

# ***Discovery Islander***

**Community News and events from Quadra, Cortes and the Outer Islands**

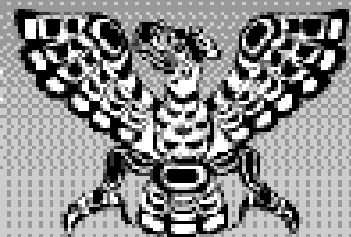


**Issue #201  
NOVEMBER 19TH 1999**



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### On the cover:



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Writing Committee who were  
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receipt of a \$80,000 Millenium  
Grant**



## Publishers' Notes

### #201 November 19<sup>th</sup> 1999

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### Submission Guidelines

Items for publication are welcomed on subjects of interest to the Discovery Islands community. *Please help us by following these guidelines:*

- Handwritten material must be printed clearly.
- Any items prepared on a computer should be sent by email or saved on disk in **rtf** to avoid us having to retype. Please NO BLOCK CAPITALS. No lines between paragraphs and remember to spellcheck in Canadian or British English not U.S.
- Please don't send original irreplaceable material make a trip to a copier first!!
- Please remember to caption & credit photos and artwork. Don't write on the back of photographic prints, use Postlts

*While every effort is made to include all items submitted, errors and accidental omissions do occur and the Discovery Islander should be only one part of your publicity efforts.*

*Next Deadline 7 pm Monday, Nov 29th*



## Bulletin Board

### Found

Heavy duty plastic Tote box on Sutil Rd. Call **285-3787** to identify.

*Got a short announcement? Something to give away? Lost or found? Post it on the Discovery Islander Bulletin Board a free service.*



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## Island Calendar

### •Every Saturday

-Winter Market  
10:00am-1:00pm

### •Every Sunday

-Meditation  
Daycare 10-12

### -Nov. 19, Fri.

Christmas Craft Fair  
Centre

4:00 - 9:00,

### Nov. 20, Sat.

-Christmas Craft Fair  
10 - 3:00

### Nov. 21, Sun.

-Sunday School  
10:30 a.m.

-Lance Woods

7:30 pm

### Nov. 22, Mon.

-Quadra Cultural Committee Mtg.  
Rd.

7:30 p.m.

-Bible Study  
Church

7:00 p.m.

### Nov. 23 & 24

-Open House-Quadra Community Plan  
6:30-9:00pm

### Nov. 25, Thur.

-Public Hearing  
7:00p.m.

### Nov. 27th Sat.

-Christmas Craft Fair  
12noon - 4pm

### Nov. 28, Sun.

-Cancer Benefit Concert  
7:30pm

-Celebration of Advent  
10:30 a.m.

### Dec. 3, Fri.

-Mitlenatch AGM & Potluck  
Church

6:00 p.m.

### Dec. 4, Sat.

-Legion Craft & Bake Sale  
10a.m.-2p.m.

-"River City" Book Launch

### Dec. 11, Sat.

-Craft Showcase & Sale  
10am-2pm

### Dec. 12, Sun.

Community Centre

Quadra

Community

Community Centre

United Church

United Church

1632 Hyacinthe Bay

U n i t e d

Quadra Elementary

Community Centre

Manson's Hall/Cortes

Quadra Bible Church

United Church

Quadra Bible

Quadra Legion

Explore Gallery 2 pm

Quadra Elementary

## News & Events



### Quadra Island Christmas Craft Fair

Quadra Island Recreation Society is sponsoring their annual Christmas Craft Fair on Friday, November 19, 4:00 - 9:00, and Saturday, November 20, 10 - 3:00 at the Quadra Island Community Centre.

Artisans from Quadra and the surrounding area invite the public to see their latest creations prepared especially for this festive season. Enjoy Christmas shopping while listening to Mary Ellen Wilkins play piano on Friday evening. Santa will arrive at the Craft Market on Saturday to listen to Christmas requests from all children.

Some of the items featured this year are local handcrafted pottery, handpainted fabrics, scented handmade soaps and toiletries, brightly colored handmade toys and unique jewelry.

Come and join us for a comfortable Christmas shopping experience in a relaxed atmosphere while also supporting the local arts.

### CCAP Final Review

The Community Centre Addition Project will have a final review of the plans for the building addition on Saturday December 4 at 1:30 (just following the winter market). The blueprints will be available during office hours from November 24 to December 3 for a preview. Any remaining questions regarding the design will be discussed at this meeting. Quadra Recreation plans to announce tenders for the building construction in early 2000. Everyone is welcome to attend on December 4 - we encourage the Community Centre user groups to send a representative.

### North Island

#### Therapeutic Riding

needs volunteers. If you are not familiar with horses, that's ok because we are willing to share our knowledge with you. If you are interested please call us at (250) 285-2240.

### Winter Market

The Winter Market has returned! **Every Saturday 10am-1pm** at Q.I.C.C. Everyone welcome! For more info. call: Sue 285-3660, Dan 285-3766

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## Friday Flicks: Election

### November 26th.

7:45 at the Community Centre. \$4.50 admission - \$3.50 seniors and students.

Election arrives like a desperately needed cool breeze on a hot summer night. It has the sharpest satire of any teen movie in years - though the "teen" billing comes with a caveat. This movie is restricted to adults of 18 years and older.

Given the movie's central event (a student election set at George Washington Carver High school in Omaha, Nebraska) and its cast of characters, Election could join an endless parade of exploitative comedies. But Director Alexander Payne has tricks - and goals - up his sleeve that defy the quick read as surely as, one by one, his characters do.

Like the best lampoons, there are no cheap shots and no grossly exaggerated performances. Payne takes character prototypes and embellishes them so fully and inventively that within minutes, you are drawn into their individual stories. "They are much more than comic foils for a cleverly written screenplay" (Berardinelli).

The "most compelling" character is Matthew Broderick's "quietly desperate" Jim McAllister. Even as a once-passionate teacher suffering from mid-life teacher burnout, Broderick's "comic timing is as sharp as ever" (Lally). Tanya (Reese Witherspoon) plays the overachiever's overachiever. As all seemingly-perfect students should be presented, she is superficially good-natured and perky, but a bitch underneath. Witherspoon is taking darker, more complex roles than her appearance might indicate - and to impressive results (Stark). She creates a deliciously neurotic caricature as a girl for whom getting ahead is everything. Newcomer Chris Klein deftly defies the stereotype

of dim-bulb jock and Jessica Campbell is fiercely appealing as his rebellious younger sister, Tammy. All four characters are embroiled in the race for student council president, and the election, a once-predictable formality, becomes a cutthroat competition on several fronts.

Election is the second feature film by Alexander Payne. While less subversive than his premiere Citizen Ruth, it has the same dark edge and offbeat sensibility. Payne and co-writer Tom Perrotta smoothly segue among the four narrators and the soundtrack choices are "especially witty". Election's frank view of sexuality and ironic humour is sometimes uncomfortably on-target.

Election is played out with a refreshing looseness that belies judicious use of the director's hand. It is fast, fresh, funny and full of insight (Stark).

## Thank You Quadra

On behalf of the Farmer's Market and Bazaar I would like to thank all participants who contributed to the Market this year. The vendors, shoppers and visitors all created the most successful season so far.

The table fees that were collected weekly were used for covering operating expenses which included toilet rental and mowing. We also keep a balance over the winter to cover start up costs in the spring. Due to the success of the Market this year we had some extra funds in our account and thought it would be appropriate to share it with the community. Most of the regular vendors were surveyed as to what organizations they would like to see the funds allocated to. The results were tallied and the outcome was: Food Bank \$100.00, O.A.P. Housing \$100.00, Quadra Daycare \$100, last but not least a small token of appreciation \$50.00 was contributed to the band 'First Pressing'. They were thoroughly enjoyed when they played the Market.

The Credit Union has been very generous in allowing the Market to utilize their property for several years now. This is a wonderful community service on their part and very much appreciated.

Again, thank you to everyone who has made the Farmer's Market and Bazaar possible.

Please remember also, that the Winter Market is happening every Saturday between 10:00 a.m. to 1:00 p.m. and can use your support too. Phone Dan 285-3766 or Sue 285-3660.

## Position Available

**The North Island Therapeutic Riding Society** is offering a job position in partnership with Human Resources Job Creation Program. The job will be 35-40 hours a week, starting November 22, 1999. This is a three in one job which consists of **Barn Manager/Volunteer Coordinator and Assistant to the Program Coordinator**. Computer skills would be an asset on Microsoft Office. Do not necessarily need to know about horses. Training provided. Applicant must have established an insurance benefit claim or one has ended within the 36 months prior to the date or requesting assistance. Please call Vicki **285-2240**

## Christmas in December...

Last minute shoppers, don't despair!! You will find it at the **Craft Showcase & Sale** at Quadra Elementary School, **Dec. 11/99**, 10a.m.-2p.m. For table rental phone **285-2897**

## Cultural Committee

Quadra Island Cultural Committee. Would you believe it? For the past 25 years Hilda Van Orden has been co-ordinating a multitude of marvellous performances to enrich our island lives. Needless to say, she's starting to get a wee bit worn out and would very much like to act as a mentor and pass her hard earned skills on to others. For a number of years now she has also been incredibly well supported by a dedicated group of volunteers.

If you want to continue to enjoy these cultural experiences here on Quadra, we need your new ideas, input and energy at our next meeting! It's at Hilda's house, 1632 Hyacinthe Bay Rd. (call for directions 285-3458) on **Monday, Nov.22 at 7:30 p.m.**

## Quadra Island United Church

invites you to the Evening Service on Sun. Nov. 21 at 7:30 pm when our guest will be Rev. Lance Woods speaking on the topic, "Further Reflections on Aging and Dying". Our annual "Celebration of Christmas in Poetry and Song" will be held at 7:30 pm on Sun. Dec. 12, the second Sunday of December.

On Sun. morning Nov. 21, there will be Sunday School, only, at 10:30 am.

On Sun. Nov. 28 at 10:30 am, everyone is invited to a Celebration of the Advent For All Ages.

Bible Study continues on Mon. Nov. 22 at 7:00 pm. Everyone is welcome.

To reach Heather at the church office any time, call 285-2141.

## Craft & Bake Sale

Quadra Island Ladies Auxiliary to Branch #154 Legion.

Christmas Craft & Bake Sale, **Sat. Dec. 4th, 10a.m.-2p.m.** Santa Visits at 11 am for pictures. For tables call Colleen **285-3896**

## Annual Carol Sing

Annual Carol Sing at Camp Homewood. **Friday, December 17th at 8:00p.m.** Come and enjoy an evening of singing your favourite Christmas carol then stay for a time of refreshments. Held in the beautifully decorated lodge at Homewood. This seasonal event is a highlight to all who attend. See you there.

## Buddah Meditation

Group meeting 10-12 noon every Sunday at the Quadra Daycare on West Rd. All are welcome. 285-2882 for more information.

## Island Voices Campbell River

Island Voices chamber choir presents "Mainly Canadian" at 8 pm on Fri. Nov. 19 at St. Peter's Church, Campbell River (\$10 & \$8), and on Sun. Nov. 21 at 2 pm at Passages, Saratoga Beach (\$12 & \$10 with tea & dessert). For tickets, call Page 11 at 286-6476, Anne at 287-4236, or Joyce at 285-3298.

## Total Tea Time

Get set for "Total Tea Time" an evening of tasting and tea tales with host Mark Mercier from Granville Island Tea Co. Friday Nov 26, 7 pm at Explore Gallery. Complimentary admission.

Also mark the calendar on Saturday Dec 4 for a book launch of Jeanette Taylor's newly published work "River City" a local history.

## Deadline For Next Issue

**7 pm, Mon. November 29<sup>th</sup>**

**Only Items Received Before The Deadline can be guaranteed space in the upcoming issue.**

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**Discovery Islander**

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## Santa Claus

Join Santa Claus and his horse Chico at Country Christmas, Saturday, Dec. 11, 10 a.m. to 4 p.m. at North Island Therapeutic Riding Society at 1049 Heriot Bay Road on Quadra Island. Cultured Christmas trees for sale, wreath making, children's activities, pony rides (weather permitting), concession, and 3 visits from Santa, Chico and the elves ñ 11 a.m., 1 p.m. and 3 p.m. We will sell trees weekdays after Country Christmas until they're gone. Proceeds go to our therapeutic riding programs.

## Cancer Benefit Concert

On Sunday evening, **November 28, at 7:30 pm** at Quadra Island Bible Church, a group of some twenty-five Quadra residents are combining to present a concert as a fundraiser towards equipment for the Cancer Clinic in Victoria. In this program, "A Celebration of Life and Hope", you will hear choral music from spirituals to cantata selections, mostly in the Christian tradition but also some for fun and some for audience participation.

This is an opportunity to help provide for the needs of future cancer patients, from Quadra and all Vancouver Island.

Doors will open at 7:00pm and entrance is by donation. Refreshments will be available after the program, arranged by the Quadra Island Breast Cancer Support Group. For information call Shirley Wallace, **285-2297**

## Clown Workshop

Explore the art of clowning around with Nicholas Butchard using the Commedia dell'Arte tradition. Meet the characters; Harlequin, Brigella, Columbina, and Puchinella. A series of exercises takes us through the process to release the cellular clown within. Come find your clown in this intensive twelve hour workshop. **Saturday, Nov. 27th and Dec. 4th, 11 am-5pm** at Sue Marcoux's studio, 1370 Hooley Rd. Bring a dish for potluck lunch. For information and registration call Melissa Aston at **285-3303**. Remember, behind every great person is a

## Mitlenatch

Mitlenatch Field Naturalists Society  
Potluck Supper & Annual General Meeting, **Friday, December 3, 6:00 pm.**, Quadra Island Bible Church. Come and socialize with other members of the society, and bring your favourite nature slides and stories. For information call Shirley, **285-2297** or Ian, **285-2827**

## Quadra Quilters

The Quadra Quilters monthly meeting took place on November 9, in spite of the power outage. Flasks of hot coffee and tea helped ward off the cold until the power returned. During the meeting some of the quilts made at the workshop on November 2 and 3 were shown. This very successful workshop on Coloursplash Construction was conducted by Dale MacEwan from Lantzville.

A future workshop is planned for February 29, on Tumbling Blocks, to be conducted by Lynn McKittrick. There will also be a quilting retreat from January 23 to January 25 at the Kingfisher Inn. The group involved with next year's quilt raffle showed some of the beautiful blocks already completed, and many quilters showed both completed quilts and work in progress. This month's squares (Japanese dolls using paper piecing) were particularly beautiful. The raffle for the squares was won by Ruth Miller, who had been participating in the raffle for 5 years and never won. A new display of quilts is being hung in the Credit Union for the enjoyment of members.

The return of power allowed the after-lunch workshop on the quilting of folded stars conducted by Teresa Tate to continue as planned. A very pleasant time was spent learning this technique while enjoying lively conversation. The next meeting, which will be on December 14, will be the Christmas Pot Luck lunch. The Quadra Quilters have also been asked to join the Calico Quilters for lunch on Dec.2 in Campbell River.

## Caring For Children For Community's Sake

Why on earth would a mother of two young children volunteer eight hours a week to do Quadra Daycare's housekeeping jobs? Sue Anderson, Keely and Keller's Mom, is committed to supporting the healthy development of young children on Quadra Island. Sue believes childcare centers are not only a necessity but also an extremely valuable resource for our children and their families. Her volunteering hours frees up the teachers at the childcare center to focus on the important task of caring for the children.

Quadra Daycare is a non-profit society. 46% of the yearly revenue on which it depends comes from sources other than the parent's fees. Currently, parents pay \$26.50 for a full day of childcare. Can we expect families to pay much more? "I would like to see childcare remain affordable for all families. My experience at Quadra Daycare has greatly improved my own parenting skills and enriched my children's lives in so many valuable ways," says Sue. Sue feels so strongly about the importance of community childcare that she is expanding her volunteering to include the organization of Quadra Daycare's upcoming raffle.

"I admire Sue's endless support of our childcare center. I wonder if Mr. Chretien's wife had to sell raffle tickets to ensure his children received high quality childcare," says Dee Conley, Administrative Director of Quadra Daycare Society,

The National Council of Welfare demonstrates in its recent report (1999) that many social programs support families but childcare is the backbone of them all. "I urge the Federal Government to commit to a multi-year Early Childhood Development Services Fund with a first year allocation of \$2 billion to assist provincial/territorial development of systems of Early Childhood Development Services," says Conley.

Until this happens you can purchase Quadra Daycare Raffle Tickets at Hummingbird Office & Art Supply, and Quadra Crafts. Or watch for Sue selling tickets outside Quadra Foods on Fridays; weather permitting!

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# Quadra Island Crime Stoppers Report

Anyone with information concerning the following can contact the Quadra Island RCMP directly, or call crime Stoppers @ 287-TIPS (8477). You do not have to give your name and you may remain anonymous.

The following is a Crime report from the 20th of Oct. To Nov. 15, 1999, concerning both Quadra and Cortes Island.

**99-Oct.-20** Break and Enter of Peoples Drug Mart. Unknown persons entered the store by throwing a rock through the front window. Once inside several cameras, binoculars, bottles of perfume, hair dryers and various candy along with an undisclosed amount of cash.

**99-Nov.-2** Break and Enter of Quadra Island Community Center. Unknown persons entered by throwing a rock through the glass near the door. Once inside Suspect took an expensive camcorder (Panasonic) and approximately \$15.00 in quarters.

**99-Nov.-2** Break and Enter Quadra Crafts. Persons entered into store by smashing window with a rock. Cash register stolen as well as Native hand carved knives and rings.

**99-Nov.-2** Break and Enter Lovin' Oven. Entry gained by smashing window at back of Restaurant. Once inside suspects vandalized several areas of the kitchen and food products. Taken as well was an undetermined amount of cash.

**99-Nov.-5** Break and Enter Lovin' Oven. Point of entry was throwing a rock through window in front door. However, fortunately there was no items taken from this B&E.

**99-Nov.-5** Break and Enter Waco Taco. Again, suspects threw a rock through a window and entered the premises, taking an undetermined amount of cash.

**99-Nov.-5** Break and Enter Hummingbird Stationary. Suspects entered the office by throwing a rock through front glass door. Fortunately no items or cash were taken from the

store.

**99-Nov.-5** Break and Enter Bretton Holding offices. Entry was gained by coming onto the balcony and smashed the glass door. Taken from the offices was an expensive Toshiba lap top computer and cash.

**99-Nov.-7** Break and Enter Klahoose Band Office on Cortes Island. Entry was gained through a window at the rear of the office. A safe was taken, later recovered smashed open, as well as several cartons of cigarettes.

Quadra Island R.C.M.P. and Campbell River Identification Section are currently investigating the Break and Enters. Some suspects have been named, however the communities assistance is badly needed to help gather enough information to forward a charge. This past summer with the aid of Quadra and Cortes Island residents several incidents of criminal behavior have resulted in charges. Without the assistance from the community and those who may have information, "Crime Sprees" such as the B&E's may continue on, in what is a most usual peaceful community.

As a special note, please welcome Gerard and Melody CHOQUETTE. Gerard has taken over as the Corporal in charge of Quadra Island, after transferring from Saltspring Island. Gerard has over 23 years of policing experience in B.C., and is well known for his community involvement. Gerard and Melody were responsible for inspiring several community activities, helping the community and police work together.

## Woodlot Licenses 1897, 1898, 1899 Management Plan Public Viewing Notice

Management Plans have been prepared for submission to the Ministry of Forests for the following woodlot licenses on Quadra Island:

WL1897 located in the vicinity of Stramberg and Village Bay Lakes  
Licensee - Jerry Benner - (250) 285-2804

WL1898 located in the vicinity of Village Bay Lakes Road and Vic's Meadow  
Licensee - Nigel Ross - (250) 337-5640

WL1899 located along the east side of Surge Narrows Road east of the Village Bay Lakes bridge to Hoskyn Channel.  
Licensee - Snarpen Contracting (Mark and Karen Nighswander) - (250) 285-3548

These Management Plans describe the general intent of forest management activities at these

Woodlots in regards to fish and wildlife, forest harvesting, silviculture, recreation, preservation, etc..

These plans will be available for viewing by the public at the Quadra Island Community Hall on Sunday, November 21 from 1:00 to 6:00 PM. The plans are also available for review at any other time by contacting the appropriate licensee to arrange a private viewing. Any public input will be appreciated and will be considered in developing options for Woodlots 1897, 1898, and 1899. The deadline for receiving written comments is Dec. 15, 1999.

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## Honouring Gilean Douglas

Gilean Douglas is the subject of a soon to be released biography titled *Gilean Douglas: Writing Nature, Finding Home*. Douglas is loved as a British Columbia author, poet, philosopher and photographer and is a Canadian literary icon.

A book launch and reception will be held at the Cortes Island Museum on Sunday, December 5, 1999 at 2:00 p.m. Authors Jill Milton, a longtime resident of Cortes Island and Andrea Lebowitz, a member and founder of the Women's Studies Department at Simon Fraser University will be present to sign books and discuss Gilean's life and work. In addition, there will be a Gilean Douglas display in the Museum with emphasis on her writing life and the 40 years she lived on Cortes Island. Jill Milton, longtime friend of Douglas was named her Literary Executor along with the request that she bring her writing back into print. The resulting literary biography and anthology celebrates her writing and her life as a naturalist, feminist, politician, and ecologist. The Douglas story illustrates the changing world for Canadian women through the twentieth century. She was born a city girl into a wealthy family and at 16 was an orphaned heiress. She rejected the expectations of her class and society of the early 1900s and made her own way in the world as an independent woman. Douglas spent seven years in the Cascade Mountains in the 1940s. In 1949, she moved to 137 acres at Channel Rock on Cortes Island where she lived and wrote.

At the end of her life she said all she had ever wanted to do was write, and that nature provided the subject and haven that allowed her to achieve her dream.

*Gilean Douglas: Writing Nature, Finding Home*, published by Sono Nis Press, will reacquaint friends and followers of Douglas to her life and work, and will introduce new



## Museum at CR

### Traditional Floor Cloth Making

Saturday November 20 10:00am - 3:00pm  
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### "River City" Book Launch

Sunday November 28 2:00pm - 4:00pm  
Come celebrate the release of Museum associate Jeanette Taylor's book "River City", a history of Campbell River and surrounding area. Tea and refreshments with book signing by the author.

### A Homespun Christmas

Friday December 3 2:00 - 5:00pm  
The museum's annual festive gathering: refreshments, crafts and entertainment for the entire family. Museum admission.

## Comox Valley Art Gallery Craft Fair

The Comox Valley Art Gallery in Courtenay invites you to the 25th Annual Christmas Craft Fair, **Fri., Nov. 19 - Dec. 24**. For original design hand made works in pottery, jewellery, wood, glass, fabric and much more visit us at 367-4th St., downtown Courtenay or call 338-6211.

## Ceremonial Screens

Ron Hamilton, Ki-Ke-In, presents a slide discussion on the subject of Painted Ceremonial Screens of the Nuu-Chah-Nulth on **Wednesday, November 24<sup>th</sup> at 7:30 p.m. in the City Hall Council Chambers**. The program is sponsored by the Museum at Campbell River.

Over the past 30 years Hamilton has amassed the largest existing photographic record of painted ceremonial screens. The screens are large format painted wooden and cloth features that complemented the structures of big houses. Ornamented with naturalistic, geometric or highly abstract forms representing family crests and images of clan histories, these works are among the most esteemed hereditary treasures of chiefly families.

Painted screens are used in a number of ceremonial contexts. At potlatches they are set up to separate the space which houses the ceremonial performers from the area where spectators and guests are seated. The screens provide a tangible symbol of the division that exists between the supernatural and the everyday worlds.

Hamilton was born and raised at Ahaswinis, at the head of Barkley Sound on the West Coast of Vancouver Island. As a youth, he was impressed by the creative skills of many relatives, on both sides of his family. His teachers were composers, singers, dancers, painters, sculptors, actors and formal speakers. Hamilton's serious art career began in 1965 and he has been photographing and creating screens over the past thirty years. A pioneer in rediscovering and redefining traditional westcoast design, Hamilton has created over fifty-five screens of various sizes. Presently residing in Port Alberni, he immerses himself in the ceremonial and social life of his community and increases his knowledge of Westcoast song and ritual.

"Painted Ceremonial Screens of the Nuu-Chah-Nulth" is sponsored by the Museum at Campbell River and will be held at City Hall Council Chambers. Admission is \$5.50 per person, \$3.50 for seniors and students. Museum Society members receive a discount. For more information call the museum at 287-3103.



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## Short Films at Museum

This is your last chance of the season to view interesting and thought provoking short films in the Museum at Campbell River's art deco Westmin Theatre. On Friday November 26<sup>th</sup>, there will be a double bill showing at noon and 3 p.m. The films are *Yuxweluptun: Man of Masks*, and *Standing Still*.

***Yuxweluptun: Man of Masks*** is a powerful portrait of Lawrence Paul Yuxweluptun, a controversial First Nations artist. Through painting, photography, virtual reality, performance art and sculpture, Yuxweluptun produces bold and highly political works that engage audiences in a dialogue about Aboriginal issues. His large-scale canvases, influenced by surrealism, contain vivid and complex images. Considered one of this country's most important artists, Yuxweluptun has exhibited in Paris, Zurich, Barcelona and Switzerland. His major influences come from his Salish home - Vancouver, British Columbia.

From ozone depletion to land claims, Aboriginal rights to clear-cut logging, Yuxweluptun's images depict the many masks of oppression and suffering. The movie blends interviews, a journey to the Native earthworks of Saskatchewan, and a visit inside the virtual longhouse to present a new way of seeing contemporary First Nations art. The documentary, like the artist's work, provides a passionate and sometimes humorous glimpse to Salish culture.

***Standing Still*** is an experimental documentary by director Catherine Quinn who

asks four elderly women from Vancouver Island "what's it like being old?" "Exasperating beyond belief" answers Dorothy "I haven't been down to see if the primroses are out." In Response to the question "What's hard?" the Dorothy replies "I'm lonely" and "all the private jokes Colin and I shared have lost their point".

Mildred also experiences loneliness but views the present as a good time of life: she's active politically and writes letters to the editor. Ellen, a native elder, works as an addictions counsellor and spiritual healer. She is a *Setia*, Coast Salish word for grandmother, meaning wise woman. Ida describes the hard years raising her children in the bush, but now enjoys reading westerns.

These four very different women taught Quinn the importance of standing still to savour the present. They enabled her to confront her own fears of ageing. "I looked into their lives and fell into my own."

The films are co-sponsored with the World Community Development Education Society, whose mission is to foster an awareness in our community between local and global concerns. **Seniors may attend free of charge, and for others the admission is included in the regular Museum admission fee of \$2.50. For more information please call 287-3103.**

## A Homespun Christmas

The Museum at Campbell River's annual kick off to the festive season is scheduled for Friday, December 3. With this year's theme "*A Homespun Christmas*", the family event includes music, storytelling, kids' crafts, refreshments, the start of the Museum Shop's special gift-season sale, and, of course, a resplendent Christmas tree.

Nothing captures the spirit of Christmas better than handmade decorations, and the Museum's tree will be festooned with unique, individually crafted ornaments provided by members of the Friendship Quilters Guild and Midnight Shuttles Weavers Group. There will be demonstrations of spinning and weaving, with a chance for beginners to try, and a craft table where children are guided through their own project.

Master storytellers Lloyd Morris and Danny Brown

will captivate audiences with seasonal tales. Judy O'Dell will accompany the youthful voices of Jody Hagel, Kaydee Sutherland, Richelle Charlton, and Heather Fraser on piano. The Happy Wanderers' choral group "*Hooked on Singing*" will give a wildly enthusiastic performance, and the talented "*Mixed Notes*" of Kathleen Barrett, Debbie Block and Gerri Weiner will share their love of music.

Festive refreshments throughout the afternoon and a carol singing finale round out the program. Mark Friday, December 3 on your calendar and plan to drop by the Museum between 2 pm and 5pm for "*A Homespun Christmas*". Admission is included in the regular museum admission fee of \$2.50 adults, \$2 for seniors and students, free for children under six. For schedule information phone 287-3103.



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# Island Forum

## Sierra Quadra

### A Message From Our Visitors

Quadra's visitors have spoken—at least, of the thousands who visited our island last summer, 3,969 have had their say about what is attracting them to Quadra. Their message is telling us that a healthy and unspoiled natural environment has to be a significant part of Quadra's future.

From June to September—for about 87 days—the Visitors Information Booth in Quathiaski Cove is staffed by about 40 dedicated Quadra Seniors. As visitors drop in for maps, directions and advice about what to see and do on Quadra, the seniors record their requests and interests.

The historical records alone are revealing. In 1992, the seniors recorded 1,925 visitors at the booth. In 1995, the number reached 2,839. The 1997 count was 3,342, climbing to nearly 4,000 in 1999. The trail maps, first available in 1989, were bought by 458 people. The Visitors Information Booth and eight other outlets sold 746 maps in 1999.

The record of the requests and interests of last summer's visitors were summarized in Grape Hour, the Quadra Seniors' report in the September/October edition of Discovery Passage.

What were these requests and interests? "Wilderness, scenery, wild life, forests, native culture, boating, diving, hiking, biking and local art galleries topped the list," noted the Seniors' Report. Should anyone be surprised?

What is surprising is the sample of world travellers who find their way to Quadra. The seniors' report cites visitors from across Canada

and the United States, plus others from Holland, England, Japan, Australia, New Zealand, Sweden, France, Italy, Russia, Poland, Switzerland, Finland, Belgium, Israel, South Africa, Spain, Ireland, Venezuela, Trinidad, Channel Islands, Czech Republic, Wales, Austria, Hong Kong, Isle of Wight, Taiwan and Pakistan. And from Toronto, too. Amazing!

These visitors patronized the local resorts, lodges, restaurants, B&Bs, art galleries, craft shops, pottery studios and grocery stores. They nourished local businesses and they employed local people. They rented kayaks and boats, hired guides, bought gas, paid for campsites and crowded the Farmers Market. Although they also crowded the ferry, they became the passengers who are providing the income that increases the revenue that reduces the subsidies that result in lower year-long ferry rates for islanders.

The Seniors' Report cites other interesting information about these visitors. "A few came cold, not knowing what to expect," a common practice with people on holidays. So, in the spirit of summer, they explored an unknown island and opened to whatever surprises unfolded.

"Some expected...to be able to go to the shore and watch the Orcas play. Some had taken warning to avoid bears, cougars and wolves very seriously. One young European lady reported being frightened out of [her] campsite by a bear with white mask markings across its face." All this in the spirit of high summer adventure, in the fun and excitement of being on an exotic, unfamiliar island alive with imagined mysteries and natural wonders. Perhaps many left enlivened with exciting

and marvelous stories of forests, mountains, fish, wildlife and adventure, their memories still resonant with images of beauty and natural splendour.

And for us, now that these visitors have come and gone for another year, Quadra is left very much as it was before they arrived. They have taken with them their stories, photographs, souvenirs, pottery and handicrafts. Maybe even a painting or a sculpture lovingly created by an Island artist. Perhaps a massage is still tingling in the flesh of their sun-warmed bodies.

It is not a lowly service to provide these rewards to travellers who come in trust and anticipation. Vacations feed souls, refresh spirits, charge people with the rush of life that might be missing throughout the other months of their year.

In exchange, they bring to Quadra their smiles and their generosity—for, generally, they are good people. And their wealth helps to sustain us. Without the affluence of these visitors, Quadra would be a poorer place for the entire year.

But the truth is, they and others will continue to come. Some will just visit. Others will stay. And Quadra will continue to grow—whether we approve or not. The population will continue to rise and the economy will find a way to match that change. The essential challenge for us will be to direct and manage this growth so the attributes which attracted us here can be kept for as long as possible.

The attitudes of our summer visitors can instruct us in this difficult task. If we can maintain their fresh and excited outlook, if we can continue to be charmed by the natural beauty and extravagance of Quadra, then we will have the

inner resources to protect it and to use it both carefully and wisely. For, as our visitors confided, they came for "wilderness, scenery, wild life, forests, native culture, boating, diving, hiking, biking, and local art galleries." Not very different from the lure that brought most of us here.

Ray Grigg  
for Sierra Quadra

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, Dec, 13th.

*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.

Submissions must be signed and include a phone number (for verification only). Items may be edited for content or layout considerations.

**Next deadline 7pm November 29<sup>th</sup>**



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# Island Report

## Campaign to Restore Old Foghorn Going Full Blast

by Tanya Storr

Beeee-doooo, beeee-doooo... do you miss the sound of the old foghorn? If you do, or if you're concerned the new horn isn't loud enough for mariners to hear, now is the time to say so. A campaign to reconnect the old airhorn has been initiated by Courier-Islander publisher Neil Cameron and is going full blast.

Cape Mudge lighthouse keeper Jim Abram said the campaign began after people complained about not being able to hear the new horn during a stretch of foggy days in October. Many of those who could hear it on Quadra and in Campbell River said they hated its beeping sound.

"Neil Cameron called Pablo Sobrino, Coast Guard Director of Operations for Marine Programs, and Sobrino told him the community can buy the old foghorn from the Coast Guard for \$1 if there is enough public support. He also told Neil that the cost of maintenance for the old foghorn is a few hundred dollars a year, but it's actually less than that—probably under \$50 a year. It's a foolproof, simple mechanical device that has worked well for 100 years and is still functioning perfectly," Abram said.

"The Coast Guard says it costs \$1,600 a year to maintain the new electric horn, so by their own admission it doesn't make sense to keep the new horn running," he added.

The first electric (solar powered) foghorn was installed as part of the Coast Guard's destaffing program. However, it was too high-pitched and one component broke down, so the Coast Guard replaced it with a second electric horn.

The second electric horn is the one currently in use at Cape Mudge, but Abram noted it is only rated as a half-mile horn which is inadequate for mariners.

"The Coast Guard wasted an incredible amount of money on electric horns, but they never needed to disconnect the old airhorn because the lightkeepers never left and the hydro is still there. The whole thing was a comedy of errors," he said.

Reconnecting the old airhorn would be a very simple task, he added, and the lightkeepers can turn it on and off manually if the fog detector doesn't work properly.

The idea behind Neil Cameron's campaign is that the community would pay for the maintenance of the airhorn,

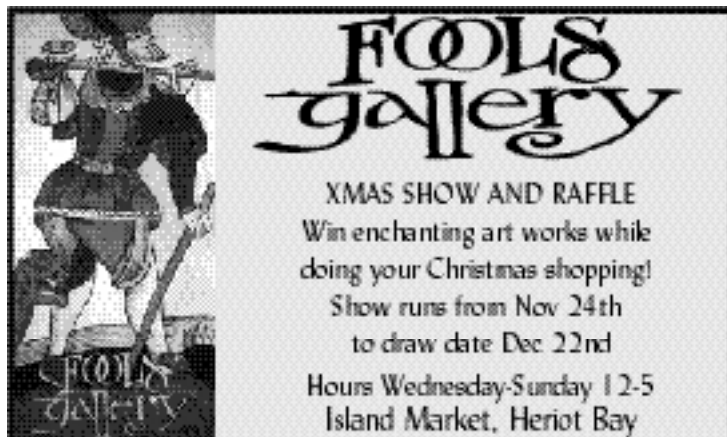
although details haven't yet been worked out. The main push at this point is to get the old horn reconnected.

Jim Abram said people are telling him they really want and need the old airhorn back.

"I hope the Coast Guard sees the light and decides to put the old horn back on, and that they continue to maintain it, after they see the incredible effort the people of this area have put into this. The Coast Guard should listen to the community and reconnect the old airhorn. The marine community needs it."

The campaign will run for a few more weeks and then the Coast Guard will assess the level of public support and make a decision. If you want to support the campaign to reconnect the old foghorn, sign one of the petitions in the stores or pubs, or fill out one of the forms in the Courier-Islander and follow the directions for mailing, faxing, or dropping it off. You can also fax or phone Pablo Sobrino directly:

Pablo Sobrino,  
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# We Will Remember Them

by Tanya Storr



*Remembrance Service at Quadra Legion*

## Remembrance Day Service

There was an excellent turnout at the Quadra Legion for the Remembrance Day service on November 11. Approximately 150 people packed Legion Branch 154, including veterans, other Legion members, Quadra residents, representatives from the RCMP and regional district, and members of the Canadian Forces Base (CFB) in Comox.

Cliff Hand led the service, which began with the singing of 'O Canada'. After everyone sang the hymn 'Abide With Me', accompanied by Ken Duncan on piano, Cliff gave the address.

He touched on the history of war across the centuries, a fitting topic for the last Remembrance Day of the millennium, and also shared some of his personal memories of wartime in England during WWII.

"Wars of one kind or another seem to have been with us throughout our

existence, and from the earliest of records it seems that the aggression of the oppressor has always been met by those willing to fight against oppression to retain the things they held dear, and who were prepared to defend or die in the attempt," Cliff said.

He noted that few countries have escaped wars on their own shores, and Canada is one of the few large young countries that fortunately has remained mainly peaceful.

"We should all be extremely grateful for the peaceful shores of Canada," he said.

Cliff recalled Britain mobilizing due to the threat of war in early 1939, when he was a 12-year-old schoolboy. Along with many thousands of other children, Cliff was about to be evacuated out of the city in which he lived into the country, away from what were considered prime areas for German

bombing attacks. Many of those areas were bombed heavily as the war progressed.

Cliff remembered all citizens being issued with gas masks, probably from fear of a repeat of the mustard gas attacks of the First World War. The masks were supplied in a cardboard box about the size of a loaf of bread, but fortunately they were never put to use.

"Other things that come to mind as a boy: people on war work, lots of shortages and food rationing, long queues for everything, no private cars on the roads, Volunteer Home Guard protecting the coastline from enemy infiltration, slogans claiming that idle talk costs lives. Air Raid Wardens doing patrols and air raid shelters . . . complete black out . . . the 6 o'clock BBC news on radio giving the events of the day—usually the score of enemy

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planes shot down against our own losses, or songs by Vera Lynn such as 'The White Cliffs of Dover'. Barrage balloons on wires operated from parks and fields on winch wires, sent up to about 1000 feet to ward off low flying enemy aircraft; the whistle of falling incendiary and high explosive bombs; demolished buildings; and fires on the Manchester docks that burnt for five months," Cliff recounted.

He closed by saying, "Let us hope that as we enter the new millennium peace between all nations will become a more common occurrence than in the last 100 years. On this Remembrance Day, the last of the 20<sup>th</sup> century, we must not forget that Canadian men and women—whenever called upon—have willingly rallied to the cause to preserve the peace we hold dear. Today we remember with respect all those who have died in any theatre of war that Canada has been involved in."

Following the evocative notes of 'Last Post', everyone present observed a two minute silence to remember those who have lost their lives in war. Rob McKerracher then played 'Lament' on the bagpipes. After the stirring sounds of 'Reveille', the assembly sang the hymn 'O God Our Help in Ages Past' and recited the Lord's Prayer.

Wreaths were then placed before the white cross at the front of the room by representatives from the regional district, CFB Comox, RCMP, Legion Zone, Legion Branch, Ladies Auxiliary Branch, and Quadra Seniors.

After the service, the wreaths were carried outside to the cenotaph in the gently falling rain. As people stepped forward and pinned poppies on the wreaths, four

members from Comox service groups (one Navy, two Airforce, and one Army) formed a vigil party surrounding the cenotaph.

## Reunions and Wartime Memories

After the service, the Ladies Auxiliary put on a delicious sandwich lunch and I had the opportunity to speak with some of the people who had attended.

Sergeant May of CFB Comox said the members from the base were glad to attend Quadra Legion's Remembrance Day service.

"We were invited so we thought we'd most definitely come. I believe it's the first time we've been," he said.

Legion First Vice-President Laurence Hargreaves commented on the excellent turnout at the service this year.

"It gets better every year. For the last one of the century it turned out really good," Laurence noted.

Colleen Karton, President of the Ladies Auxiliary (L.A.) and Quadra Seniors, said she was pleased to see so many children at the service. "We like to have children come," she told me.

L.A. Treasurer Chris Dyson agreed, saying she thinks it's good for the children to learn about their ancestors' war efforts.

Two years ago at the Remembrance Day service, Don McDonald and Doug Hayward reunited after not seeing each other for more than 40 years. Don and Doug both fought in the Korean War with the 2<sup>nd</sup> Battalion of the Queen's Own Rifles of Canada, and went over to Asia on a ship called the *Marine Links*.

This year Don reintroduced Doug to another fellow infantryman from the Korean War, Fred Purchase, who was up from Courtenay for the Remembrance Day service. Fred, who was nicknamed Pop Purchase over in Korea, was also in the 2<sup>nd</sup> Battalion of the Queen's Own Rifles of Canada and went over to Asia on the *Marine Links*. He and Doug had not seen each other since they left Korea 45 years ago.

"When my daughter brought me in this morning, Don said I've got somebody here you would know—and there was Pop Purchase! It's just unbelievable that I would see him again, and on Quadra Island no

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Fred Purchase, Doug Hayward and Don McDonald  
Photo: Tanya Storr

less," said a beaming Doug Hayward.

Fred, who is five years Doug's senior, remembered Doug as being "just a kid then." He explained that Toronto was home base for the 2<sup>nd</sup> Battalion of the Queen's Own Rifles of Canada, and they all left Toronto together to board the *Marine Links* and sail to Asia. After their service in Korea, Doug and Don returned to Canada on a ship called the *General Mann* and Fred came back by airplane.

Don, who has kept in touch with Fred over the years, pointed out that it is indeed a small world. "This is why I go to these reunions. Every time I go I see someone I haven't seen for 30 or 40 years," he said.

Sam Hooley was in the Navy during WWII, and took the time to share some wartime memories with me. Sam worked as a diver in Victoria and on the East Coast, and also served on some of the destroyers doing escort duty out of St. John's, Newfoundland.

He recalled the Cunard liner *Queen Elizabeth* arriving at the Esquimalt dry dock in 1942. Sam and some other Navy divers had to clean everything possible off the sea bottom in front of the dry dock so the great ship could get in.

"It was a terrible job—there were pilings down there and lots of other things. When the ship came in, there was only two feet between her keel and the bottom, and that was at an extreme high tide. Esquimalt was the only dock that could handle her. She just towered over the other ships at the dock," he said.

Sam also told me about some rough passages across the Atlantic. "I often said anyone who enjoyed being in the Navy and on some of those ships we had would enjoy a vacation in hell. They went to sea no matter what the weather—they had to go."

He said there were a large number of Newfoundlanders in the Canadian Navy who were very good small boat guys.

"Some of them couldn't read or write but they could do what needed to be done at sea," he recalled.

"War is a terrible thing," he added. "Everybody jumps in there but you soon get disillusioned."

## Poppy Drive Sets Another Record

I spoke with D-Jay Keim, who took over from longtime Legion poppy fund administrator John Pollard last year, a few days after the service. She said the poppy drive raised over \$1,200 this year.

"I'm very pleased. That's even more than last year, when we raised just under \$1,100. We're doing better every year. The money raised stays on Quadra. It has helped out in different school programs and for veterans' families in times of need. Some of the veterans are no longer with us but their families are so now we're able to help them," she said.

This year eight members of the Campbell River Legion Pipe Band did a pub tour on Quadra to raise money for the Quadra poppy drive. D-Jay and Legion First Vice-President Laurence Hargreaves travelled with the band and collected donations from pub patrons while the four pipers and four drummers dressed in Hunting Stewart tartan wowed the crowds with their music. The tour took place on November 6 and made stops at the Legion, Heriot Bay Inn, and Landing.

Quadra resident Dion York, a member of the pipe band, organized the tour. Last year Dion did a solo pub tour of Quadra with his bagpipes while D-Jay collected donations, but this year Dion asked his fellow band members if they would be interested in coming over to Quadra and joining him.

"Eight band members and some supporters managed to make it, which was great. The whole focus is the poppy drive—the band members volunteer their time. Laurence and D-Jay volunteered their time too, and Don McDonald allowed us to use his vehicle to drive the band members from pub to pub," said Dion, who along with the rest of the band had toured Campbell River pubs the night before.

The pipe band is hoping to do a repeat poppy drive performance in Quadra pubs next year.

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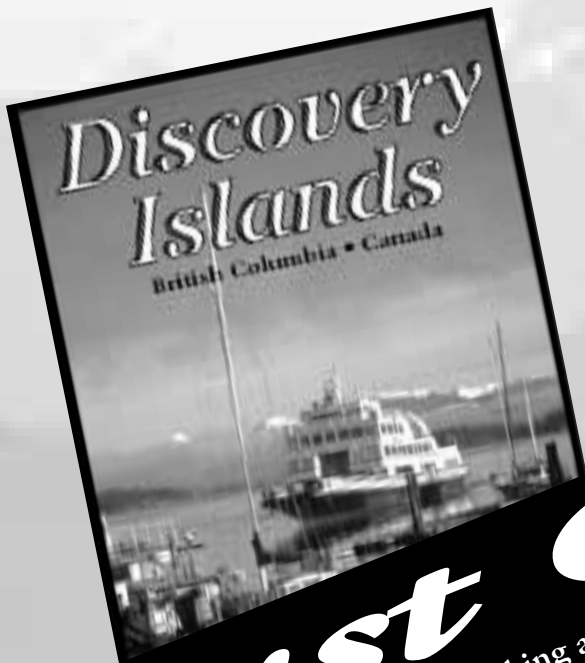


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# Singing for Life and Hope

by Tanya Storr



Quadra Singers

Photo: Frank

When Shirley Wallace found out she was cancer-free after fighting what she described as "a hefty bout of ovarian cancer" earlier this year, she felt compelled to do something to say thank you. An active community singer for many years, she decided to put on a Choral Celebration of Life and Hope to raise money to help in the battle against cancer.

Shirley asked her specialist where funds are needed and she suggested that the money raised go towards the purchase and maintenance of equipment for the Victoria Cancer Clinic.

"My own experiences at the Victoria Cancer Clinic revealed the need for more and better equipment, so I feel good about raising some money towards that," Shirley said.

She brainstormed a list of everyone she could think of who might be interested in singing in the concert, and ended up with an enthusiastic choir of approximately 22 singers. Shirley put the concert program together in the summer and rehearsals started in mid-September.

"We've been practicing once a week and we've had a few small group rehearsals now and then. It's a lot of fun," she told me.

The concert will take place on Sunday November 28 at the Quadra Island Bible Church. Doors open at 7 p.m. and the concert starts at 7:30 p.m.

Shirley, who has been singing since she was a child, used to be a member of Quadra Singers and she sung with a group of approximately 10 friends at the Quadra Island United Church on and off for a few

years. She also has experience directing, and is both directing and singing in the upcoming concert.

Shirley emphasized that this is not a Christmas concert, nor a church service. "The Bible Church members have offered their church for this community concert. It's an event for the whole community to enjoy and help us raise funds with the assistance of the cancer societies."

Mary Murray, who is one of the singers, said she has really enjoyed rehearsing with Shirley.

"I have great admiration for Shirley. She's a very talented, inspiring, joy filled, wonderful woman. I'm very excited to be part of her Choral Celebration," said Mary.

The choir will be performing some spirituals, some selections from classical cantatas (Mendelsohn, Brahms, Bach, and Fouré), and some other pieces for fun and audience participation.

Joyce Baker and Mary-Ellen Wilkins will be accompanying the singers on the piano, and Joyce Fodor will be playing the organ. There will also be a short folk dancing performance by the Tuesday Night Folk Dancers.

After the concert, refreshments will be provided by the Quadra Island Breast Cancer Support Group. Admission to the concert is by donation and all the money raised will go towards the purchase and maintenance of equipment for the Victoria Cancer Clinic. For more information about the concert, call Shirley at 285-2297.



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What is the fastest growing sector of the economy that is also the largest source of new jobs in the marketplace? Computers? Telecommunications? Wal-Mart? No, the answer is small business, defined as businesses doing less than \$1 million a year in sales and employing less than 15 people. This somewhat surprising statistic really should not be a surprise at all, as many surveys have shown that the majority of people would prefer to be self employed if they could. Just think about the joys of being your own boss, setting your own hours, free from the tyranny of incompetent bosses, and reaping the financial rewards of your own efforts. And, yes, pigs really can fly.

Being the owner of a small business has to be one of the toughest ways on earth to make a living. Yes, you do get to set your own hours, generally between 10 to 14 hours a day for 6 days a week. You won't have an incompetent boss, but what about incompetent, lazy or dishonest employees? And the financial rewards... occasionally there might be a bit left for you to take the weekend off and celebrate at White Spot. Of course I'm being facetious, but the truth is that running a small business is very tough, with an extremely high failure rate, and very often little in the way of financial reward.

For one thing, you are not your own boss. You are responsible to your employees, your customers,

your suppliers, landlord and banker. The government is on your case every which way but Sunday, and your family will probably forget what you look like. And when cash flow gets tight, you are the one to which everyone looks to solve the problem....by yesterday. This in spite of the fact you haven't drawn a pay cheque in the last 6 weeks. But of course there are rewards for taking on the risk, provided you are supplying a product or service for which there is demand, and you do it well. But this generally will take several years of very hard physical and mental work, a modicum of good luck, and a cooperative economic environment. About 2 out of 5 small businesses will achieve success in a given 5 year time frame, success being defined as still in business with a healthy balance sheet and growing revenues. I think it is great to see small business thriving as we enter a new century, because the late 20th century has spawned the mega-corporation and monster stores that are rapidly taking over the majority of retail sales. I don't think anyone would argue the fact that one can generally expect far better service from a small store, and the benefit to the local economy is far greater than that provided by the big box store.

As I write this column, some pea-brained person or persons are laying low after causing severe havoc and distress to at least 5 QCove small business people by breaking, entering and senselessly vandalising their premises. One can imagine

the sense of violation they must feel, and I think we all share their understandable anger at the moron(s) responsible. But one of the worst aspects of this juvenile stupidity is that I'm fairly sure that in most cases there will be no insurance to cover the damage. Most business insurance coverage is significantly more expensive than homeowners plans, and consequently most people will select the higher deductibles to lower the premium. \$1,000 or \$2,500 deductibles are not uncommon. And even if the deductible is low enough to warrant a claim, we all know how understanding the insurance companies are, particularly when renewing the policy after a claim. And to add insult to injury these businesses suffer the financial loss of turning away business while cleaning up the mess.

The world of small business is not for the faint hearted. In my years of banking I have seen many more fail than succeed, and it is definitely a low point in one's day when you have to tell somebody that it is all over, particularly after they have struggled for years. Fortunately this is offset by the many small business successes in which I have participated as their banker. So congratulations to all the successful small businesspeople, and good luck to the budding entrepreneurs who will be the economic engine of the 21st century. And to the misfits responsible for the recent damage...Nah, you're



# Don't Harsh My Mellow

**Darlene Booth R.N.C.**

**Stress.** By definition can be any factor - physical, emotional or other - that upsets the natural balance in the body. Stress is ever present - everywhere. We live in a fast paced, high tech world and few people today are unaffected by it. While the body is capable of dealing with some stress, each individual has definite limits as to how much is tolerated before it begins to affect mental or physical health. Chronic, long-term stress hinders the response of the nervous and hormonal systems, changing the functioning of many organs and eventually, results in disease or disorder. Stress can be an unhurried yet scrupulous killer.

Psychological stress may exhibit as depression, anxiety, worry or fear. It makes no difference whether the root cause of our amplified emotions is imaginary or real, the body will still respond on the physical level. Tense muscles, rapid heart beat and profuse sweating are just a few reactions to stress within the intricate mechanisms of our psyche.

Accident, injury, disease, puberty, pregnancy, menopause, exposure to excessive noise, vibration, fumes or chemicals are just some of the physical assaults we are subjected to. What happens to a piece of metal that is subjected to a continual physical stress such as bending? It eventually snaps! The human body is no different. We are able to bend - go with the flow - adjust - but only to a point. But beyond that point, we will suffer the consequences.

Stress can manifest itself in a host of physical symptoms. Eating disorders, impotence, insomnia, fatigue, digestive problems, headaches, memory problems, irritability, high blood pressure and muscle aches and pains may be your first clue that stress is eroding your health. If ignored, or not handled properly, serious illness may be the next challenge you face.

Your best strategy in stress management will be to develop a nutritional and lifestyle approach. While the most obvious answer is to just get rid of the factor that is contributing to your stress, it is not often as simple as that. It is more realistic to effectively manage the stress that you are exposed to. This may include practicing meditation, deep breathing, aerobic exercise, yoga, tai chi, aromatherapy, acupuncture or even just creating a diversion to the stress

response. There are many effective therapies, it is just a question of finding the ones that work best for you. You may need to seek out some professional help with effective stress management tactics. Or just repeat after me - "Don't harsh my mellow!" Personally, I find laughter of great benefit.

Nutritionally, the best dietary approach would include a variety of wholesome natural foods and avoidance of refined carbohydrates, caffeine, alcohol and sugar. Stress not only interferes with the assimilation of the food we eat but it also depletes the body of certain vitamins and minerals. Of particular importance during periods of stress are the B-complex vitamins, vitamin C, and even minerals like zinc and magnesium. Many stressed out people will turn to drugs, alcohol or comfort foods for relief, but these practices contribute to the same nutritional deficiencies that stress does. Deficiency will lead to a weakened immune system and increased frequency of minor viral and bacterial infections. Some super foods for stress management would include legumes, fresh fruit, leafy green vegetables, nuts, seeds, dairy products, fish, liver and whole grains. Dietary supplementation of the water-soluble B complex and C vitamins may be beneficial.

Whether your pressure is from a relationship, grief, financial problems, career change, divorce, relocation, examination or anticipation of upcoming holidays - these life events all share one common factor. High stress ratings! And while there may be some areas in our life where more is better...not so with stress. Minimize, trivialize and get stress wise! This is definitely one area where an ounce of prevention can go a long way on the road to optimal health. Everywhere I look something or someone is trying to harsh my mellow! Chill out...Good Health to You!

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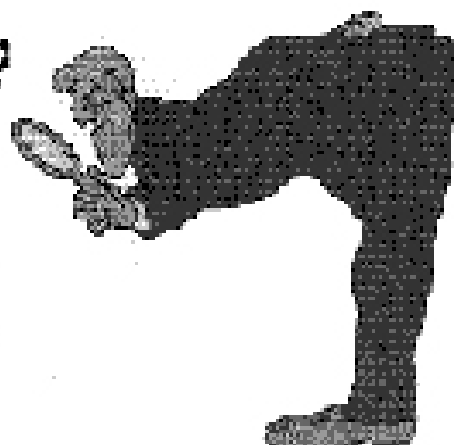
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4.3	1405	14.1
2130	5.2	
1.6		
Su 3.8 <b>21</b> 2.5	0320  0810	12.5  <b>8.9</b>
1440	14.4	
4.4		
2140	4.3	
1.3		
Mo 4.0 <b>22</b> 2.9	0415  0855	13.1  <b>9.5</b>
1510	14.4	
4.4		
2215	3.0	
0.9		
Tu 4.2 <b>23</b> 3.1	0510  0940	13.8  <b>10.2</b>
1545	14.8	
4.5		
2300	2.3	
0.7		
We 4.3 <b>24</b> 3.3	0605  1030	14.1  <b>10.8</b>
1625	14.4	
4.4		
2345	1.6	
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Th 4.4 <b>25</b> 3.4	0700  1140	14.4  <b>11.2</b>
1710	14.1	
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Fr 0.5 <b>26</b> 4.4	0030  0755	1.6  <b>14.4</b>
1415	11.5	
3.5		
1755	13.1	
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