A Message from the President of Council

Congratulations to the new Council members elected at the recent AGM. They are:
Gary Forsgren (Vice President); Johanna Goold (Treasurer); Susi Krauss; Ross Mosher; Tim Schultz; Bruce Roberts; and myself. I know that we are all excited to begin our new term on Council in serving Strata as best we can.

With the beginning of this new fiscal year, Strata and the new Council are fortunate in large part to be starting from a clean slate in regard to past major issues and challenges. While not nearly over, marina issues are well underway. The first part of the plan, to sell and have the marina facility removed has been completed. Work is continuing with our lawyers to negotiate an insurance settlement and to determine legal action to be taken.

At a recent informal meeting of new councillors to discuss goals and objectives for the coming year, some priorities identified included: follow-up work from the new Depreciation Report to analyze and prepare a multi-year financial plan for asset management; an efficiency and effectiveness review of security; a review of common grounds maintenance and subcontractors; development considerations for the Town Hall and Lot 61; considerations for future seaside/docking development; and strategic planning overall.

Of course, there will be a great deal of activity and further planning to implement the resolutions approved at the AGM throughout the year. The relevant councillors and committees have already initiated meetings with our general manager and operations staff to begin the creation of an operational plan.

COVID 19 will continue to challenge Strata in terms of restrictions to buildings and activities. Conditions are monitored regularly and staff are keeping abreast of provincial and Island Health guidelines and requirements ensuring that owner safety is paramount.

Because of COVID 19, regular Council and information meetings for the foreseeable future will be carried out via ZOOM Webinars. We expect that throughout the year we will also begin taking advantage of technology to undertake some polling of owners to assist in gauging interest and viewpoints on various topics and initiatives.

A reminder to owners who may be interested in joining a committee or participating on special projects as they are identified to contact any Council member or the Strata Office.

Thank you for your support.

Wes Henderson
Welcome to Arbutus Ridge!

Richard & Colleen Hood 784 Country Club Drive
Clarence & Lisa Bradshaw 225 Marine Drive
John Jacques & Sheila Savage 3485 Arbutus Drive S
Jeremy Why & Barbara Wade 549 Marine Place
Geoffrey & Lise Glover 3514 Arbutus Drive S
Douglas & Maureen Cobb 621 Pine Ridge Drive
William Smith 3726 Arbutus Drive N
Konrad & Dericka Justus 603 St. Andrews Lane
Mark & Bawne Oldham 3697 Marine Vista

Directory Updates:
** If you would like to update your phone number or email please email the administration office. **

Would you like to share a ‘Thank you’ in Ridge Talk? Please send your request to lauren@arbutusridge.ca and it will be included based upon space availability.

Ridge Talk
Ridge Talk is published each month for the residents of Arbutus Ridge by Lauren Martinello
Advertising reps are Chris Sparrey and Aileen Munro
Contributions from our readers are most welcome. Deadlines are the 15th of each month.

The strata corporation provides this publication for information purposes only and neither endorses nor promotes any of the products or services mentioned herein and assumes no responsibility or liability for the statements made in this publication. We reserve the right to edit, condense and verify all articles.

Arbutus Ridge Newcomers

Welcome! to all our new residents to Arbutus Ridge we have not forgotten you!

Usually in September we host a Newcomers Meet and Greet event to welcome all new residents who have moved into Arbutus Ridge in the past year.

Unfortunately, this year, we are unable to go ahead with this event due to the COVID 19 Pandemic. However, as soon as Public Health gives the all clear for events like ours to go ahead, we plan to welcome you all.

Susan Bingham, Chair.
"Be kind, be calm and be safe"
Dr. Bonnie Henry
Strata Office Contact Information

**General Manager:** Patrick Frechette [generalmanager@arbutusridge.ca](mailto:generalmanager@arbutusridge.ca) 250-743-3500 ext: 6

**Strata Administrative Coordinator:** Lauren Martinello [lauren@arbutusridge.ca](mailto:lauren@arbutusridge.ca) 250-743-3500 ext: 1

**Strata Administrative Assistant:** Nanette Best [Nanette@arbutusridge.ca](mailto:Nanette@arbutusridge.ca) 250-743-3500 ext: 4

**Strata Finance Administration Bookkeeper:** Sharon Kennedy [Sharon@arbutusridge.ca](mailto:Sharon@arbutusridge.ca) 250-743-3500 ext: 5

**Strata Finance/Conveyancing Assistant:** Jenny Norris [jenny@arbutusridge.ca](mailto:jenny@arbutusridge.ca) 250-743-3500 ext: 7

**Strata Operations Supervisor:** Dayna Hill [dayna@arbutusridge.ca](mailto:dayna@arbutusridge.ca) 250-743-3500 ext: 3

**Strata Operations Technicians:** Gord Fielden [gord@arbutusridge.ca](mailto:gord@arbutusridge.ca) and Sherry Sibley [sherry.sibley@arbutusridge.ca](mailto:sherry.sibley@arbutusridge.ca)

**Strata Security Supervisor:** Tim Hale [tim@arbutusridge.ca](mailto:tim@arbutusridge.ca) 250-743-2200

Don’t forget the resident’s website is a great resource too!

[www.residents.arbutusridge.ca](http://www.residents.arbutusridge.ca)

**Strata office Reminder:**

All requests and correspondence for Council should be sent to strataoffice@arbutusridge.ca. If you wish to speak with someone, please call ahead or email to make an appointment.

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[250-929-4468](tel:250-929-4468)

[www.hearingcareclinic.ca](http://www.hearingcareclinic.ca)
Arbutus Ridge Music Club

In a normal year by the beginning of October, our choir members would be gathering on a regular basis to practise earnestly for the upcoming Christmas Concert. Sadly, this is not a normal year.

For over thirty years our Music Club has been a part of the Ridge. Each year we have performed wonderful Christmas concerts for our neighbourhood and surrounds, plus every Canada Day we donned our red and white and raised our voices to sing hearty renditions of Canada’s National Anthem and more. Even in this “Not so Normal” year we successfully encouraged our neighbours to gather outside in driveways and some members helped by leading the singing of O Canada.

Our club has gathered a great deal of history over these thirty plus years. Recently discovered in our archives are historical records of the many activities and performances we have participated and presented over the years. We look forward to sharing these memories with you in next month’s issue of Ridge Talk.

In the meantime, with COVID-19 preventing us from gathering to sing, we can still enjoy singing on our own. So, raise your voice and lift your spirit as often as you can. We remain hopeful that a vaccine will become available soon and with it the potential for a 2021 spring/early summer concert.

We encourage our membership to keep in virtual touch with each other. Stay positive, there will come a time when we can once again gather to sing.

For further information contact Louise (email at lty@shaw.ca)

Submitted by Jackie Read

Arbutus Ridge Art Club

The Art Club is a group of enthusiastic artists with varying levels of artistic talent and preference for media. Normally we meet regularly in the Craft Room to paint, sketch, learn from each other and enjoy some social time together. Of course, these in-person meetings have not been possible during the pandemic, but we have certainly been active, with our internet sharing practice on a variety of topics, exhibited on the Arbutus Ridge residents’ web page at https://residents.arbutusridge.ca/art/- be sure to check us out! Also, we successfully held an Art Walk in August in which many of us displayed our works in thirteen locations, in our yards, driveways, and garages.

If you have ever thought about trying your hand at art, or perhaps getting back into it, or just continuing where you left off, you are welcome to join us. Information about our club can be found on the Art Club’s Ridge website. When our regular art sessions resume, we will meet on Tuesday mornings at 9:30 a.m. in the Craft Room. We encourage you to pop in then and check us out - stay tuned! For membership or other information, please contact Jackie Read at 778-356-4913 or at jread1946@outlook.com.
Arbutus Ridge Pickleball Club Updates

Our last pickleball session at Kerry Park was on Wednesday, Sept 30. Curling ice is going in.

Thank you to all of you that came out to play. In terms of other options through the winter the Cowichan Community Centre and Cowichan Exhibition Park (Mellor Hall) offer quite a few sessions and it looks like there are other options as well. Rosemary Henderson

Please see https://www.vipa.ca/where-to-play.html for more details.

The website for the Cowichan Community Centre is https://www.cvrd.bc.ca/1868/Drop-in-Sports
The website for Mellor Hall is https://www.cowex.ca/cowichan-exhibition-pickleball/

Where to Play: Cowichan Valley

Coverdale Watson Park, 1880 Wilmot Road, Cowichan Bay
One lined tennis court with tennis net. Available year round until sunset weather permitting. Free play.

Farnsworth Park, 3649 Farnsworth Road, Cobble Hill
One lined sport court with portable net stored on-site. Available throughout the year until sunset weather permitting. Free play.

Red Arrow Brewing, 5255 Chaster Rd, Duncan, BC V9L 5J2
Three lined courts with portable nets. Available by arrangement with ownership. Hourly fee to be determined.

Cowichan Community Centre, 2687 James Street, Duncan, BC V9L 2X5
Mondays: Sept 14 to Oct 26, 7:30 pm - 9:30 pm (no session Oct 12)
Tuesdays & Thursdays: Sept 15 to Oct 29: 10:30 am - 12:30 pm
Wednesday: Sept 23 to Oct 28: 3:30 pm - 4:45 pm
Info: Drop-in fee, 4 courts available

Centennial Park, Duncan
Pickleball lines painted on 2 tennis courts.

Maple Bay, 960 Herd Road, Maple Bay Map
Four dedicated pickleball courts.
Drop-in basis - not monitored. No fees, players to provide their own balls & paddles.

Crofton (behind the Crofton Community Centre, 8104 Musgrave)
Info: 2 dedicated outdoor courts + adjacent tennis court with 1 court lined.
Drop-in basis - not monitored. No fees, players to provide their own balls & paddles.

Fuller Lake Pickleball Courts, Poplar Road, Chemainus BC Map
Monday, Wednesday & Friday 9:00 am to noon - advanced play (women 3.5+ & men 4.0+)
Tuesday, Thursday & Saturday 9:00 am to noon - all welcome.
Info: Six dedicated outdoor pickleball courts, nets permanently in place. Drop-in basis - not monitored. No fees, players to provide their own balls & paddles. Fuller Lake Pickleball Club

Cowichan Exhibition Park (Mellor Hall), 7380 Island Hwy, Duncan, BC Map
Starting mid September through mid-April:
Monday, Wednesday, Thursday & Friday: 10:00 am - 12:30 pm
Drills: Wednesday & Thursday: 9:00 am - 10:00 am ($1.00 extra)
Tuesdays are closed days, for ladder members only.
Important: check this calendar for blackout dates.

Drop-in fee $5.00, 6 indoor courts.
It is a lovely sunny day on a Friday afternoon and I have just returned from enjoying the music of Group Therapy.

I hope that many of you have been able to take in some of their concerts over the summer!

In these times of Covid with travel options extremely limited, being able to walk down the block and enjoy 2 hours of “old time tunes” in your own lawn chair amongst friends, what could be nicer?

Here, where we live in such a beautiful setting, overlooking Saltspring Island and Satellite channel the scenery can’t be beat.

While the location varies, the entertainment value does not. We would like to thank our many hosts who have graciously offered their garages for the musicians and their driveways for the crowd, albeit socially distanced to please Dr Bonnie. We have ventured out to Panorama, Pineridge, Fairways, Cedar Crescent and Arbutus Ridge South and North.

I so enjoyed all their tunes but one of my favourites has to be their rendition of Hallelujah with Bob on his harmonica!!

As the summer wanes into Fall and the onset of cooler temperatures I will miss not heading out on a Friday afternoon to take in yet another concert. Thank you goes to all the members of Group Therapy for your continued efforts to keep us entertained. We know you practise regularly and you give of your time to do this. Of course I happen to know it is not “too onerous” as you all enjoy yourselves and have lots of fun.

Thanks to all of the musicians and the hosts and we will miss you!

Fern Anderson (a grateful neighbor)
Music in the Uplands!

On a September Sunday afternoon we were again enjoying music in our centre circle in the UPLANDS. It is not the first time that Brian Pla-mondon set up his equipment and together with his friend Mark Ciezki began their playing & singing to entertain us for the afternoon. Many residents brought their chairs or golf carts along with a drink or snack and some even felt the urge to get up and dance on the pavement.

With the waterway finished and flowing quietly again in the background, this was a pleasant and much appreciated social gathering. Thank you again, Brian & Mark. Submitted by Urla Meckling
Off the Bookshelf: The Guardians

By John Grisham

The Guardians is yet another legal thriller by John Grisham. This is his 40th novel after his first A Time to Kill was published in 1989. Anyone remember the movie made of this book starring Julia Roberts and Denzel Washington? I have read many of Grisham’s novels as I do enjoy a good legal thriller.

A few of this recent novels failed to live up to his usual exacting standards and some wondered if his time as the master of the legal thriller was over?

Well in the Guardians he replies in a way which will shut the naysayers up pretty quickly.

The plotting is superb, the characters engaging and the twists and turns are plentiful.

Goodreads gives this novel a 4.18/5 rating. I would concur, I really enjoyed this book.

In a small north Florida town of Seabrook, a young lawyer named Keith Russo was shot dead at his desk as he worked late one night. The killer has left no clues behind. There were no witnesses, no real suspect, no one with a motive.

The police soon settle on Quincy Miller, a young black man who had once been a client of Russo’s.

Quincy was framed, convicted and sent to prison for life.

For 22 years he languished in prison with no lawyer and no advocate on the outside.

Then he wrote a letter to Guardian Ministries, a small innocence group founded by a lawyer/Episcopalian minister named Cullen Post.

Guardian handles only a few innocence cases at a time and Post is its only investigator.

Post is a driven and likeable loner.

He travels the South fighting wrongful convictions and taking cases no one else will touch.

To date Guardian has successfully gained the release of 8 wrongfully convicted prisoners.

With Quincy Miller, though, he gets more than he bargained for. Powerful, ruthless people murdered Keith Russo and they do NOT want Quincy exonerated.

The courtroom drama covers such interesting topics as blood spatter inaccuracies and details we often assume are legitimate “science”.

When you read of folks being wrongfully imprisoned for 20 years plus you can’t help but imagine how these people feel and the pain they endure. Most lose their family if indeed they had one prior to being put away for so many years. Talk about injustice!

I thoroughly enjoyed this book. As previously mentioned I do enjoy a
good legal thriller but it was also a welcome relief and a change of subject after reading handout/ loaner books due to the libraries being closed. This was my first book borrowed from the library since pre Covid days.

A helpful hint the local librarian gave me was when looking up books to order online make sure they are available in our South Cowichan branch as the vans are not transporting books in between branches as they usually do.

If you enjoy this genre of novel I would definitely recommend this book to you and sure hope you enjoy it

Submitted by Fern Anderson

If you have found a wild animal in distress, they need help as soon as possible. Like our pets, wild animals need professional care to recover if they are sick or injured. Contact the BC SPCA Provincial Call Centre at 1-855-622-7722 for advice.

A wild animal might need help if:

- There are obvious signs of injury (blood, wounds, limp, etc)
- They have been hit by a car, hit a window, or been caught by a pet
- They seem ‘sleepy’ or don’t respond when you approach
- They seem dizzy or disoriented, or stumble and fall when they move
- They are a baby and have been crying for a long time, are covered in bugs, or is cold and not moving very much

Wild ARC’s is the local Rehabilitation Centre. Here is some information from their website:

The Victoria branch of the BC SPCA established the wildlife rehabilitation centre in 1997. Demand has always been high in this region to help injured and orphaned wildlife. To meet this need, the Victoria branch created Wild ARC in celebration of their 100th anniversary. It now operate as an independent member of the BC SPCA family, treated 2,869 wild animals last year, and have treated over 42,000 animals in the past two decades.

The mission of the BC SPCA Wild Animal Rehabilitation Centre (Wild ARC) is to provide care to injured, sick, orphaned and distressed wildlife based on rehabilitation standards and the animal’s natural history. They treat each animal in their care as an individual case. The goal of rehabilitation is to release recovered animals back into the wild. Human activity affects over 80 percent of the animals treated at Wild ARC. At Wild ARC they aim to reduce this impact, and educate the public about wildlife, animal welfare and co-existing with nature. Check out their critter cam to view some of their current patients or subscribe to WildSense to receive their newsletter focusing on wildlife stories and issues in B.C.

From: https://spca.bc.ca/programs-services/wildlife-rehabilitation/about-wild-arc/
Mill Bay Memories!

By Maureen Alexander (adapted from Adelaide Ellis’s book ‘Along Mill Bay Road’).

Glimpses of the past told by old timers who are long gone, but thanks to their tales, not forgotten.

“I hated Mondays because it was wash day. The water hauled from the well was heated on the kitchen stove which was kept going with wood we chopped. The clothes were boiled, then scrubbed on a washboard with large cakes of Felsnaptha soap that we cut into flakes. It was then rinsed in clear water and then in blued water which was like bleach. We either wrung it out by hand or by a roller wringer. Then we hung it out on the line or on the indoor drier near the stove which made the whole room muggy. The next day flatirons were heated on the stove and hours were spent ironing. The worst thing was I knew the whole process would be repeated the next Monday.”

“Our car headlights burned a gas called Prestolite in a pressure tank carried on the running board. It was turned on with a key. The glass on the lamps was hinged and my dad would light each lamp with a match. We always made us step back in case there was an explosion.”

“Cars had no heaters. I think one appeared about 1920 when a chamber was fitted over the car’s manifold deflecting heat into the car but it just blew away in the wind.”

“We used oxen to clear the land for farming. Oxen were better than horses for ploughing because they knew enough to stop if the plough struck a solid root or rock whereas horses would keep going and break the blade.”

“I remember my Mom waiting for the butcher. He would kill a cow and wrap the carcass in a sheet. He would load it in his wagon and drive around the district. Housewives like my Mom would choose their favourite cut and Bob would saw off the size required.”

“I gathered salmon by the wheelbarrow load as they tried to spawn at the mouth of Wheelbarrow Creek where it emptied into the bay. Father used them to fertilize eight foot sweet pea vines.”

“Don’t kill the spiders they keep the moths out of the corn flakes”. “This advice was given to the new owners of the grocery store that sold everything from cornflakes to cement and was located at the corner of Deloume and Mill Bay Rd where Rusticana Coffee is today.”

Personal stories bring history to life and give us an opportunity to look back and reflect on the people and events that have made our community what it is today.
PLEASE SHARE YOUR FAVOURITE MEMORIES

I encourage you to email your favorite memories to me dalexander2@shaw.ca. It doesn’t matter if you grew up in this area or not, our historical society would love to hear from you.

You can remain anonymous or ask to have your name included if you like.

Thank you.

*Maureen Alexander* Mill Bay/Malahat Historical Society

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**Press Release: Trillium Communities purchases Norgarden and Peninsula retirement communities from Tidman Group.**

After 24 years of creating an exceptional living experience for seniors in our community Ron and John Tidman have handed the reins to Omar Lalani of Trillium Communities. “The most important thing for Ron and I when we went looking for a purchaser, is that they understood the importance of our commitment to ensuring the best possible experience for the seniors that live in our communities and for the staff that have helped to create something very unique and outstanding” says John Tidman of Tidman Group. “We were not interested in a large corporate model or a multinational and were seeking a local, family owned company and that is why Trillium Communities is such a great fit”. Trillium Communities was founded in 2004 by Omar Lalani and his uncle. Their goal is to provide seniors with the highest standard of care to improve their quality of life and help to maintain their independence whether it’s in Independent, Assisted Living, or LTC. Without exception, all caregivers and staff must share in Trillium’s approach to resident-centred care, respect, collaboration and choice.

Today, true to its roots, Trillium remains a local, privately-owned business with locations in Victoria, Colwood, Nanaimo, Shawnigan Lake and Abbotsford, serving 500 seniors in B.C.

“We are excited to have Norgarden and The Peninsula under the Trillium Umbrella and look to them as our flagship communities. Also pleased that Denise Tidman will be staying on as the Executive Director and continuing the tradition of excellent customer service that Norgarden and The Peninsula is known for” says Omar Lalani. The importance in keeping it local and family owned has been the key to making this sale become a reality.
Dear Valued Residents,

Attention Members of Arbutus Ridge Golf Club! Member referral program – refer a NEW member (s) to us and receive a $200 practice facility credit if they join the club!

Debbie Murphy
Accountant
Arbutus Ridge Golf Club
dmurphy@arbutusridge.com
www.arbutusridge.com

The Satellite Bar & Grille is open daily from 11am until 9pm.  View Our Menu

Weekly Satellite Bar & Grille Specials

Every day: Quick lunch, including soup, salad and ½ sandwich for $13, full soup & sandwich $15.50

Sunday: Beef Dip with choice of side $13.50

Monday: Line caught Pacific Rock Cod & chips $14.50

Tuesday: Burger Night! $2 off all burgers

Wednesday: $10 off bottles of wine

Thursday: Prime rib dinner, served with Yorkshire pudding and mashed potato $23. Members receive 10% off

Friday—Saturday: Appy Hour from 2pm - 5pm. $2 off all appies

Thanksgiving Dinner

Sunday, October 11th & Monday, October 12th join us for 2-Course Thanksgiving Dinner with all the fixings for $25 plus gst. Reservations required. Please call 250.743.5100

October Diner Night

Friday, October 30th, is our Diner Night; feature a two-course meal for $22 plus gst. You may bring your own wine for $10 corkage. Reservations 250.743.5100.

View Special Events & Theme Nights Menus Here.

We truly appreciate all of your fantastic support in many ways. We look forward to your next visit.
Provincial Election : October 24, 2020

Ways to vote

**Vote in person:** You may vote in person on General Voting Day on Saturday, October 24, in advance from Thursday, October 15 to Wednesday, October 21, or at a district electoral office from now until 4 p.m. on Saturday, October 24. We have added additional advance voting opportunities to reduce the number of voters in voting places. Find out more about Where to Vote or check the Where to Vote app for regular updates.

**Vote by mail:** All voters can vote by mail: you don’t need a special reason. Voting by mail is a great option for voters who are not comfortable voting in person because of the COVID-19 pandemic.

**Accessible voting** for at-risk voters and voters with disabilities: These options include curbside voting, assisted telephone voting, and site-based voting.

How to vote by mail

All voters can vote by mail: you don’t need a special reason.

Voting by mail is a great option for voters who are not comfortable voting in person because of the COVID-19 pandemic.

Contact Elections BC to request a vote-by-mail package as soon as possible. Your package will be mailed to you. You can ask for one by: Requesting a vote-by-mail package online Calling Elections BC at 1-800-661-8683

Completed vote-by-mail packages must be received by Elections BC before 8 p.m. (Pacific time) on Saturday, October 24.

We recommend that you request a vote-by-mail package by October 17. After this date, voters will not be able to request a vote-by-mail package online or through our Contact Centre. If a voter is unable to vote in person, they will still be able to request a vote-by-mail package from a district electoral office, which they can complete and drop off at any voting place, district electoral office or a participating Service BC office.

Information courtesy of https://elections.bc.ca/voting/voting-safely-and-covid-19/
Grounds & Beautification Committee: GBC Annual Garden Tour, Tuesday, October 20, 2.00pm

You are warmly invited to join the Grounds and Beautification Committee (GBC) for our annual Garden Tour on Tuesday, October 20 starting at the Uplands gate at 2.00pm. This year, we will observe social distancing, and you may wish to wear a mask. Please wear comfortable shoes and bring an umbrella in case of rain.

The tour will proceed from the Uplands gate to the main entrance to Arbutus Ridge, down the Parkway, turning left at Pioneer Park up Arbutus Drive North and finishing at the Town Hall in the Village Centre.

Arbutus Ridge is now over 35 years old. This means many of our 50 common areas require rejuvenation. Some trees and shrubs, originally planted by the developer, are dying due to poor soil and drainage, or they just have reached the end of their lifespan. In particular, our arborist has confirmed the need to, sooner rather than later, replace most of the ornamental cherry and plum trees.

In addition, our aging irrigation system continues to need numerous time-consuming repairs. Residents on Arbutus South will be pleased to hear that the contractor has now located the water connection and will start replacing the irrigation pop ups. But the irrigation systems throughout the Ridge need to be renewed.

The GBC, together with the Operations staff, have been doing comprehensive evaluations of all the common areas, with particular focus on those seen by most residents. Five areas have been identified as major, long-term projects. They are:

1) The Main Entrance to Arbutus Ridge
2) The Parkway
3) Arbutus Ridge North including Park Lane - this project must be fully coordinated with Civil Works
4) Ridge Lane
5) A Seaside Park on the beach next to any replacement dock

Most of you have seen the refreshed look of the Uplands entrance, thanks to John Hannah’s most generous gift to our community. Landscape architects, Small & Rossell, provided the design and have been working with the GBC to present plans for the major rejuvenation projects, starting with the the Main Entrance. The plan is published here, and the GBC look forward to hearing your comments and questions on the tour.

Please join us at the Uplands entrance on Tuesday, October 20 at 2.00pm. We hope to see you there.

Aimée Thompson
Grounds and Beautification Committee
Changes to Google Group

Some of you are familiar with Google Groups and may be aware of changes to this platform. Google has decided to change the classic Google group to a “new” format.

These changes are to streamline and update the program in ways that will benefit largely, businesses and educational organizations. These changes have been the source of considerable frustration for some of our members (and for some trying to become members). It will still work for us, but current early members will notice a few differences from what they originally signed up to.

For those wishing to join, a Google Account is required, and you can get this by using your existing email address. Simply click HERE to sign up! Also, unlike with the classic style, you will not receive an “invitation”. Once you ask to join and the administrator confirms you are an AR resident, you’re in.

The new home page looks different; less cluttered. To post something new you now open a CONVERSATION. After that everything is the same as before.

You can go back to the classic style by clicking on the little gear in the upper right corner. But you will eventually have to use the “new” set up as the “classic” is being phased out.

If you are now a member and you find yourself on the “new” Arbutus Ridge Google group, you are encouraged to try it out by opening a CONVERSATION.

If you wish to join the online group, contact Jim Newman, a resident site administrator by sending an email to him at jimhelen.newman@gmail.com. He will send you an invitation and instructions for logging on and using the site. (Very simple).

Promotions Committee: Do you love living at Arbutus Ridge?

Then why not join the Promotions Committee to help spread the word about how wonderful it is to live in Arbutus Ridge. The Promotions committee mission is to ensure that potential home purchasers will continue to be able to find our community regardless of how they search. We all want a house that can be sold quickly and at a price you or your estate will be happy with. This requires constant promotion of our community and innovation, we need your help with marketing ideas, google analytics, social media, website management, etc. If you love living here and would like to assist us we welcome you. Promotions committee meets once a month and we are responsible for the external website, tour with a resident, marketing and social media. Contact Joanne Bagan jobagan@shaw.ca
Buildings & Facilities Committee:

A big “thank-you” to everyone from Ross and I. We are so happy to be able to work on this year’s Council. We are also pleased to see that all eight Buildings’ resolutions were passed at the AGM. There has been lots of interested owners wanting to join the Buildings and Facilities Committee. (BFC)

So great that people are eager to volunteer and get involved!

We are looking for someone to be the committee Secretary. Duties are to take meeting minutes, post them to AR web site and submit a monthly update to Ridge Talk. The Secretary participates in conversations and decision making with everyone else on the committee. Historically, we have a hard time finding Secretary volunteers. It is a much needed and necessary position so the work of the committee gets recognized by the community and Council.

With more accurate communications the community will be better informed, can participate with ideas and feedback in a timely manner.

If you are interested, please let Susi or Ross know! susi@arbutusridge.ca or ross@arbutusridge.ca
Have you been in the pool lately? It is looking marvelous with new deck paint and pavers. Another successful Marc Jefferies led project!

Peek in the Arbutus Room window….you will see the new floor! Installation will be completed by next week and then the interior painting can begin. (YES, we acknowledge it’s backwards, but the work is being done based on when AGM resolutions were passed; flooring in 2019, painting in 2020). Ready for use when COVID rules allow.

News:

- BFC has already started working with Operations to implement the projects passed at the AGM. A monthly project dashboard will be posted on the BFC website page.
- BFC will create two new volunteer Task Forces. We are looking for volunteers with specific expertise to work on these new initiatives:

  1) Village Center Revitalization. This group will be a collaboration between Strategic Planning, Communications and BFC committees to prepare options for the use of the buildings, integrating Lot 61 retail building and Café and opening Town Hall building. The work will include presenting options at public forums and getting feedback from the community before renovation plans are proposed.

  2) Asset Management Plan. This group will be a collaboration between our General Manager, Operations Manager, BFC, Civil Works, Grounds & Beautification and Finance committees. The project is to create an asset management plan as a subset to the Depreciation Report. With a deeper dive into the specific condition of our assets, we will formulate maintenance and replacement plans with financial cost projections. Committees will create 5-year implementation plans. With an asset management plan, we will be able to set project priorities, predict funding and better manage the lifespan of common assets.

WOW! That’s a lot. Feedback and input is always welcome. Till next month!

Susi Krauss, Council Liaison, Buildings & Facilities Committee

Visit the Buildings & Facilities Committee page HERE
Most Doctors Won’t Tell You About Peroxide.

Have you ever smelled bleach in a doctor’s office? NO!!! Why? Because it smells, and it is not healthy! Ask the nurses who work in the doctor’s offices, and ask them if they use bleach at home. They are wiser and know better!

Did you also know bleach was invented in the late ’40s? It’s chlorine, folks! And it was used to kill our troops. Peroxide was invented during WWI. It was used to save and help cleanse the needs of our troops and hospitals.

Please think about this:

1. Take one capful of hydrogen peroxide (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. (I am doing it when I bathe.) No more canker sores and your teeth will be whiter without expensive pastes. Use it instead of mouthwash.
2. Let your toothbrushes soak in a cup of peroxide to keep them free of germs.
3. Clean your counters and table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dish cloth when you wipe, or spray it on the counters.
4. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.
5. If you have fungus on your feet spray a 50/50 mixture of peroxide and water on them (especially the toes) every night and let dry.
6. Soak any infections or cuts in 3% peroxide for five to 10 minutes several times a day. Her husband has seen gangrene that would not heal with any medicine but was healed by soaking in peroxide.
7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic systems like bleach or most other disinfectants will.
8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold or plugged sinus. It will bubble and help to kill the bacteria. Hold for a few minutes, and then blow your nose into a tissue.
9. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for 10 minutes several times a day. The pain will lessen greatly.
10. And of course, if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide-burnt blonde hair like the hair dye packages but more natural highlights if your hair is a light brown, reddish, or dirty blonde. It also lightens gradually, so it’s not a drastic change.
11. Put half a bottle of peroxide in your bath to help get rid of boils, fungus, or other skin infections.
12. You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten...
them. If there is blood on clothing, pour it directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.

13. Use peroxide to clean mirrors. There is no smearing.

14. Another place it’s great is in the bathroom, if someone has been careless, has peed on the floor around the toilet, and it’s begun to smell of urine. Just put some peroxide in a spray bottle spray. In the blink of an eye all the smell will be gone and the bacteria eliminated! (I wish I’d known this years ago)

I could go on and on. It is a little brown bottle no home should be without! With prices of most necessities rising, I’m glad there’s a way to save tons of money in such a simple, healthy manner!

This information really woke me up. I hope you gain something from it, too.

Chris Sparrey

Water: Where do I find out about our water quality?

On the residents website under Strata Info/Facilities & Services HERE you will find a section now included, reporting on the drinking water quality test results for Arbutus Ridge. This will be updated monthly so as to keep residents informed. Thank you to ARRA for the recommendation.
AREP - The Great British Columbia ShakeOut

More than 3,000 earthquakes occur in British Columbia each year. Most are too small to be felt, but the risk of one big enough to cause significant damage is very real. Participation in ShakeOutBC is an effective way to understand BC’s earthquake risk and how to prepare.

On October 15 at 10:15 am, millions of people worldwide will practice how to “Drop, Cover, and Hold On” during Great ShakeOut Earthquake drills. You can register to be counted among the worldwide participants at shakeoutbc.ca.

Earthquakes occur without any warning so
DROP to the ground (before the earthquake drops you)
Take COVER by getting under a sturdy desk or table
HOLD ON to it until the shaking stops.

If there isn’t a table or a desk near you, drop to the ground in an inside corner of the building and cover your neck and your head with your arms and hands. Bend over to protect vital organs. Do not try to run to another room just to get under a table.

Earthquakes may be so violent that you cannot run or crawl. The initial jolt could be the start of something bigger so stay where you are and count to 60 after all shaking has stopped. The likelihood of being injured by falling or flying objects is greater than dying in a collapsed building. DROP, COVER and HOLD ON provides the best level of protection in most situations.

For a wealth of information visit shakeoutbc.ca.

Submitted by Jane Rees
Communications Committee Update:

We are so happy to have new volunteers this year! Welcome Sally Budd and Brigitte Stuurrop!

Our main focus this year will be to continue communicating in a variety of ways; web site, written, in person, face to face and ZOOM.

WOW! We thank Lauren Martinello for “everything ZOOM”. You must agree, she did an amazing job with our AGM! That glitch during the vote for Councillors was a complete panic for the rest of us, but she kept her cool and made it happen! Bravo!

At the end of last term Johanna Goold completed the Communications Plan which is posted on the Residents Web site under Communications Committee tab. It is a very comprehensive document that outlines everything our committee does. Thanks again to Johanna for her hard work and leadership!

Sally Budd joins us from the Strategic Planning Committee. We are grateful to have her expertise and insight on our team. Collaboration between committees is always a win-win for everyone!

The new server upgrade project is almost complete. Patrick Frechette, our new General Manager will soon be working on re-organizing the Resident’s Web Site to make information easier to navigate. It will require a lot of clean-up and re-organization of information. So happy that Brigitte has re-joined Communications Committee to help!

Communications Block Liaisons report:

This is a group of volunteers from each block who hand deliver Arbutus Ridge information to residents who cannot use a computer to stay informed. Lauren prints Power Strata Notices, Ridge Talk and any other important information that owners should know. Hand-outs are on an as-needed basis.

You can help us by spreading the word so we don’t miss any residents. We also want feedback if you are getting these deliveries and no longer want them.

As always, we request feedback on the communications programs and welcome any new suggestions.

Great communications is key to a positive understanding of our community and influencing our common goals!

Susi Krauss, Council Liaison Communications Committee
Security Update: October 2020

The longer nights and cooling trend appear to be with us once again. With the change in weather it brings to mind that fall is approaching and this is when we use to see residents heading south. With covid with use for the next few month we will probably see more short trips rather than the extended trip for the entire winter.

It is still really important to Security that you take the time to do a little paper work for us. Please fill out a V.I.F. (Vacation Information Form), found on the residents website HERE, and leave it with us prior to your departure. You can get the form on line or stop at the gatehouse. We will enter all the information into our data base for reference while you are away. The more info you provide the easier it is to do our job. If you are having renters while you're away then a form “K” (also available on the residents website HERE) also needs to be filled out and given to the Admin Office. If you have people not on your preferred guest list looking after your residence, please put that info on the VIF. If you have contact numbers of where you are staying, please include this info on the form.

Have a safe trip and we will see you on your return.

One more thing with the longer nights. Please look at your house address sign and make sure it is clearly visible from the street, so if there is an emergency we can find the house easily.

Your Security Team

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**Bylaw Reminder:**

**Bylaw 37. SIGNS & MARKETING**

2) Signs permitted under the Canada Elections Act and the BC Elections Act may be placed by an owner on his strata lot at any time after an election is called until the day following the vote. Signs must adhere to bylaw 37(1)(c) and (d) above and may not exceed 61 x 91 cm (2’ x 3’). Signs may not be displayed on common property at any time.
Strata Communications

The Strata Office uses PowerStrata to deliver importation information to owners via email. Some email providers, when they update their security settings, may ‘block’ PowerStrata emails even though you received them before. Be sure to check your junk/spam folder if you stop receiving them.

Do you wish to receive paper copies of all correspondence sent out via PowerStrata if you are not receiving it already? If so please call the administration office 250-743-3500 to let us know! We have a team of dedicated Block Communication Liaisons who deliver the materials every couple of weeks to keep you up to date on the happenings in the Ridge.

All PowerStrata notices previously sent are available on the residents website for your reference.

The Arbutus Ridge Residents website is a great place to go when you’re looking for something!

The minutes from general meetings as well as council meetings can be looked up as well as the recycling and garbage pick up schedules and sorting parameters. Looking for general information about all the various clubs in Arbutus Ridge? Yes, the residents website has that too! Change application forms for changes to landscaping, exterior changes to your home or to install fencing or hedging can also be found on the website. As a reminder, the link to the residents website is:

www.residents.arbutusridge.ca

Resident Review/Recommendation

Want to provide a review about a local business or recommend something? Feel free to send in your reviews or recommendations of great local secrets that we can share in Ridge Talk. Email lauren@arbutusridge.ca with your submission.
We Welcome You to Mill Bay Centre

"in the 1980's. Mel Sager had a vision for a gathering place born from the roots of community, compassion, friendship and service. It has been a successful endeavour. As years passed it embraced more and more merchants who wanted to be part of this unique and generous environment, nestled by the shores in Mill Bay. In 2014 Mill Bay Centre was purchased by a group of local BC Investors with a solid foundation in Vancouver Island Real Estate and a determination to build on the Sager's sense of community and vision. The Owners and Merchants strived to meet each customer's every need. By always putting the customer first, the centre expanded, and so did the loyalties between customers and merchants. Customers came, and then came back again and again. And so, it is today. This mutual loyalty creates a strong community identity, and a firm foundation to become a regular place to visit, whether you live in the area or are just passing through.

Our merchants provide a wide variety of products and services. You could have a laugh, share a cup, eat a meal, read a book or newspaper, get a trim, choose your paint colour, latest fashion, meet your medical needs, get gifts for a person or pet, buy or sell a home, pick up some groceries or invest in your future. As Mel envisioned, we welcome you to our gathering place born from the roots of community, compassion, friendship and service. From toddlers to families to seniors, come visit our vibrant and beautifully sculpted, Mill Bay Centre by the Sea.

Photos courtesy of Mill Bay Centre
Spa One Celebrates One Year Anniversary!

October 12th marks the first-year anniversary of Spa One. Located on the upper level of the Valleyview Shopping Center in Cobble Hill, a long line up of excited patrons one year ago awaited a fun-filled day of Grand Opening prize draws, specials on spa services and treatments, and a tour of the premises.

Cheryl says, “we expected maybe 30 people at most to show up”, “but to our surprise, we had closer to 150 come by for our special day!”

Given she had been teaching nail tech courses with her own custom formulated Spa One professional nail products since 1996, Cheryl decided Spa One would be the perfect name for the business. “The clientele has been incredibly supportive of the Spa over this past year, and we are working hard to continuously create an even better experience and offer high quality skin and body care lines to complement our treatments.”

Like many small businesses affected by the COVID-19 pandemic, the Spa faced temporary closure for approximately 2.5 months. Director of Operations Allison Barlow says “we made it a priority to stay in contact with the clientele during closure through newsletters, phone calls and product deliveries. We had an incredible number of people excited for the reach out and generously support the business by purchasing skin care product and gift certificates for delivery.”

To show appreciation for the support received over the last year, the Spa will be offering **15% off a 60-minute massage and 30-minute facial booked together for the month of October**, along with exciting prize draws, and free special gift packets with Eminence product orders.

The Spa is proud to donate 1% of service revenues to the BC Children's Hospital.
Sudoku

Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

### Easy Puzzle

<table>
<thead>
<tr>
<th></th>
<th>1</th>
<th>2</th>
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<tr>
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<td>1</td>
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### Medium Puzzle

<table>
<thead>
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<td>7</td>
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<td>2</td>
<td>1</td>
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</tbody>
</table>

If you are calling any of the companies that advertise in Ridge Talk, LET THEM KNOW you saw their ad in Ridge Talk! Our volunteers have been busy working with them to know their ads are worthwhile!
If you are calling any of the companies that advertise in Ridge Talk, LET THEM KNOW you saw their ad in Ridge Talk! Our volunteers who work with our advertisers are working with them, and we want them to know their ads are worthwhile!

Want to advertise in Ridge Talk?
Send an email to lauren@arbutusridge.ca

Interior & Exterior • Certified • Custom
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Colour Consultation
Wall Coverings
Specialty Finishes
Handyman Services

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New Gutter Installation . Pressure Washing
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$100.00 PER WINDOW IN
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* OAC. Some conditions apply. Limited time offer.
GRAND PRIZE DRAW: DEC 18, 2020

Call Bob to make an appointment: 250-732-5044 | vanislewindows.com
Shake Out. Don’t Freak Out.

DROP! COVER! HOLD ON!

October 19, 10:19 a.m.

Register at www.ShakeOutBC.ca