

Discovery Islander

Community News and Events from the Discovery Islands



ISSUE #179
JANUARY 15TH 1999



Heriot Bay Inn

& Marina

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HBI SPECIAL EVENTS

Dance to Elmore's Bar & Grill
Friday - January 29 9:00 pm
10¢ Wings & Ribs 4-9 pm

Super Bowl Sunday
Sunday - January 31
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Wednesdays: MOVE NIGHT

Fridays: FREE POOL, 10¢ Wings & Ribs

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Publishers Notes

**Discovery
Islander**
Community News and Events from the Discovery Islands

#179 January 16th 1999

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Printed on recycled paper

Next Deadline 5pm Monday January 25th

We'll say the Union does strike, that will be a great way to test our new Cost Saving Schedule since it will be the same as the Essential Service Schedule.



On the cover:

Refreshed from a dip in the chuck, New Years revellers at Rebecca Spit

Photo: Tanya Storr

Prepare for Summer

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Island Calendar

Quadra Island Recreation Society

Events and Workshops

Mitlenatch Field Naturalists present: Artist/writer/cartographer Briony Penn on mapping special places in the Gulf Islands. Following her talk, members of the Quadra Island Mapping Project will give a progress report and demonstration, Friday, January 15, 8:00.

On Saturday, January 16, 9-4 p.m., Briony Penn presents a mapping workshop. Learn to create maps of your own backyard with minimum tools or experience. There is a \$20 fee and the group size is limited to 15 so call 285 2827 to reserve a space.

Quadra's own Whirlwind Celtic Band entertains the whole family with rounds, reels and jigs for dancing up a storm. Come out, Saturday, January 16, 8 p.m. to learn old time Canadian country dances. \$5 adults. \$2.50 kids.

Public meeting of Quadra Island residents to elect cemetery trustees, Monday January 18, 7:30. Regional Director, Jim Abram will officiate.

Friday Flicks presents: Character, Friday January 22, 7:45.

Quadra Writers' group presents: a day of discussion with editors, designers and writers on how to get your book published. (Everyone is invited, you don't have to be a writer!) There will also be an evening performance of writers reading their works. Saturday, January 23. Diane Ettles has more information at 285 3859.

Yoga workshop with Patrick Stewart, Saturday January 30, 9 a.m. -12:30. Register at 285 2960.

Monoprinting: learn how to create a monoprint in an afternoon. This is a workshop that requires no artistic skill. However, if you like to draw or colour you will enjoy this fun and easy beginner's approach to printmaking using only a few basic materials. Cost is \$15 and includes supplies. Saturday January 30, 1:00-3:00. Pre-

•Every Sunday

-Winter Market
1:00-3:00 p.m.

Community Centre

•January 16, Sat.

-Whirlwind Country Dance
Centre
8:00 pm

Community

•Jan. 17, Sun.

-Beyond Theism
7:30pm

United Church

•Jan. 18, Mon.

-Cemetery Trustees election
7:30 pm

Community Centre

•Jan. 23, Sat.

-The Quarrymen
7:30pm
-Quadra Writers' Group Conference
see brochure for details

Tidemark Theatre

Community Centre

•Feb. 21, Sun.

-Defining Boundaries

United Church

Notice of Public Meeting

An open meeting will be held at the Community Centre on **January 18th, at 7:30 pm**, for the sole purpose of electing five persons for appointment as Cemetery Trustee. Jim Abram will chair the meeting. Notices, setting out details of the election, the terms of reference of Trustee-elect, and other appropriate details will be posted in public places on Quadra Island, by not later than January 11th.

Deadline For Next Issue

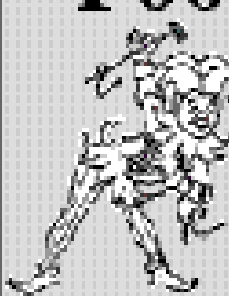
5 pm, Mon. January 25th

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", RTF, or by email.

Our new eMail address is hyacinth@island.net

Please remember to correctly caption & credit all photos and artwork
Disks will be returned.



Fools Gallery

FOOLS BARE ALL!!

Watch for a brand new show at the Fools Gallery.
If you want to participate please call Utraler Candy --
285-3818

Winter Hours Thurs-Sun 12-5
Island Market Heriot Bay

News & Events

Come & Join Quadra Singers

Quadra Singers enjoy singing under the tutelage of conductor John Montgomery, with the support of pianist Mary-Ellen Wilkins, at the Quadra Island Community Centre, Wednesday nights at 7:00 PM. Fees are \$70 per session, plus \$2 per year membership. Family \$60 and Student & Seniors \$55 per person. The chorus will be performing, and a variety of other musical bits. Quadra Singers is a community chorus, anyone is welcome to join. Our spring session will begin on January 13. Check us out! The first 3 practises are open for you to decide if you like it. After January 27, we need a commitment for the concert performance.

Quadra Writers' Group Conference

You work by yourself, usually in your own home, with no regular salary, no benefits, no paid vacations or pensions, no regular praise or recognition for your efforts. You might not receive payment for your product, though it could have taken years to finish. If this describes YOU then you must be a writer and you need to come to the **Quadra Writers' Group conference, January 23, 1999**. That day, at the Community centre, we will present editors, publishers and writers who will give you advice on just HOW to get your work published in today's difficult market. There will be lots of time to interact with our guests and a great lunch will be served. All this for **\$35**. See the **brochures** for more information. They are available at the Quadra Island Library, Explore, and Hummingbird Office Supply. Or call Diane at 285-3859.

Heriot Bay South East Annual Weather Statistics 1998


Precipitation: 1761 mm, 70 inches (200 mm (4 in) over the average).

Highest Temp: 30.5°c (1.5° warmer than average)

Lowest Temp: -7.5°c (3.5° colder than average)

Average date of last frost in spring: March 21st.

From: Sharon Hatlet, Volunteer Weather Observer, Atmospheric Environmental Services.



Pamela Vallee CMAA

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Cinderella Meets the Wolfman!

Last performance, Saturday, January 16th, 7:30p.m.!!



The Quadra cast of Cinderella Meets the Wolfman: Left to Right Back-Shelia Hollander, Erin Van Giesen, Charlotte Anderson Middle-Carlie Walsh, Sarah Bradshaw, Laura Kempling, Megan Rice, Abby Brooks Front-Elissa Maddison, Talia Paramio, Sovay Desmarais

Carihi Theatre proudly presents *Cinderella Meets the Wolfman!* A delightfully funny musical spoof that will warm your heart and tickle your ribs. Our surprisingly modern Cinderella and her unpredictable prince will charm you with drama, song, and dance on a grand scale!

Tickets are on sale at the Tidemark Theatre. Performance nights are January 12 through Saturday, January 16 at 7:30 p.m. Ticket prices are \$8 for students and seniors, and \$10 for adults.

Support musical theatre in our schools and have a howlingly good time doing it! Over 40 talented Carihi Musical Theatre students have been rehearsing for months and

performance nights promise to set Campbell River on its ear! Bring the entire family for this evening of entertainment and laughs galore.

United Church

Quadra Island United Church's weekly Sunday School with Mignon resumes on Jan. 3 at 10:00am.

The next evening services will be at 7:30 pm on Sun. Jan. 17 with Norm Thomas and his talk - Beyond Theism - and on Sun. Feb. 21 with Dirk Van der Minne and his talk - Defining Boundaries. Everyone is welcome.

FIREWOOD PERMITS



TimberWest

Permits are available for the cutting of firewood in recently harvested areas located at Granite Bay and Gowlland Road. Permits and location **map** can be picked up at the **Quadra Community Centre between 8:00 am and 2:00 pm weekdays.**

Cost of the permit is \$10.00.

All proceeds go to the Community Centre.

Friday Flicks: Character

Director Mike Van Diem became a shining star with *Antonia's Line*. *Character*, his latest film effort, has landed him the 1998 Academy Award for Best Foreign Film. Based on the 1938 Dutch novel, *Character* recreates Rotterdam in the 1920's splendidly, capturing the old streets of Rotterdam in moody greys and blacks. Each and every set feels absolutely authentic - a treat to the eyes. It is a "Dickensian saga, ripe with suffering, a young man's pluck and keen awareness of the world's petty cruelties and unseen obstacles" (Guthmann).

The central player in *Character* is young Katadreuffe whose own character is seriously at odds with that of his taciturn, unloving mother, Joba. For Joba, Katadreuffe was the result of a single liaison with the dreaded Dreverhaven, a bailiff and moneylender for whom she once kept house. Dreverhaven, a "Sherriff of Nottingham-type," evicts the poor and sickly from their homes and takes property from the bankrupt. He performs his duties with such inexplicable zeal that even he has nightmares. And if that isn't enough, this seemingly soulless "hulk of a man in a great grey overcoat and Hitlerian haircut" manipulates Katadreuffe's fortunes by repeatedly putting obstacles in his path (Eisner). Through his entire life, Katadreuffe is impelled by a need to escape from the shame

of his birth and upbringing. Dreverhaven's contempt only pushes him harder.

Ultimately, everything comes down to the relationship between Katadreuffe and Dreverhaven and the manner in which their constant power struggle shapes their futures. Dreverhaven's motives are more complex than those of a typical villain. He is "tortured by inner demons....and his feelings towards his son are unclear. He is filled with self-loathing and a disgust with the odious process of living. He risks his life frequently, causing many to wonder whether he is brave, or seeking his own death (Berardinelli). Katadreuffe's heroism is in his survival, despite an emotionally barren mother and tyrannical, vindictive father. Despite some heavy handedness with cinematic tricks and melodrama, *Character* offers an intriguing conclusion that "settles no questions, leaving viewers with a meditation on the way children eventually grow up to be both like and unlike their parents" (Drobnic).

Character plays on January 22nd and is rated RESTRICTED. Admission is 4:50 for adults, 3:50 for students and seniors. Doors open at 7:30, showtime is 7:45.

Hooleyville Elders

At the annual temperance meeting of the Hooleyville Elders was held recently the purpose of the meeting was to pick those citizens who had contributed the most to the wellbeing of Quadra Island. First, we had other things to discuss that we felt were pertinent.

Elder #1 wanted to discuss the recent resurgence of rock art. He pointed out there is no person advocating humane treatment of rocks. They are ripped from their cozy beds, hammered and painted into something totally different from what they were; owls, houses, churches etc. He suggested that we form a committee to look into this before it is too late to save our native rocks, imagine digging into soil of our beloved Quadra Island and not finding a single rock! The elders voted to look at this in future.

Elder #2 wanted to discuss the farmers market and the wanton cruelty to vegetables. Imagine a carrot ripped from mother earth to be displayed naked for all to see or a cabbage decapitated when it reaches maturity.

Elder #3 brought up the subject of the new carving shed at the Village. Imagine a tall cedar minding its own business in the woods then the agro logger with his hated chain saw destroying the peace and tranquillity of the woods, saws it down, it shrieks & groans in its death knell and crashes through a stack of beautiful alder, snapping some off. Then he picks up the best of the trunk, strips it and hauls it off to the carving shed where it is tackled by people with axes and dyes inflicting further torture. At this point elder #3 broke down and cried. Be sure he has all the sympathy of the tree huggers.

Spoofing aside, we came to the main purpose of our meeting to pick out the two people who we felt have not been recognized for their good works. They are namely Bill and Mary Pirie. I have never heard a bad thing about them. They treat their workers more than fairly, pay well and are active in the community. So, here's a tip of the hat to Bill and a low bow to Mary. We are glad you are one of us.

We wish you and yours a happy and prosperous New Year.

Hooleyville Elders

Swing Dance

The Quadra Island Pre-school is 20 years old this year! Come to the anniversary Valentine's Dance featuring the 15 piece swing band, CAMPA from the Comox Valley. Saturday, February 13. Doors open at 8pm. Tickets are \$8. Sue Rose has more information at 285 2512. Martini specials and dance prizes!

At the Legion

Mon. League Darts

Tues. Let the games begin! eucher, crib , scrabble. Bring your own board games or play someone else's favourite.

Wed. Crib night 8p.m. \$3 for drop in or \$5 for tournament. Test your skill and win the nightly pot!

Thur. Come on out and play! Ping-pong, pool, darts, shuffle board or cards!

Fri. Pool tourney anyone? Darts perhaps?

Sat. Meat draws 5p.m. Impromptu jam Sat. night 8p.m., Bring your instrument and friends. Closed Sundays.

Whirlwind

Dance to the music of WHIRLWIND at the Quadra Community Centre on Saturday January 16 starting at 8:00PM. The band plays Celtic and old-time tunes including jigs, reels, polkas, waltzes and hornpipes. Dances are taught and called by Bob Sutherland. All ages and abilities are welcome. Attend with a partner or come alone.

The dance is sponsored by the Quadra Island Recreation Society. Admission is \$5 adults and \$2.50 children. Children must be accompanied by adults. For more information call 285-3157.

Crop Circles!

Chad Deetken, an international crop circle researcher, will be on Quadra to present a slide show and lecture at the Community Centre on January 30 at 7:30 p.m. Join us for an amazing tour of the British countryside to explore the relationship of crop circles to ancient sacred sites (such as Stonehenge) and the ley lines. The slide lecture will focus on the evolving nature of crop circles from the 1980's to the present. \$6 at the door, children free and skeptics welcome. For more information call 285-3163.

News from the Philippines

Carol Foort

During the month of November I had the privilege of travelling to the northern Philippines. My focus was to visit and experience first hand those IAT projects that my family and Quadra have been involved with over the past many years. This was the first time travelling overseas without my family and during the trip, my heartstrings were constantly pulled in two directions - toward the dedicated staff, students and children I was meeting and toward my own two children and husband back home. During the duration of my stay, I was surrounded by Filipino hospitality and well looked after. For most of the trip, I travelled with Petra Durrance who had arrived 1 month before me with her husband David, and she remained until two days before my departure. Since she is native to the Philippines and began IAT, Petra's perspective helped to give me a clearer sense of this new and often emotional experience.

My adventure began and culminated at 26C Lantana Street in Quezon City, Cubao on the outskirts of Manilla, in a building which serves as IAT's main office as well as a residence for many of its sponsored college students. As I first entered the building, I was greeted by a sign in coloured sparkles at the top of the stairs written in the Kalinga dialect, "Matago Tako Lesan" meaning in English, "Welcome, don't leave!". This represented the general feeling for the rest of my trip. Repeatedly I

was asked, why wasn't I staying for Christmas and, when would I be returning with my family? The young students there not only served as enthusiastic tour guides but also ensured that almost all of my needs were met. Although 20 years their senior, I felt like their baby chick as they took me under wing offering to do my laundry, calling me for each thoughtfully prepared meal and grabbing my hand or arm as they skilfully maneuvered me in and out of jeepneys and motorized tricycles in the pedestrian-unfriendly city streets. As well as being involved in studies and daily classes, several of these youth attended conferences on child abuse and environmental issues while I was there.

Following my initial stay in Manilla, I spent nearly two weeks up north in Tabuk in

the province of Kalinga. It is in this area that IAT has its demonstration and experimental farm as well as a dormitory for sponsored students and a Montessori school. Here I had the opportunity to visit the children that are sponsored by my sister and the United church on Quadra. These students live at the dorm in the town of Bulanao and attend schools in the nearby area. It was a joy to see the vibrant health and radiant smiles of these young people as they played and attended to their various chores of washing clothes by hand or food preparation, singing all the while! I soon found out that a meal is not a meal without rice and senior students happily prepared breakfast, lunch and supper for their peers consisting of rice, a vegetable and generally fish or beans. Fish is a favourite food next to rice. Chicken and meat are luxuries and prepared only for special occasions.

One evening the students organized an impressive program of entertainment

through the breath-taking rice terraces of the northern Mountain province, in some places as high as 7,000 ft. above sea level. During my 2 day visit, Domyra, shy at first but always smiling, was thrilled to be able to take me to some well-known caves on the edge of town, known for their famous hanging coffins. On the second day she and her cousin, Rachel took pride in accompanying me on another hike across a series of rice paddies to a popular waterfall site. Domyra possessed a wonderful skipping rope she had created from multi-coloured rubber bands that I was fascinated by. The two girls eagerly showed me how to make one and I was able to bring it back as a gift for my daughters. Domyra and Rachel live with their grandparents. Although their grandmother was working in the field when I arrived, I was able to meet their grandfather. My only regret was that the time went too quickly, and I vowed to return with my whole family in the not too distant future!

The other important highlight of my trip was visiting the preschools that Quadra has been supporting for the past few years. I discovered that over the past year, the money sent has paid the stipends for 3 teachers in 3 villages! Visits to two of these schools involved a challenging hike into the remote barrios or communities of Mabato and Paligatto. It was truly rewarding to meet the children and dedicated teachers in these areas and see how they have



The Preschool at Paligatto

Photo; Carol Foort

been able to use our modest contribution in such a positive way. It was also inspiring to see how parents and villagers have shown support through their labour to create simple buildings for these programs. As the children sang to me and I looked up at drawings on the wall offering their greetings to us, I realized my heart would linger with this experience and these children and adults for a long time!

I feel fortunate to have been able to make this trip. Having the opportunity to meet these many children enabled me to witness the positive benefits provided through sponsorship. The assistance from those in Canada has made it possible for these young people to receive an education, otherwise an option not available to them. It has given many hope for positive change with which to

for myself and a few other visitors. All ages eagerly participated and we were first welcomed and then offered various songs and skits. The latter gave insight into some of the problems related to the children's culture and offered some positive resolutions. The finale was a dance performance rich with colourful tribal costumes and gongs. This portion was presented with much enthusiasm and continued with great fervour even as we were leaving!

One of the main highlights of my trip was getting to visit Domyra, the ten year old child that my family supports. Domyra is the same age as my oldest daughter and the two girls have been writing to each other for the past 6 years. This trip involved a bus ride to Sagada

enter the new millennium.

There is always a need for the sponsorship of children of all ages. One thing I became aware of during my brief stay, is that students become college age after only 4 years of highschool. It then requires a minimum of the equivalent of 3 sponsors (depending on the courses taken), to fully finance the studies of these young people. As many sponsored students are becoming ready for college, more sponsors are needed to help make this happen. It is encouraging to know just how far a little bit of help goes and realize that 50% of IAT graduates return to their villages to upgrade the conditions of their people by working as teachers, midwives, agriculturists or foresters. Some even begin small non-government organizations.

I returned home to Canada just before Christmas with much food for thought and in a somewhat altered state. My hope is that

the simplicity of lifestyle and positive attitude of the people I encountered will stay with me and help to positively influence my own life!

(For a detailed story of my trip into Paligatto, see the Jan/Feb. edition of the Discovery Passage. For information on child sponsorship, call me at 285-3035.)



Farewells at Paligatto



Quadra Credit Union



**How healthy is your RRSP? Is it working as hard for you as possible?
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Answer the following questions with a 3 for always, 2 for usually and 1 for rarely.
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3	2	1	My plan includes a clear list of my retirement goals.	
3	2	1	I know exactly how much I'll need for my goals.	Source - North Shore Credit Union
3	2	1	I make regular contributions well before year-end.	
3	2	1	I make the maximum allowable annual contribution.	
3	2	1	I'm confident my RRSP is on track for my life stage.	
3	2	1	I'm confident my RRSP portfolio matches my risk profile.	
3	2	1	My portfolio is diversified with staggered maturities, mutual funds, foreign content, equities, bonds, etc.	
3	2	1	The average return on my portfolio is above the 3 year GIC rate.	
3	2	1	I monitor my RRSP portfolio more than once a year.	
3	2	1	My spouse/partner discuss and coordinate our goals and plans.	

26+ Points - Congratulations! Your retirement plan is healthy and hardworking. Keep up to date and make adjustments as your retirement becomes a reality.

17 to 25 Points - You're on your way! You've built a strong foundation, now look for ways to make your plan stronger. Review your goals and investments on a regular basis.

Less than 17 Points - Make retirement planning a priority! It is an important part of your future financial well-being. With the right plan, you can work smarter, not harder, to achieve your goals for the future.

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Making a Quality Child Care Choice

Submitted by Quadra Daycare

Quadra Daycare wishes the community a Happy New Year and best wishes for 1999. Finding and keeping quality child care can be challenging. Where do you start? Here is an article from the Canadian Child Care Federation you may find helpful.

What is quality child care?

Child care should support a child's emotional, social, intellectual and physical well-being. Quality child care is not babysitting. Caregivers are key to quality child care. They should... understand how children grow and learn be affectionate and responsive, open and informative provide a stable and stimulating environment seek out community resources and support be willing to develop common goals. Quality child care settings have common characteristics... clean, safe and secure a caring, learning environment a small number of children with each adult space for quiet and active times, indoor and outdoor play a balance of interesting activities flexible, yet predictable

daily routine a variety of easily available toys and equipment nutritional meals and snacks.

How do you find quality care?

First, identify your needs and priorities. Consider your child's age Do you have more than one child requiring care? Are you eligible for a government subsidy? What fee can you afford? Do you prefer center or home based, regulated or unregulated care? What hours? In what location - near your child's school, your home, your work?

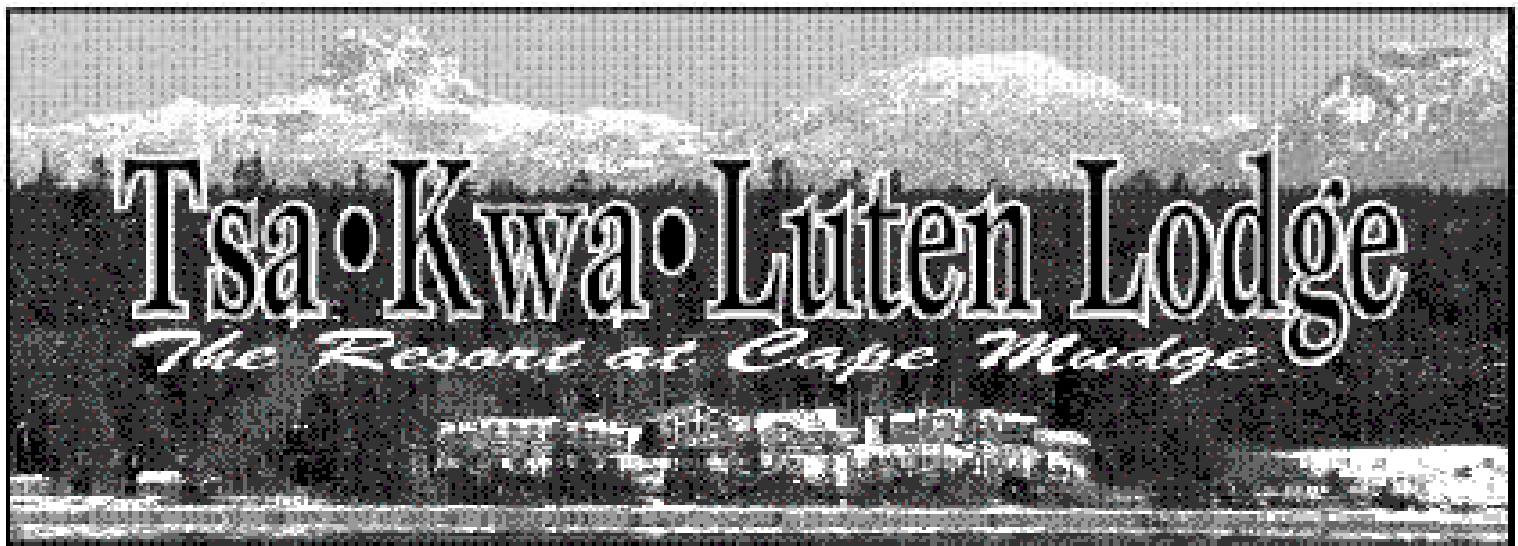
Provincial and local child care offices can offer guidance. Community information services can be invaluable. It is also helpful to talk to neighbors and friends who use child care. Just give yourself plenty of time and find care that suits you and your child. Once you have a list of caregivers and daycare centers, it is time to start telephone interviews. Jot down the questions you want to ask. Visiting potential centers and family daycares is the next step. Look around Is this a quality child care setting? Would you feel good about your child spending time

here? The relationship between you and the caregiver(s) is extremely important. It should be one of mutual respect, trust, and cooperation. The interview is the time to ask plenty of questions. Don't forget to discuss hours, fees, discipline, sickness, vacations, the involvement of parents. Check references before you make a final decision. And write a contract or letter of agreement - it can save unnecessary misunderstandings in the future.

Being an effective child care parent

A parent's responsibility does not end with finding child care. The three-way relationship between the parent, caregiver and child requires an ongoing commitment. Communication is vital. Take the time to hear about your child's day. Agree on mutual expectations. Voice concerns. Express appreciation. Live up to the agreement.

Stay aware. Let's all work towards quality child care!



Murder Mystery Weekend

February 5, 6 & 7

Join us for a weekend of thrills, chills & fun

Prime Rib Night

Wednesdays

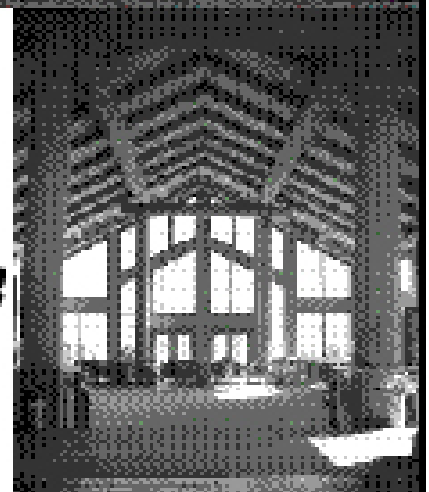
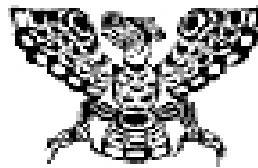
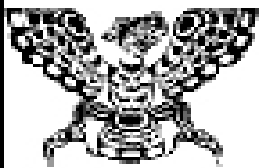
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Money Matters

Steven Halliday

Now that we are into the final countdown until we reach the Year 2000, a reminder of what we are potentially facing is probably in order. Working in the banking industry, I have been intimately involved with Y2K issues for the last 2 years, identifying and resolving areas which we perceived or proved we were at risk. Over this same time frame, Y2K has received and continues to receive lots of public attention, so I will not bother to rehash the stories of how we have come to be in this mess.

I have focused on Y2K from a professional perspective in the past months, and only recently addressed my own exposure to the problem. In terms of computing, my wife operates an office from our home and we share the same computer. The computer and most of our operating software have been upgraded over the last 12 months, so we have little to fear in that respect. What we do have to be aware of is all of the things occurring outside of our home over which we have no control. Timothy Perrin, a former lawyer turned author, writes a regular computing article for a magazine called *The Scrivener*, which is the trade journal for The Society of Notary Publics of BC. In the latest issue, he devotes several paragraphs to the now familiar explanation of how the problem came about, but then goes on to disclose his own position vis-a-vis the problems Y2K may cause the populace at large. The following sentences quickly establish his opinion - *Our world runs on computer chips and many of them - in watches, thermostats, cars, planes, generating stations, elevators, radio equipment - use only two digits for the date. Will there be a huge disaster on January 1, 2000? Probably not. Will there be a serious system failure effecting millions of people? Absolutely.*

He then goes on to list the preparations

he is making at his home (in Westbank, BC), which includes stocking up non-perishable food items, and making alternative living arrangements in case his own becomes inhabitable due to failure of services. He is counselling people to forget travelling on or near 01/01/2000, as it is likely most passenger movement services will suffer some problems. Perrin also advises making plans to ensure that your family can be housed, clothed and fed for at least one month after 01/01/2000. Writes Perrin - *I may be a Chicken Little but I'm not the only one; in my opinion, ignoring Year 2000 is just naive. The RCMP is taking it seriously. They have cancelled all leaves from December 1, 1999 to March 31, 2000 - just in case. Shouldn't you be at least as cautious?*

I agree with Mr. Perrin's advice. I am making plans for my own household, and over the Christmas holidays advised members of our family to consider doing the same. Last years disastrous ice storms in the east gave me pause, and I realized our household was unprepared for even a short term loss of services. I now feel that one should be prepared for any number of disasters, including natural ones, and the Y2K issue just provides additional impetus to prepare. My plans include gradually stocking a safe area with sufficient food, water and other necessities such as candles and batteries to get us through a relatively lengthy period of having no external services available to our home. If one makes a conscious effort and spreads out the cost over many months it is really not all that painful. If Y2K comes and goes with no problem, what have you lost? Precious little, but you will be well prepared for other catastrophes that can occur with little or no warning, unlike the several years of warning we've had with Y2K.



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Terroire - taste of the earth.

David Lang

Oh sweet pomme de terre, earth apple or spud; sometimes you are waxy and sometimes you're mealy, but we still love you. Eat your potatoes! I yam, I yam! Interesting potato facts;

1. There are so many forms of potato it would be hard to catalogue them all.
2. Imported from the new world in the late 16th century. (took over 200 years for wide acceptance in Europe)
3. Botanically a potato is a tuber (swelling) of the underground root of the potato plant.
4. Varieties include: Sweet Potato, Yam, New Potato, Yukon Gold, Red Desirée, King Edward, Blue, Russet, Jersey Royal, Finnish, Idaho & finally the Belle de Fontenay.

The following recipes combined make an excellent breakfast fit for a king.

Roasted tubers (for 4)

- 2 medium waxy potatoes
- 2 medium yams
- 2 medium sweet potato
- 6 Tbsp olive oil
- 1/4 cup balsamic vinegar
- sea salt
- fresh pepper to taste
- 4 tbsp fresh rosemary (chopped)

equally sliced

1. combine olive oil, salt, pepper, vinegar and rosemary in a large bowl
2. add your tubers and taste
3. bake in a nonstick dish at 400°F for 5 minutes, reduce to 350°F and cook until tender

*move potatoes around to ensure equal cooking

*best served with a little pure maple syrup

- 4 free range eggs
- 1 large ripe tomato (chopped)
- 2 cloves garlic (minced)
- 1 Tbsp basil
- 1/4 cup chopped black olives
- 4 Tbsp olive oil
- 4 pieces sourdough
- shredded friulano

1. toast sourdough
2. sauté tomato, garlic, olives & basil, place on toast
3. top with poached eggs & friulano cheese & season
4. quickly melt cheese in oven & serve
5. Enjoy!

Terroire

c/o David Lang Box 531, Heriot Bay V0P 1H0

Poached Eggs a Lang (serves 4)

Woodlot 042

Be advised that the Management Plan for Woodlot 042 will be available for viewing at the Quadra Community Centre on January 26, 1999 between the hours of 4P.M. and 8P.M.

This plan will also be available for viewing by appointment only at the office of Forever Wood Ltd. at 530 Cape Mudge Rd. phone# 285-3294, and at the Ministry of Forests office in Campbell River thereafter. Comments should be submitted in writing within 30 days after the public viewing by February 27, 1999 to:

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Island Forum

Dear Editor

Extract from a letter received by Sedley Sweeny from Dr. M.S. Acharia, Chief Scientist, KUK, Box 16, Jhalawar, Rajasthan, 32001, India.

11 December, 1998.

"...I had received your letter of 11th Oct. along with cooperative self sufficiency (the Earmark book). It was heartening to know that many people share the vision, which I too have nurtured e.g. permaculture, composting, vermiculture and sustainable agriculture. I have been rearing earthworms (*Eudrilus euginae* & *Eisenia phoetida*) and producing vermicompost for horticultural crops at our farm for the past three years. We have trained numerous farmers and extension workers from Agricultural Science Centres & NGOs from U.P., Rajasthan and Gujerat States. I am helping APK (Amarpurkashi Rural Polytechnic in U.P.) also in this venture. Mr. Mukat Singh is planning to organize a training course on vermiculture."

"...Your letter of 15th November (re: The Ecologist issue on The Monsanto Files) is in hand. MNCS are planning to come in a big way in Indian agriculture. Du Pont India had registered a turnover of Rs415 million (in the very first year). Monsanto India is contemplating a hike in its equity from existing US\$ 35 million to US\$ 100 million. The Gov't has cleared the proposal. Monsanto has tied up with Delta and Pine Lands (seed production Co. of USA) and have been successful in exporting terminator gene soybean to India. Terminator gene soybean was rejected by the European Common Market (including England). This technology perfected by US Dept.

of Agriculture may jeopardise the food security of 1.4 billion people in developing nations who depend on the seed saved from the harvest. Further, more than 60% of the population in the developing world depend on agriculture as a source of livelihood. Freedom of sowing the seed of their choice is basically a step towards protection of their agricultural rights. Protection of agricultural rights may not be an area of great importance in the US and other developed nations because less than 5% of the people are engaged in agriculture. If terminator gene technology is widely adopted in the developing world, MNCS will control the world food security system. Biodiversity will vanish as a result of this, particularly in crops like wheat and rice (where a handful of varieties occupy most of the area sown). The seed produced by terminator gene technology or genetically engineered seed is usually costly and farmers, despite the knowledge and caution of not growing such seed after the harvest, will re-sow the same and the result will be total failure of crops which will lead to high indebtedness. Suicidal deaths have been reported by the farmers in Karnataka, Andhra, Pradesh, and progressive state like Punjab and also in Srilanka due to crop failures. There is a mounting pressure in India against this technology (terminator gene based). NGO's have taken up steps of their own. In Karnataka State, KRSS (Karnataka Rajya Raitha Sangha) farmers forestalled Monsanto trials on BT Cotton in Raichur Bellary districts. Farmers in Warangal district of Andhra Pradesh also damaged cotton trials of Monsanto. As a result

of many concerned scientists, NGO workers and politicians, Gov't of India has now decided on 1st December, not to allow import of terminator gene based soybean. (Times of India, 3rd December 1998). However, Monsanto and its Indian counterpart, Maycho Seed Co will try all channels to get efforts of NGOs and concerned people sidetracked. There is a greater need to be on attention vis-a-vis unfriendly technology being forced.

Recently I had a chance to attend a seminar on the use of Neem (*Azadirachta*) at College of Indore (where Sir Albert Howard developed the Indore method of composting). Many farmers narrated pathetic stories of overuse of pesticides. Farmers apply 20-40 chemical sprays on cotton crops amounting to Rs8750 to 12,500 per hectare. A small village in Khargone district (M.P.) with about 700 families, bought agricultural chemicals worth 40 lakhs per year (1 lakh = Rs10,000). No wonder many are broke due to heavy chemical burden. Now they have decided to reduce this amount by half. Overuse of pesticides in economically poor Nepal has caused a 25-30% loss in agricultural output. Sensible agriculture is the need of the hour. Many farmers in Gujerat, Karnataka and Maharashtra States are turning towards natural farming as propagated by Japanese scientist turned natural farmer, M. Fukoka. Small communities of farmers belonging to Swadhaya sect around Junagarh in Gujerat are practising "Yogeshwar Krishisaintly agriculture" wherein chemical fertilizer is discouraged. In Jhalwar district, too, we are encouraging farmers to use bio fertilizers (azetobector & PSB cultures) This district leads the state of Rajasthan by adopting 12 thousand culture packets. In Madhya Pradesh, organic villages are being popularised with greater use of manure, vermicompost, biofertilizers & biogas, slurry, etc. We are also developing one

Got a Good Deal Lately??

Has anyone sold you Old Growth Cedar? 140 Board Feet 2x6's. Stolen from Darcy & Aaron John. Any leads please call 935-6988.

Articles, letters and artwork are all welcome for publication under Island Forum

The opinions expressed herein are those of the writers and do not represent the views of the publishers. All submissions must be signed and include a phone number (for verification only). Items may be edited for content or layout considerations.

Dear Editor,

Into the Saltchuck 1

After a fine summer working in the bush, golfing and travelling to Alberta and Texas I was contemplating retiring from "letters to the editor" racket but good ol' Ray along with some verbal lashing from my Buddy Tugboat Arnie inspired me to dip my toe into the frigid waters of the Discovery Islander again.

A common "Green" strategy is to throw out some flimsy facts and build a seemingly unshakeable perception around them. In this case Ray states that in 1986 there were 1,500 sockeye in Stramberg creek, this is correct because I was there and a magnificent sight it was. In fact I was on the creek every year from 1984 to 1997. The December 4th letter deliberately or otherwise leaves the distinct impression that the run has steadily declined since that time and of course the culprit is global warming. Well pardon me but I have to object, the 1986 run was an anomaly. Previous to '86 the runs were very low and also in the following years up to the present time. There is no trend and absolutely no proof to connect the size of the run with global warming. The only facts that we have are evidence of some illegal netting in Village Bay in the early 1980's.

In my 16 year involvement with salmon enhancement I never once saw Ray on the creek or at a meeting or work party. "In the field" is where we can learn first hand what is going on with our fisheries resources, in my humble opinion it is far superior to writing scholarly tomes based on rather flimsy second hand information, after actions do speak louder than words. I do not always agree with Jeremy Maynard's fish articles in the Courier but at least I can respect him because he has "been

there, done that". Time to check out the real world Ray!

I am concerned about global warming, as are most people, but panicking and piecing together snippets of information to form a conclusion that matches a preconceived theory is not science. It puzzles me why the "greens" are so worked up about our renewable resources.

Blowin' in the Wind

Once again I have to take exception to the theory that this winter's winds are a part of a disturbing trend (damn I'm a curmudgeon, but after all it is tax time). In the early part of this century we had winds on northern Vancouver Island that flattened thousands of hectares of forest, climatic blips are a common occurrence. It would be nice to see Sierra Quadra print some positive news once in a while, admittedly man has messed up a lot but I have seen many positive things in recent years. It seems to me that constantly whining about what is wrong with the world only causes polarized viewpoints which makes it much harder to find middle ground. It is only by compromise that we will be able to solve the problems in this world.

HAPPY NEW YEAR TO YOU ALL.

Pete Calverly

P.S. And so I sink back into retirement until someone else gets my blood boiling!



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Sierra Quadra Losing Forests

Forests are poetically described as the lungs of the planet, breathing in carbon dioxide, storing vast amounts of carbon, and breathing out oxygen. Present estimates are that only 20% of the world's ancient forests are left. Lost with them are hundreds of thousands of species of plants and animals, the cooling effects of massive green canopies, soil stability, and the slow release of absorbed water into the river systems of the world. Forests, in brief, are regulators of the planet's soil, air and fresh water systems. Without them, these systems go awry.

One of the sobering consequences of living in a global village is global consciousness. When information arrives from everywhere, it creates a world perspective into which we can place local knowledge. The chronology of forest loss here and everywhere else is not comforting.

Of the 353 river valleys along coastal BC, only 69 are left intact. No undisturbed valleys are left on the east coast of Vancouver Island and there are only a handful remaining on the west coast. Quadra is in many ways representative of the coastal and global picture. The island was almost completely logged, then burned in the '20s. The only remaining old-growth is represented by Nugedzi and a few scattered groups and individuals throughout the island. Fortunately, our trees are regenerating but that's not the case with other places in the world where the resulting drought, erosion, subsistence farming and industrial agriculture preclude their return.

A 1996 gathering in Geneva of 53 countries for the United Nations Intergovernmental Panel on Forests estimates that between 1980 and 1990 the world lost about 1.3% of its forests each year due to logging, slash-and-burn farming, and development. That's 13% in a single decade. Clearly this trend cannot continue.

A report for the World Wide Fund For

Nature described 1997 as the worst in recorded history for tropical forests burned. "Up to 5 million hectares of forest and other land burned in Indonesia and Brazil, where the Amazon region alone had more than 45,000 fires," the report said. "Vast areas of Papua New Guinea, Colombia, Peru, Tanzania, Kenya, Rwanda and other parts of Africa burned, and large scale fires were reported in Australia, China, Russia and several Mediterranean countries." WWF Director-General Claude Martin called it a "planetary disaster."

Bad news continued for 1998 as more than 2.9 million acres of the Siberian taiga burned, in what the United Nations termed "an ecological disaster." The report in the authoritative *Christian Science Monitor* described the Siberian taiga as "a pristine woodland of conifers, stretching 1.3 million square miles to Russian's Far East Pacific coast. Comprising nearly a quarter of the planet's timber reserves, the taiga is twice the size of the Amazon rain forest. It is one of the earth's great lungs, generating oxygen and extracting pollutants, while providing a refuge for endangered tigers, bears and birds."

Forest fires are not unusual in the taiga. What is unusual is the long dry summers and the delayed autumn rains that extend the burning season. As of mid-October, nearly a million acres were still ablaze. Greenpeace estimates that the material damage is about \$31.5 billion with as much as 50 million tons of toxic carbon gases emitted from the fires.

Healthy ecologies are integrated, self-regulating systems. But they will only tolerate so much disturbance. Greater amounts of carbon dioxide in the atmosphere from forest fires cause warmer temperatures which mean hotter seasons which generate more fires which reduce forests which result in more carbon dioxide, hotter weather and more fires. When the fundamental structure of a

balanced ecosystem is disturbed, the system spins more and more radically out of control until it loses its self-regulating capability. If this chaotic process spreads from one ecosystem to another—which is likely because all ecosystems are interconnected—the result is widespread environmental collapse.

No one knows what disturbances the Earth's biosphere can sustain before it begins to spin uncontrollably out of balance. Each disaster probably increases the likelihood exponentially because the processes are so integrated. Small changes can have large and unpredictable effects. Large changes can have huge and even more radical effects. With this insight, expressions like "planetary disaster" and "global catastrophe" are not exaggerations when applied to ecological issues.

It is because of the amplified effects of environmental disturbances—and the correspondingly beneficial effects of environmental restoration—that what we do on Quadra is more important than we think. Our only practical option is to remember the larger ecology of the planet and then to act as responsible as possible locally. The collective effects of little acts of environmental kindness will eventually produce major benefits for ourselves and our world. If we don't begin where we are, we are increasing the likelihood of the proverbial ordeal by fire.

Sierra Quadra meets in the lower floor of the Quadra Island United Church at 7:00 pm on the second Monday of each month. Next meeting, January 11, 1999.

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From the Ground Up (and down)

Robyn Mawhinney

We are now in the dark days of winter. Gloomy & wet, but hey! the days are getting longer. Winter is dormant season, which means it is the time to prune certain fruit trees. Pruning promotes fruit production and the health of the tree. Realizing the importance of pruning, yet being a novice pruner, I have delved into the somewhat complex world of pruning to learn for myself and bring to you, the reader, some pruning tips.

Pruning must be done carefully and with sharp tools. Hand pruners or by-pass pruners work well for small diameter limbs; a pruning saw is needed for bigger branches. When cutting larger limbs it is important to first make an undercut. This will keep the branch from splitting and possibly damaging the tree as it breaks and falls. For branches with a diameter of three inches or more, first cut the branch off about three feet away from the trunk, then cut this stump close to the trunk. When pruning, cut as close to the trunk or branch as possible; use care not to wound the tree. Having the flat side of the pruners next to the trunk will produce a flusher cut. Never twist the pruners; just cut!

There are many types of fruit trees, and most have their own specific requirements. The method and amount of pruning depends on the maturity of the tree, and will affect the tree's form as well as the amount and quality of fruit produced. This article does not cover all types and sizes of trees, but instead focuses on winter pruned apple and pear trees (which are treated similarly).

Apple and pear trees are generally pruned into one of two forms, either "unrestricted" or "restricted". This refers to the style and size of the tree. Restricted trees are summer pruned to encourage the growth of fruit-bearing wood while keeping growth in check and the tree small or organized, as in espalier and cordon. Winter pruning is done to unrestricted trees, to encourage growth, fruit production and health. The style of pruning depends on the maturity of the tree.

The Formative Years

The early years of a fruit tree are formative and of great importance. For the first few years pruning is directed at establishing a strong tree framework. Consideration should be taken when choosing the primary branches; these will create the frame of the tree. Choosing at least three branches is desirable. These primary branches should be spaced at intervals on, as well as around, the trunk. They should be spaced so that no one branch is close to or directly above another. Always prune out any branches which point inward, and if branches cross prune out the weaker one.

Hard pruning these primary branches encourages strong secondary branches to develop.

Cut out branches which are not wanted, shorten strong branches that are being kept by half, and prune back weaker branches by two-thirds. Remember to prune back to an outward facing bud, in order to keep the center of the tree open.

The following season, after secondary branches have developed, select several to add to the structural frame of the tree. Cut back these, along with the primaries selected the previous year, by about half, except for weak branches which should be pruned by two-thirds. Any other sideways growing branches should be pruned back to about four or five buds.

Structurally, the weakest part of the tree is the top side of a branch where it joins the trunk, known as the crotch. The smaller the angle between the branch and the trunk, the weaker the crotch. Therefore, select branches with wide angles (60 to 90 degrees) to reduce this weakness and establish a strong tree.

Sometimes the young tree will get unruly, and one of its branches will start growing straight up. If this goes unpruned, a forked tree will develop. Interesting to look at, but it may split under a heavy load of fruit. Prune this unruly branch by cutting just above the first good laterally-growing branch pointing toward the outside of the tree. This technique can be used on almost any branch. By cutting back to an outside pointing lateral, the tree is encouraged to grow outward not upward. Do not cut back to an inward pointing lateral branch, which will result in the branch continuing to grow straight up. If cutting back the unruly branch shortens it to less than 30 inches, the branch should be removed entirely.

A young tree is very vigorous and grows rapidly. As the tree matures it's growth rate slows until it bears fruit. Its growth will continue, but at a diminished rate. Pruning a young tree gives it added vigor which tends to delay the bearing of fruit. Prior to fruiting, as little wood as possible should be removed from the tree. Small branches and stubby spur growth should be left, as this type of wood will produce the first fruit.

The Fruitful Years

Most apple and pear trees are spur-bearing, which means that they make fruit on stubby shoots which grow on older wood. Some, however, are tip-bearing, which means that they make fruit on the tips of shoots grown in the previous summer. Pears are more often tip-bearing than apples. Confused yet? Hope not. You can tell if the tree is spur- or tip-bearing by examining the buds on the dormant branch. Leaf buds are smaller and sleeker; flower (and thus fruit) buds are chubby. Tip-bearers will have the chubby fruit buds on the tips of the branches and sleek leaf buds closer to the trunk. A branch of a spur-bearer will have the fruit buds closer to the trunk, and leaf buds on the previous

seasons growth.

There are some pruning basics which apply to both spur- and tip bearing trees. Regardless of type of tree, keeping it open centered is important. Branches which are inward facing should be removed, as well as branches which cross, branches which rub together (remove the smaller diameter branch), or branches which are dead, damaged or diseased. Branches which come from the center of the tree, are smaller in diameter than the main branches and are interfering with the framework should also be removed.

Pruning for fruit differs, however, depending on if the tree is spur-bearing or tip-bearing. A healthy young tree does not require much pruning, except to encourage the production of fruit buds. Most apple and pear trees are spur-bearing. To begin the formation of spurs on a young tree a branch is cut back to four or five buds. The top few buds will give new growth, while the lower buds will usually develop into flower buds. The next winter the new branch growth is cut back to the top flower bud (remember flower buds? they're plumper) or if there is room, leave three or four wood buds. The lovely thing about spur systems is that they are self-renewing; flower buds form behind the fruit so there will be fruit there again next year!

Later in its fruiting years spur-bearing fruit trees require the spurs to be thinned. Eventually the spur systems get crowded, and produce a harvest of smaller, low-quality fruit. Shorten and thin the spur system, cutting out the weakest and any on the underside of the branch.

To encourage fruit production on tip-bearing trees, leave branches up to nine inches long unpruned so that the fruit bearing tip will develop. If branches are longer than this, prune them back to four buds which will stimulate the growth of shorter branches the following year. Tip-bearing trees are naturally gaunt looking; however, the suggested pruning methods may lead to overcrowding. If this happens, thin branches as necessary.

I hope this information is helpful to you and healthful for your fruit trees. Due to size constraints, some aspects of winter pruning were overlooked, including renovating old neglected fruit trees, which is probably an article and a workshop in itself. There are probably some truly wonderful pruning tips that I've left out. Sorry if I missed yours. If I did, please write with the details, so I and all other novice pruners can learn. Happy gardening and conscious pruning to all of you.... I'm going to go practice!

Notes from an artist

Bettina Sluzki-Lewis

I am reading the American sculptress Louise Nevelson's statement: "Sometimes an accident can be more important than what you plan". This reminds me of one instructor at art school who used to come to my cubicle and ask: "So, what are you going to paint today"? I would respond my usual "I don't know", and he would roll his eyes towards the ceiling and say, "Ah, what else is new"? I would be devastated, doubting the way I needed to paint, thinking perhaps I should follow a preconceived idea or sketch as most of the other painters there did.

My way was to brush a few colours on the canvas with gusto and follow what they would suggest to me. Then mould shapes, play with colours, delete, change, add, until THE PAINTING would appear. My paintings had a freshness

and a passion I could not get by knowing in advance what I would do, but in those early days it was difficult to have no one supporting the way I worked. Later I would read how many artists approached their work in the same way. An interesting bit: I heard through the grapevine that this instructor now teaches his students to "paint from the inside", "whatever comes up: Hmm!

We can also apply Nevelson's words to our daily living. I, for one, have found many times that what interrupts or stops my plans turns out to be a much better way in the end, and though at first I kick and curse eventually I bow in acceptance and appreciation.

"For an artist to be interesting to us she must have been interesting to herself. She must have been capable of intense feeling, and capable of profound contemplation (Robert Henri, American painter)". Bad news and good news, depending where one fits. We don't have to agree but no matter how much we want to squiggle out of this one we somehow know it is probably so.


"On the path of the artist, it is not that these chaotic voices ever finally

disappear, it's more a matter of "who's holding the brush"?, or "Who's writing the poem?". The wrong answer to those questions is "I am". The correct response is unnamable, but clearly demonstrable through the work itself, the utterly magical and spontaneous realm of enlightened art. (The Artist's Eye, by Eliezer Sobel).

"Art is not to express personality, but to overcome it"? (T.S. Elliot, American Poet). My ego is thankful for these words of warning, and takes note, but is not sure it will be able to oblige.

"I shut my eyes in order to see" (Paul Gauguin, French painter). Going inward, watching the interior space, creating it as one watches it, that's where every artist finds the treasure, and perhaps everyone else as well.

Life and Art and Death are intrinsically connected at the core. I dedicate these "Notes from an Artist" to the memory of my friend Sally Wellman who died this past January 8th. May your beautiful sole shine wherever you are going, the way you once shone here for us. And you will continue doing so in our hearts.



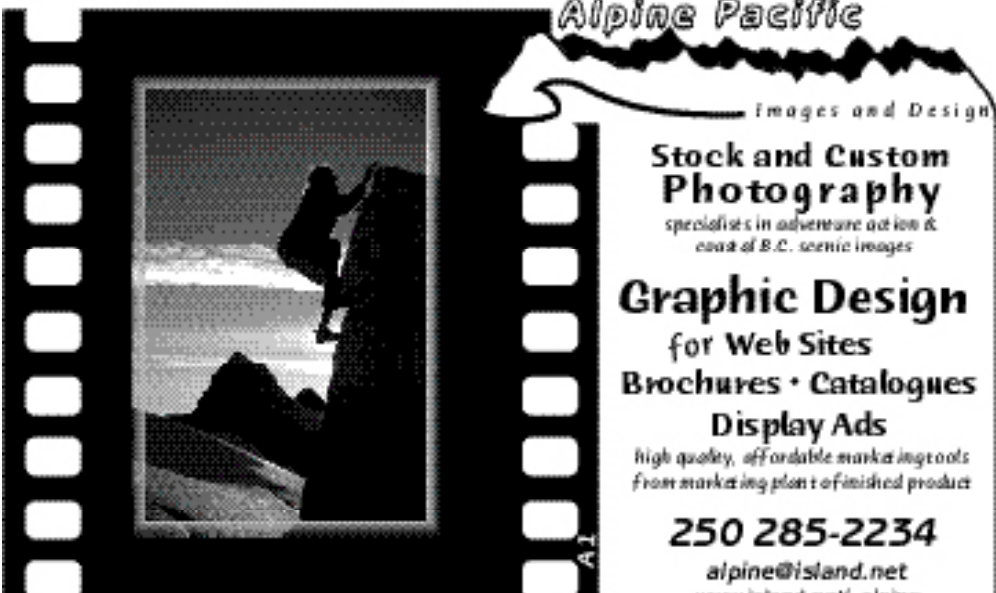
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Business Profile

Aroma Fresh Roasted Coffees

Tanya Storr

Peter Kinskofer and Michel Simard found the inspiration for their café and coffee roasting business in their love of good coffee. The two friends met 11 years ago and have been drinking coffee together ever since. Last May, they opened the doors of Aroma Fresh Roasted Coffees so they could share their love of fine coffee with other islanders. Aroma was located in the Cove Centre building for its first eight months in operation, and recently moved to Village Square next to the gas station.

"The coffee roasting process, from the raw beans to the finished product, has a kind of mystique, and there are a whole range of qualities of coffee beans. That's what attracted me to this business," said Michel, who also operates an accounting company on Quadra.

Peter, who is a social worker and commutes to Campbell River, credited his travels in Italy six years ago with inspiring him to start a business focusing on coffee.

"I was very impressed by the quality of the coffee, and the effort they put into displaying and presenting coffee there. Also, the cultural role cappuccino bars play in Italy was something I admired and felt could be improved upon here."

As soon as you walk into Aroma, the smell of freshly roasted coffee greets you. Aroma's coffee beans are roasted right in the café using a small propane-fired drum roaster. The roaster was made in the U.S. by Diedrich Roasters, a family company that has been involved in the coffee growing and roasting industry for three generations.

"Small roasters enable you to roast the beans in small batches, which tends to produce a much better coffee. It's a slow roasting process, producing a coffee with no bitterness and a lot of complexity, flavours, and aromas. It's more expensive to do and more time consuming, but it produces an optimum coffee," said Michel.

The roaster's drum turns constantly over the flames, allowing the coffee beans to roast evenly and not burn. Within a period of 15-20 minutes, the beans are brought up to a temperature of between 215-235 degrees C. They are then quickly removed from the roaster and air cooled on a tray, to be packaged according to demand.

"The reason why we chose to go into roasting is there are endless possibilities and nuances depending on how you roast a particular type of coffee. The roasting times and temperatures make a difference

to the flavour and body of the coffee. It's a lot like wine tasting—you look for the same characteristics," Peter explained.

Generally speaking, a shorter roast produces a lighter coffee. Michel and Peter noted that you can take the same bean, say a Guatemalan bean, and give it a different flavour depending on how long you roast it. A French, or dark, roast would have a longer roasting time than a light roast.

"All our coffees are slow roasted compared to those produced by major companies that do flash roasts with mass quantities of beans," said Michel.

There are two types of coffee beans on the market: arabicas and robustas. Arabicas are grown at a higher altitude, contain half the caffeine of robustas, and are cleaned and sorted according to a quality

grade. Robustas are known as a filler bean, and are high in caffeine and low in flavour.

Aroma buys only arabica beans, and sells at least one kind from all the major coffee growing areas of the world (Africa, Central America, South America, and Indonesia). The café always has three kinds of certified organic coffee available. Peter explained that in general, arabica beans are harder for growers to spray anyway because they are grown at higher altitudes, but coffee is not certified organic unless it is labeled as such.

Aroma buys its coffee through Knutsen, a broker who is

conscientious about workers' rights and conditions in developing countries.

"High grown arabicas are often sold by coffee co-operatives, who get their beans from individual families and small growers, not large scale growers," Peter said.

Aroma belongs to the Specialty Coffee Association of North America, an organization with a mandate to set standards in specialty coffee. One of the organization's goals is to inform people that the higher cost of specialty coffee is not just a reflection of a more premium product, but also linked to trying to improve wages and conditions in coffee growing countries.

About half of Aroma's coffee bean sales are to wholesale customers, some located in Campbell River and Courtenay. Surge Narrows Store also buys coffee from Aroma, and the café has some



Peter Kinskofer (R) serves business partner Michel Simard a steaming cup of fresh brewed coffee at Aroma's new location. Photo: Tanya Storr

mail order customers too. The other half of Aroma's packaged coffee sales are made in the café.

When Michel and Peter first had the idea for the business, they intended to just roast and sell coffee. Then, as their plan evolved, they decided to make the natural leap from roasting beans to preparing beverages.

"The demand for coffee preparation and beverages has been much, much higher than we ever predicted, and that's already increased since we've moved," said Michel.

"We wanted to follow the process through from beginning to end, and serve people really good coffee," added Peter.

I was surprised to learn that a cappuccino or espresso contains less caffeine than a regular cup of coffee.

"The preparation of coffee through the cappuccino machine results in a lower caffeine content. You are extracting the coffee at a lower temperature and for a shorter time than in an ordinary coffee maker, and that gives you more flavour and less caffeine," Michel explained.

The syrups used to flavour steamed milks and coffees at Aroma are made by a French company named Routin, and contain no artificial ingredients. Baked treats are available, as well as Valrhona chocolates.

"Valrhona are recognized across the world as the best chocolates. A square of chocolate and an espresso is a real treat," Michel enthused. Aroma's owners said they intend to keep the food end of the business simple and low cost.

"We want to try and blend in, rather than start competing with other restaurants on the island. This way we can dovetail more with them," Peter said.

Both in the Cove Centre and in their new location, Peter and Michel have tried hard to create a relaxing atmosphere for their patrons. Paintings by local artists hang on the walls, coffee table books are everywhere, a comfy couch has just been installed, and a gas fireplace is due to arrive any day.

"We've tried to create a place where people can hang out, relax, and connect with others," said Peter.

Aroma has two employees, Philippe Desquieu, who also teaches chess, and Polly Parrott, who is an artist. Michel's daughter Sophie helps out in the café as well.

Peter and Michel's future ideas for the business include holding live music performances and poetry readings in the café. In the immediate future, they're looking forward to warmer weather so they can set up outside tables.

Aroma's official opening hours are from 8 a.m. to 6 p.m. daily, but if somebody is in the café before 8 a.m. or roasting beans in the evening, customers are welcome to come in.

Thumbelina a Success

Tanya Storr



A scene from Thumbelina.

Photo: Tanya Storr

The Quadra Musical Theatre Children's Club performed its first show, *Thumbelina*, on December 29 at QCC. The seven cast members sang, danced, and acted with lots of energy and obvious delight, and the costumes were first rate. The spider costumes, complete with attached webs, were my favourite.

As they told the story of *Thumbelina's* many adventures, most of the performers played at least one part. Several whirlwind costume changes took place backstage, with the aid of Pat Nowazek and Sue Marcoux.

"The show couldn't have happened without their help," said director Sue Chamney.

Audience turnout was very good, especially considering the performance was held during the Christmas holidays, and there were lots of children in the crowd.

"The audience was really surprised, amazed, and appreciative. I know the kids there thought it was neat because the show was based on fairy tales, but I think the plot and intellect behind the stories was something the adults really enjoyed too," Sue said.

The painted set, with its gnarly old trees and cheerful house interior, also added to the performance, as did the clever lighting. The music was appropriately moody or uplifting, depending on the scene, and the soundtrack was enhanced by a recording of Mo Davenport singing and playing

guitar.

The dance numbers with all the performers stepping in unison were very well done, and the gymnastics were gracefully executed too. Although it was the first time most of the girls had performed in front of an audience, they hid their nervousness well and appeared to be having a genuinely good time.

"They loved doing it. I think part of it is that total abject fear. It's like whitewater rafting—you live through it and say 'let's do it again!'" Sue stated.

As well as people mentioned above, Sue said she'd like to thank John Wasyliv for researching the classical music piece used in the opening scene, L'il Richard for the use of his stereo to make the soundtrack, and Steve Nowazek for providing lumber for the set. Sue also wants to thank Mark Nighswander for doing the set carpentry, Nerissa Ripley for doing the hairdressing, Leah Gilley for painting the set, and Lesley Matthews for donating paint. In addition, she said she is very grateful to all the parents who brought goodies for the intermission.

Sue has already begun researching a subject for the Musical Theatre Club's next production, slated for June. She's considering adapting some Lewis Carroll fairy stories into a script, but said she hasn't made a final decision yet.

Auditions for the next show will be held on March 12 after school at QCC. The Musical Theatre Club is open to girls and boys ages 8-12.

New Kindergarten Classroom

Tanya Storr

It has been just over a year since a fire destroyed two classrooms at Quadra Elementary School, including the well-loved kindergarten classroom where Juaneva Smith, who has been the school's kindergarten teacher for 24 years, had been teaching since 1980.

After the fire, people expressed their sorrow over the loss of the classroom and all of its shared history. When the kindergarten moved into the multi-purpose room in January 1998, many islanders helped Juaneva make the room as comfortable as possible.

Now the kindergarten has a new classroom, designed by the school's head custodian Kurt Borthwick, principal Kevin Kavanagh, school district 72 supervisor of operations Marty Cole, and Juaneva.

Juaneva said it was devastating to not have a suitable space for the kindergarten after the fire. "What we had prior to the fire was a model for early childhood facilities across the province."

When it became clear that the multi-purpose room couldn't be renovated to suit the kindergarten's needs, Dorian North offered his classroom. This past summer, the wall between Dorian's room and a room used by teacher aides was torn down and the new area was renovated.

The school board maintenance crew did many tasks to ready the room for kindergarten, including installing two large south-facing windows and building numerous cupboards, counters, and cubbies.

"I asked for one south-facing window and Marty Cole said that we could have two to match the other wall. I felt like crying. The goodwill and co-operation from the school board and the effort from the crew was really heartwarming. They worked very hard," said Juaneva, who visited the renovation

site several times over the summer to see how the work was going and leave cookies for the crew.

Plumbers, carpenters, electricians, floor layers, and painters all had a hand in revamping the room that was to become the new kindergarten. The crew paid considerable attention to details that would recapture the

sits on a windowsill in the new classroom. Wooden kid-sized furniture, including toy kitchen appliances, was ordered for the house corner. Realistic baby dolls like the ones in the old kindergarten were shipped from a doll store in New Jersey, because they are no longer available in Canada. A few toys which survived the fire, including the

Quadra ferry made by former island resident Clarence Butz, have relocated to the new classroom.

Numerous islanders also contributed to the rebuilding effort, donating gifts and time. Murray Johnson offered to remake the wooden helicopter but there isn't enough room for it in the new classroom, so Juaneva asked him if he could recreate the closet instead and he did so.

Sue Graham, whose son Reid was in the morning kindergarten class last year and whose daughter Allie is in the morning class this year, helped Juaneva move into the multi-purpose room after the fire and also helped with this latest move.

Lesley Matthews drew a Magic Fairy poster and turned an ordinary school clock into a watermelon clock for the new room. Not surprisingly, there are watermelon decorations (Juaneva's favourite fruit) everywhere in the kindergarten room, many of them gifts.

Shortly after the fire, Murray Abercrombie took a surviving beam from the old classroom and made a new teeter-totter out of it. He also figured out how to make a table purchased for the new room collapsible, so it can be stored when not in use.

John Seffzig made a new magic wand (used by the 'Magic Fairy' to awaken resters after quiet time) and Patsy Seffzig resized two police uniform shirts donated by Constable Peterson so they would fit the children. Linda Elias made curtains for the window in the house corner.

The room was designed in as familiar a layout as possible. As well as the house



Juaneva Smith and class in the new kindergarten.

Photo: Tanya Storr

design of the old kindergarten.

The carpet layer put the same curve along the edge of the carpet as he did in the old kindergarten almost 20 years ago, at Juaneva's request. Barry Smith, one of the school district carpenters, remembered the art sink in the previous kindergarten and installed one in the new room. The new kindergarten has its own washroom, just like the old one did.

The school board searched as far as the Lower Mainland for lanterns like the ones the old kindergarten used to have, and when no replicas could be found, purchased some nice lamps instead. The painters coloured each metal lampshade blue, green, or red.

An electrician who took a cutting from an African Violet in the old kindergarten returned the now flourishing plant to Juaneva, and it

corner, the room contains a writing table, nature centre, book corner, large carpeted area, small blocks, big blocks, and much more.

"I've used continuity too in terms of putting things away. I'm not fully moved in yet—there are still some things in cupboards in the multi-purpose room," Juaneva told me.

As her former students will attest, Juaneva's kindergarten is truly a magical place. Each month she changes the story candle and puts up different pictures cut out from magazines to mark the passing of time, and there are many beautiful objects decorating the room. Some of the decorations are small and breakable, and Juaneva said she is very proud of the children for being intrigued by them and therefore respecting them.

"I work really hard with the children to teach them to look minutely and have respect for property and other people's things. I also teach them that everything has its place, which is a math skill, helping them learn ordering and organizing. A young child's living space is full of awe and wonder, and I like to facilitate that kind of environment."

Juaneva said she is very thankful for all the help she has received with the kindergarten since the fire. She plans to hold an open house in the new kindergarten classroom sometime in May, so people can come and see the result of their efforts.

"What the community has done to remake the kindergarten after the fire and what Marty Cole and the crew did to get the new room ready for us was so moving—all I can have is gratitude. The renovation of the room, attention to detail, and the ordering of materials was a very healing experience. People are still giving things to us, and so many people have helped us I couldn't possibly name them all. This whole room is a gift."

Polar Bear Swim



Welcoming the New Year with a quick dip at Rebecca Spit.

Photo: Tanya

Tanya Storr

About 40 brave souls took the plunge in Quadra's annual Polar Bear Swim January 1 at Rebecca Spit. A crowd of approximately 70 warmly dressed spectators cheered from the sidelines as the swimmers ran into the chilly waters of Drew Harbour, hooting and hollering as they splashed their way in. A wan winter sun even managed to peek out from behind the clouds for the occasion.

Afterwards, swimmers stood around a big campfire on shore to warm up. Veteran Polar Bear Swim participant Peter Dirse said this year's

water temperatures were the warmest he can remember. Peter also noted that the swimmers spanned a broad range of ages this year.

"During the last five or six years the focus of the swim has shifted from just rough and tough logger type guys to more of a family affair," he said.

After the official swim was long over, several dogs continued to run in and out of the water, barking enthusiastically. They didn't manage to entice any humans back in for another dip, however.

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continued...On to Labrador

Harry Allen

We stopped briefly at Port aux Choix, pronounced "Port a Shwah", home of a thriving fleet of shrimp draggers who work the Belle Isle Strait. These are large vessels and earnings are good despite the price of 15¢ per lb. paid to the fisherman.

We boarded the ferry at St. Barbe for the 1 1/2 hour crossing to Blanc Sablon in the Province of Quebec. This corner of Quebec was the most desolate weather beaten area we had yet encountered, but after about three kilometres we crossed over into Labrador. Strangely, when we entered Labrador the country improved immensely, not so rough and even a few trees.

We dropped our luggage off at a place called L'Anse Au Clair and carried on up to Red Bay, the end of the coastal road. Red Bay is the former site of a Basque whaling station and home to a fish processing plant. While we were there the coastal freighter and passenger vessel "Northern Ranger" came in on its regular trip to and from the coastal outports of northern Labrador.

The "Ranger" picked up a few pallets of frozen fish and unloaded some freight while the passengers came ashore to buy souvenirs.

We carried on back to L'Anse Au Clair for the night and in the morning headed back across the straits to Newfoundland. We had heard that the replica Viking ship "Snorrie" from Greenland would be arriving at L'Anse aux Meadows that morning and we wanted to see it.

When we got to the Viking museum the ship had already arrived. The modern day Vikings had to row part of the way due to adverse winds. When they arrived in the little bay in front of the replica Viking Village, having no skiff they jumped overboard and swam to shore. There was a cold wind blowing

down from the north and absolutely no trees or shelter of any kind. A person would have to be awfully tough or stupid to live in a place like that. The Viking houses are just like holes in the ground lined with willows about 1 1/2" in. diameter interwoven with larger uprights. The roofs are small poles laid on larger rafters and then about three layers of sod with the grass side down, all covered with several feet of soil and grass growing on top. More like a root house than a home but a small fire would make it very comfortable.

We left the windy home of the Vikings and proceeded to St. Anthony, home of the Grenfell Mission.

Dr. Grenfell arrived in 1892 and prior to that there had never been a doctor to serve the scattered fishermen and trappers of Labrador. Compare that to our modern hospitals and medical and pharmaceutical services.

Southward again to Deer Lake where we rejoined the Trans-Canada highway and turned eastwards towards the paper mill town of Grand Falls. At Twillingate we stopped at a fishermen's museum run by a former fisherman. He had a really good display of old fishing gear and an excellent display of one and two cylinder gas engines, about six or eight in all and all in perfect condition.

I spoke to the owner and asked him why, after six years of the cod moratorium, that every restaurant had cod on the menu. He explained that there was several test boats working and that they were allowed to sell their catch, also that several other fisheries, including lumpfish, have an allowable 10% bycatch of cod.

On the way into St. John's we observed fish traps set at right angles to the rocky beach and a box shaped trap on the outside end. One boat seemed to be working half a dozen traps and what they were fishing for we never

did determine.

We went through St. John's and up to Cape Spear, the furthest east point on the North American continent. We also toured Signal Hill at the entrance to St. John's harbour. The harbour itself is completely landlocked with a shallow rocky entrance to allow passage of cruise ships.

There was little activity in the harbour when we were there, a handful of trawlers tied up solidly, as if to stay a

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while. The only traffic in and out were a couple of Coast Guard cutters and one or two supply ships for the Hibernia oil field.

We finished off the tour with a "Jigs Dinner" consisting of boiled potatoes, boiled cabbage, corned beef, yellow split peas, turkey and dressing. Filling but good. We were treated to an exceptional display of Irish dancing, folk singing and accordion music. We sang a few lines of "We'll rant and we'll roar like true Newfoundlanders", downed a snort of very good rum, which passed as "Newfie Sreech."

The M.C. then stated, "you eat like Newfies, you sing like Newfies, you drink like Newfies, now you have to kiss a cod." This brought screams of indignation from some of the women, but with the help of the rum everyone was able to do the deed.

That ended our tour but Phyllis and I stayed on for two more days to more fully explore the town before boarding Air Atlantic for the 1 1/2 hr flight to Halifax where we caught the homeward flight to Vancouver.

As we were driving out to St. John's airport he taxi driver remarked, "it's a good little rock."

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WOODLOT LICENCES 1610 AND 1611

PUBLIC VIEWING OF THE 5-YEAR FOREST DEVELOPMENT PLANS

The initial 5-year forest development plans for Woodlot Licences 1610 and 1611 will be available for public viewing and comments at the Quadra Community Hall on January 26, 1999, between 4pm and 8pm. The plans will also be available for review for a 30 day period at the respective licence offices. All comments must be submitted to the licencees in writing by the end of the review period. The plan for WL 1610 will be available at 1970 Hyacinthe Bay Road, Quadra Island, between January 18, 1999 and February 17, 1999. Please call 250-285-3570 to make arrangements for a convenient viewing time there. The plan for WL 1611 will be available for review at 847 Hope Spring Road, between January 26 and February 25, 1999. Please call 250-285-2520 for a convenient viewing time there.

The Forest Development Plans show the location of all proposed road development and logging activity for a period of 5-years. The plans also include information on proposed measures for the maintenance and protection of other resource values in the area. The plans are available for review by resource agencies and the public before approval is considered by the Ministry of Forests.

Woodlot Licence 1610 covers two blocks of crown forest land, one is located immediately north of Gowlland Harbour, on either side of Blindmans Bluff, the other covers the area between September Creek and the south shore of Village Bay. WL 1611 also covers two blocks of crown forest land, one is located on Heriot Ridge, the other between Open Bay Creek, September Lake and September Creek,

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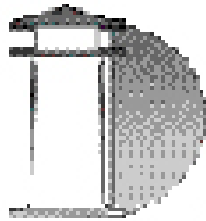
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