

Hello from The Duncan Chamber! If you don't want this e-mail [click here](#) and we'll fix it.

Duncan Chamber News Sept 24, 2010



Duncan-Cowichan
Chamber of Commerce

Shopping in Downtown Duncan is fabulous. One of great shops that keep travelers and locals visiting Downtown Duncan is **Wear in the World**. Arno and Sharon bring the world to your door with colorful, unique fashions, jewelry, World Music CD's and much more! Stop in next time you are downtown, the store is at 155 Craig St. Find them on [Facebook](#) or <http://www.wearintheworld.ca/>

In this issue: Wear in the World (**cool, eh!**), Chamber Mixer at Mr Mikes, Gourmet Gala, Indy Car at Oil Check, Positive psychology, Cranberries!, Merridale Cider, Genoa Bay Cafe, Boys to Men, Rembrandt's Chocolates, Financial management workshop, RBC fraud prevention, Healing Touch for Animals, Tour de Rock events, Walk of the Nations, Merridale Cidery, Health Benefits for the highly intelligent (free treats)

(Monthly click-through sponsorship available for \$35/month. Call us for details 250 748 1111)

Thanks to **Cassandra at Holmesdale House** for hosting the networking mixer Thursday night. Send me your announcements. dwright@duncancc.bc.ca

Chamber News and Announcements

Next Chamber Mixer at Mr. Mikes Oct 4th. 5-7 PM

Mark your calendars for an evening at **Mr. Mikes in Duncan at Beverly Corners**. Join Sonja and the staff at Mr. Mikes for complimentary wine tasting and appetizers on their outdoor heated deck from 5:00 to 7:00 PM. Regular Mr. Mikes menu will also be available. Please RSVP to us here at chamber@duncancc.bc.ca and we'll see you at another great (and delicious) networking opportunity.

New Chamber Benefit: Reduced Hotel rates at Accent Inns

Accent Inns wants our business and they are offering some discounts to get it. Check out this [flyer for rates](#). Happy travels!

Gourmet Gala Oct 15, 2010 Great Wine, Great Food, Great Opportunity (Updated Link)

The fifth Annual **Gourmet Gala**: a fun, delicious evening of food sampling and wine pairing, is October 15, 2010. The Gala showcases local products and talent...and is also a great way to showcase **your** business! Promotion of the Gala will start soon, and as a sponsor, your company will be widely recognized in several media. [Please click here for more information](#) on how you can participate, and gain exposure for your business. All funds raised at the Gala go towards building a new Visitor Centre for the region. www.gourmetgala.ca

We have these **Chefs**: Quamichan Inn, City Square Grill, Satelite Bar and Grill, George Gates, Quw'utsun, Sean at Equinox, Brad at Amuse, The Cow Cafe, Gary Faessler, and **these Wineries and Cideries**: Rocky Creek, Cherry Point, Godfrey Brownell, Divino, 22 Oaks, Silverside, Deol, Merridale, Averill Creek, **and also**: Tea Farm/Pearl Chocolate, Makaria Farms, Saskatoon Berry Farm, Mayo Creek Gardens, Yellowpoint Cranberries, Damali Lavender Farm, and Cowichan Bay Seafood

From, and for our members:

(That is you, FYI)

Indy Car coming to Oil Check (New)

Anne at Oil Check is hosting a visit from a Grand Prix Racing Car. This winning car will be at Oil Check on Beverly St Sept 25 from 10-3. The Rotary club will be selling hot dogs and photos. anne@myoilcheck.ca

Positive Psychology Presentation Sept 28th (New)

Join **Johanna Vanderpol, Positive Psychology Coach** and Author for a review of the highlights from the 1st World Congress in Philadelphia: Scientific study of what enables human beings to thrive. Tuesday, September 28, 7:30 to 9:30 PM. in the Comeakin Room at the Quw'utsun' Cultural Ctr. Presentation followed by Q&A
See how science of positive psychology is leaving the illness model behind, and bringing the strengths model of what's right with us as human beings on an international scale. \$5.00

Cranberries, get your Cranberries! Yep, it must be fall! (New)

Here is a note from **Justine at Yellow Point Cranberries**: The fall is here and with it are the cranberries. Fresh cranberries will be available starting September 25th. Sat. October 9th is **Cranberry Reveal Day** here at the farm. From 12:00 until 4:00 we will have all new products available for tasting. This event is complimentary. Tasting will include Cranberry Tapenade, Cranberry Ice Cream, Cranberry Lemon Loaf, Fresh Cranberry Salsa, Cranberry Pizza, Cranberry Streusel Cake, Cranberry Ginger Scones and most of our other products. Coffee and Cranberry Lemonade or Ice Tea is also on the menu. We hope to see you here!

We will be at the Duncan Farmer's market on Sept 25 and Oct 2. Check us out online at <http://www.yellowpointcranberries.com/>

Merridale Cidery is offering some great specials at the Orchard Spa (New)

Janet at Merridale has some fantastic offers at The Orchard Spa. If you didn't have a chance to treat yourself to some pampering this busy summer, check out www.merridalecider.com/spa Now that the weather is changing and the kids are back at school..you deserve it! Combining a spa experience with Merridale Cider seems like a great idea to me!

A big thank you from Genoa Bay Cafe! (New Hours)

Stacey and Gord and the entire team at the **Genoa Bay Cafe** send a big thank you and send this exciting news: "The Cafe will be open right through the Fall and Winter till December 31. Beginning Oct 4 we will be open for dinner on Wednesday and Thursday, lunch AND dinner Friday and Saturday. On Sunday ... something new! We will be serving a brunch and lunch, but will be closed for dinner. The brunch will begin on Sunday October 17 Check out for the thanksgiving menu offered on Oct 10 and 11th. Call for reservations 250 746 7621

Boys to Men Workshop

Grant at Pinnacle Lists wants you to know about the upcoming Boys to Men Rites of Passage Adventure Weekend. Oct 8 to 10 Boys age 12-17 Sponsored by the Cowichan Men's Centre, Contact Grant for more info grant@cowichanmen.org

Did you know that Rembrandt's Chocolate shops does passport photos, too?

I bet you can't find another while-you-wait passport photo shop where you can eat handmade chocolates or sit at an icecream counter while you photos are printed! Rembrandt's Chocolates on Kenneth St. is your one-stop dessert and photo shop. It's true!

Financial management for Small Business: A BIG deal! (New workshop in Mill Bay)

Community Futures is offering this great workshop filled with info about bookkeeping, taxes, deductions, financing and all the other stuff you think about, but don't know who to ask. I will definitely be at this one! Wednesday Oct 6 6:30 to 9:00 PM at Community Futures Boardroom in Duncan. [Click here for more](#) details or call Devon 250 746 1004

RBC offering Fraud Prevention workshop Oct 6, 2010

The **RBC Duncan Branch** would like to invite all Chamber of Commerce members to a Counterfeit and Fraud Prevention Presentation. The presentation will be on Wed. October 6, 2010 at 6:30 PM at the branch located at 395 Trunk Rd. Duncan. The presentation will be about 1.5 hours including Q & A period. We would ask that you RSVP to Leona Horvath leona.horvath@rbc.com or by phone 250-746-2460.

Healing Touch for Animals by Sheila Jones

Sheila Jones, Certified Holistic Practitioner is now offering **Healing Touch for animals**. She offers Alternative solutions while working with your traditional Veterinary care to support though illness, surgery, physical and emotional trauma and abuse. Sheila will come to you and your pet to help reduce stress and anxiety. 250 597 3212 or 250 213 9939

Events and other fun happenings

Don't forget to post your event to Tourism Cowichan!

If you are hosting an event in Cowichan make sure you post it [here](#), too.

Tour de Rock Celebrity Newspaper Carrier Challenge Sept 24 (this looks super fun!)

Calling all great former newspaper carriers (and wannabees) The Newsleader is hosting games of skill and chance to prove your carrier skills. 5 minutes on a safe, closed course in the parking lot of the Newsleader to raise money for the the Tour de Rock. A donation will give you the opportunity to compete for your photo on the cover of the newsleader and being crowned the best darn newspaper carrier!. [Click here for the poster](#).

Tour de Rock Red Serge Dinner Fundraiser Sept 28th at Silverbridge Travel Lodge

A great opportunity to be served dinner instead of a ticket by an officer in red. Tickets are \$40 (and you don't pay HST). Dinner is buffet with live and silent auctions. Tickets available at Community Policing and the RCMP detachment. Contact warmlandcops@shaw.ca

Walk of Nations Oct 2 (celebration) and Oct 3 walk in Duncan

This legacy of the North American Indigenous Games is an opportunity for all people of the Cowichan Valley to get out and walk together and learn about each other's cultures. Click [here](#) for a poster of the event and [here](#) for some info on how your school can participate in the School Spirit Contest. The celebration is Oct 2 at Si'em Lelum 4-8PM and the walk is Oct 3 at 1:30 beginning at Centennial Park. contact Michelle at 250 746 1004 for more info www.walkofthenations.ca

Merridale Cider Thanksgiving Feast Oct 10th starting at 5:00 PM

Here is another note from **Janet at Merridale**: "This Thanksgiving let Merridale do the cooking for you and join us for a feast on the evening of Sunday October 11th. Our menu is so affordable that it just doesn't make sense to spend all that time over the stove. Sit back, relax and pull up a chair in front of the fireplace at Merridale to enjoy some home-style cooking Thanks giving dinner ~ October 10th starting at 5:00 For reservations call 250.743.4293 \$30.00 for 3 Courses or a la carte" <http://www.merridalecider.com/bistro/>

You must be one of the few! Congratulations!

If you read this far..you are definitely of the small percentage of highly intelligent beings! Highly intelligent beings deserve health benefits. Bob Cringan of The BC Chamber Benefit plan will buy you coffee and treats if you call him to learn about how you can have health benefits, even if you are self employed, even if you ARE your business, even if you are one of a few employees at a small business: Call Bob to learn more 250 701 0405

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