



DISCOVERY ISLANDER

COMMUNITY NEWS AND EVENTS FROM THE DISCOVERY ISLANDS



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Cover Photo: Daffodils blooming herald the arrival of spring. Philip Stone

quadrate ventures

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**HOPE SPRING
MEDICAL CLINIC**
831 Hope Spring Rd. 285-3663

Dr Angela Burns will be away from
April 28 to May 6 inclusive.

Dr Karen Klingenberg will be taking my place.
Clinic hours will be M, T, Th, F, 9am-1:30pm
and Sat May 3 from 9am-12pm.
Please support her in my absence to ensure
ongoing locum coverage in the future.

From the publishers

Here it is, to go with it's new look, the Advertiser now has a new name "The Discovery Islander". Formal response to the proposed name change was limited, but many people did offer suggestions in conversation over the last two weeks. The "Islander" was certainly the most popular idea but by no means the only one.

We seemed to have generated some confusion over the mention of subscriptions in the masthead (right) in the last issue. The "Islander" will continue to be delivered to post office boxes as before, but we are now offering subscriptions to off-island addresses. So if you know someone who has an interest in what's happening here in the Discovery Islands a regular delivery of the Discovery Islander may be exactly what they need. Hopefully the revised wording in the masthead will make this clearer.

Another way to keep in touch from anywhere in the world is through the Internet and this issue will hopefully be up on the web at www.island.net/~apimages/discovery

In coming issues we would like to encourage participation from throughout the community in writing for the Discovery Islander. Particularly from Cortes and the "outer islands". Feature articles, news stories, letters (of course) poetry, art and photographs (as space allows) are all

welcome. A special invitation goes out to the youth to use the Islander as a means to air concerns and news to the community at large. And if you don't feel like writing but have a story you feel should be told get in touch and we'll dispatch someone right away.

Spring weather has made a welcome appearance and Islanders are turning out in to the garden at last. This issue we start what we hope will become a regular column for gardeners. Any suggestions for this or any other column again is very welcome.



*Spring's smelly prodigy, Skunk Cabbage.
Photo: Tanya Storr*

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Philip Stone

Staff Reporter: Tanya Storr

Cartoon: Bruce Johnstone

Photography: Philip Stone

Tanya Storr

Sheahan Stone

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Letters, artwork, submissions of any kind welcome. All can be sent to the above address or left at Quadra Foods or Heriot Bay Store.
Next deadline 3pm April 17th

Subscriptions for delivery outside the Discovery Islands are available for \$49.95 yearly (plus \$3.50 GST)

Opinions expressed in this magazine are those of the writers and do not necessarily reflect the opinion of the publishers.

Alpine Pacific Images

Visual Media Services

Call Philip Stone 285-2234

apimages@island.net
[net/~apimages](http://www.island.net/~apimages)

www.island.net

Island Forum

For the Apple Tree Cut Down Before Its Time

You
Cloud of unassuming Beauty
Reaching out
Arms bent low to the ground
That young ones might scramble
Up your branches

You
Necklaced each early spring
In scattered snowdrops
We love you.
Some knowingly
Others without realizing
It was so.

You
Almost timeless
Neglected reminder of our forgotten
past.

If
Those who plan
Could speak with one another
Save the apple tree
Why
Couldn't someone speak the same
To the man with the chainsaw
Why?

**Islanders are encouraged
to use the *Island Forum* to
express themselves in letter
form. Please sign your letter
and include a phone number.**

**All letters received will be
printed. Requests for anonym-
ity will be honoured. You can
get your letter published by
doing one of the following:**

- 1. Take it to either Quadra
Foods or the Heriot Bay
Store**
- 2. Fax it to 285-2236**
- 3. E-mail apimages@island.net**
- 4. Mail it before the deadline
to
Box 482, Heriot Bay, BC V0P
1H0**

*[Island residents are encouraged to send
to the Islander letters they have written
to government agencies, politicians,
etc., on issues of general interest to the
community]*

Mr. Bob Hall
District Technician,
Min. of Transportation and Highways,
North Island Dist. Hwys Office,
550 Comox Ave.
Courtenay, B.C.

Dear Mr. Hall,

I am a resident of Granite Bay on
Quadra Island and wanted to express
my concern about a very dangerous
spot on the Hyacinthe Bay Road. I am
speaking of just south of the intersec-
tion where the Granite Bay Road joins
the main road and where the School
District #72 School bus collided with
a Mainroad Contracting sand truck
earlier this month. This short section
of road is dangerous even in good
weather conditions as the road is
obviously banked the wrong way. It is
also very narrow with a few twisting
corners where there is not enough
room for two vehicles to pass safely.

As I'm sure you are aware there was an-
other collision involving a schoolbus
and a truck in exactly the same spot
a few years ago. Luckily there were
no serious injuries in that incident,
however I believe the bus was totalled.
Once again we were very lucky chil-
dren were not on the bus. I am won-
dering if you have plans to change this
section of the road in order to reduce
the chances of further accidents. In
addition to the bus traffic there are
a surprising number of commuters
coming and going from N. Quadra daily
and we are all risking crashing in that
spot. Also the traffic in the summer
months increases dramatically due to
recreational use.

I really hope your department will
straighten out that section before an-
other accident occurs. Recently, Den-

nis the school bus driver was seriously
injured - let's not wait until someone
dies before the necessary changes
need to be made.

Thank you for your consideration of
this matter. I look forward to your
reply.

Yours sincerely,

Heather Simpson

Attention Quadra Tennis Players!

Spring has sprung, and it's time to dig
out the tennis gear and get ready for
more fun on the courts resurfaced. We
are in the process of receiving quotes
for this project and hope to have it
completed by mid May. Funding will
come from our own account as well
as funds provided by the Quadra Rec.
Society. However, it appears that we
will not have enough to complete the
project. If any individual or business
is interested in making a donation
towards this project, please contact
either Paul Ryan at **285-3789** or Rita
Vitranga at **285-3678**. All donations will
be gratefully acknowledged.

We are planning several tournaments
this year, including our usual mixed
doubles as well as mens and womens
doubles.

For those of you who have never
played the game, we urge you to come
out and give it a try! The courts are
open to all Quadra residents and were
built for your fun and enjoyment. It's
great exercise and a game the whole
family can play together!

Quadra Recreation Society

The mission statement of the Recrea-
tion Society is "building community
through recreation" and mostly, I think
we do a pretty good job. Occasionally,
there are some cracks to fill and Easter
weekend was one of those times when
a crack showed. Someone decided to
smash the plexiglass cover over the
road marquis in front of the Centre and

rearrange the plastic letters to crudely insult a member of the community. This occurs, probably once a year and usually we shake it off saying, "these things happen". But quite frankly, I am tired of it. Vandalism is a vicious, violent act. It gives evidence that something is wrong. I am saddened that someone in the community is that disconnected with self and community. I know the networking is complex and extensive and if everyone put their ear to the ground, the vandal(s) could be identified. More to the point, in an ideal world, I'd like that person(s) to be included and accepted into the community—a crack filling, healing, "making whole" out reach to the alienated. It's up to all of us to build community where we can in our own personal lives. It's a question of making a better world, thinking globally and acting locally.

And back to the recreation mode... Ninjitsu is such a successful class with Ken Hospes that a second series is starting April 29 until June. \$40/8 classes, Tuesdays 5:00-6:00, 6-12 years and 6:00 -7:30 for Adults at the school gym. Refer to the recreation brochure magnetized to your fridge door for a description of the classes... or come by the Centre to pick it up...

May Day '97 is off to a great start with Sarah Enns and Katie Gregg coming out to the first meeting. The next meeting is April 22 at 10:00 a.m. at the Q.C.C. Got ideas for a theme? Want to help but not come to meetings? Phone 285-3243, action central.

Sandy Spearing
Recreation Coordinator

Quadra Island Baby-Sitters Class
Twenty-eight boys and girls completed the Q.I. Baby-Sitters Course April 1, 1997. We would like to thank Constable Steve Arthur and Mr. Rod Penner for their enthusiastic contributions on the topics of Security and Fire Hazard Issues. Our appreciation to Donna Nickoloff for bringing her baby, Gina, to bring realism to the class. The following students successfully completed the four lessons and examination

in the Spring 1997 session: Michelle Anderson, Calista Bingham, Melanie Chickite, Miranda Cook, Aletta Clark, Tina Clark, Kala Fitton, Kyle Hooper, Katie Hendricks, Taylor Inrig, Elliot James, Sarah Krook, Rachelle Mellanby, Andree Mellanby, Kailee Mar, Justin MCluskey, Charlene Mostert, Teralee O'Neill, Kayley Pielou, Tannis Peterson, Skye Phillips, Luke Renda, Rebecca Robinson, Sam Simpson, Ryan Saunders, Carly Taylor, Crystal Turpin, Tara Williamson.

Congratulations all of you!

Julie Mellanby, Instructor

*See page 6 for tips on choosing a sitter

Mary Alda Rueter
July 6, 1919 - March 17, 1997

The Board of Directors of the Nuyumbalees Society, museum staff, neighbours and many friends are deeply saddened by the recent death of Mary Rueter, friend, ardent supporter, and volunteer of the Kwagiulth Museum and Cultural Centre for over fifteen years.

Born in Willowdale, Ontario, Mary moved to Victoria with her husband Gus in 1965. After retirement, they resided on Saltspring Island, lived aboard their sailboat at Cortes Is. and in 1982, settled on Quadra Is.

Gus and Mary both became the mainstay of the museum's volunteer core and over the years have contributed so very much, both in kind and support. For the last three years Mary was at the museum three days a week and participated in all of our lecture series, presentations and events. Considered one of the staff, we will miss her wonderful smile, sense of humour and friendship. Gilak kas la, Hela kes la!

Son, Bryan Thorne wishes to thank all of his mother's friends for attending her memorial at the museum, giving him the opportunity to meet you and especially, for sharing his mother's last years with him. I personally know your attendance helped Bryan come to terms with his grief.

Mary is survived by her two sons in Ontario; Lawrence (Larry) V. Thorne and Bryan G. Thorne; grandchildren: Mathew, Catherine, Karen, Michael, Lindsay and nephew Reid Collins of Saltspring Is.

By request from the Thorne Family, the Museum has established a "Mary A. Rueter Memorial Fund", funds to be used for School and Public Programs. To contribute, mail or contact The Kwagiulth Museum and Cultural Centre, P.O. Box 8, Quathiaski Cove, B.C. V0P 1N0 or phone 285-3733

Gerry Dinsley, Kwagiulth Museum and Cultural Centre

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[Continued from pg. 5, Quadra Island Baby Sitter's Class]

Choosing a Sitter

The following information is pertinent to being a good parent/employer. This is part of the material presented in the first class of the Babysitter's Course.

Step 1 Selection - Conduct a phone interview with the potential sitter, check references, then arrange for a personal visit. Ask about the prospective sitter's attitudes on discipline, child care and how he or she would handle a medical emergency. Watch how the sitter interacts with your child; if possible, let the sitter first care with your child while you are at home. Negotiate hourly rate ahead and try to avoid asking someone at the last minute or cancelling with little notice.

Step 2 Information-Display emergency phone numbers, including where you can be reached and what time you are expected home. Discuss meals, snacks and detail medication and allergy instructions. Explain playtime and bedtime requirements and rules. Identify locations on household items like flashlight, extra house keys, candles, a first aid kit, and cleaning supplies. Show the sitter how to work appliances and infant equipment.

Step 3 Training - Child proof your home. Install smoke alarms and keep medications, cleaning supplies and other poisons out of reach. Stress the importance of the sitter's job, encourage questions and don't group too many children together. Don't take advantage of sitters by assigning extra tasks that are not related to caring for the children. Clarify house rules regarding television viewing, telephone calls, visitors etc. Discuss what to do in an emergency situation. Be supportive.

Julie Mellanby
Instructor

Wine fest. meets the law

Dear Friends,
The attached letter from the Liquor Control Board appears to spell the death knell for our Quadra Wine Festival. It was great fun while it lasted, but change is a fundamental rule of nature. This opportunity will not pass without my expressing heartfelt thanks to the community for their generous support and care for the Festival and for Mary and me during my recent illness.

Bless you all,
Bob Griswold

March 4, 1997

Mr Bob Griswold
Chair
Quadra Wine Festival

Dear Mr. Griswold:
Re: Quadra Wine Festival

Your letter of February 19, 1997 concerning the above event addressed to Inspector Glen Barrie, Liquor Control and Licensing Branch, Campbell River, has been forwarded to this office as this action was initiated by myself.

Your "festival" came to my attention by way of a newspaper article in the Times Colonist newspaper which indicated that this festival utilized the product of amateur winemakers, product which was being made in the residences of various members of your community. The article went on to say that for a \$20.00 entrance fee anyone could attend at the community hall and sample these products. The proceeds would accrue to the community.

The Liquor Control and Licensing Act Section 55(2) exempts liquor which is produced by an individual for his own consumption. On the other hand, liquor which is made available to the community in a public place may only be served under licence. Pursuant to Section 40 of the Liquor Control and Licensing Act, no liquor may be given to another person in exchange for consideration or the transfer of

property except in accordance with the Liquor Control and Licensing Act/regulations. What this means is that no liquor except that which is purchased from the Liquor Distribution Branch may be served under a Special Occasion Licence.

It follows that the Quadra Wine Festival may only serve liquor under Special Occasion Licence and that liquor must be obtained from the Liquor Distribution Branch. This does not mean that the Quadra Wine Festival cannot continue to raise funds for the community by way of a wine festival. In order for you to continue you must:

1. Request the involvement of licenced wine representative to conduct tastings at cost at your event pursuant to Section 53(2) of the Liquor Control and Licensing Act.
2. Recognize that this event would be eligible for a Special Occasion Licences (public) since the winery representatives obtain their products through an approved method.
3. Understand that home-made wine competitions may be conducted behind closed doors, judged and the winner may be awarded a prize from the festival. Samples are not available to the general attendees. A Special Occasion Licence is not required for this judged competition.
4. Inform this office of your intentions. Should you have any questions in regard to the above, please feel free to call me at (250) 356-2887.

Your truly
Davod R. Nicholls
Industry Compliance Officer

cc: Glen Barrie, Inspector Liquor Control and Licensing Branch
D, Chisholm, Corporal, Quadra Island RCMP Detachment

Island Calendar

In detail...

Quadra Island United Church

invites you to the evening service on **Sunday, April 13 at 7:30 p.m.**

Reverend Lance Woods will speak on **LIVING THE QUESTION-COMPULSION OR COMPASSION**. For baptisms call **285-3298**. Everyone welcome.

Quadra Island United Church also invites you to the evening service on **Sunday, May 11 at 7:30 p.m.** Details to follow.

The Whaletown Community Club

presents, in concert:

ANIMA

Medieval Music Duo

Janice Hill, voice

Pat Unruh, vielle

Peter Dent, reader

WHAN IN APRIL....

Songs of Eastertide and Spring including music for St. George, instrumental dances, devotional songs, English carols and poetry.

SATURDAY, APRIL 19, 1997, 8:00 p.m.

at the George Hall, Whaletown, on Cortes Island. Tickets \$12.00, available

at the door. Doors open at 7:30 p.m. Reception to follow. For more information call **935-6615**.

Dog Obedience Classes. Dog owners, make your life easier by training the dog! Sessions will consist of basic novice obedience, heel on leash with automatic sit, long down, recall, stand for examination. Registration is at the Community Centre, Monday, **April 21, 7:30** with no dogs that night. The cost is \$40/10 classes. Debbie Mortimer is the instructor, **285-3654**. Mondays at the school parking lot.

Quadra Island Recreation Society is sponsoring an holistic event called "**Keeping Quadra Healthy**". **September 26th** will feature a major keynote speaker and a presentation of Quadra culture. We are planning an array of exhibits, mini-demonstrations and networking tables on physical, emotional, mental and spiritual health on **September 27th**. We are inviting all interested participants to call Diane at **285-3859**

The Diabetic Outreach Centre, invites you to be part of a support group which plans on meeting **every second Thursday evening at 7:30 p.m.** at the Quadra School. Next meeting will be on **Thursday, April 10, 1997**. Whether you are the diabetic, a family member, a friend, or a co-worker, you are invited to be part of the support group. Working together to find a cure and support for people living with the many challenges of diabetes starts in our own community. For more information please contact either Barbara Williams at **285-3587** or Judy Kershaw at the Diabetes Outreach Centre at **286-0648**. Your support is greatly appreciated.

The Quadra Island Seniors Housing Society Annual General Meeting will be held at the Quadra Recreation Hall, **April 14, 1997 at 7:00 p.m.** All members and interested non-members are encouraged to attend.

Ken Duncan

President

Quadra Players Spring Production of: "Little Sister"

May 15, May 16, May 17 at the Quadra Community Centre. Doors open at **7:15 p.m.** Tickets are \$10.00 adults, \$8.00 seniors & students. Tickets will be available after May 1, 1997 at Quadra Foods, Heriot Bay Store, Country Charm and in Campbell River at Tide-mark and The Music Plant.

April 19 is **Quadra's skit night**. It has nothing to do with the mouse skiteers. Before you ask – neither D'Artagnan nor Dumas will be there either. Your friends and neighbours will be there however. Some will be on the stage, some will be in the audience and some will be in both places at the same time.

There are some spots still open. **If you would like to be involved you can call Chris at 3695 or Carol at 3737.** You don't have to have a skit to join in the fun. If you just want to do a little skiteering call us and we will give you a script and enough compatible people to make it work

Don't be afraid to join us. Our alma

motto is Leave them laughing in the Isle. Hold on....I'm getting confused.

The Community Centre Additions Project Fund-raising

Committee will hold its next meeting on **Tuesday, April 8, 1997, at 7:30 PM.** All Welcome. Call **285-2841** for more information.

Old Time Country Dance

Quadra Recreation Society present another old-time country dance at Quadra Community Centre on **Saturday, April 12, 7:30 pm.** Adults, \$5, Kids \$2.50. Dances taught and called by Bob Sutherland, live old-time and Celtic music by Quadra's "Whirlwind". Dances will include reels, rounds, squares and waltzes and no experience is necessary. The dance is for all ages; kids should be accompanied by an adult. For more information call Shawn or Kent at **285-2551.**

Mitlenatch Field Naturalists

Friday, April 11, 8 pm at the Community Centre. "The Mystery of the Marbled Murrelet" - Research and Conservation - A slide show and talk with Dr Alan Burger of the University of Victoria Biology Dept.

Where do they nest? How was the first

nest discovered? Are they threatened by logging of the old growth forests?

Mt. Seymour Hike. The Mitlenatch Field Naturalists Society will be hiking the beautiful Mt. Seymour trail with Noel Lax on **April 13.** Meet at the Heriot Bay Store at **10:00 a.m.**

Mary Ellen Wilkins is doing a solo piano recital Friday, **April 25th at 8:00 p.m.** at the Quadra Community centre. Tickets are \$8 for adults, \$5 for students/seniors and are available at Explore, Quadra Crafts, the Tidemark and at the door. Works will include Bach, Chopin, Ravel, Hayden, Gershwin, Scott Joplin and others. The concession will be run by CCAP. Phone **285-2899** for info.

Kayaking the Wild West Coast of Vancouver Island.

Dan Lewis and Bonny Glambeck are kayak instructors and conservationists living in Tofino. Last September they paddled down Vancouver Island's spectacular west coast from Cape Scott homeward to Clayquot Sound. Their slide show, exciting and humorous, will be shown at the Quadra Community Centre on Sun., April 13. It celebrates the newly protected areas along the rugged west coast, and looks at current areas of concern in the wake

of the CORE Land Use Plan. "It was an exciting trip, especially when we ran into big water off Brooks Peninsula. It was pretty wild," says Lewis.

The presentation includes LANDSAT satellite photos showing the clearcuts now visible from space, and the small pockets of virgin old growth forest protected in parks. "We saw the incredible beauty of the Brooks Peninsula, which is protected, and paddled by East and Klaskish Creeks, next door and equally beautiful, which are slated for logging," explains Lewis. "Some areas just fell through the cracks in CORE."

Places like Kyuquot, Nuchatlitz, Nootka Island, Hesquiat and Hot Springs Cove are exotic names to most Vancouver Island residents, which this slide show will bring to life. The evening starts at 7:30 p.m., admission is \$2.00. For more information contact Michael Mascall, 285-2331

Kids CAN-BIKE

With the cycling season starting in earnest parents may want to have their children professionally trained in safe bicycle skills, by a nationally certified C-Bike instructor. **The kids CAN-BIKE course** involves discussion about the rules of the road, the bicycle's place in traffic, safe equipment, practice of bike handling skills, and on-road training is to develop good road position and lawful bike operation, good planning skills and good decision making skills. The course is for children 9 to 13 years of age.

Course dates are **May 31, June 7, 14, 21. Classes - 9:30 a.m. - noon. \$45 per pupil.** Call Jerzy Dymny at **285-2447** for more information. Adult course, beginner and advanced, are available to groups of six or more.

Island Calendar announcements are free of charge. No business-related material please! Drop your announcements off at Quadra Food or Heriot Bay Store or fax to 285-2236. Deadline for the next issue is 3:00 p.m. Wednesday, April 16th.

JOHN F. GRANT, B.A., B.SW, LL.B. Lawyer, Notary

774 (Old) Ferry Road, Quathiaski Cove, Quadra Island

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Island Calendar

At a glance...

April 8, Tues.

C.C.A.P.
Fund-raising Committee Community Centre 7:30p.m.

April 10, Thur.

Diabetic Outreach Meeting Quadra School 7:30 p.m.

April 11, Fri.

Mitlenatch Slide Show Community Centre 8:00p.m.

April 12, Sat.

Old Time Country Dance Community Centre 7:30 p.m.

April 13, Sun.

Mt. Seymour Hike Heriot Bay Store
10:00 a.m.
Slides of the West Coast Community Centre 7:30p.m.
Spring Service Q.I. United Church 7:30p.m.

April 14, Mon.

Q.I. Seniors Housing AGM Community Centre 7:00 p.m.

April 19, Sat.

Quadra's Skit Night Community Centre 7:30 p.m.
ANIMA Whale Town Comm.Club 8:00p.m.

April 21, Mon

Dog Obedience 1st class Community Centre 7:30p.m.

April 22, Tues.

Unrelated Bone Marrow Carihi Sec.School
7 - 8:30 p.m.
Donor Info. Session Gym

April 25, Sun.

Mary- Ellen Wilkins Recital Community Centre 8:00 p.m.

May 15, 16, 17

Quadra Players "Little Sister" Community Centre 7:15 p.m.

Sept. 26, 27

Keeping Quadra Healthy Community Centre

Weekly

Meditation-Sundays Community Hall 10am-12 noon

Folk Song Group-Wednesdays Lovin' Oven II 5:30 - 8 p.m.

Hatha Yoga- Saturdays Community Centre 9:00 a.m. start

10:45a.m.start Aerobics-Mon,Wed,Fri Community Centre

6:20 a.m
Tai-Chi-Tuesdays Community Centre 7:30p.m.

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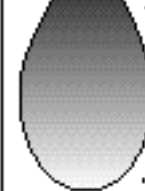
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Crime Stoppers

Quadra-Cortes Crime Stoppers Bulletin

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 March 4** Licence plate lost somewhere on Quadra Is. Plate #T08842
- 97 March 9** Theft of fuel from vehicle parked on 600 block Heriot Bay Rd.
- 97 March 10** Brown folding leather wallet lost in Rebecca Spit. Initials "RM" on wallet.
- 97 March 10** German Shepherd dog attacked three sheep on Fox Rd.
- 97 March 12** Break enter and theft from residence on Whaletown Rd. Cortes Is. Items taken included money, three bottles of wine and chocolate.
- 97 March 13** Cougar sighted on Pidcock Rd.
- 97 March 17** Canadian Tire battery stolen from woodshed on 700 block Cramer Rd.
- 97 March 18** Mud slide on Pidcock Rd. By Petro Canada dock. Road still closed.
- 97 March 19** Break, enter and theft from residence on Seaford Rd. Cortes Is. Liquor stolen.
- 97 March 20** Break, enter and theft from Seaford Rd. Items stolen include liquor, compact discs, Sony am/fm compact disc ghetto blaster model CED616 value \$350.00
- 97 March 21** Break, enter and theft from residence on Whaletown Rd. Items taken include liquor.

The new white flash seen on the islands is nothing to be concerned about. It is only Cst. Marty Hooper cruising the streets in the new Detachment police car. The old 1992 Chevrolet Caprice had to be put down due to transmission and suspension fatigue. It had 142,000 kms and has been donated to Crown assets for disposal. The new police car is a 1997 Ford Crown Victoria that will no doubt serve us well for the future.

Since the last Crime Stoppers bulletin there have been five accident investigations. All involved local citizens and all resulted in injuries. There was not one consistent cause for all the accidents. That amount of accidents is very high and maybe a reminder to remain alert, properly maintain your vehicle and most importantly do NOT drink and drive !

Till next time,
Steve Arthur

P.S. If you would like to see the new police car catch out attention, we will gladly

Island Report

Harbour Authority Signs Lease

by Tanya Storr

The Quathiaski Cove Harbour Authority took over management of the harbour facility March 26, when its directors signed a lease with the Department of Fisheries and Oceans. Harbour authority chair Mike Rankin said it was a relief to sign the lease "because for the last two months we've been hanging and we haven't had any authority to do anything." He added that although Q - Cove is a relatively small harbour with only 40 boats, it took a huge amount of paperwork to get to this stage.

Rankin said now that the lease has been signed, the harbour authority will open up negotiations with B.C. Ferries and the Regional District concerning the maintenance of the parking lot. "DFO has already talked to them, so the groundwork has already been done. If the Regional District and B.C. Ferries pay their fair share, there shouldn't be any major changes. B.C. Ferries have indicated they're willing to contribute—they recognize that they require part of the parking lot to allow access for the school bus and passengers. We want to see what the regional district has to offer. We intend to have some spots designated for harbour users; probably the strip along the front [facing the wharf] would cover it—we'll post signs. There's a possibility there could be two rows down the gravel side, which would increase public parking."

Since the lease has been signed, repairs to the boat ramp—specifically moving some obstructions at the bottom—have been completed. "It's much more efficient this way," Rankin said. "We decided to fix the boat ramp and it was done the next day. If we'd had to wait for fisheries, we'd probably still be waiting for a purchase order from Ottawa."

Under the terms of the lease, minor

repairs such as painting, signage, and small-scale renovations are to come out of the harbour authority's budget, while major repairs like replacing pilings would be the responsibility of DFO. The harbour authority is putting in a float that will complete the circuit of the dock, a renovation Rankin said will provide a little more tie-up space and replace a log that was "kind of dangerous".

The directors have hired a harbour manager, Bill McLean, who has worked as harbour manager for DFO in Campbell River and Q Cove. One of McLean's jobs will be to monitor the parking lot and garbage dumpster. "Non-authorized use of the dumpster is one of our immediate problems. Garbage disposal is becoming very expensive, and people dumping garbage there will have it returned," Rankin said.

At a January 28 meeting between DFO, BC Ferries, and the Regional District held to discuss the future of the parking lot, DFO representatives Brian Dane and Adrian Roland suggested the

parking lot could have potential as a boat repair facility or restaurant site, if such options complied with local bylaws. "That's just people bringing up what-ifs," Rankin explained. "Our mandate is to manage this as a commercial harbour facility and that's what we are going to do."

The Regional District requested a condition be written into the lease agreement stipulating that the regional director would sit on the harbour authority, but the harbour authority did not agree to that idea. "As we will shortly be negotiating with the Regional District, we felt that would be a conflict of interest. It's not as if we wouldn't entertain the involvement of local non-governmental groups. We're not running a closed society here. We just thought the Regional District was the wrong body to have on there—one of the main purposes of taking over the harbour was to reduce governmental control over the harbour," said Rankin.

Rankin added that anyone who wants to make comments, offer criticism, or ask for more information on the management of the harbour under the harbour authority can write to P.O. Box 162, Quathiaski Cove, VOP 1N0.



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monitoring CH 12 Annie Tuck

Old Growth Hockey Team Wraps Up Successful Season

by Tanya Storr

The Quadra Old Growth Hockey Team wrapped up a successful season on Easter weekend, with an overall record of 25 wins, 11 losses, and 2 ties. The Old Growths had a 13 game unbeaten streak near the end of the season, and came second in the Campbell River Pioneer Hockey League (an 8-team league of players 35 years and over) regular season standings and fourth in the play-offs. "This was our best ever season by far," said Bill Dubois Jr., who plays centre for the team.

When Bill Matheson and Kent McAffer put the team together three seasons ago, many of the players had not played ice hockey for 20 years. At the time only Matheson and Bob Moir, who also plays defence, were actively playing. "I'd been thinking about trying start a team for a couple of years and once Kent came on board it started coming together pretty well," said Matheson.

After Matheson and McAffer had rounded up enough interested players, team members played together for the first time in a Port McNeill tournament. "It was suggested we call the team The

Resurrection because most of the guys hadn't played for 20 years. You don't want to ask about our first few games," laughed Dubois. "Injuries, that's what I remember," said Matheson, who plays defence. "There were a lot of pulled muscles and stretched groins. We had an average of three injuries per game."

Matheson said the team "maybe won one game" that first season. "We played entire games without ever getting the puck out of our end," said Dubois. Claude Ruel, who plays wing, added, "The only way we got out of our end was when they scored—then we had to come to centre ice." Despite their disheartening first season record, "after having not played for so long we just had a great time getting out there and playing," Dubois remembered.

Things began to look up for the Old Growth in their second season. In their first game of that season, they beat the Courtenay Legends 10-7. "The whole team was in shock afterwards," said Ruel. They also won their division title in a Lake Cowichan tournament. Matheson said their overall record for the second season was 5 wins out of

31 games.

This past season was the first they played in the league, after two spent playing in tournaments and pick-up games. Competing against some very experienced teams, the Old Growth gained new heights with 25 wins by the end of the season, and moved into second place in the league after winning their last game of regular season play. "We were the only team that moved up in the standings throughout the season. Everyone else just sort of stayed where they were," Ruel explained.

Beating Enns Insurance, the team that went on to win the play-offs, 5-2 in a regular season game was a highlight for the Old Growth this year. Unfortunately, the play-offs didn't go quite as well. The team came first in the first round, but were then beaten in the semifinals by Video Works. "It was 1-nothing until the final six minutes, and then they scored two quick goals," said Dubois.

Although the Old Growth didn't win the coveted Campbell River Pioneer Hockey League covered wagon trophy this season, each player and sponsor did receive a unique trophy handmade by team member Jeff Braun out of old growth cedar. Each trophy has a face and is holding a miniature hockey stick with the name of the player or sponsor inscribed upon it, and no one on the team knew Braun was making them until he made a surprise presentation after the final game at the end of March.

Due to the extremely limited ice time available in Campbell River, the Old Growths have only held practices when the lakes have frozen on Quadra. They don't have a coach ("we're un-coachable," joked Dubois) but they do have a very supportive fan club. Fans Wendy Matheson and Barb Dubois said they really enjoy going to the games. "It's a lot of fun to go and watch and cheer, and get into a gossip session with all the ladies. There are lots of kids running around too," said Barb.

Since ice time is so limited, many of the



Back L-R; Claude Ruel, Bill Dubois Jr., Randy Mellanby, Arne Liseth, Colin Oswald, Bob Byrne, Todd Scharf, Bill Bradshaw, Wayne Ivason.
Front L-R; Ian Mowat, Ray Vallee, Bill Matheson, Andre Turpin (goalie), Larry Wadell, Stuart Smith.
Absent; Jeff Braun, Jim Graham

Old Growth team's one or two games per week take place between 10-10:45 pm, making it necessary for the players to hire a water taxi to get back to Quadra. "One of the most positive things about the Old Growth is that we are a pretty tight and committed team. We have to water taxi all the time which is a real commitment—it cost us \$2500 altogether to hire water taxis this year," said Ruel.

Sponsors and funds raised through car washes, Christmas tree sales, and t-shirt/hat sales help pay for team expenses such as home and away uniforms and transportation. "We want to thank our sponsors and fans for all their support," Ruel said.

The team name was chosen from a variety of entries deposited in a suggestion box at the Heriot Bay Inn three years ago. G. Pinsent from Cortes entered the winning name in the contest, but has not yet claimed the prize (call 285-2311 to do so, Matheson said). Dubois said there's talk of another team starting up if there are enough players, "and we're going to call them the Quadra Second Growth!"

After their accomplishments this season, Old Growth team members are looking forward to next October when they'll be out on the ice once again. "We've come a long way," said Dubois. "It's good we were able to provide some satisfaction for all those disheartened Canuck fans this year."

coast realty



Stuart Smith, Quadra Old-Growth

Player	Position	Games	Goals	Assists	Points	Penalty Min.
S. Smith	Centre	36	23	21	44	8
B.Dubois	Centre	33	23	15	38	46
C.Oswald	Wing	33	15	13	28	16
J.Graham	Wing	20	12	14	26	14
I.Mowat	Wing	38	3	17	20	24
C.Ruel	Wing	36	6	13	19	14
W.Ivason	Defence	30	6	13	19	35
TScharf	Wing	31	9	10	19	14
M.Kirste	Defence	20	6	9	15	6
Matheson	Defence	36	4	8	12	22
Mellanby	Wing	20	9	3	12	16
J.Braun	Centre	18	9	3	12	34
B.Bryne	Defence	32	4	3	7	10
R.Valee	Wing	14	0	6	6	0
B.Moir	Defence	30	3	4	7	20
A.Liseth	Wing	17	2	1	3	6
Bradshaw	Defence	30	1	2	3	8
L.Wadell	Wing	4	1	1	2	0
Goalie	Games	Goals Against	Avg.	Shut outs		
A. Turpin	38	100	2.63	6		

PUBLIC NOTICE

ASSENT OF ELECTORS-COUNTER PETITION

NORTH QUADRA ISLAND ASSISTANCE RESPONSE LOCAL SERVICE AREA

NOTICE IS HEREBY GIVEN that the Board of Directors of the Regional District of Comox-Strathcona proposes to adopt Bylaw No. 1917 cited as "North Quadra Island Assistance Response Local Service Establishment Bylaw No. 1917, 1997" for the purpose of providing funding to allow the Regional District to enter into an agreement with the South Quadra Island Fire Protection District to provide for assistance response to the proposed Local Services Area located on the northern portion of Quadra Island.

Pursuant to Section 797 of the Municipal Act, those persons wishing to oppose the adoption of Bylaw No. 1917 are required to submit counter-petitions against the bylaw. Counter-petitions have been prepared by the Regional District and will be provided to all persons who request them. Persons wishing to receive a counter-petition may pick one up at the Regional District offices between the first publication of this Notice and May 5, 1997 between the hours of 8:30 a.m. and 4:30 p.m. Monday to Friday (except for Statutory Holidays). If you are unable to personally visit the Regional District offices, please telephone 1-800-331-6007 or 334-6000 to arrange for a counter-petition to be sent to you. **The signed counter-petitions must be received by the Regional District offices no later than 4:30 p.m. on Monday, May 5, 1997.**

It is estimated that the total number of electors, eligible to be entitled to register and vote, within the whole of the "Local Service Area" to be established by Bylaw No. 1917 is 115.

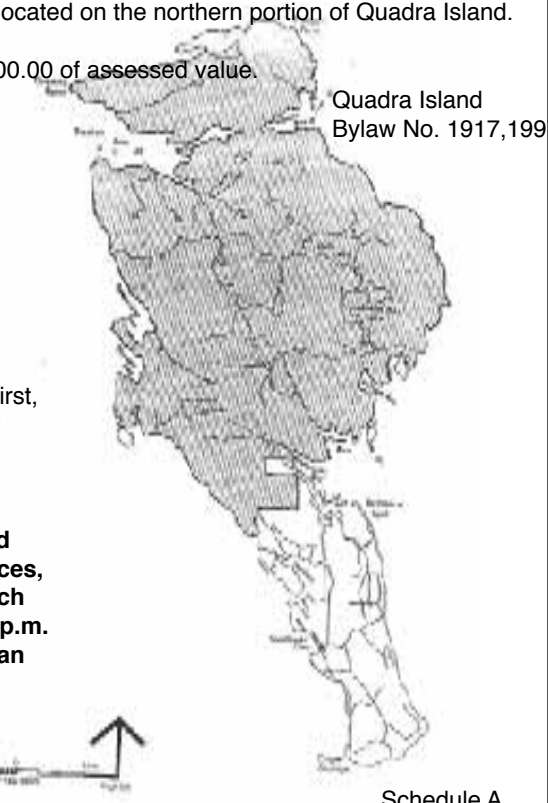
The required number of counter-petitions to force the Bylaw to referendum is 6 (5% of the estimated number of electors) or greater but not greater than 58 (50% of the estimated number of electors). The required number of counter-petitions to defeat the Bylaw is 59 (50% plus 1 of the estimated number of electors)

Bylaw No. 1917 cited as "North Quadra Island Assistance Response Local Service Establishment Bylaw No. 1917, 1997" proposes to:

1. Establish within that part of the Electoral Area 'J', as shown on the map below, a Local Service Area for the purpose of funding to allow the Regional District to enter into an agreement with the South Quadra Island Fire Protection District to provide for assistance response to the proposed local Service Area located on the northern portion of Quadra Island.

2. Requisition a maximum amount of money not to exceed \$0.02 per \$1,000.00 of assessed value.

Home-Assessed Value	Taxes per year
\$100,000.00	\$2.00
\$130,000.00	\$2.60
\$140,000.00	\$2.80
\$150,000.00	\$3.00
\$175,000.00	\$3.50



3. Bylaw No. 1917 being "North Quadra Island Assistance Response Local Service Establishment Bylaw No. 1917, 1997" was first given first, second and third readings by the Board of the Regional District of Comox-Strathcona on the 24th day of March, 1997.

Take notice that the above is a synopsis of a proposed Bylaw on which the Assent of the Electors is to be obtained by the Counter-Petition process and take notice that the full Bylaw may be inspected at the Regional District offices, 4795 Headquarters Road, Courtenay B.C., Monday through Friday from March 27, 1997 to May 5, 1997 (except Statutory Holidays) from 8:30 a.m. and 4:30 p.m. and that this synopsis is not intended to be and is not to be understood as an interpretation of the bylaw.

Dated at Courtenay, British Columbia the 25th day of March, 1997.

Barbra Whitehead

Schedule A

From the Ground Up

Plan and plant now for maximum yield and enjoyment!

Spring is finally here and there is a lot to be done in the garden! Those pesky, proliferating weeds have an uncanny ability to multiply as soon as you turn your back. So, keep on top of the weeding as you tend, plant and prepare for the coming months.

Speaking of preparing for the summer months, have you got a plan for your vegetable beds? April is a great month for planting directly into the soil, and with a simple, yet well thought out plan one can increase their vegetable yield not only for this season but the years to come as well.

Following are some helpful tips and things to keep in mind before you buy or sow your veggio seeds;

1. Try to plant **vegetables that will be enjoyed** by all members of your family in meals and for snacking! eg. carrots/peas

2. **Economics.** How much garden space do you have? Large, spreading vegetables will take up a greater amount of space providing you with a smaller yield per square foot, eg. potatoes. Both summer and winter salad greens (along with brussel sprouts, broccoli, endive, New Zealand spinach & parsnip) will take up less space and leave you with a greater and longer harvest season.

3. Keep in mind veggies that ripen in the summer but are able to be **stored or frozen** over the winter, eg. onions, beans, peas, carrots & beets.

4. Try some of those wonderful "**vertical veggies**" like pole beans that take up little space by growing up a support.

5. In order to allow an **even distribution of sunlight** to reach either side of the vegetable rows, arrange the rows in a north/south direction. Or in small

gardens plant tall veggies at the back.

6. **Plan for crop rotation** allowing the gardener to rotate manure and lime as well. Each crop takes certain elements

Examples of vegetables seeds able to be sown now;

Oriental cabbages
Mustard greens
Celery
Endive
Pac choy
Early potatoes
Cabbage
Leeks
Pole beans
Carrots
Lettuces
Spinach
Cauliflower
Peas dwarf/tall
Radishes
Sweet peas
Fava beans
Garbanzo beans
Radichio

Sources:

-Mike Dennison, Willoughby Farm
-"Kitchen Garden", Issue #6, Jan '97
-Vegetable Gardening with Bernard Moore

Got any great gardening tips? Everyone would love to hear them. Send to, Fax: 285-2236 or drop off at the Heriot Bay Store or Quadra Foods by the next deadline, Wed. April 9, 1997.



April's Tips...

1. Keep turning that compost!
2. Avoid excess under composted matter with any onions/alliums.
3. Legumes benefit all plants. Move the legume bed each year. Replace it with any other plants. Legumes add nitrogen to the soil.
4. Dig, dig, dig and when you're tired dig some more! ha ha!

Nitrogen - Manure, green manure
eg. clover, alfalfa, fish or blood meal
Phosphorus - Bone meal, rock

Island Report

Quadra Island Therapeutic Riding Society by Tanya Storr

The Quadra Island Therapeutic Riding Society is busy preparing for its first session of riding instruction and trail riding for adults and children with mental and physical disabilities, slated to begin this June. Therapeutic riding, widely recognized as a beneficial form of therapy, began in England and on the European continent in the early 1950's. The Canadian Therapeutic Riding Association (CANTRA) was formed in 1980, and by 1990 there were over 70 therapeutic riding centres operating across Canada, 30 of them in B.C. The QITRS, a non-profit registered charitable organization, was formed last November.

Vicki Fitton, QITRS program coordinator, said certified riding instructor Wendy Volmer (who has been giving lessons in the Fittons' riding ring for two years and is an instructor with the Comox Therapeutic Riding Society) suggested a therapeutic riding society

could be a good idea for Quadra. Fitton called the founder of the Comox society to find out more, and soon spoke to enough interested islanders to put together a board of directors for a Quadra society.

The QITRS board members are Jo-Ann Crawshaw; Frank Fitton; Melanie Lue, B.A.; Bob Sivertson, Ret. Accountant; and Jeff Smith, B.Sc., LLB. "We have a wonderful, very professional board," said Vicki Fitton. Board president Jo-Ann Crawshaw added, "We all have a love of horses and it's a way of giving back to the community."

Fitton said the Comox Therapeutic Riding Society, now in its tenth year of operation, has been very supportive. The two societies will complement each other, as the Comox one closes down from June through August when the QITRS will be operating. "Those participants who don't want to stop riding for three months can come here. Disabled passengers are half price on the ferry" she explained. Wendy

Volmer and Eliza Passingham, another certified riding instructor who works for the Comox society, will be the instructors for QITRS.

According to the QITRS brochure, therapeutic riding can help people with disabilities such as cerebral palsy, multiple sclerosis, deafness, spina bifida, blindness, autism, polio, and mental handicaps; as well as those who are recovering from strokes and cerebral trauma due to accidents or other injuries. The benefits—physical, psychological, social, and educational—include improved balance, increased self-esteem, and fresh air.

One therapeutic riding participant interviewed in an Ian Millar video said, "Sitting on the horse you're up high. To think that you have control over a 1200 pound horse gives you an on-top-of-the-world feeling."

In an article on the benefits of therapeutic riding, Jennifer A. Bream and William Q. Spangler, Jr. write: "the ability to take an active role in moving from point to point without the necessity of relying on assistive devices and other people is of immeasurable value to the morale of the handicapped rider. Add the benefit of fresh air and sunshine (at least part of the time), and the re-



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*Jo-Ann Crawshaw and Vicki Fitton on Pizazz, Quadra Island Therapeutic Riding Society
Photo: Tanya Storr*

Island Tides

Island Report

For Q-Cove April 8 - April 21

Day	Pacific Stand Time	Ht/ft	Ht/m
Tues	0100	16.7	
5.1			
08	0725	1.5	
0.5			
	1335	15.5	
4.7			
	1935	3.4	
1.0			
Wed	0140	16.6	
5.1			
09	0810	1.5	
0.5			
	1425	15.0	
4.6			
	2015	4.2	
1.3			
Thur	0220	16.2	
4.9			
10	0855	1.9	
0.6			
	1510	14.2	
4.3			
	2100	5.1	
1.6			
Fri	0305	15.5	
4.7			
11	0945	2.6	
0.8			
	1600	13.4	
4.1			
	2145	6.0	
1.8			
Sat	0350	14.5	
4.4			
12	1035	3.5	
1.1			
	1655	12.6	
3.8			
	2240	6.9	
2.1			
Sun	0440	13.6	
4.1			
13	1130	4.4	
1.3			
	1805	12.0	
3.7			
	2345	7.6	
2.3			
Mon	0545	12.7	
3.9			
14	1235	5.1	
1.6			
	1920	11.8	
3.6			
Tues	0105	7.9	
2.4			
15	0655	12.2	
3.7			
	1345	5.5	
1.7			
	2030	12.0	
3.7			

sult is an experience that is anxiously anticipated by handicapped riders each week.”

Qualified riding instructors Volmer and Passingham, in conjunction with physiotherapists and occupational therapists, will guide the disabled riders through the program. Each participant needs his or her physician to complete a medical referral form, which is then given to the physiotherapist. After the physiotherapist has an interview with the participant, she is able to converse with the instructors about that participant’s needs. “We already have 17 potential clients,” Fitton said.

“People are starting to realize that there is tremendous use for this in the medical community. Therapeutic riding provides such a wonderful sense of achievement for the riders,” said Crawshaw.

I met with Crawshaw and Fitton on March 26 in the QITRS office, located at 1049 Heriot Bay Road. While we were talking, the fax machine was continually humming as completed therapeutic riding volunteer forms came through. Volunteers are a core part of the QITRS program, and the first volunteer training day took place on March 23. “We had a wonderful time,” said Fitton.

Volunteers are needed to groom, saddle, and lead the horses; steady the riders; and help raise funds for the organization. Although most of the volunteers already signed up have experience with horses, people without such experience can volunteer as long as they are not afraid of horses. “If they get scared, the horse gets scared,” Fitton said. Generally, QITRS will be looking for volunteers aged 15 and up.

Volunteers will be asked to commit two hours per week over three months, with the first session due to start June 3. There will be more training days held before then, and all volunteers are

expected to attend a training day. Volunteers will be offered a perk for their efforts—riding lessons with certified instructors for \$10/half hour. “That’s a good price,” said Fitton.

Over 50 volunteers have already signed up, many of whom found out about QITRS through the Campbell River Volunteer Centre. The centre is screening all the volunteers for this program through the RCMP.

The horses used for therapeutic riding have to be very calm and steady, so are generally older horses, and they are specially tested for the program. Most of the horses used by QITRS will be free-leased, and the society has three horses committed to the program already. Fitton said they would like five horses to begin with, and they are going to try running the first session two days per week, 45 minutes per rider. Each client will be matched to an appropriate horse according to his or her abilities.

“Horses seem to have a real empathy with handicapped people—it really is the horse who is the primary therapist. It’s really good for the older horses to have a role to play and a bit of exercise too,” said Fitton. “I’m just thrilled about that,” added Crawshaw. “A lot of old horses get stuck in pastures, but when a horse comes to us it will be totally well-loved and looked after.”

Riders only stay on the horses as long as they are willing, so will learn to ride at their own pace. “There will be some who really learn how to ride, some who might go into a little bit of a trot, and some who just walk,” explained Crawshaw.

Fitton and Crawshaw stressed that the main factor is safety. “Depending on their sense of balance, riders will have up to two side walkers and one horse handler,” Fitton said. All riders will wear helmets. QITRS, the board members, and the individual riders will be insured by the CAPRI Insurance

Company.

There are many costs associated with the program, including instructor and physiotherapist wages; farrier and vet bills; and minerals, food, and other necessities for the horses. QITRS will revamp an old logging trail at the back of the Fittons' property, so the riders can ride on a trail as well as in the riding ring, and the area leading up to the trailhead will be made wheelchair accessible. "We're also going to build a handicapped outhouse," said Fitton. The society also needs to build a small five-stall structure to house the horses.

QITRS is applying to clubs, associations, corporations, and foundations for money. "We'd like \$20,000 to start up, but we can make do with less," said Crawshaw. The society has raised \$800 from selling boxes of chocolates and \$1270 in donated funds so far, and is inviting people to sponsor riders or horses. Sponsorship is tax-deductible, and costs \$64/session for a rider and \$100/session for a horse. The QITRS brochure explains that many children

and adults who would benefit from a therapeutic riding program cannot afford it, and the society is committed to raising funds "so that as many people as possible can participate in this program." Sponsors will receive newsletters and photos of people benefiting from their sponsorship. The society is setting up a library in the office, and one of the most important books in the collection is *Aspects and Answers: a Manual for Therapeutic Riding Programs*. The manual gives detailed instructions on how to mount riders, what to expect from different disabilities, and much more.

QITRS is now registering riders for their sessions starting June 3 and July 29. To register, sign up to volunteer, or inquire about sponsorship opportunities, phone Vicki Fitton at 285-3669.

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<http://www.island.net/~apimages/discovery>



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Cortes Waterfront Acreage. This 600 feet of waterfront boasts fabulous building sites and spectacular views of Desolation Sound and the mainland mountains. Nearly half of this 7.10 acre property has mature second growth forest. Includes 88 acres of common property plus a share in a common waterfront parcel, and a very good shareholders agreement. Offered at \$2,499,000

Gorgeous Acreage. Great care was taken to develop this 5.12 acres. It is now like a park with groves of trees and a natural privacy buffer along the boundaries. The charm of the two bedroom home is enhanced by the use of wood for the interior finishing. A large deck connects the home with a separate guest bedroom. Other buildings include a playhouse, a storage shed, a workshop, and a large carport. There is also a great garden area, ready for this years planting. \$199,000. **Quadra Island**



Park Like Acreage. Custom home in a beautiful 5.16 acre setting. This well constructed and beautifully maintained 2090 sq.ft 3 bedroom home is a joy to see. The lovely kitchen includes an island counter and the living room has a vaulted ceiling with skylights. There is an in-home workshop which could easily be converted to a family room. The setting is very private and the location only minutes walk to the beach. Offered at \$2,499,000 **Quadra Island**

Four Year Old Custom Home. This spacious entryway opens to a bright and cheery home. Large bay window in the living room, plant window, and sliding glass doors in dining area all create space and light. Extra deep window sills are great for plants and knickknacks. Two large bedrooms upstairs, third bedroom and laundry/utility on lower level. Lots of storage space as well as a carport. Asking \$197,000. **Quadra Island**



DISCOVERY ISLANDS REALTY Ltd.
Box 649, Quathiaski Cove, Quadra Is. B.C. V0P 1N0



Spring
Has
Sprung

FRESH BAKED DAILY

Italian Panini Rolls

99¢ for 6

PRODUCE

Leaf Lettuce

Red, Green, Romaine

59¢ EA

STARTING TUESDAY

Granny Smith Apples

\$19.⁹⁵
40lb case

California Style Pizza

\$1.⁹⁹
657g

Island Farms

Milk

Pouch Pak, 2%, 1% Skim & Homo

\$2.⁹⁹
4L

Specials in effect April 6 - April 12

STORE HOURS: SUN 10-7 & MON-SAT 9-7