTAL CENTRE



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Dr. William K. Armstrong, DDS



Cumberland
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BUY & SELL

EARTH CLUB FACTORY
Spring's Arriving... Salt Spring Island Seeds and an Eclectic line of seed under our own label. Reclaimed wood furniture, indoor and outdoor air laundry dryers, composters and solar lighting, teas, coffee, soap and candle making supplies. 2730 Dunsmuir Ave.

MOVING SALE Drafting Table; Drafting Arm. Collapsible Tin Bed Frame, Rattan & Chrome Folding Chairs, Wood Wall Cabinets, Plastic Wash Tub, Rattan Chair, New Mexican Style 6'x9' Rug, Sisal Carpets, etc. Call 250-336-8023.

Beautifully carved **ROSEWOOD ROCKING CHAIR**. \$200. Email jflarche@yahoo.ca to request a picture.

2010 HYUNDAI TOURING WAGON - \$18,000. Garage kept, tinted windows, trunk liner, cargo cover, dealer maintained, snow tires available, 3 1/2 year of warranty. Call 336-8027.

Spacious, Attractive 5 piece **OAK SHELVES AND QUEEN BED AND HEADBOARD** \$425.00 or best offer. Must go by April. 250 336-2474.

EVERY TIME YOU INTERACT WITH YOUR DOG, ONE OF YOU IS TRAINING THE OTHER. Make sure you are the trainer! www.positivepets.ca

SEEKING ACCOMMODATION

FORMER RESIDENT EAGER TO RETURN. Active retired woman with cat needs small house or cabin with garden space and reasonable rent. Quiet, community minded, self-sufficient. Local references. Ellen 250-248-1428.

CHILD CARE & ACTIVITIES

Euphoria Before & After School Care! Spring Break Day Camp Swimming, skating, hiking, biking, crafts, and more. Educational and fun :0) Mon-Fri. 7:15-5:30. Call Michelle 250-336-0149.

KIDDIE CORNER CHILDCARE has space available. We are a fun, licensed, family oriented environment that focuses on learning through play. **DROP-INS AVAILABLE.** Please call Dana, 336-0173.

Elaine M. Blackburn, INC.

2732 Dunsmuir Ave
PO Box 1030
Cumberland, B.C.
V0R 1S0
Phone: 250-336-2630



ELAINE'S TAX TIPS

Charitable Donations are a great way to contribute to your community and help reduce your taxable income. Tax credits are calculated as a percentage of the eligible donations and they are limited to 20% of your taxable income.

You do not have to claim donations all in one year. You can claim them on any of your next five returns, but you can only claim them once. You may also combine donations with a spouse or common-law partner to maximize the tax credit for the person it benefits most. Be careful. Not all donations are eligible. You cannot receive anything in return like tickets to an event or a membership fee. The charity must have a registered charitable tax number and the receipt must meet specific requirements. It must detail:

- That it is official receipt for tax purposes
- Your name and address
- The charitable registration number
- Amount of Donation
- CRA's name and website
- A unique serial number

We advise writing a check to the charity name and never to an individual. That way you always have a paper trail.

If you have a small business, it is possible to donate to a charity in trade for advertising, such as putting your company name in a program or on a poster. Perhaps even supporting a local sports team! This amount can be claimed on the business schedule of your tax return.

VILLAGE FREE STUFF

TWO FREE BEAUTIFUL BETTA FISH. Includes 2 fish bowls and food. 336-7902

3 POTTED PURPLE ORCHIDS - all healthy but "resting". I prefer jade plants. Please call me and save them from the compost heap. 336-8996.

DANCE & MOVEMENT

CONTACT IMPROVISATION DANCE WORKSHOP "Catching waves; dancing the body migrations" ~ all levels. March 18,19, 20 with guest teacher Isabelle Kirouac. Learn to fall and rise with grace, release the unnecessary tension in our body and move with ease and flow. Finding support from the floor and our partner we will learn to trust, play off balance, rise and fly. A great workshop to begin contact dancing. Reduced rate of \$90 if registered by March 8th; after that \$135. Contact Jade de Trey for info/registration 250-400-0842 or visit www.threelittlereddots.org for more info.

SALSA AT THE ABBEY. Learn Cuban style partner dancing the fast and exciting way in a group, "Rueda." 6 classes starting March 2 - 6 weeks. 7:30PM intermediate, 8:30PM beginner. \$60/person. FMI call Fred 250-338-8079 or kthomas@telus.net. Register with or without a partner.

NIA CLASSES Wednesday at the Abbey from 6-7:15PM. Nia is fusion fitness mixing martial arts, dance & yoga with great music. \$8 drop-in or punchcard - check joyfulfitness.blogspot.com, annienia@yahoo.ca, or call Ann Marie at 336-0238 for more info. For more about the Nia Technique check NiaNow.com.

VALLEY KI AIKIDO is always accepting new members. Benefits your Mind and Body and shows you how to harness Ki and increase your health, agility, and power. Call Michel Duhaime, instructor, at 250-218-2618 and/or visit vks.ca for more information.

FOR RENT

CUMBERLAND MASONIC HALL Rental available. New kitchen, new windows and insulation. 118-person capacity. Phone John Kelly for bookings & info 250-338-9700.

MUSICAL MUSINGS

JOBIRD'S VOCAL COACHING Voice Students - coaching and technique in all forms of voice study. Private and small group lessons - reasonable rates. Joanna Finch www.joannafinch.com 336-2474

NEED A HAND?

IF YOUR DOG IS UNBECOMING TO YOU, IT SHOULD BE COMING TO ME. Call Gayle's Grooming at 250-336-8601

DOBSON'S LAWNS AND GARDENS Fruit tree pruning, trash removal and garden clean ups. 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.

THERE IS NO BETTER TIME THAN NOW TO TRAIN YOUR DOG. www.positivepets.ca

ABODE COMPLETE CLEANING 250-218-6065, www.abodecomplete.com. Residential and Office Cleaning, Licensed, Bonded, Insured and Work Safe Covered. Friendly, reliable customized green cleaning to suit *your needs and budget*. VAC Health ID Cards accepted.

BOOK YOUR WINTER VACATIONS! No need to step out of the comfort of your home. I am just a phone call, or e-mail away. Jackie Gilmore, Travelonly BPCPA#29791. Call 250-218-1128 jjgilmore@travelonly.net, or visit my website <http://uqw.travelonly.com>

BAD BEHAVIOUR FROM YOUR DOG? WE CAN HELP! 250-336-0247 www.positivepets.ca

DODGE CITY DO'S with Debbie Slonski is now open and located at the Gas n' Go in Cumberland. Offering: Hair cuts \$14, Buzz cuts \$5, Colour \$58, Foils \$68. Call 250-336-0200. Open Tues - Sat 9AM - 5PM.

CHAOS CONTROL CANADA Means More Free Time For You 250-218-2258, musicalmusings@yahoo.com

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ANNOUNCEMENTS

JUST BREATHE SPA IS HAVING A SPECIAL at Alley Cuts every Friday of March. Customized Eyebrow Design and Dark Black Eyelash Tint for \$20.00. Valued at \$30.00. 20% will be given to Lilli House Comox Valley Transition Society. Book for your appointment 250-650-1103.

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 or call 250-336-8996 to list your event or to advertise in the April 2011 Issue!
Classifieds start at just \$5 **APRIL ISSUE DEADLINE: March 18** **Display Ads start at \$45**

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.

GIVE THE GIRLS A CALL Looking for a fun way to enjoy a little **girl time**? Plan a Mary Kay **party!** Invite your friends. Enjoy **free makeovers**. Exchange **beauty tips**. Call me today to schedule the fun. Carolyn Parker, Independent Beauty Consultant, Mary Kay ® www.marykay.ca/cparker 250-400-0264, Cumberland.

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Carmie's Cafe & Catering
2699 Dunsmuir Ave 250-336-2667

A Family Restaurant
with home cooking at its best!

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560 3rd St. Courtenay, BC V9N 1E8
evesmusicstudio@hotmail.com



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 it's 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@shaw.ca

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 250-336-0173 or email prim_rose@shaw.ca. Wellness awaits you!!

SPRING CLEANING??? Save your treasures and donations for Cumberland Community Schools Society's 3rd annual HUGE GARAGE SALE. Donations can be picked up starting April 1st. For more info please phone Jennifer @336-7902.

MINI RUGBY - KIDS HAVING FUN! By Ian Kennedy.

On February 27th the Comox Valley Kickers Rugby Club begins its second Mini rugby program at the club's Fallen Alders facility on Royston Road. Children, both male and female, aged between 6 and 14 are encouraged to sign up for 6 weeks of fun-filled, non-contact Mini Rugby.

Mini rugby involves non-contact and girls and boys play touch rugby together at the lower age levels. They play on a small portion of a full rugby pitch and teams consist of only seven or nine children aside. The idea is for them to have fun while learning a new sport. The youngsters have the opportunity to enjoy the social side of the game too, at non-competitive "Mini Rugby Jamborees" involving other clubs. All the coaches are qualified and certified to teach Mini rugby.

"This year we are going to have Under-8, U-10, U-12 and U-14 age groups and registration begins on Sunday, February 27 between 10.30 a.m. and noon at the Fallen Alders grounds. It costs \$75 to register and insure each child. New registrants are welcome at the Sunday or Thursday sessions. Sessions will take place twice a week on Sundays at 10.30 a.m. and on Thursdays at 5.30 p.m..

"I started playing rugby when I was ten years old and have been involved in the game for over fifty years," says Chappell, who is running the program with the help of some of the club's Senior, Women, and Junior players. "Rugby is a life sport and though I stopped playing a number of years ago, I want to give back to the game that has given me so much," says the man who once played high level rugby in Britain for the famous Bath Rugby Club and even had a trial to play for his country.

The Kickers Rugby Club continues to make progress and has made some significant advancements over the past few years and now runs very successful Senior Mens', Womens' and Junior programs out of its Fallen Alders facility. And though the players train at the Fallen Alders field, it plays its games at Village Park in Cumberland, where the club had its beginnings back in 1889, and as such, can boast at being one of the oldest rugby clubs in British Columbia.

For further information and registration contact Colin Chappell: (250) 207-1125 or by e-mail to chappelled@gmail.com or check out the Kickers website at www.kickersrugby.ca.