

Type	Name	Phone	City	Website
Media	CHEK TV	250.480.3769	Victoria	https://www.cheknews.ca/
Media	Chemainus Valley Courier	250.246.1448		http://www.chemainusvalleycourier.ca
Media	CICV Radio Lake Cowichan			http://streema.com/radios/CICV_Radio_98.7_FM
Media	Cowichan Valley Citizen	250.748.2666		https://www.cowichanvalleycitizen.com
Media	Juice FM	250.746.0897		http://www.mycowichanvalleynow.com/juice-fm
Media	Ladysmith Chronicle	250.245.2277		http://www.ladysmithchronicle.com
Media	Lake Cowichan Gazette	250.749.4383		http://www.lakecowichangazette.com
Media	Shaw TV	250.475.7236		https://www.shaw.ca/ShawTV/Victoria/Shows/goisland/
Media	Take 5 Magazine	250.245.7015		http://take5.ca
Resources	BC School Sports			http://www.bcschoolsports.ca/
Resources	Canadian Sport Institute			http://www.csipacific.ca/
Resources	BC Ferries Sport Experience Program			https://www.viasport.ca/grant/bc-ferries-sport-experience-program
Resources	Sport Information Resource Centre			http://sirc.ca
Resources	Liquor Licensing			http://www2.gov.bc.ca/gov/content/employment-business/business/liquor-regulation-licensing
Resources	Mainroad South Island Contracting	1.877.391.7310	Duncan	http://mainroad.ca/our-companies/mainroad-south-island-contracting
Resources	Pacific Sport Vancouver Island	250.758.6094		http://www.pacificsportvi.com
Resources	Province of BC Sport Event Hosting Toolkit			http://www2.gov.bc.ca/gov/content/sports-culture/events-hosting/hosting-toolkit
Resources	SportBC			http://sportbc.com
Resources	ViaSport	778.654.7542		http://www.viasport.ca
Resources	ViaSport - Grant Applications	778.654.7542		http://www.viasport.ca/grants
Community Links	Cowichan 2018 BC Summer Games	236.800.0157		https://www.bcgames.org/Games/BCSummerGames.aspx
Community Links	Chemainus Seniors	250.246.2111	Chemainus	http://chemainusseniors.org
Community Links	Chemainus and District of North Cowichan	250.746.3100	Duncan	http://www.northcowichan.ca
Community Links	Chemainus Chamber of Commerce & Visitor Centre	250.246.3944	Duncan	http://www.chemainus.bc.ca
Community Links	City of Duncan	250.746.6126	Duncan	http://duncan.ca
Community Links	Cowichan Lake District Chamber of Commerce & Visitor Centre	250.749.3244	Cowichan Lake	http://www.cowichanlake.ca
Community Links	Cowichan Regional Visitor Centre	250.746.4636	North Cowichan	http://www.duncancc.bc.ca

Community Links	Cowichan Valley Regional District	250-746-2500	Ladysmith	http://cvrd.bc.ca
Community Links	Duncan Cowichan Chamber of Commerce	250.748.1111	Duncan	http://www.duncancc.bc.ca
Community Links	Duncan BIA	250.715.1700	Duncan	http://www.downtownduncan.ca/
Community Links	Electric Vehicle Charging Stations			https://www.plugshare.com/
Community Links	Event Rental Company	250.746.7611	Duncan	http://leisuretimetent.com
Community Links	Ladysmith Chamber of Commerce & Visitor Centre	250.245.2112	Ladysmith	http://www.ladysmithcofc.com
Community Links	North Cowichan/Duncan Sports Wall of Fame	250.746.3100	Duncan	http://www.northcowichan.ca/EN/main/departments/parks-recreation/wall-of-fame.html
Community Links	RCMP - North Cowichan/Duncan Detachment	250.701.9145	Duncan	http://www.rcmp-grc.gc.ca/detach/en/d/168
Community Links	St John Ambulance	250.746.4058	Duncan	http://www.sja.ca
Community Links	Tourism Chemainus			http://www.visitchemainus.ca
Community Links	Tourism Cowichan	250.746.1099		http://www.tourismcowichan.com
Community Links	Tourism Ladysmith	250.245.6400		http://www.tourismladysmith.ca
Community Links	Town of Ladysmith	250.245.6421	Ladysmith	http://www.ladysmith.ca
Community Links	Town of Lake Cowichan	250-749-6681	Cowichan Lake	http://www.town.lakecowichan.bc.ca
Community Links	Valley Seniors Organization	250.746.4433	Duncan	http://valley-seniors.org
Community Links	Vancouver Island Health Authority (Food Serving Permits)		Duncan	http://www.viha.ca/mho/food
Community Links	Volunteer Cowichan	250.748.2133	Duncan	http://www.volunteercowichan.bc.ca/
Service Clubs	Chemainus Rotary		Chemainus	http://portal.clubrunner.ca/668
Service Clubs	Duncan Daybreak Rotary		Duncan	http://portal.clubrunner.ca/673/
Service Clubs	Duncan Elks	250.746.6812	Duncan	
Service Clubs	Duncan Lions Club		Duncan	http://duncanlionsclub.com
Service Clubs	Duncan Rotary		Duncan	http://portal.clubrunner.ca/672
Service Clubs	Fraternal Order of Eagles -Duncan	250.746.5611	Duncan	
Service Clubs	Fraternal Order of Eagles -Ladysmith	250.245.2457	Ladysmith	
Service Clubs	Ladysmith Kinsmen		Ladysmith	http://www.ladysmithkinsmen.ca
Service Clubs	Ladysmith Rotary		Ladysmith	http://www.ladysmithrotary.org/ladysmith