



# CURRENTLY CUMBERLAND

...IS LUSH WITH RIPENING FRUIT TREES. YUMMY!

September 2009

Volume 1, Issue 7

**\$10 Cuts!** **Cameron's Salon & Barber**  
 336-8746  
 2701 Dunsmuir Avenue  
 Open Monday through Saturday  
 WALK-INS WELCOME

**TUESDAYS WEEKLY CONTINUED**  
 KIDSPIN – Experimental Creative Music  
 Classes for Parents and Children 5 - 7yrs,  
 10AM-11AM. Call Joanna at 250-336-2474.

**PRIVATE COACHING**  
**IN VOCAL TECHNIQUE & SPOKEN WORD**



with Joanna Finch  
 Individual & group lessons for beginners &  
 experienced singers in Cumberland  
 Tuesdays Thursdays & Fridays.  
 Ask about VOCALEASE and KIDSPIN  
 improvisational / experimental music too!  
 250-336-2474, [www.joannafinch.com](http://www.joannafinch.com)

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 250-334-9670

## ONGOING COMMUNITY EVENTS

### MONDAYS WEEKLY

**REEL FILMS**, Check Cumberland's Movie Theatre's weekly listings at [www.reelfilmsatfreelones.com](http://www.reelfilmsatfreelones.com) or call 336-0190. Showing documentaries on Thursdays, foreign films, cult favourites, comedies, classics & thought provoking, second run films at 8PM on Fridays & Saturdays and a 3PM Sunday Family Matinee.

### TUESDAYS WEEKLY

**UROCOED GROUP** mountain bike rides. Meet at the Riding Fool Hostel/Dodge City Cycles building, rain or shine at 6pm. You must be a UROC member with Cycling BC insurance to ride with this group. FMI [www.unitedridersofcumberland.com](http://www.unitedridersofcumberland.com)

Weekly BINGO for charity at the Cumberland Legion starts Sept 8<sup>th</sup> at 7pm, 24 games, Everyone Welcome!

**DUNSMUIR MEDICAL CLINIC**  
 is very pleased to announce that  
**Dr. Rurik Hubner**  
 will be joining our clinic  
 as of September 1st  
**NEW PATIENTS WELCOME**  
 Office Hours M-F 8:30AM-4:00PM  
 2765 A Dunsmuir Ave ~ 336-2208

### WEDNESDAYS WEEKLY

**WALK-IN ACUPUNCTURE** at the Abbey resumes Sept. 8th. Wednesdays, 8AM – 2PM. No appointments necessary. For those who don't mind the wait in favour of a 45% discount. Please enter via 1st Street.

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

### WEDNESDAYS WEEKLY CONTINUED

**UROCOED WOMEN'S GROUP** mountain bike rides. Meet at the Riding Fool Hostel/Dodge City Cycles building, rain or shine at 6pm. Email [alicegrasby@gmail.com](mailto:alicegrasby@gmail.com) FMI.

### THURSDAYS WEEKLY

**GET FIT BOOTCAMP** at 6:00PM. Meet on the deck at Tarbell's. Bring water, good shoes and yourself. By donation to the Cumberland Community Forest Society. Trainer/Comedian Paul Purin leads a challenging, inspired & always fun program!

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

Do you like to teach your dog tricks? Do you like dancing? Why not put them together and have fun with your dog. **K9 FREESTYLE CLASSES** held Thursdays at 6PM at the Cumberland Cultural Centre. Call Magi 338-9424 for more info.

### SUNDAYS WEEKLY

Every Sunday SEEDS is still open 10AM-5PM for your shopping pleasure.....

**Cumberland**  
 Visit our 2nd location  
 at 221A Church St, Comox  
**"The Church Street Bakery"**  
 Pizzas & Bread from a Wood-Fired Oven  
**Village Bakery**

**Seeds**  
  
 Natural Food Market  
**Cumberland's Grocer**

"When someone loves you, the way they say your name is different.  
 You know that your name is safe in their mouth" - anonymous 5 year-old

Love your kids up with yummy, healthy back-to-school food from Seeds. Great for last-minute lunches

\* Local sandwich meats \* All natural snack items \* Fresh fruit & veg \* Energy balls \* Granola bars

## COMMUNITY EVENTS

### MOUNT WASHINGTON ALPINE FOOD FESTIVAL – SEPT 4, 5 & 6

For tickets & info call 250-338-1386  
www.mountwashington.ca/foodfestival

### FRIDAY, SEPTEMBER 4

**The Alpine Cocktail Reception 7PM - 9PM** Appetizers made fresh by Comox Valley & Cumberland chefs using local ingredients, paired with Island and B.C. wines, & beer. Featuring intimate guitar music of Chilean-born Rodrigo Figueroa. Tickets \$25, phone 250-338-1386

### SATURDAY, SEPTEMBER 5

**Alpine-to-Valley Culinary Classes – Meet the Chefs in the Kitchen 10AM - 4PM** A sumptuous variety of cooking-class seminars taught by local and guest chefs using dishes or a theme to highlight the chef's culinary passion & the bounty of the Comox Valley. Classes are approx 1 hour, starting at 10AM, 12PM, & 2PM. Tickets \$30/class, call 250-338-1386.

### SUNDAY, SEPTEMBER 6

**Wild Blueberry Alpine Walking Tours** Guided walking tours featuring wild mountain blueberries and other forest edibles with Cumberlander Gwyn Sproule. Tours depart from the Marketplace ticket booth at **12PM, 2PM.**

**Grazing in the Alpine Marketplace 12PM - 4PM** The Alpine Market showcases the finest of local & Island talent celebrating products from the Comox Valley and beyond. Meet the chefs & taste the wonderful dishes they create. Nibble as you stroll the marketplace; watch the cooking demonstrations happening throughout. Tickets are \$1 each, available onsite. The number of tickets required to sample the foods varies.

**Artisans Set the Alpine Table 12PM – 4PM** Local artists create beautiful items that complete the dinner table setting. Including an artisan glass blower, woodworkers, painters and potters.

**The 1st Annual Alpine to Valley Cheese Roll 12PM - 4PM** Come out and watch a whopping 11lb cheese wheel roll down a steep, grassy hill as contestants race after it losing their footing; tumbling, rolling, and bumping their way down to the finish line. The 1st person down wins.



### Corporation of the Village of Cumberland ATTENTION: RESIDENTS OF CUMBERLAND

The Village of Cumberland Water Meter Project is in effect. Anticipated completion is March 2011. During this time there could be minor interruptions of water service.

We appreciate your patience during this time.

## DODGE CITY VIDEO

presents Kathy & Jan's Top Picks

- 17 Again, family
- Donkey X, family
- Race to Witch Mountain, family
- Fragments
- Sunshine Cleaning
- The Soloist, based on a true story

250-336-8709

2718 Dunsmuir Ave

## REEL FILMS

Have you been to Cumberland's Movie Theatre yet?



250.336.0190 2781 Dunsmuir Ave

## Village Yarn Shoppe

Fine Yarns & Accesories

Come And See

Our Gorgeous

New Fall Colours!

2719 Dunsmuir Ave

250 336 2484



250 338 7824

Free In-Home Consultations

\*Mention this Ad for Free Installation\*

## CUMBERLAND COMMUNITY PRESCHOOL

2675 Dunsmuir Ave

For children ages 3 - 5 years

For more information and registration call 250.339.3033



COMOX VALLEY CHILDREN'S DAY CARE SOCIETY

### SATURDAY & SUNDAY, SEPT 5 & 6

Sass Canada Regional Championship BUSTUP at BOOM TOWN 2009, 9AM to 3PM. Courtenay & District Fish & Game Protective Assn. Cowboys & Cowgirls from all over will mosey into town attired in authentic western dress to compete in a shooting championship. Shooting stages will depict Robert Service poems. Visitors may witness this unique and entertaining event in Boomtown, the growing frontier town at the Fish and Game. Call 334-3479 FMI

### TUESDAY, SEPTEMBER 8

Christmas Light Up Meeting at 7:00PM tonight in the Cumberland Recreation meeting room. Everyone is welcome to come and join in the planning of this wonderful Cumberland community event; Santa at the Village Square and Big Truck parade!

### WEDNESDAY, SEPTEMBER 9

T'AI CHI GONG CLASSES begin Sept 9th, at the Cumberland Cultural Centre. Course runs Wednesdays, 7-8 pm for 8 weeks. Cost: \$60. To register call Certified Master Robynn Honeychurch at: 250-339-2415. Flow Universal Energy to heal, relax and rejuvenate!

### WEDNESDAY, SEPTEMBER 9

The OLYMPIC TORCH is coming to Cumberland. We are organizing a welcome for the torch on November 2nd. A meeting will be held tonight at 7:00pm at the Village Office. Please contact Leslie Baird at 250-336-2718.

### FRIDAY, SATURDAY, & SUNDAY, SEPTEMBER 11 – 13

CONNECT & RELEASE: A VocalEase workshop retreat for women and men at Ocean Resort in Oyster Bay, Vancouver Island. Registration Friday, Saturday 10AM - 9:30PM; Sunday 10AM- 5PM. All inclusive; please contact Ocean Resort www.oceanresort.ca, 250-923-4281. Reserve your place in peace. Registration closes on Sept 10.

### SATURDAY, SEPTEMBER 12

In spite of our endless summer, the Cumberland Community Forest Society is already gearing up for spring. This 10AM to 2PM PLANT SALE will be your next opportunity to purchase flowering perennials, small shrubs, and edible plants (kale, berries etc.) At the corner of Derwent & 3rd Street. Bring your wheelbarrow and fill it up for the same low prices as last year. All proceeds go toward purchase of forest & wetlands around Cumberland. FMI Grace 336-8921.

Don't live in Cumberland? - Too bad!

Don't miss out on the fun...

Visit us online at

www.currentlycumberland.ca

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**TUESDAY, SEPTEMBER 15**

"Buy in September" Mount Washington promo – Buy your Season's Pass by today & be entered to win a prize pack valued at over \$300 incl: \$50 gift card for Mtn Tek, 2 passes for the Pacific Mist Hydropath at the Kingfisher Spa, and a round of golf for 2 at Crown Isle Resort.

**TUESDAY, SEPTEMBER 15**

**VOCALEASE CLASSES** begin!  
Beginners @ 5PM - 6:30PM, Advanced @ 7:30PM - 9:00PM. \$60 for 6 classes. Registration required. All classes at the Abbey in Cumberland, corner of Penrith & 1<sup>st</sup> Street. Please call 336-2474 or info@joannafinch.com for more info.

**TUESDAY, SEPTEMBER 15**

Find freedom in your body and deepen your understanding of yoga postures. Begin a session of IYENGAR YOGA with Traci Skuce. 6:30pm Tuesdays at the Rosewall Studio. FMI contact www.yogaonrosewall.com, or contact Traci: 336-8702, traciskuce@shaw.ca.

**SATURDAY, SEPTEMBER 19**

Listen up at THE OPEN MIC CAFE! Inaugural evening of poetry, spoken word and other readings. Tonight features Cumberland writers Elyot MacCrae, Caroline Bradfield and Traci Skuce. Things get rolling around 7:30PM at Tarbell's. FMI: fridaydispatch@gmail.com or 336-8702.

**SUNDAY, SEPTEMBER 20**

Free Yoga class 3 - 5PM. For more info visit www.bhill.ca, 250-336-8005.

**MONDAY, SEPTEMBER 21**

CUMBERLAND MASONIC HALL CHARITY BINGO Doors open at 5:30PM and games begin at 7PM. Snacks and refreshments are available.

**WEDNESDAY, SEPTEMBER 23**

Canadian Cancer Society Cops for Cancer 2009 TOUR DE ROCK Public Fundraiser. Doors open at 6PM, Riders arrive at 6:30PM. Head Shaving by Jean Cameron, Auction by Dave Stevens.

Concession donated by the Rotary Club of Cumberland Centennial; hot dogs, pop, juice, and coffee. All proceeds to Tour de Rock. Children must be accompanied by an adult.

**THURSDAY, SEPTEMBER 24**

The TOUR DE ROCK riders come through Cumberland at approx 9AM. Come out rain or shine and line the sidewalks of Dunsmuir Ave. to show your support for this noble cause.

**THURSDAY, SEPTEMBER 24**

OPEN HOUSE & BBQ for the community from 6PM till 8PM at the Cumberland Community Church Hall, corner of 3rd & Penrith. Hosted by the Royston-Cumberland Lions. Come see what we have done and get more info about Lions. FMI call Lion Mary at 250-336-0209


**VILLAGE FREE STORE**

Free small uncertified woodstove, approx 19" x 24", call 250-702-4988.

White Kitchen Hood Fan. Works just fine. Free for the taking, call 336-8996.

Free Men's 12-speed commuter bike. 19 inch. 336-8782.

Place your classified ad, event, article, photo or letter to the editor on The Cumberlander, for free, anytime! Simply click on ADD YOUR OWN, anywhere you see it: www.thecumberlander.ca



**ATTENTION:  
RESIDENTS OF CUMBERLAND**  
Effective **IMMEDIATELY**  
The Village of Cumberland  
Is entering into  
**STAGE 3**  
of our Water Conservation Bylaw  
Stage 3 – **NO LAWN WATERING**  
**During Stage 3, no person shall:**  
- Water a lawn or boulevard  
- Fill a swimming pool, hot tub, pond, or fountain  
- Wash a vehicle, boat, sidewalk, or driveway  
**A person shall:**  
- Water trees, shrubs, flowers, and vegetables  
- On any day between 4:00AM to 10:00AM and 7:00PM to 10:00PM by hand-held container or hose equipped with a shut-off nozzle.  
For full details please refer to website: <http://www.cumberlandbc.net> under Bylaw No.807, 2005.  
Water Conservation Bylaw or brochure is available at the Village Office or call 250-336-2291. Thank you for your cooperation.



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**Magnolia**  
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**CROW SHOW**  
Artists Gone  
Raven  
Mad!  
Coming in October



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

**5th Annual Extravaganza Italiana**  
**CRI Hall, Saturday October 17**  
A fun-filled, family-style Italian Dinner and Auction. Tickets \$30/person.  
Contact John 250-339-4068,  
email [johnpegc@telus.net](mailto:johnpegc@telus.net)  
**We deliver tickets.**  
Meet Tuesdays 7am at Carmie's Cafe, Visitors Welcome

**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**

## DODGEPODGE

### VOLUNTEER POSITIONS OPEN

**Volunteer Coordinator** - Armed with a list of volunteer names & numbers/emails you work with our Fundraising Coordinator to find out who can help when an event is being planned!  
**Trapping Coordinator** - With a list of colonies/areas at which we are trapping, and numbers/emails of our trappers, you will work with our Lead Trapper to create a rotation-type schedule for these areas. Kitty Cat P.A.L. Society also needs volunteers to help with short tasks on an on-call basis (usually requires driving). If you want to help kitties live a better life, please email [kittycatpals@hotmail.com](mailto:kittycatpals@hotmail.com) or call 250-338-4622.

**CHILDCARE WANTED** for 7 and 10 year old girls. After school, pick-up until 10PM Mon, Tues, and Wed starting Sept 8<sup>th</sup>. Call Jessie at 250-336-8655

**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

**SALON VIVRE...Come to Life!** Aveda Trained Stylist now in Cumberland: open Mondays and evenings by appointment only. Located at 2872 Bruce St, Cumberland. Offering \$10 OFF ANY SERVICE for the month of September. Call Shannon at 250-400-2240

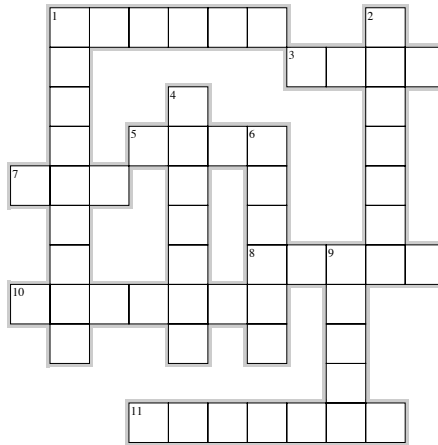
**LITTLE SAPLINGS CHILDCARE** has space available. A fun, active, licensed setting for your little ones. We pride ourselves on a chemical free and naturally focused atmosphere. Call Morgan for more information 250-336-8348, or [littlesaplingschildcare.typepad.com](http://littlesaplingschildcare.typepad.com).

**BLISS YOGA** Classes beginning Sept 9<sup>th</sup> Kids Yoga 4PM on Thursdays Beginner Yoga 6:30PM Wednesday & 9AM Sunday. Call to register 250-336-8005. For more info visit [www.bhill.ca](http://www.bhill.ca)

**CUMBERLAND RECREATION HALL HOURS**, 250-336-2231, effective Sept 8<sup>th</sup>  
 Mon - Fri.....7:00AM - 9:00PM  
 Sat.....9:00AM - 4:30PM  
 Sun.....1:00PM - 8:30PM



### ZACH'S BACK-TO-SCHOOL CROSSWORD



EclipseCrossword.com

#### Across

1. K2 is the \_\_\_\_\_ highest mountain in the world
3. The first R
5. Hibernates in winter
7. The \_\_\_ is mightier than the sword
8. Get up \_\_\_ for school
10. Sharpen your \_\_\_\_\_
11. A place with lots of books

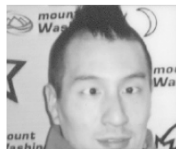
#### Down

1. First month of school
2. Ottawa is the \_\_\_\_\_ of Canada
4. She is half human, half fish
6. Daily Break
9. Tool for straight lines

Crossword Answers online at  
[www.currentlycumberland.ca](http://www.currentlycumberland.ca) & posted at  
 Seeds Natural Food Market

## ANNOUNCEMENTS

### HAPPY BIRTHDAY EUG ON SEPT 4!



Wishing you a great one! Much love, from the wife and kids. xoxoxo

A big **THANK YOU** to Sara Turner and Reel Films at Frelone's for her support of Valley Ki Aikido Kid's Camp. We all much appreciated the use of your space for a movie while the instructor was busy correcting the adult's techniques... Great popcorn too!

**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](http://www.wellbalancedbody.ca)

**VALLEY KI AIKIDO** (in Cumberland at the Abbey) is opening programs for kids and adults as of Sept 10th. For more information on Ki Aikido and its application in daily life and in self-defense, check out [vks.ca](http://vks.ca). To register for a class, please call 250-218-2618. Kids from about 8 years old and adults of all ages are welcomed.

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

**GREEN SPIRIT ACUPUNCTURE at the Abbey.** 10 years experience in Chinese medicine, herbal medicine, energy psychology and transformational processes. By appointment. Please call 250-218-2618 for more details or to book an appointment.

**DOES ANYONE** in Cumberland have a detached secure garage or storage area that would like to **DONATE** the space to the Royston-Cumberland Lions to use for storage of our equipment? Contact Lion Mary at 250-336-0209

Royston-Cumberland Lions **STILL** looking for a permanent home for **In Kind** work to upgrade property. FMI on this Call Lion Mary at 250-336-0209

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

**FOR SALE** Buffet & Hutch, large table with 8 chairs. \$250. In good shape, you must move. Call Holly at 250-336-8236

## HOW TO ADVERTISE!

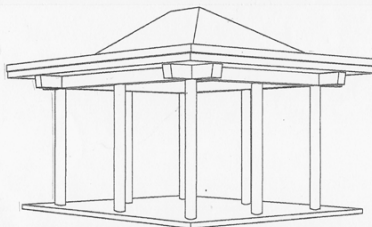
**DROP OFF DODGEPODGE, FREE STORE ADS, & EVENT LISTINGS** at Seeds Natural Food Market 7 days/week.

**FOR AD INFO** contact Kathryn at 250-336-8996, or [currentlycumberland@gmail.com](mailto:currentlycumberland@gmail.com)

**OCTOBER ISSUE DEADLINE IS... THURSDAY, SEPTEMBER 24<sup>TH</sup>!**

## Do Come And Visit The **CHINATOWN HERITAGE PARK**

**HELP US BUILD THIS PICNIC REST SHELTER  
 Donations will be Greatly Appreciated**



Cheque Payable to: Village of Cumberland  
 Please earmark cheque: Cumberland Chinatown Projects  
**The Village of Cumberland will issue tax receipts for amounts \$20.00 or over.**

**Thank You for Your Support!**

Coal Creek Historic Park Advisory Committee/  
 For Cumberland Chinatown