

SIGNING A PLEDGE

Local youth were among 150 people who signed the Pledge to Our River declaring our role as stewards and guardians and calling for “a comprehensive watershed management plan before any more developments can impact Our River and its resources.” (See story on Page 14)



LIZZY-LOU'S

FUNKY FUSION
CAFÉ

Closed Thanksgiving Weekend (October 6th, 7th, & 8th)

NEW HOURS!
 Beginning Tuesday October 9th
 Mon to Fri 11:00-3:00 • Sat 9:00-3:00
 Closed Sundays

*You Asked,
 We Listened...
 Still Open Mondays!*

(250) 246-1050 • 9893 A Maple Street Chemainus (Old Town Chemainus)

October Schedule

Special Events
 October 1 Volunteer Training FREE open to general public
 October 2 Free - Flower Arranging Evening Course, instructor Lori of Flower Affair Florist Shop
 6 - Community Thanksgiving Dinner, bring your favourite entrée, join your neighbours for conversation, good food and music. 6:30 pm
 13 - Recycle Day 9 to 2 pm rent a table or drop by for coffee and bargains galore.
 27 - Yarn Affair & Art Show, handmade quilts, sweaters, aprons etc, carvings, paintings, craft supplies, come buy your Christmas gifts, rent a table and sell your crafts, paintings or flea market items.
 29 - AGM FOR COWICHAN NEIGHBOURHOOD HOUSE, Get involved, memberships \$5.00 per year.
 Our Regular weekly schedule FREE OPEN TO THE COMMUNITY
 Peer Support meetings Monday 1 to 3 & Wednesday Nights.
 Social & Resource time, all ages welcome, 3:30 to 5:30 pm Tuesday, Wednesday, Thursday
 Free Store 1 to 3:30 plus Social & Resource time, Fridays
 Youth Drop in 7 to 11 pm, Friday nights ages 12 and up Games WII, Flight Simulator, Floor Hockey, Videos, pool tables and much more.
 7 to 10 pm Saturday nights add Music & Movie night.
 The volunteer program is every Monday night from 6:30 to 8:30 pm until December 10th.

www.cnha.ca or info at 250-246-3203
 Cowichan Neighbourhood House - 9796 Willow St

YOUTH Halloween Party
 October 31st
 6:30-Admission Free Pizzas Pop Trunks & Games!

FLEA MARKET

EVERY SATURDAY & SUNDAY

MT. BRENTON COMMUNITY CENTRE IN SALT AIR
 PHONE FOR INFO **245-2677**

Variety of yoga classes, morning and evening

• Swedish (deep tissue or light touch) massage as well as hot rock treatment

•

SEASIDE YOGA Studio

Detoxifying soft heat infrared Sauna

For more information call **Pnina Benyamini**
 Home 246-3797
 Cell 709-4910

website: www.pninayoga.com
 email: pninayoga@hotmail.com

9949 Cedar St. Chemainus, BC

Special Needs Kids - Tuesdays from 4 - 5 p.m.