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Crown Isle Welcomes The Tour De Rock

Crown Isle Resort is thrilled to be hosting the 2007 Red Serge Dinner in support of the Canadian Cancer Society's 10th annual Cops for Cancer Tour de Rock. The fundraising gala takes place Wednesday, Sept. 26 at the Resort Centre.

Police officers from up and down the Island will again pedal their way from Port Alice to Victoria, raising funds for the Canadian Cancer Society and Camp Goodtimes. This year, local RCMP Const. Chris Backus will be making the 1,000 km. journey, bringing the team to Crown Isle on Sept. 26.

Backus, a life-long athlete and seven-year member of the RCMP, has been training for months, pedaling between 300 and 400 km a week, in addition to the hours spent as a member of the RCMP bike patrol this summer.

"My personal motivation to get involved with the Tour de Rock is that everyone is in someway or another, be it through friends or family, affected by cancer,"

Backus said. "I've lost two close friends to cancer in the last year.

"I'm raising money and getting to do it through something I enjoy, which is athletics."

The Island campaign raised more than \$1.6 million in 2006, through a variety of fundraising events in each of the 25 communities the Tour visits.

Tickets for the Red Serge dinner are \$55 per person or \$400 for a table of eight, and only a limited number are available. The evening with the riders will feature a sumptuous buffet dinner, silent and live auctions and a chance to meet the

riders. Local RCMP dressed in their red serge will assist in serving the dinner.

Tickets are now available at the Chamber of Commerce office at 2040 Cliffe Ave., the Comox Valley RCMP detachment at 800 Ryan Rd. and the Canadian Cancer Society at 1509 Cliffe Ave. For more information please call 338-5454.



INSIDE



Bring The Party Outdoors

BAR

Have a selection of bottled beer with some emphasis on micro brew from the Island (Lighthouse Brewery has a wonderful selection) and offer a BC or California Chardonnay and a Cotes du Rhone. Remember to have non-alcoholic options.

SETUP

Place eight to 10 bamboo torches filled with citronella oil around the perimeter of the party area to add light and ward off insects. For additional bug protection, spray the air, ground and shrubbery with Raid Yard Guard outdoor fogger three hours before guests arrive.

APPETIZERS

Tomato and bocconcini

Split fresh ripe yellow and red cherry tomatoes fill with pearl bocconcini, drizzle with olive oil and sea salt.

Goat cheese dartoise

Roll out puff pastry and fill with sauteed red onions, red wine jelly and fresh goat cheese. Roll dough around filling like a strudel and top with egg wash, sea salt and cracked pepper. Bake at 400°F for 12 minutes or until golden brown.

Curried chicken

Cook two pounds of fresh boneless skinless chicken breast. Use a food processor to grind the cool chicken to a fine crumb. Use two tablespoons of curry paste with 125 mL of mayonnaise, mix together with chicken and season to taste. Spoon mixture onto cucumber slices and garnish with edible flowers.

Antipasto platter

Stop at the deli and load up on your favorite salamis, cured meats, prosciutto, marinated olives, artichoke dips, and roasted garlic to name a few.

MAIN COURSE

Mixed grill

Frutti de mer skewer (scallops, prawns, salmon, halibut, oyster) 5 lbs total
Marinated butchers stick (lamb, beef, pork, venison) 5 lbs total
Garden Stake (Zucchini, tomato, onions, peppers) 5 lbs total

Cut all meats, seafood and veggies into one inch cubes. Assemble on chopsticks (soak sticks in water for one hour).

MARINADES

Seafood marinade

Olive oil	1 L
Lemons	7 juiced lemons and zest
Fresh dill	2 bunches
Sea salt	2 tbs
Black pepper	2 tbs
Fresh minced garlic	2 tbs

Meat marinade

Canola oil	1 L
Red wine	400 ml
Rosemary	4 ml
Sea salt	2 ml
Black pepper	2 ml
Fresh minced garlic	2 ml

Veggie marinade

Olive oil	1 L
Balsamic vinegar	250 ml
Fresh basil	3 ml
Sea salt	2 ml
Black pepper	2 ml
Fresh minced garlic	2 ml

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ENJOY



Best Year Yet For The Men's Club



Ramsay Poucher
Men's Club Captain

The Men's Club has had a good start for 2007 and with the way the course is improving it promises to be the best year yet.

The men's morning play has been well attended, along with Thursday and Saturday white, green and blue tee play.

With membership increasing, booking early is becoming more and more important.

The Tuesday night men's play is increasing in popularity and the format has seen some changes as the weeks go by. This improved event is a great chance for Men's Club members to invite friends to play our great course.

Upcoming events:

- July 29 Harold and Pam Stevens' Cup
- Aug. 7 'Three Queens and a Jack' Tournament
- Aug. 8 & 9 Seniors' Club Championship
- Aug. 18 & 19 Crown Isle Club Championships
- Aug. 25 Captain's Cup Tournament
- Sept. 5 Milestone Birthday Luncheon
- Sept. 16 Mixed Social: Tacky Sunday Golf & Dinner
- Sept. 25 Ladies' Closing Day Scramble & Lunch
- Sept. 27 Senior Men's Closing
- Oct. 27 Fall Classic: Golf, Dinner & Dance

New Silver Tees Ready For Ladies' Club

The Crown Isle ladies' golf season is off to a great start with more than 70 ladies signing up for Tuesday's organized golf games.

Match play rounds were started in May with final rounds to be completed by September 15. This year we have both individuals and teams competing for the Captain's and Vice Captain's Cups. Good luck to all ladies who have joined in the matches.

We are also pleased to announce the new silver tees were ready for play June 1. The new rating for ladies' red, silver and white tees are posted in the ladies' locker room. Temporary cards with new hole, course and slope ratings are available for those wishing to give the new tees a try. Course and slope ratings have been also been updated on the RCGA network website.



Sandy Linhart
Ladies' Club Captain

Contact Sandy Linhart at 334-2683 or Helen Kitchen at 898-8850 for more information. Good golfing to everyone!

Holes in One

Mike 'MJ' Johnson	April 25/07	Hole #16
Iris Peterson	May 5/07	Hole #7
Rosemary Smith	June 5/07	Hole #16
Joan Compton	June 11/07	Hole #12
Terry Doyle	June 12/07	Hole #12

PLAY



A Note From The Superintendent

Keeping Our Grass Greener

MIKE KEARNS
Golf Course Superintendent

In a climate like ours on the West Coast, it may seem a bit odd to be worrying about water conservation. We receive more than our fair share of precipitation, and at times it can feel like the rain will never stop. However, our summers are generally very dry and this is the time of year that we have our biggest demands for water.

Careful management of water is very important in any landscape, and on a golf course it can have a very big impact on playability and turf health. Over-watering turf leads to weakly rooted plants that are more susceptible to disease, and can also result in saturated soils that are easily compacted and rutted by foot traffic and mowing equipment.

Over the last couple of seasons we have begun upgrading our existing irrigation system on the golf course. Over the last two seasons we have been able to reduce our overall annual water usage, while still maintaining healthy turf and good playing conditions.

Along with the upgrading of our watering system, we have also incorporated Best Management Practices (BMP) for water conservation. These include:

- Selecting low-water-use turfgrasses, groundcovers, shrubs and trees.
- Providing adequate levels of nutrients to the turf.

- Using mulches in shrub and flower beds to reduce water evaporation losses.
- Adjusting mowing heights to the ideal levels, depending on species, season and playability.
- Using soil cultivation techniques such as slicing and core aeration to improve water infiltration and minimize runoff.
- Improving drainage where needed, to produce a healthier turf with better root systems that can draw moisture from a larger volume of soil.
- Cycling irrigation sessions to ensure good infiltration and minimize runoff.

Keep these tips in mind in maintaining your lawn at home:

- A healthy lawn only requires 1" (25mm) per week, and irrigation should only be scheduled to supplement any shortcomings in natural precipitation.
- Deep, infrequent (ie. once or twice per week) watering encourages deeper root systems, which allow the grass plant to better withstand periods of drought
- Irrigate late in the evening or early in the morning.
- De-thatch and/or aerate your lawn in the spring and fall. These practices remove thatch and relieve compaction, which will lead to a healthier stronger plant better able to withstand drought
- Use mulch on landscaped areas of your garden to hold soil moisture.



Oceanspray Lights Up The Woods of the Pacific Northwest

Beautiful *Holodiscus discolor* offers many practical uses too

SKY-HANNA NISKASARI
Head Gardener

This native plant is known by many common names, but the Latin; *Holodiscus discolor* remains my favorite. If you say it to yourself it rolls off your tongue, and is also easy to remember. Arrow-Wood and Ironwood are names picked to describe the strong hard stems. First Nations people used the wood for cooking utensils, building tools, and bows and arrows. *Holodiscus discolor* hides, camouflaged among its natural habitat of the mixed evergreen forest until mid-June when it bursts into bloom. The names Oceanspray or Creambush are commonly used, because of the shrubs abundant amount of cascading white, creamy flowers on long, drooping panicles.

Not only is Oceanspray one of the first plants to flush out with dark green leathery leaves in spring, but they bloom profusely for two to three weeks in early summer. White fragrant, edible flowers resembling frothy ocean foam gracefully droop from arching branches. The flowers are an attraction for local butterflies and can be used as a replacement for baby's breath in bouquets, although the fragrance is better observed from a short distance away than up close.

Oceanspray is very tolerant of seaside conditions and poor soil, making it an excellent choice for erosion control in

our region. It is one of the first plants to become established after a forest fire burn or a logging clear-cut.

This local native plant was used by First Nations in many medicinal ways. The leaves from Oceanspray were steeped into a tea to make tonics. It was a popular cure for diarrhea, contagious diseases like chicken pox and measles, and as an antiseptic for burns.

Next time you find yourself without a flower bouquet or a campfire roasting stick, or maybe suffering a bad burn, look around for Oceanspray and you will be okay.



PLAY



Around Crown Isle

What Our Guests Are Saying

"I recently stayed at your property while on a business trip to Comox. I wanted to let you know that I had a wonderful stay and found your staff to be attentive and charming. I have never stayed at your property before and found myself feeling at home. The pub on site has the most amazing food and the rooms were outstanding. I will be sure to make Crown Isle my home away from home while traveling on business. Please be sure to thank all of your staff and let them know that they are the ones who give the property that extra something special."

*Jaime Reilly, Sales Manager
Hotel Grand Pacific, Victoria*

"I am writing on behalf of myself and my partner Tanya Seymour to say 'Kudos on what an outstanding day we had on Sunday!'"

"Tanya won the prize on A-Channel and we stayed at the Crown Isle Resort, golfed 18-holes in the morning and then spent the rest of the day at the Shellfish Festival.

"We reside in North Cowichan, it was a long day but it was well worth the trip. Tanya said the 'the people were so nice that we should move there someday.'

"We just wanted to thank you for your hospitality and we are looking forward to seeing you again."

Gerry, Duncan

"Beautiful spot - ours was a romantic, relaxing getaway weekend. Crown Isle was so much more than we expected. We will be back."

Caroline, Victoria

**Crown Isle's
Accommodation
Manager Lynn
Larsen accepts
a certificate
recognizing
the resort's
15 years as a
Comox Valley
Chamber of
Commerce
member.**



"Crown Isle to me is the perfect getaway: Golf for my husband and shopping for me downtown, and not forgetting a great dinner at the Silverado Steak House."

Marj, Victoria.

Crown Isle in the Community

Crown Isle supports numerous local events and charities. This summer we are proud to sponsor the Comox Valley Youth Music Centre, Vancouver Island Musicfest, Canadian Cancer Society's Tour de Rock, and the Comox Valley Shellfish Festival.

We have provided donations to numerous local events including the Pound for Pound Fitness Challenge, 19 Wing Rexspo, National Aboriginal Day, National Tourism Week, John Howard Society of the North Island, Billy D's Memorial Golf Tournament, Comox Valley Boys and Girls Club, St. Joseph's Hospital and Kidsport.



Crown Isle Real Estate

Cambridge Estates is selling quickly. With only eight golf course frontage lots remaining and 10 off-course lots available, the inventory is running low.

Construction has begun on South Point Estates, located at the top of Suffolk Crescent. There are 25 luxurious patio homes under construction, ranging in size from 1,200 - 1,430 square feet, with prices starting at \$329,900 + GST.

For more information on these projects please contact our real estate sales office at 563 Crown Isle Dr. or call 703-5054.

Preferred Builders Updates:

Benco Ventures Ltd. is nearing completion on their new show home, located at 1611 Crown Isle Dr. They would be pleased to have you drop by and view their full product displays. They can be reached at www.bencoventures.com or 338-9521.

Monterra Developments Ltd. has begun construction on their new show home, located at 1575 Crown Isle Dr. With almost

2,800 square feet of living this two-storey home offers three bedrooms, den and 2.5 baths, with a luxury master suite on the main floor. The living room has vaulted ceilings and a large spacious theatre/recreation room. Visit their website at www.homesbymonterra.com or call 338-2414 for more information.

Another exquisite home by Croonen Construction Ltd. is now complete. This magnificent one-of-a-kind home located on the 6th fairway offers over 3,400 square feet of luxurious living space with two bedrooms, den, family room and a separate casita with full ensuite for guests. This home has much to offer with many extras. They can be reached at 897-8046.

K.T. Williams Construction has built many homes in Crown Isle over the last 15 years. Their show home is located at 953 Crown Isle Dr. Feel free to drop by and view the high standards that KT Williams Construction offers to its clients. They can be reached at 334-6479.

Mike O'Hara New to Crown Isle



Crown Isle Resort and Golf Community welcomes Mike O'Hara in his role as Director of Sales and Real Estate.

Mike and his family made their Vancouver Island lifestyle choice last August, moving over from North Vancouver. Mike has a strong business administration background

in developing and managing companies and has been involved in the hospitality and project development sector.

"I am looking forward to my new challenge at Crown Isle and building relationships with builders, real estate agents, potential and existing residents," Mike says. He will be working out of our Real Estate Sales Centre on Crown Isle Drive Tuesday through Saturday, and invites residents and guests to stop in anytime.

INVEST



TOP: Crown Isle's Jason Andrew and Dave Yanick and Glacier Greens' Scott Fraser and Bill Kelly played 198 holes on June 7th, raising about \$12,000 for ALS. RIGHT: A Cormorant from CFB Comox stops by the driving range to offer support to the golf pros during the ALS golf marathon.



A Sweet Ending

(continued from Page 2)

DESSERT

Brownie S'mores: Serves 16

- 2 boxes brownie mix or homemade recipe
- 6 squares (1oz each) semisweet chocolate, chopped
- 1 cup heavy cream
- 1 package large marshmallows, halved
- 1 cup crushed graham crackers

While the brownies are baking, melt chocolate in a double boiler over simmering water. Remove from heat. Pour cream into chocolate, stirring until smooth; set aside. Once the brownies are

ready, switch the oven to broil setting. Arrange marshmallows, cut side down, on top of brownies. Broil for 1-2 minutes, until marshmallows are golden brown. Let brownies cool slightly. Cut each brownie slab into two inch squares. To serve, place two brownie squares on a dessert plate. Drizzle with chocolate sauce, and sprinkle crushed graham cracker over top.

Offer farm-crafted cheeses and a fruit plate for those without a sweet tooth.

MUSIC

During cocktails, help guests to unwind with reggae music or pick the era that most of the guests can appreciate.

RELAX