

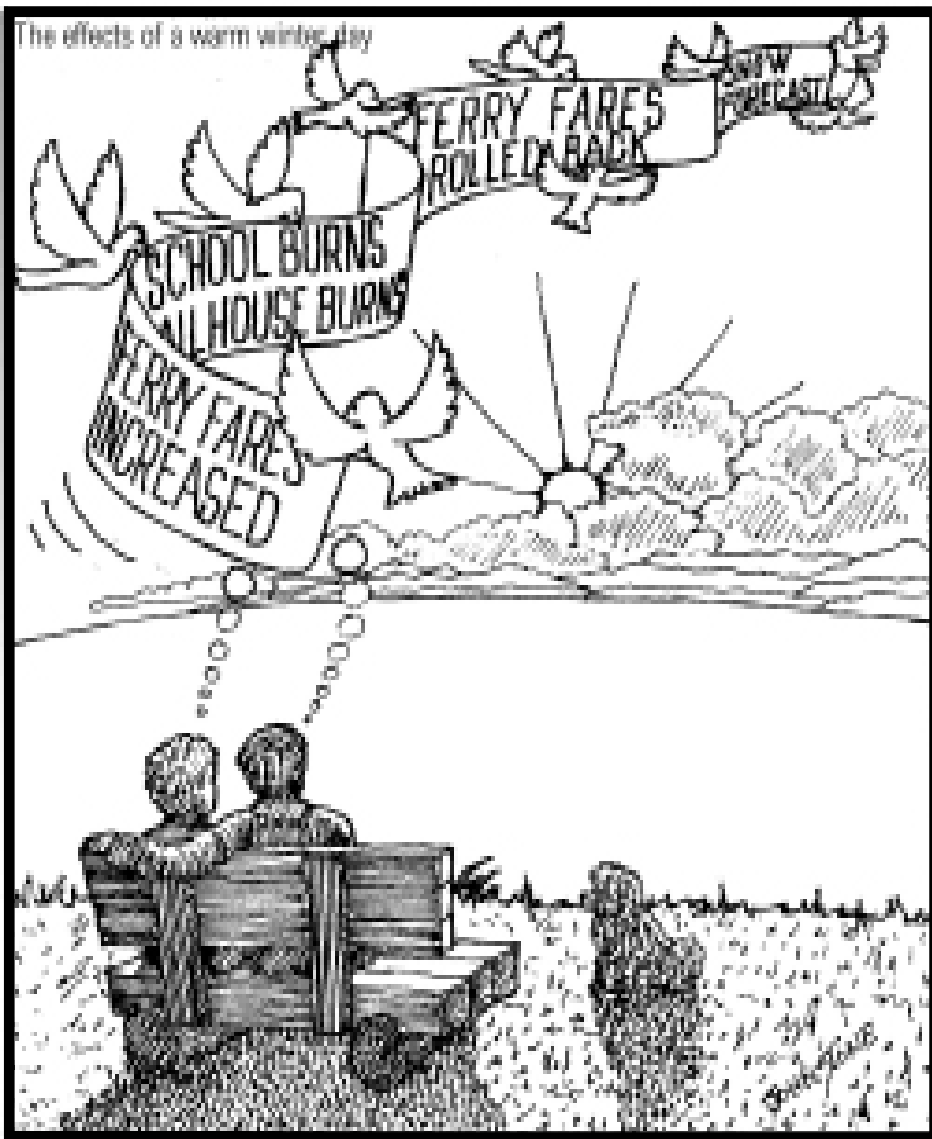
Discovery

Islander

Community News and Events from the Discovery Islands

Issue 154 January 19th 1998





Discovery Islander

#154 January 19th, 1998

The **Discovery Islander** is published every two weeks and distributed free throughout the Discovery Islands by:
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Staff Reporter: Tanya Storr
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Letters, artwork, submissions of any kind welcome. Lengthy items are preferred by e-mail or on 3.5" floppy disk in RTF or MS Word for Mac format, **please also supply a printed copy.**

Submissions may be left at **Quadra Foods or Heriot Bay Store.**

Opinions expressed in this magazine are those of the writers and are not necessarily the views of the publishers.



Village Bay Lake
 Photo: Philip Stone

Thanks to the Campbell River Museum

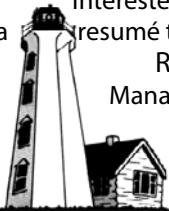
For the use of the photograph of an early Quadra Island community picnic on the cover of the Quadra Island Recreation Society Winter/Spring 98 Program.

Correction

Last issue (153) Jim Abram's name was incorrectly assigned to a press release in News & Events. Jim's piece appeared in Island Forum.

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School Concert



Photos: Tanya Storr

Deadline For Next Issue 5pm January 28th

Only Items Received Before The Deadline

can be guaranteed space in the upcoming issue.

Drop off at the Heriot Bay Store or Quadra Foods or fax to 285-2236
 Lengthy items preferred on disk, Saved As "Word for Mac" or by email.
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Island Tides

For Quathiaski Cove

January 19- 31, 1998

19 Monday	26 Monday
0240 Low	0435 High
0945 High	0850 Low
1725 Low	1430 High
2225 High	2230 Low
20 Tuesday	27 Tuesday
0320 Low	0510 High
1015 High	1040 Low
1815 Low	1525 High
2355 High	2305 Low
21 Wednesday	28 Wednesday
0410 Low	0545 High
1045 High	1125 Low
1905 Low	1615 High
22 Thursday	29 Thursday
0125 High	0620 High
0510 Low	1310 Low
1120 High	1710 High
1950 Low	
23 Friday	30 Friday
0235 High	0015 Low
0610 Low	0655 High
1155 High	1400 Low
2030 Low	1805 High
24 Saturday	31 Saturday
0320 High	0050 Low
0715 Low	0735 High
1245 High	1450 Low
2115 Low	1905 High
25 Sunday	
0400 High	
0805 Low	
1335 High	
2155 Low	

Tides will return as usual with heights as soon as we get our hands on a new 1998 Tide Table.

Island Forum

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Mike Jenks
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Peter Shields
 1757 West 40th St.,
 Vancouver, B.C.

Sirs,

Already your logging adjacent to the historic lodge on Twin Islands is visible from the water. This is a travesty. This misuse of an historic site and land of prime recreational value should stop immediately. I speak as a concerned resident.

The lodge is worthy of a heritage designation. It dates from the same era and is built in the same style as the historic Montebello Lodge near Montreal. This Twin Islands lodge was used by Lester B. Pearson to host an International Peace Conference in the 1950's. As recently as 1994 it had as a guest her Majesty the Queen.

The Twin Islands are in immediate view of two destination resorts, Tai Li Lodge and Hollyhock Wholistic Centre. The Vancouver Yacht Club and The Seattle Yacht Club both maintain destination moorage facilities in nearby Cortes Bay. Located adjacent to the world class sail and boating destination of Desolation Sound with its Marine Park the Twin Islands have extraordinary potential value as recreational land, whether privately maintained or as Provincial Parkland.

The arrival of heavy logging equipment for use in winter after a year with record rainfall over the islands' thin soils is not promising of anything like respect for the value of this land. Aesthetic damage, soil erosion, damage to a unique upland wetlands area and damage to nesting sites are likely consequences of your logging if continued. The land on Twin Islands is well known locally and over half of that land consists of areas mapped as ecologically sensitive.

Unusual is the stroke of fortune that enabled your company to purchase Twin Islands from their previous owner Margraf Maximillian von Baden at what appears to be a mere fraction of realistic market value. Were the Margraf's financial advisors so out of touch and unprofessional as to advise this hasty sale with no attempt to market the property publicly? At first glance that would seem to be the case, unless there was an exchange of moneys or other considerations at some level not a matter of public record?

It is understood that you have to date refused offers of purchase several times higher than your purchased price. The unique cultural factors surrounding Twin

Islands suggest that in this case the real estate may actually have an equal value left untouched as can be extracted from the usual fast log and subdivide. Why not establish a true market value from purchasers whose interest is to maintain and enhance the Island's historical, cultural and recreational values?

Be assured that residents and businesses on Cortes Island will be witness and a source of ongoing protest to the continuance of short-sighted logging practice on Twin Islands. I urge you to call off your machines. A more cautious approach to your investment in Twin Islands will win the praise of your new neighbours on Cortes and could provide you significant alternative financial gain.

Yours truly,
 Ian D. Cheminant
 ilchem@oberon.ark.com

Fellow Islanders,

I am writing this letter to thank the many individuals and businesses who gave so generously to the Kindergarten Fund. This fund was set up to try and help Juaneva and the children return to a classroom similar to the one that was destroyed in the fire. I believe that all children present and future deserve to experience the magic and the wonder of the Quadra Kindergarten class. My youngest son is presently in the morning class and it broke my heart to think that he would return to a new and near empty classroom. Almost everyone on this Island has been a part of that Kindergarten in one way or another over the years and it will take a community effort to help replace all that was lost.

Many thanks go to Drilling Services Inc., Isle Tech Auto Service, Melary Towing, Marlena's Salon, Joanne's Country Charm, Sue & Darryl Graham and Ann & Don Doolittle for their donations. I would also like to thank the Heriot Bay Store, Quadra Petro-Can Station, Island Treasures and KT's General Store for displaying our donation jars at their places of business. Also many thanks to Richard Pielou, Ken Munn, Murray Johnson, Murray Abercrombie and Rick Burnette for donating their time and workmanship in creating new toys for the Kindergarten class.

For those of you who told me, "we'll think about it" Keep thinking about it please. Those who commented that it was a bad time of year to be looking for donations, I agree. Christmas time is a hard time of the year for many people, but not all donations have to be of a monetary kind, a helping hand is always appreciated. For the other teachers and students who lost valuables

Island Forum

in the fire, I can only hope that all will be replaced before long.

Finally, let me not forget to thank the firefighters who rescued as many of the valuables as they did and for protecting the rest of the school from further damage.

On behalf of myself and my family we thank everyone involved.

Sincerely, *Kathy Fyfe*

Dear Editor:

Not that many years ago, husbands' abusive behaviour toward wives and sexual assaults on daughters were not confronted in our society because of attitudes descended from beliefs (and English laws) which gave fathers virtual ownership of their families. It has taken revolutionary courage for women to challenge the assumptions and acts of some patriarchal tyrants and made them accountable for the damage they have done.

Our present attitudes and legal system are protecting another kind of abusive behaviour—the beating and rape of the natural environment under the cover of private property rights. The Twin Islands near Cortes Island are being ravaged for a quick orgasm of profit. Maybe one day our sons and daughters will haul these abusers out of their retirement villas and put them on trial for their crimes against nature. How will we be able to defend ourselves against the accusation that we were accomplices because we stood by and watched, accepting our helplessness because the landowners had the law on their side?

Most of us are wary of more government regulation of our lives. Unfortunately, some individuals and companies have access to millions of dollars to buy, log and subdivide whole islands, or large sections of them, destroying the beauty and the natural systems of the landscape we all share. They violate the respectfulness that lack of regulation requires. They force us to consider more limits on private property rights. If we cannot curb our lust for profit, we will lose our freedoms as well as our surroundings.

John Sprungman

A huge thanks!

A huge thanks is due to all of you who made donations towards the Quadra Island Ferry User Group in the last few months. We are thrilled with the community support that has been shown by both Quadra and

Cortes Islanders. All contributions were greatly appreciated. This includes people depositing money in the HELP US HELP YOU tins, donations made at the meetings, deposits in the QIFUG account at the Quadra Credit Union, donations from local business owners, and donations of Christmas cards, Christmas trees, gardening tools and snow shovels and the eager cooperation of those who purchased these items.

The largest expenses we have incurred to date (aside from the bus rentals) include the ongoing faxes and telephone calls required in order to achieve the goal of uniting most of the coastal ferry users with one main objective. As this four part objective has now been partially achieved I encourage all of you to continue to HELP US HELP YOU so that we may win this one, as we all know we can.

The next fundraising event is a "Phase One Celebration Dance" at the Quadra Community Centre January 31 featuring the local talents of Sack O' Hammers. Doors open at 8:30 p.m. and tickets are available at Explore Gallery, Jo-Anne's Country Charm, and Quadra Crafts. Tickets are by donation and we thank you for your support!

Linda Quintrell
Fundraising Committee

Joyce Sheppard

FUN 1 Music for Preschoolers

We will be using action songs, rythm instruments, tapes and hand-out sheets to cultivate love of music in 3 1/2 to 5 yr olds. Tuesdays. First class February 2, times to be arranged fee \$45.00 for 10 weeks. No piano or keyboard necessary.

FUN TOO!

Piano for young beginners. An introduction to piano using action songs, rhythm instruments, games, workbooks and piano. Students will be placed according to age (4-10 yrs) in groups of 3 to 5. First class February 2, times arranged according to response. Fee \$35/month for 4 months or prepay \$130 and save \$10/month.

Letters for *Island Forum* must include a name and phone number (which will not be printed). Send by:

1. Dropping off at Quadra Foods or Heriot Bay Store
2. Fax it to 285-2236
3. E-mail to: alpine@island.net
4. Mail to Box 482, Heriot Bay, V0P1H0

Next deadline:
5pm January 28th

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Island Calendar

Jan. 20, Tues.
"Stop the M.A.I." Forum
7:30 p.m.
Childbirth Support Group
Community Centre
285-3001

Jan. 24, Sat
Trent Arterberry
Centre
8:00 p.m.
Community

Jan. 25th, Sun
SuperBowl Sunday
Legion

Jan. 27, Tues.
Investment Seminar
7:00 p.m.
Community Centre

Jan. 28, Wed.
QIFRC Meeting
7:00 p.m.
Quadra School

Jan. 29, Thur.
Mac User Group Meeting
285-2652
7:00 p.m.

Jan. 30, Fri.
Shirley Muress Farewell
April Point
Friday Flicks
7:30 p.m. doors open
Quadra School/
Exotica

Jan. 31, Sat.
Fundraising Dance
8:30 p.m.
Community Centre

Feb. 3, Tues.
1st Ladies Time Out
Church
9:30 - 11:30 a.m.
Quadra Bible

Feb. 7 - March 15
OFA
reg.285-3590
Minor Fastball Bottle Drive
10:30 a.m.
call to

March 1, Sun.
Winds of the Southern Cross
2:30 p.m.
Community Centre

March 28, Sat.
Goods & Services Auction
285-3511

News and Events

Meditation

Sunday continues to be a lively, and energizing meditation at the Community Centre, 10 - 12 noon. Call 285-2882 for details. All are welcome, no fee.

Quadra Recreation Society

Interested in helping organize a "Home Show" or some derivative on Saturday, April 4? Please phone the Centre. Such an event has the potential to be a good generator of small business activity if enough people got behind it.

Sandra Spearing Community Centre, **285-3243** 8-2 p.m.

OFA on Quadra Island

Quadra Ambulance is once again sponsoring an OFA course on Quadra Island from **8:30 a.m. to 4:30 p.m. each weekend day from Sat., Feb 7 to Sun., March 15** (6 weekends). Class is open to both new students and recertifications. For more information and registration please call **Betty at 285-3590 or Linda at 285-2881**

Dance Your Heart Out!

Date: **Sat, February 14, 8:30 pm,**

World beat dance featuring "Contraband" from the Comox Valley. Entrance open to all ages, admission is 10\$. For more information call 285-2557

Quadra Island Library Now

Linked!

The Quadra Island Library has linked up with the Computer System of the whole Vancouver Island Regional Library. Customers will notice the following changes in service:

-Placing requests on books will be faster.

-Staff can search the catalogue more quickly and know the status of any book in the System.

- Customers need to bring their Library cards as their number is necessary to record the transaction on the computer.

- Fines will be calculated according to the type of card on which materials were borrowed. Materials on adult cards are \$.30/day/item; on children's \$.15/day/item.

- Inter-Library Loan (books borrowed from outside the whole system) will have a \$.10 fee.

Customers will receive a printed receipt of what they have borrowed when they check out their materials. Customers will also be able to stamp their own books.

- There is a new Renewal Charge of \$.50/item for adults, \$.15/item for children.

- The new Computer System is very good at calculating and remembering fines, but there is a maximum fine of \$6.00/item.

A new Public Internet Station has also been installed, with financial assistance from the Provincial Government. This station will be up and running soon. It will provide basic access to the World Wide Web! but not e-mail or newsgroups at this time. Customers may reserve half-hour sessions.

So there are many new changes, for customers and for us on staff as well, and it is hoped they will enhance the service for you. There are also changes in open hours, they are as follows;

Tues. 10 - 12 noon; 1 - 5 p.m.

Wed. 12 - 5 p.m.; 6:30 - 8:30 p.m.

Fri. 1 - 5 p.m.

Sat. 10 - 12 noon; 1 - 5 p.m.

Barb van Orden

Ladies Time Out

"Staying Sane in a Crazy World" is our theme this year. Come and hear how you can cope better with all that life brings. Inviting all ladies of our community, to **Quadra Bible Church, each Tuesday a.m., 9:30 - 11:30, starting February 3rd** for six sessions. There is a cost of \$3.00 per session and babysitting will be available. For more info. contact Susan Johnson 285-2417. See you there!

News & Events

Stop the Presses!!! Stop the M.A.I.!!!

Few Canadians are even aware of the Multilateral Agreement, or M.A.I. Yet this trade agreement, which has been under secret negotiation for the past three years, will have a greater impact on the Canadian way of life than anything in our 131 year history.

Renato Ruggiero, the chief negotiator of the M.A.I. for the World Trade Organization has proudly boasted, "we are writing the constitution for a single global economy!" The M.A.I. if ratified in May of this year, will confer many of the rights of sovereign nations on the world's largest corporations.

Among many other effects, the M.A.I. will provide corporate access to the Canadian health care system, public pensions, social programs, the C.B.C., and Canadian water sources.

Against spectacular odds, a global coalition against the M.A.I. has been formed in the last year. Internationally, this has resulted in the cooling of support for the M.A.I. among a number of key national governments. Canada is not one of them. Our federal government remains one of the M.A.I.'s strongest supporters.

The Council of Canadians has been one of the leaders in building a national coalition to inform ordinary citizens about the M.A.I. and to encourage action at every level. The Council, the fastest-growing organization in Canadian history, has more than 100,000 members across the country. It is a nonpartisan organization, open to any Canadian citizen, its mandate is the preservation of Canadian cultural, social, economic and political sovereignty.

The Council will be hosting an **evening forum**, entitled "Stop the M.A.I.!!" on **Tuesday, January 20, at 7:30 p.m. at the Quadra Community Centre**. "This will be an evening of information, discussion, and a call to action", says Kel Kelly, an organizer for the event. "We really believe the M.A.I. can be stopped in its tracks, if enough ordinary people around the world educate themselves, organize and act". says Kelly.

Admission to the forum will be by donation. Please come and bring a friend. For further information contact Kel Kelly at (250) 337-8348

Aerobics

Monday & Wednesday nights, 5:30 - 6:30 p.m. Starting January 12. High/Low impact, floorwork and strength training. No Fashion show, Noncompetitive! 10 sessions for \$50.00. Drop in \$6.00. Call Marion for more info. 285-2895

Friday Flicks - *Exotica*

Atom Egoyan, long considered one of Canada's best filmmakers, reaches into disturbing, unexplored places with *Exotica*. This second feature in our new series runs on **January 30th**. *Exotica* "earns its kudos without compromise" (Bailey). It was invited into competition at the 1994 Cannes film festival where it walked off with the prestigious international critics prize.

Egoyan constructs *Exotica* like an "intricate little thriller," dotted with clues and revelations that draw the viewers along, sometimes intentionally misleading. A simple synopsis is almost futile as it is a plot filled with secrets and stories unique to each character. Those characters are: Francis, a tax inspector crippled by tragedy and obsessed with Christine, a dancer at the other-worldly strip club, *Exotica*, and Christine's lover Eric, the tortured D.J. at *Exotica*. Then there is the baby sitter and the pet shop owner. Their paths cross with alternately tragic and comic results. With this complex story line and character development Egoyan demands a certain amount of interactivity from his viewers.

Egoyan demonstrates growth in his visual and narrative skills since *Calendar* (1993).

Exotica is a haunting, chilling experience which guides the viewer into an off-centre universe that inhabits an instinctual rather than realistic realm. It builds to an ending that "surprises, chills and satisfies all at the same time" (Bailey).

As usual, the doors and concession open at 7:30 p.m. Showtime is 7:45 p.m. Seriously.

Items For "News and Events" Welcome, Brevity Appreciated.

No Business Related Material Please

Next Deadline - 5:00 p.m. January 28th

Fools Gallery

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Michael, an economist formerly with the World Bank and CIDA now serves individuals in the capacity of financial and investment advisor and is now a licensed representative of Partners in Planning Financial Services Ltd.

Tuesday, January 27, 1998, 7:00 p.m., Quadra Community Centre.

For more info. call Michael
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News & Events

Legion News

Remember - Sunday, Jan. 25 is Superbowl Sunday. Come and see the game on the big screen t.v. Door will be open 1 hr. before kick off. The Legion will be holding its 14th annual Open Dart Shoot Jan. 30 - Feb. 1. For more info. phone Ken Binnersley 285-3637, Don McGuffie 285-3261. For the month of Feb., all proceeds from the Sat. meat draws will be donated to the Quadra Elementary School to help replace equipment & supplies lost in the fire. So - support the meat draw and you support your elementary school. See you at the Legion!

"Riding the Rails"

The Museum at Campbell River hosts "Riding the Rails", a "drop-in" event on Saturday January 24 and Sunday January 25 from noon to 5:00 p.m.. This popular family event has attracted hundreds of visitors in the past.

The North Island Model Railroaders will lay down over 100 feet of operating model track, and club members from all over the north island will bring railway memorabilia for display. Club members will be on hand to explain the module set up and answer questions about model railroading. Visitors are welcome to bring railroad equipment to the event for analysis by club members.

All members of the North Island Model Railroaders share a common interest in model railroading. Specialities within the group vary from scenery building to painting and detailing locomotives. The club utilizes their popular module layout to promote the hobby and bring the wonders of model trains to the public. By special invitation the module group attended the National Model Railroad Convention in Portland in 1994. They also attend annual local events such as the spring model railroad meet in Nanaimo, and "Trains" in Burnaby, which attracts close to 3,000 visitors.

Workshops will be offered at 3:00p.m. each day, introducing participants to model railroading as a hobby. Videos depicting model railways in North America and "The Railroader", a classic comedy starring Buster Keaton will be shown.

Admission to the museum is by donation. The museum is located at 5th Avenue and Island Highway. For more information call 287-3103.

Quadra Daycare Goods and Services Auction

March 28th - that's when it happens. The spirit of giving, hang-gliding in the sweet spring winds or turning somersaults in the storm clouds, flows again over Quadra. People gather, shake hands, greet old friends, laugh, remember good times. They reach into their pockets for a feeling of warmth as they purchase goods and services that will benefit themselves, their friends, and the recipients of a very special kind of care. March 28th, 1998, is the date of the ninth goods and services auction for the Quadra Island Daycare.

Everyone involved with this auction gives. The donators, the buyers, the volunteers who organize and run it, the media that publicizes it. Everyone benefits. Some receive publicity for or awareness of their goods or services; some are able to buy needed things for reasonable prices; some find special things, unavailable anywhere else, they can give to those they cherish; some just have fun. And families who need it continue to receive high quality daycare. The first step is gathering donations.

If you have ever thought about helping someone build or make something with skills or materials, teaching a skill, giving someone a beautiful or unique or practical product, giving time - performing a task to give someone else peace or pleasure, now might be the time and this might be the place to do it. Call 285-3511. Talk to Dee or other staff members about your ideas and your desire to share. The Daycare needs and appreciates your help. It depends on the goods and services auction to raise a major portion of the funds required to help the staff provide the kind of care children need.

Donations of goods can be delivered to the Quadra Island Daycare or will be picked up by a volunteer at your request. Donations of services may be phoned in. To donate a product or a service just call us at 285-3511

Jocelyn Reekie, Board os Directors

Bottle Drive

Quadra Island Minor Fastball Bottle Drive. **Sat., February 7, 10:30 a.m.** Save those bottles/cans for the kids proceeds going towards new batting cage & machine.

Joe Trio

Think classical music is serious and

News & Events

boring? Well...

On Sunday, February 1, as part of Quadra's Cultural Events programming, Vancouver's internationally acclaimed Joe Trio will present a concert of serious and definitely not serious music.

Since their first concert on Quadra in 1989, Cam Wilson, violin, Allen Stiles, piano and Laura McPheeters, cello have played to enthusiastic audiences from Bella Coola to Carnegie Hall. Their C.D., A CUP OF JOE, released at the end of 1997, was singled out by C.B.C. for its "Top Ten List of New Recordings."



With a repertoire that moves from Old Time fiddle tunes and originals to your average piano trio. Critics and audiences have passed their youthful energy, humour and virtuoso playing. But, the real genius of the group is Cam Wilson. Paired with musical wit and invention, they range from hilarious to deeply moving.

This promises to be the most entertaining and musically inspiring concert of this year's series.

Sunday, Feb. 1, 2:30 p.m. at the **Quadra Community Centre**. Admission \$15/ \$5 students. Tickets are available at Explore, Quadra Crafts and at the door.

Call 285-3700 if you need a ride from the ferry.

Trent Arterberry

Trent Arterberry doesn't speak much, but he expertly gets his message across, using traditional mime language combined with contemporary and classical music, special effects and black light. Part of his training was done with the famous French master of mime, Marcel Marceau. He has received critical and popular acclaim across North America, Europe and Asia, giving over 200 shows a year. In New York City he has opened for Julio Iglesias at the Radio City Mall, delighting 15,000 people with an unexpected mime show. He has a special ability to involve his audience, enchanting adults as well as youngsters.

Jeff McLaughlin from the Boston Globe wrote: "Trent Arterberry is Boston's premier mime and may also be Boston's best kept secret. For the past decade he's brought his hilarious one-man shows to more than 500

college campuses, and last year was named Performing Artist of the Year by the National Association of Campus Activities".

It will be possible to join in the laughter and an outstanding evening of family entertainment when Trent Arterberry brings his artistry to Quadra Island on **Sat., January 24 at 8:00 p.m. at the Quadra Community Centre**. Tickets sold at Quadra Crafts (Heriot Bay), Explore (Q.Cove), and at the door. Family tickets available. Adults \$8.00 Children \$5.00 Family \$17.00. For more info. call 285-3458



Forest Resources Committee

The next meeting of the QIFRC will be held on **January 28th at 7:00 p.m.** in the school. As the multipurpose room is no longer available, our meetings will be held in the first classroom to the left of the front doors (across from office).

Rolf Kellerhals will be presenting the Management Plan for Woodlot 1610. This is the new woodlot which contains two parcels of crown land; one north of North Gowlland Harbour Road and the Copper Bluffs area; the other between Valdes Road and the Village Bay. Also included in the woodlot is private land (DI 137) north of Hyacinthe Bay. This is an opportunity for the public to view the plan and ask questions. Following the meeting the plan will be available for viewing at the Quadra Library for one week. Comments can be made through Rolf Kellerhals (285-3570), the QIFRC or directly to the Ministry of Forests in Campbell River - Attention: Joe Simpson.

Shirley Muress is Retiring

Shirley Muress is retiring from her position as secretary at Quadra Elementary School after a career spanning almost three decades!

All of us at the school would like to invite you to join us in celebrating this

wonderful lady!

You are welcome to attend one or all of the scheduled events on **Friday, January 30, 1998**.

#1- School Assembly, students/staff/parents/community. In the gym starting at 1:30 p.m.

#2 - Reception. Everyone welcome. 3:45 p.m. till 5:30 p.m. Office and Lobby

#3 - Dinner at April Point Lodge. Everyone Welcome. 6:30 p.m. till whenever. *Dinner is \$25.00 +G.S.T. per person and tickets must be paid for by January 23/98.

For further info. regarding dinner, or to make your reservation, please contact Jack Mar by phone (285-3627) (school 285-3385) or send in the form at the bottom with your cheque for \$26.75 (includes G.S.T.)

I will be coming to dinner at April Point on January 30th to celebrate Shirley's retirement and will need ticket(s).

Name(s) _____

Q.I. Ferry User

Group

The next fund-raising event is a "Phase One Celebration Dance" at the Quadra Community Centre **January 31** featuring the local talents of Sack O' Hammers. Doors open at **8:30 p.m.** and tickets are available at Explore Gallery, Jo-Anne's Country Charm, and Quadra Crafts. Tickets are by donation and we thank you for your support!

Linda Quintrell

Mac User Group

Quadra Island Mac User Group General Meeting. All welcome

Special guest: John William. Topic: The Latest and Greatest from MacWorld - San Francisco. **Date:** Thursday, January 29, 1998 **Time:** 7:00 PM

For location and more information please call Carol- 285-2652, or Dewart-285 3938



By Bettina Sluzki Lewis

Recently I had a show of my paintings at the Fools Gallery, Heriot Bay. It was well received and I enjoyed the comments people made. Then there were a few who were puzzled, not knowing how to respond. I have often encountered this attitude and not only in regards to my work. It is usually expressed like this: I don't understand art. As a practising artist, and having been involved in the field for over 20 years, this puzzles and concerns me. I have been trying to find a way to make it easier for everyone to open to this mysterious world we call art, and then one day I realized that part of the difficulty was using the word art to describe so many different artistic expressions.

Art is an abstraction, you cannot see Art.

It is a generic word, and as all abstractions, it usually confuses everyone. Too vague, too ambiguous, covering too much, clarifying too little. A painting, a sculpture, a symphony, a song, a novel, a poem, are all specific. It is there to be seen, touched heard, and most importantly, felt. You cannot feel an abstraction. My intention is not to eliminate the word Art from our vocabulary. I just would like to make this area of experience accessible to more and more people, to open this area of delights to everyone who wished to enter.

At this time I will not put out more thoughts on the subject, perhaps at a later date. But, relevant to this issue I would like to present an artist's statement I recently wrote while applying for a show. It may shed some light on how at least one contemporary artist works and searches for the elusiveness of creation. It may be of interest to some of those who were puzzled.

"Paint as you like and die happy", wrote and painted Henry Miller. Those words inspired me and forever changed the way I paint. The spontaneity of the moment. To capture that; with beauty. The impossibility of expressing through form and colour that which is felt. I paint *with* the images that appear on paper or canvas, I *follow* them, not forcing what I want but allowing them their freedom to be as they want. What do they want? What is their message? How can I help them define themselves? Where do they come from? I don't know. They are, and that is all that matters.

Life shows itself as a collection of collages. I then use that medium for my paintings. As in life, one adds something here, deletes something there, and the whole configuration changes instantly.

Paintings are prayers even when we are not aware of this. They are offerings. We paint, and perhaps one day we meet the Mystery face to face, and bow in appreciation.

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Painted Prayers



Crime Stoppers

Anyone with information concerning the following can contact the Quadra Island RCMP directly or call Crime Stoppers at 287-TIPS. You do not have to give your name and you may remain anonymous.

97 Dec. 11 A 1993 grey coloured flat deck vehicle trailer stolen from business on West Rd. B.C. Licence on Trailer was "23972".

97 Dec 11 Unknown vehicle drove through campground at Gorge Harbour Marina and did "donuts". Vehicle broke water pipe and caused damage to field.

97 Dec 15 Theft from vehicle at 700 block Harper Rd. Numerous boxes of chocolates stolen along with Christmas cards containing "bonus cheques".

97 Dec 16 theft of wallet from Landing Pub. Wallet described as black ladies folding type containing identification.

97 Dec 23 Male driving pick-up truck drove into bike rack at Heriot Bay Store. Bike rack was pushed into store.

97 Dec 29 Theft of Citizen compact CD Player from vehicle parked in Q-Cove ferry parking lot.

97 Dec 31 Theft from vehicle parked on 660 block of Harper Rd. Numerous items stolen including: man's signet ring, Seiko gold watch, Sector sports watch, 18" gold man's chain, Sony radar detector and Pentax camera with wide angle & zoom lenses.

97 Dec 31 Boy mountain bike found at Q-Cove parking lot. Owner may claim at Detachment.

98 Jan 07 Hit & Run to vehicle parked Harbour Rd. Cortes Island. By Whaletown ferry parking lot.

98 Jan 08 Theft of rolled roofing material from behind Cape Mudge Band office.

98 Jan 09 Strips of used oak flooring found on Heriot Bay Rd. Owner may contact office to claim.

98 Jan 11 Vandalism to numerous vehicles parked at end of Surge Narrows Rd. Passenger windows broken & glove boxes searched. Ferry tickets, golf clubs and canning jars stolen.

Well the holiday season came & went all too fast. It was a very busy month with two major structural fires in the Cove, numerous motor vehicle accidents plus an assortment of other "interesting" calls.

A review of the Counter Attack Program revealed our numbers were significantly higher this year than past years. There were two alcohol related accidents and four individuals given 24 hour licence suspensions. The accidents resulted in minor injuries to 3 occupants. One vehicle was written off and the other was extensively damaged.

In the 1996 Counter Attack there were no impaired charges or licence suspensions and in the 1995 Counter Attack there was one licence suspension and no impaired driving charges. We would be elated to keep our charges and suspensions to the 1996 level. We will be vigilant in the New Year to bring those levels down and to make our streets safer for vehicles and pedestrians alike.

Island Report

Quadra Elementary Reopens After Fire

by Tanya Storr

Quadra Elementary reopened on January 5, following hard work by maintenance crews and local contractors to clean up after the fire and repair the damage done to the surviving part of the school's old wing. Speaking before the school's afternoon Christmas concert performance on January 8, school district superintendent Brendan Croskery expressed his appreciation to the entire community for everyone's "magnificent efforts in getting the school reopened on time."

The Christmas Concert

Quadra Elementary students and staff showed their resilient spirit on January 8, when they performed the Christmas concert they had planned to give on December 17. Thwarted by the fire the first time, the school persevered nonetheless and put on a very good show in the first week of January. (see photos page 3)

With Joyce Baker accompanying on piano and Janet Bouey conducting, the children sang and danced, telling stories about various holiday traditions from around the globe. The show, entitled 'December in Our Town', offered a glimpse of some of the many festivities celebrated in our multi-cultural society.

Using a number of well-designed props and beautifully painted backdrops, the actors—playing a group of young people collecting cans for the Food Bank—visited a boy observing Hanukkah, played the First Nations game Lahal, watched some very colourful dancing at a Kwanzaa celebration, enjoyed a Mexican fiesta, and more.

The band, choir, and all the other performers put on a great show, and could not have done it without all the students working as stage hands and technicians behind the scenes. After the afternoon concert, principal Kevin Kavanagh thanked everyone for coming and told the audience the entire student body had signed a card thanking the emergency services for the great effort they put in to save the school. "Merry Christmas 1997," he said. "Now let's do 1998!"

Preparing the Multi-purpose Room for Kindergarten

Kindergarten teacher Juaneva Smith, educational assistant Karen Abercrombie, teacher-librarian Joyce Baker, and several parents spent hours preparing the multi-purpose room for its new role as the kindergarten classroom on the day before school reopened. They had only one day to set up the new kindergarten, as the entire school was ozonated the day before and they could not go in.

Thanks to many donations from islanders, they succeeded in creating a comfortable, friendly, and beautiful space for the children to walk into on their first day back after the fire. Donated plants, furniture, books, and toys filled the multi-purpose room, all carefully arranged in as familiar a layout as possible.

Some toys, such as a wooden train, survived the fire and had been carefully cleaned and returned to the kindergarten. Murray Abercrombie took a surviving beam from the kindergarten classroom and made a lovely new teeter-totter out of it, to replace the 23-year-old teeter-totter lost in the fire.

Sue Graham, whose son Reid is in the morning kindergarten class, was one of the parents helping to set up the new room. "There was nothing in this room this morning," she told me, as she surveyed the results of their hard work with satisfaction.

Items from Juaneva's home and many other island homes had transformed the space from a multi-purpose room into a kindergarten, and images of Juaneva's favourite fruit, the watermelon, abounded.

"Kindergarten should be a bridge between home and school, and I've always tried to make it like a home," said Juaneva.

Kindergarten Wish List

After the first week back at school was over, I met with Juaneva to find out how things were going and to compile a list of what the kindergarten still needs. She said she will always be grateful for the love and support she has received from the community, and added the community has done "an unbelievable job" in setting up the multi-purpose room as the kindergarten. Juaneva, who has been Quadra Elementary's kindergarten teacher for 23 years, plans to hold an Open House in the new kindergarten so people can come and see the result of all their efforts.

"I love kindergarten and love being with the children because they're so healing. I learn so much from them. My grief over the loss of the kindergarten is very deep and profound—that was my second home. I loved being there. Young children are so resilient and I know they will once again be important for the healing of my grief," Juaneva said.

She said the children have reacted to the fire and the loss of their kindergarten in different ways. "You could see their apprehension and in a small way their terror, and you could see in some the ability to manage it. I told the children we need to keep talking about this because talking about it makes the fear go away. I always emphasize that nobody was there and nobody was hurt."

Juaneva mentioned that the future location of the kindergarten is unknown. "I've been told we only have use of the multi-purpose room until June. If there isn't a commitment to rebuild at that time, we would have to move into a regular classroom."

Holding kindergarten in a regular classroom is a prospect that concerns Juaneva, as she fears the children would feel cramped.

"What we had closely approximated international standards for early childhood education, and now we're facing the possibility of going into reduced circumstances. My work would change from facilitating their experience to having to focus on why they're feeling crowded and intruded upon. The children are still learning spatial relationships and that's why space is so important. They don't know they're crowded and their interpretation is that someone is being mean to them."



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Juaneva said further that simply in terms of education, she's very concerned about backward steps. "I understand financial restraints but that doesn't mean I can be quiet about what's best for the children. If there's no will to rebuild at the school board among the trustees and senior administrators, it would sadden me that we go backwards. If I know they'll work hard to try and rebuild, I'll have some peace even if they don't do it."

Naming all the people she'd like to thank for their donations and support would be impossible, Juaneva said, because there are simply too many to mention.

"Even in the midst of all this grief, I know that we're blessed and I'm grateful. I'm here in my community, I have a full-time kindergarten, and we're all safe."

Many of the wooden toys lost in the fire were made by Clarence Butz, a former Quadra resident who now lives in California. Clarence is now 87 and cannot remake the toys as his eyesight is poor. Fortunately, the wooden Quadra ferry made by Clarence survived the fire, as did one of the ferry docks.

Juaneva said she has been told that Murray Johnson is going to remake the helicopter and listening corner, Richard Pielou is going to remake the steering wheel, and Ken Munn is going to remake the circle table and chairs. She said she is sorry she can't commission and pay for things, but if people want to donate items she would be very grateful.

The kindergarten still needs the following items that were lost in the fire:

1. Baby dolls with soft bodies and pliable plastic faces (preferably about the size of 5-6 month old babies).
2. Assorted buttons and keys to use as rug toys.
3. Woolen yarn and burlap for sewing practice.
4. Paint smocks (preferably hand-sewn).
5. Ten baby food jars.
6. Wicker baskets (any size).
7. Child-sized wooden rocking chair.
8. Glow-in-the-dark stars.
9. Coloured wooden beads (any size).
10. Small wooden bookshelf.
11. Wooden Campbell River ferry dock

Island People

Helping Islanders Prepare for Childbirth

by Tanya Storr

If you have any questions about babies and birthing, Marie Sutherland is the person to call. Pre-natal class teacher, labour coach, and island resource person about all matters to do with babies, Marie is happy to answer people's queries and allay their fears.

"Knowledge and relaxation are the keys to an easier labour. If a woman doesn't know why something is happening during labour, it's easy for her to get tense and frightened. But if you talk about things beforehand, then she'll be more relaxed and at ease. I'd much rather people call and ask questions than have them fret," she said, as we talked at her kitchen table in early January.

For ten years now, Marie has been teaching pre-natal classes on Quadra to help islanders prepare for the births of their children. She began by instructing Lamaze classes with Anne Gregg for two years, and then continued teaching classes on her own when Anne moved on to other things. Marie also taught classes with Heidi O'Neill for two years.

Once she began teaching on her own, Marie decided to change her focus from the Lamaze technique, which concentrates on breathing patterns and focusing out of your body, to relaxation methods and mental imagery.

"I teach mothers-to-be to picture themselves in a safe place, having a relaxing birth. I also teach their labour partners how to support them—that way if people decide to do the birth on their own, the partner has the knowledge to support the woman in labour."

Practicing relaxation exercises before labour is very important, Marie said. "It's like training for an Olympic event. You must practice these things for them to be effective. It's one thing to relax in a quiet room with peaceful music playing, but it's an entirely different experience to relax when you have an immense muscle straining like crazy."

While doing labour support, Marie said her goal is to never take the partner's place, but to make the couple feel good about having a baby together. Expectant mothers and their labour partners can take classes from Marie and then have her attend the child's birth as a labour coach, or they can decide to just take the classes.

Classes take place once a week for 5-6 weeks, when the moms-to-be are approximately 6-8 months pregnant. The next series of classes will probably start in early February. Marie rarely advertises, relying on word of mouth instead. Once she has received three or more phone calls of inquiry, she sets up a class.

The cost of the classes is \$35 and labour support costs \$75, but Marie explained that payment is strictly voluntary. "I'd rather parents-to-be get what they need and have the birth they want than be inhibited by cost. I charge a fee mostly because we run out of books and films," she said, adding that if anyone has borrowed books and films and is now finished with them, she'd very much appreciate getting them back so she can share them with others.

Marie, who loves babies and children, has three boys (ages 6, 14, and 17) with her husband Bob. The Sutherlands often take in foster children as well, and Marie said she is suffering from baby

withdrawal because she hasn't had any foster babies in the house since last June.

Teaching pre-natal classes and working as a labour coach is an occupation that Marie truly enjoys. "I've always been interested in this. I thought of midwifery but I have no interest in catching the baby. My focus is on helping the parents have a positive experience."

Every birth is unique and she learns something from each one that she can impart to her next class. "There are so many variations, and I'm always learning from my work. I'm amazed at the energy that comes from birth. It's like you go into a time warp—it can take 12 hours or 36 hours, it doesn't matter."

The shortest birth she ever attended was supposed to take place in Courtenay, but they realised on the ferry that there wouldn't be time to get there. The baby was born 20 minutes later in Campbell River! The longest birth Marie was present at took over 30 hours, but she said those are rare.

Marie told me she couldn't possibly do this work without the strong support she receives from her family. "If Bob's away, my sister-in-law in Campbell River will take the kids. She has even brought the babies to the hospital for me to nurse them."

Marie has nothing but praise for the maternity ward staff in Campbell River. "They'll bend over backwards to give you the kind of birth you want, and they're open to a lot of different things. The only problem is they're overworked."

Although her role often ends with the birth of the baby, Marie is happy to visit new babies and their parents to see how they're doing and offer advice when requested. Her classes cover topics ranging from relaxation exercises to baby care, focusing on labour and the time shortly before and after.

One of the choices faced by new moms is whether to breast-feed or bottle-feed. Marie said she tells expectant mothers about the advantages and disadvantages of both. Although she breastfed her own children, bottle-feeding is something she has had plenty of experience with when caring for foster babies.

"Nursing is so much easier than sterilizing bottles and warming up formula in the middle of the night. Formula costs \$2/can—it's a very expensive proposition. And studies have shown that babies fed with breast milk may have higher I.Q.s and better immune systems, so if you have the option to breast-feed, the benefits are huge," she said.

Marie noted that new moms are typically inundated with advice as soon as their babies are born, which can be pretty overwhelming. "As soon as the baby is born, the guilt starts. Parents should listen to all the advice, but only do what they're comfortable with and ignore the rest."

Besides teaching pre-natal classes and working as a labour coach, Marie also stores baby items—such as cloth diapers, clothes, and equipment—in her sewing cabin, and people are free to come and take what they need. Donations to the repository of baby stuff are always welcome.

These days, Marie is directing some of her energies toward starting a new support group for pregnant women and mothers with small babies. The group's first meeting will be on January 20 at 10 a.m. Anyone who is interested in joining this support group can contact Marie at 285-3001 for more information.

"It'll be very low-key," she said. "Women can share information and talk to others in the same position. New moms seem to be coming home earlier from the hospital now and there is no early release program on the island. The public health nurse does come over to visit new babies, but only once, as everyone is over-worked. Our society is so weird about birthing and mothering—you see all these posters of smiling moms with not a hair out of place. The reality is that candlelight dinners for two are a thing of the past! We

continued page 18



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Island Report

Cortes Islanders Protest Twin Islands Logging

by Tanya Storr

Approximately 50 Cortes residents in six boats staged a protest January 10 over the logging currently taking place on Twin Islands. Longtime owner Margrav Maximillian Von Baden sold Twin Islands to Mike Jenks (a logger from Gabriola), Peter Shields (of Shields Navigation), and four other partners last November for \$4 million, and logging began in December.

In a January 15 telephone interview, Mike Jenks said their plan is to log “70% of the volume of trees on the islands, which is a selective cut.” He said they “are not logging to create a sustainable forest but to enhance the land value as recreational property.”

Jenks added that they are not building any roads but will be long-yarding the logs to a dry land sort and barge site that have already been built. He said 3% of the islands’ forest has been logged to date, and they plan to continue logging over the next eight months.

Cortes resident Iris Steigemann said she and 49 other people got into boats and held banners aloft in front of Twin Islands in sub-zero temperatures because they are very concerned about the logging on the islands.

“The Twins are very unique and have international recognition. It’s really sad that they’re going downhill like that. The previous owner hired loggers to take out 1,000 cubic metres/year over the last few years, but these owners want to take out 50,000 cubic metres. I’m not against logging, but I am against how they’re doing it,” she said.

Twin Islands are located half a mile off Cortes at the entrance to Desolation Sound, and their total area is just under 700 acres. The islands have a mixture of terrain, including second-growth forest, mossy bluffs, high inland meadows, and a small lake. There are three shell middens located where the two islands meet. Views from the islands take in Desolation Sound and the Vancouver Island mountains.

Previous owner Von Baden, a relative of Prince Philip’s, bought the islands in the late 1950s as a summer retreat. The Queen and Prince Philip stayed in the nine-bedroom lodge on Twins during their 1994 visit to B.C., and also anchored off the islands in the royal yacht *Britannia* in 1976.

In addition to the lodge—located where the two islands are connected by a narrow causeway—there is a caretakers’ cabin,

boat shed, dock and float, workshop, and some other outbuildings. The lodge and caretakers’ cabin were built in the 1930s for Vancouver businessman George Andrews.

Paul and Magdalena Kneppergeres have been caretaking Twin Islands for ten years now, but are leaving their post because they are upset about the logging. “We’re leaving on the weekend because we don’t like the logging here. At first, Peter Shields [one of the new owners] told us they were only going to take a few cedars out and there wouldn’t be a clearcut. Now they’re bringing in six loggers a day and clearcutting,” said Magdalena. She added that she believes the situation on Twins underscores the need for some sort of regulatory framework for logging on private land.

Mike Jenks said he doesn’t agree with that idea at all. “They’re trying to preserve something on somebody else’s dollar. Most private landowners have an investment in their property and they’re not going to degrade it. We certainly don’t do that. The moment you bring in laws like that, you don’t know where it’s going to stop. I could say, ‘I don’t like the colour of your house or the colour of your car.’ We are improving the value of the land.”

Cortes Island regional district director George Sirk said he is distressed about the logging on Twin Islands, and he contacted the Ministry of Forests and Ministry of Environment about it. However, as the logging is occurring on private land, he was told the government has minimal authority to regulate any harvesting done there.

In a reply to Sirk, district habitat officer David Alger wrote: “Because the logging activity in question is occurring on private land, the jurisdiction of MoELP and Wildlife Branch is quite narrow in scope. More specifically, section 35 (6) of the Wildlife Act prohibits harming the nest of an eagle, peregrine falcon, gyrfalcon, osprey, heron, or burrowing owl. In addition, MoELP has jurisdiction over freshwater gamefish and anadromous trout. The habitat of these are protected under 35 (1) of the Fisheries Act. These sections are essentially reactive in nature thus we do not have grounds for action until an offense has occurred.”

Sirk said he thinks logging should only occur after an inventory has been done of the area to be logged. “We should know

what it is we are cutting down. Birds, for instance, always seem to get neglected. Right now landowners have a lot of freedom and they don’t want to give that up. I can’t blame them, but I think what is happening is a threat to biodiversity—we have to ensure we don’t remove the vulnerable species. Black-throated grey warblers, for example, feed on insects that eat the trees. We need these birds if we want the trees to be healthy in the future.”

He added that he hopes to meet with the new owners of Twin Islands in the near future to hear their plans. If the islands are made into a subdivision, Sirk said he will suggest that Iron Point and the point facing Hernando be preserved as regional parks. Sirk also said he has contacted the Sierra Legal Defense Fund about the possibility of giving the lodge cultural heritage site status. “I got to stay in the lodge once as Max Von Baden’s guest. It really is a cabin fit for a queen!”

David Shipway, a member of the Cortes Island Forestry Committee, said the committee feels there is a real need for a mechanism that takes into account ecological and cultural issues for private land planning of this scale.

“Finding a line of regulation that does not impinge on smallholders and homesteaders, yet requires registered plans by corporate interests, is critical,” he said.

Shipway explained that the forestry committee’s policy is to talk things over and they had set up a meeting with Jenks, but Jenks cancelled it after Gilbert Hanuse of the Klahoose Band decided to withdraw his water taxi service for the loggers. The committee will probably send their concerns in writing to Jenks instead, he said.

“From the forestry committee perspective, there are distinct ecological issues that need to be looked at,” said Shipway. **TS**

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Money Matters

By Steven Halliday

1998 has truly started at a lively pace in the world of finance. On the homefront, the ice storms in the east are going to have an estimated price tag of over \$1 billion in damage, which insurance will only partially cover. The balance will have to be picked by you and I, by way of taxes or higher consumer prices. Watching the various news programs devoted to the storms, my heart went out to the poor people who are suffering the cold, without any of our normal "comforts" to ease the strain. Only the bare minority were prepared for such devastation, and one can be reasonably sure that we on the west coast are equally ill prepared to weather such a natural disaster. Meanwhile in Asia the economy continues to spiral ever downward, and has now started to significantly impact our own stock markets.

As at the time of writing, Japan's Nikkei index was at 14,664, down an astounding 62% from its high of over 39,000 in 1989. The Hang Seng in Hong Kong has dropped spectacularly in the last year, and now sits at 8,121. The International Monetary Fund has poured over **\$135 BILLION** into the economies of Thailand, Indonesia and South Korea, and it appears to be a very strong possibility that much more will be needed. One has to remember these "loans" are not intended to turn around these economies, they simply allow additional time for these countries to renegotiate the terms of their debt and meet immediate cash needs. Believe me, it can get far worse

before it gets any better. Gwynne Dyer, writing on the crisis in the *Globe and Mail*, states that "The boundless optimism and naive arrogance of the "miracle" years were bound to end in tears. And the cronyism, cheap credit and lax regulation that fuelled the investment mania of the past 5 years was not a system that could carry these countries into the promised land of fully industrialized status." So what does any of this have to do with us??

In a word, plenty. Asia functions in many roles vis-a-vis our economy, mainly as customers for our goods, suppliers to our consumers, raw material source and customer, and in the case of Japan and China (including Hong Kong) sources of investment capital to the West. Their roles in all of these areas have or are changing as we speak, in all aspects negatively. They can't afford to buy goods, they can't afford to service their foreign debts, and some are having a hard time feeding and employing their people. Japan in particular scares the daylights out of me. Japan has the world's second largest economy, but it's banks and large industrial conglomerates have, with the encouragement of their government, spent (read invested) capital under some ridiculous delusion that unlimited investment would produce unlimited returns almost regardless of where you invested. Japanese banks are only now admitting they are carrying billions of dollars in non performing loans, they have invested in real estate and stocks now worth a fraction of

their purchase prices, *and are heavily invested in Southeast Asia*. I think it is a fair statement that the writhing of the Asian tiger will leave some scratches on the western bull market.

Remember this as you plan your investments - when I sold investments, the thought of the time was that geographic diversity was a sound precaution against regional recession. Today, with our global economy, this is no longer true. The Ottawa bureaucrat who dreamt up the 20% foreign content rule for RRSP's surely deserves an Order of Canada medal for the foresight which has surely saved a lot of Canadian's retirement bacon. Or better yet, give him or her one of those great Senate seats that come complete with a Mexican villa. To those of you who jumped on the foreign markets band wagon, hang on...you're in for a wild ride.



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Island People

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don't generally have extended families with aunts to take over when needed—there's a lot more help and support around childbirth in other societies."

Evangeline Tate is a mother of three who took Marie's pre-natal class before each birth and had her as a labour coach for the last two. She said having Marie at her side during her labours was very helpful.

"Aaron and I were both really happy that she was there. I think it's important to have a knowledgeable person who has been to many births at your labour. Marie can make it easier for you by taking a lot of the stress and fear away from the experience. We're really blessed on Quadra to have her here, and I recommend Marie to anybody who's pregnant. She'll get up in the middle of the night and be there for you."

Evangeline took Marie's pre-natal classes again before her second and third births for a refresher. "The classes are super valuable. You hear all these horror stories about births, so it's nice to hear some good ones too. It's all about doing your homework and practicing techniques. Marie is really dedicated and she's happy to share what she knows."

Robyn Mawhinney had her first baby, Ocean Ellen, on December 11 after a three-and-a-half hour labour. Robyn also took Marie's pre-natal classes, and Marie attended Ocean's birth as labour coach. "Shane and I were both so glad she was

there. Something about her voice is very calming and really helps you to focus. She massages you and gives suggestions about changing positions, and she supports your partner as well, who is also going through an intense experience."

Robyn's husband, Shane, said it was really helpful to have Marie there because he was emotionally caught up in the birth. "Where I might get caught up in the moment, Marie would notice something Robyn needed. With her experience she knows just what to do at that moment."

Both Evangeline and Robyn commented that Marie boosted their self-confidence levels when preparing for labour.

"Marie would tell us that labour will be hard and it will hurt, but nothing would happen that we wouldn't be able to handle. She's so supportive and she's always thinking of you. You can tell that she loves babies and what she does," said Robyn.

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