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## Cowichan District Distribution List

### DUNCAN

Cowichan Regional / Chamber.....	2896 Drinkwater Rd
Floral Expressions & Wine.....	352 Trans-Canada Hwy
All Tied Up Wool and Fibre.....	5777 Trans-Canada Hwy #7
Essential Remedies.....	141 Craig St
Cowichan Valley Museum.....	130 Canada Ave
Cowichan Community Centre.....	2687 James St
Chances Casino.....	436 Cowichan Way
E-Porter.....	435 Trunk Rd #208
49th Parallel Grocery.....	3288 Cowichan Lake Rd
Clayton Counselling.....	6038 Sterling Drive
Treefrog Tropical.....	373 Coronation Ave #101
Old Farm Garden Centre.....	5174 Francis St
Impeccable Jewels.....	211 Craig St
Volume One Bookstore.....	149 Kenneth St
Cowichan Branch Library.....	2687 James St
Sip Sam Bistro .....	161 Station St
Periwinkles.....	36-3497 Gibbons Road
Duncan Garage Bakery & Cafe.....	330 Duncan St

### LADYSMITH/CHEMAINUS CROFTON

Chemainus Theatre.....	9737 Chemainus Rd
Chemainus VRL Library.....	Waterwheel Park, 2592 Legion Street
49th Parallel Village Sq.....	3055 Oak Street
Clover Clothing.....	Chemainus Public Market
Magpies at the Blue Orchard.....	Chemainus Public Market
Tourism/ Chamber.....	9799 Waterwheel Crescent
Nic's Coffee.....	2859 Oak St
Bound to be Different.....	9739 Willow St
Cedricks Coffee House.....	1610 Joan Ave
Crofton Shop & Wash.....	1606 Joan Ave
Galletto Market & Deli.....	1602 Joan Ave
Osborne Bay Dental.....	8150 Arthur St #1
Third Wave Coffee co.....	1532 Chaplin St
Ladysmith Museum.....	721 1st Ave, Ladysmith
Ladysmith Tourism/Chamber.....	33 Roberts St
Blooms on 49th.....	1020 1st Ave
Neck of the Woods.....	28 Roberts St
Rita's Apron.....	720 1st Ave
Saltair Community Centre.....	3850 S Oyster School Rd
Lyndon B-Pemberton Holmes	

### COBBLE HILL/MILL BAY/ SHAWNIGAN LAKE

Alistair MacGregor	
Bradley Travel & Tours.....	Valley View Centre
Country Grocer.....	Valley View Centre
Cure Artisans Meat and Cheese.....	Valley View Centre
Dr Elli Reilander.....	Valley View Centre
Edward Jones-Kristy Landry.....	Valley View Centre
Holistic Massage and Wellness.....	Valley View Centre
Valley Health & Fitness.....	Valley View Centre
Bru-Go's Coffee.....	Mill Bay Centre
Mill Bay Centre.....	Mill Bay Centre
Mill Pizza & Grill.....	Mill Bay Centre
VRL South Cowichan.....	Mill Bay Centre
Third Addition Gifts.....	Mill Bay Centre
Shawnigan House Coffee & Chocolate.....	1761 Shawnigan Lake
Troll Brother Quilt Shop.....	2744 East Shawnigan Lake Road
Legion #134.....	1625 Shawnigan Lake-Mill Bay Rd
Market 1750.....	1750 Shawnigan Lake-Mill Bay Rd

### LAKE COWICHAN

Cowichan Lake Recreation Centre.....	311 S Shore Rd
Dot's Shoe Store.....	42 S Shore Rd
Ts'uubaa-asatx Nation.....	313B Deer Rd
Cowichan Lake Chamber	
Lake Cowichan Town Office.....	38 King George St. N.
Lake Cowichan Library.....	68 Renfrew Ave
Lake Cowichan 50+ Activity Centre.....	55 N, 55 Coronation St