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Discovery Islander

Community News and Events from Quadra, Cortes and the Outer Islands



ISSUE # 237
APRIL 13TH, 2001
FREE



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On the cover

Katimavik: Theresa Perrault, Noémie Poulin
 & Nick Andrews with Mia Frisholz, Don
 Doolittle & Ann Doolittle in the Quadra School &
 Community Garden Photo: Tanya Storr

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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.
- Items prepared on a computer should be sent by email or saved on disk in **Word** or **rtf** to avoid us having to retype. Please NO BLOCK CAPITALS. No lines between paragraphs & please spell check in Canadian English, 600 words maximum for unsolicited material. No MS Publisher Files please.
- Send multiple items by email in separate messages.
- 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 PostIts or other labels.
- Artwork sent by fax cannot be published.

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: 7pm Monday, April 23rd



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Island Calendar

•1st Friday of every month

-Yak Shak Coffee House
7:30-10pm

•Every Saturday

-Fall, Winter, Spring Market QCC
10:00a.m.- 2:00p.m

-Village Square Winter Market Village Square
10:00a.m.- 2:00 p.m.

April 13, Friday

-Marimba Mazuva & Guests QCC
Doors 7:30 p.m. Dance/Concert

April 19, Thursday

-Quadra Island Garden Club QCC
7:15 pm Topic: New Perennials for 2001

April 20, Friday

-Catholic Mass Quadra Island United Church
5 p.m.

April 21, Saturday

-Sierra Club beach cleanup
& Earth Day celebration
10:00 am to 4:00 p.m. Rebecca Spit
-Plant & Bake Sale Quadra Legion
11a.m. - 2 p.m.

April 22, Sunday

-Taizé Service Quadra Island United Church
7:30 p.m.

April 28, Saturday

-Quadra Singers Spring Concert QCC
8:00 p.m.

May 5, Sat.

-Island Voices Concert St. Peter's Church, C.R.
8:00 pm

May 26, Saturday

-May Day Dance Quadra Legion
9:00 p.m. - 1:00 a.m.

Fall, Winter, Spring Markets

For all the islands. Every Saturday, 10am - 2pm. Starting in the beginning of May Farmers Market behind Quadra Credit Union Donation suggestions of \$5/table, \$2.50 half table or children. Quilters, crafts, garage sellers, jugglers, live music, fun etc. Better, cheaper and more convenient (no ferry fare needed) than Walmart, Zellers, Superstore etc. Come one, come all. Etc., etc., etc. for ever. For info. call 285-3766

Flea Market

March 31 is the date for the Legion Ladies Auxillary Annual Flea Market. 10 am to 2 pm at the Legion Hall. Table rental is \$5 each call Chris 285-2207 or Joyce at 285-3971 to reserve. Light refreshments available. Turn your spring cleaning efforts into cash at this entrepreneurs opportunity. Everyone welcome.

Open Stage

Come and share your talents in an evening of variety entertainment for the family, songs, poetry, juggling, dance. Admission \$3.50. Students & performers \$2. 1st Friday each month, 7:30 - 10:00pm, Yak Shack Coffee House, corner of Taku Rd.. and Heriot Bay Rd.. Downtown Heriot Bay. For more info. call John at 285-2958

UP FRONT CLASSIFIEDS

Aerobics with Marion

Tuesdays and Thursdays from 6pm-7pm at the Community Hall. Join a complete body workout to a great music. High-Low Impact Aerobics with some Strength training, Floorwork and Stretching. 8 sessions \$32. Drop in \$5. Students \$3. For questions call Marion 285 2895. Hope to see you there!

Think Green

Did you know Ralph Keller's party will insist that BC's portion of the federal surplus be returned to BC to put towards the health care crisis? Information 285-2830.

Event classified available for promoting for-profit events or workshops. Cost \$5.35/40 words/issue or \$8/column inch for longer ads.

Catholic Mass

5 p.m., Quadra United Church, Friday, April 20. Simple Potluck afterward and a video on "Development & Peace" (the Social Justice Committee) from rides etc. 285-2280

Watch for News of our new Discovery Islander office in Q-Cove Opening in May!

Cousin Harley and the James Gang



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come for dinner-wings night Friday 4-8
chicken dinner Saturday, 5-7 pm



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Marimba Muzuva

with special guests Julia & Garidziva
Chigamba

The dynamic melodies and pulsing rhythms of Zimbabwe inspire this joyful and energetic band. Muzuva's happy and hypnotic music has been a crowd-pleaser since the early 1990's. Since that time, the band has carved a prominent name for itself in the West Coast Folk and World Music scene by playing a wide variety of performances and consistently getting audiences up on their feet to dance. The music has a power all its own: it is vibrant, interactive and percussive. It brings people together and puts a smile on every face.

Muzuva features 8 members playing soprano, tenor, baritone and bass marimbas (wooden xylophones): mbira (thumb piano): hosho (gourd shakers): ngoma (hand drum): and drum kit. The band also composes original music and, for added excitement, sometimes performs maghavu (leg shaker) and South African gumboot dances. Each member brings a unique talent to the group, some have played and recorded with other artists, including Djole, Spirit Gate and DJ Tyger Dhula.

Special guests Julia and Garidziva Chigamba are sister and brother who are part of an eleven family member ensemble called Mhembero. This family learned their music in the traditional way from their own family members who were musicians, dancers and spiritual worshippers in Zimbabwe. We're privileged to have these traditional performers and teachers from so far away come to our small corner of the globe.

Come on out to see this exuberant band and these very special guests on Friday the 13th. It will be held at Quadra Island's newly renovated Community Centre for which this is a fundraiser. Doors open at 7:30, showtime is 8:00. And YES there will be plenty of room to dance!

Advance tickets can be purchased at the Java Shak, the Explore Gallery and Quadra Crafts for \$10, or at the door for \$12. Children ages 5 to 12 are \$6. Refreshments will be sold.

There will be dance and marimba workshops the next day. Contact Sunday Dennis at 285-2633 to register.

Thank You !!

Quadra Island Spinners and Weavers Guild wish to thank all those who supported our MS Walk. Six members walked in Courtenay to raise money for Multiple Sclerosis in honour of Lesley Adams, a spinner and weaver and a member of our Guild for several years. Lesley was diagnosed with MS only a few years ago and already is severely limited in the practice of her favourite hobby. Although she has recently moved to Alberta we have chosen to remember her by making a commitment to this cause. We raised \$2,052 here on Quadra and we sincerely appreciate your donations so until next year, thank you!

Two Quadra Singers Spring Concerts

On Friday, May 4, Quadra Singers are joining forces with the North Island College Professional Cook Training and Tourism & Hospitality Students to present a fabulous "Spring Concert & Dinner" at the NIC Third Course Dining Room and cafeteria for \$25 per person (includes all taxes & gratuities). The buffet dinner will be prepared and served by NIC students and will include a full range of delicious salads, pork loin and vegetarian cannelloni entrées, and very special desserts.

If the music alone is filling enough, on the previous Saturday, April 28, Quadra Singers will perform their Annual Spring Concert at the Quadra Island Community Centre at 8:00 PM (doors open at 7:30). Tickets \$8 at the door.

Quadra Singers is a community singing group, directed by John Montgomery, musical director for Shoreline Productions and music teacher at L'Ecole Phoenix. After singing with John for ten years their tuneful, energetic and entertaining concerts have become legendary in the community. Just a few of the songs on the entertainment program that will send you home with a song in your heart include a couple of timeless classics by Mozart, a touching "West Side Story" medley, a lullaby by Billy Joel, and a rousing selection of energizing spirituals. Small group and solo performances will add spice the festivities. Helen Moats will accompany with her usual grace and finesse on the piano.

Quadra Singers are always looking for more members. Why not check them out and indulge in a treat for ears and taste buds as Quadra Singers stroll down their musical memory lane? Tickets are on sale at Page 11 Books, the Tidemark Theatre, the NIC cafeteria, and Steph & Gordie's Picture Framing in Campbell River. On Quadra Island, get tickets at Hummingbird Office Supply or Quadra Crafts. Call Nancy at 285-3105 or Nancy at 285-2772 for more information.

Quadra's Annual Beach Clean-up

Quadra's Annual Beach Clean-up has become a great way to beautify those special places on the island that everyone enjoys. Started four years ago as a celebrat Earth Day, the event has now become a yearly communlebration of Earth Day, the event has now become a yearly community activity involving dozens of participants. And the more who come to help, the cleaner our beaches will be!

The garbage (usually washedeaner our beaches will be!

Garbage (usually washed quite clean by the ocean) is collected in bags (the bags are provided) and brought to a central collection location at Rebecca Spit where it will be loaded on large trucks for transportation to the Campbell River dump. The trucks are provided free by Quadra businesses, free passage is provided by BC Ferries, and free dumping privileges are provided by the Regional District. The bagged garbage from remote beaches on Quadra will be collected from designated pick-up sites by volunteer drivers.

This year's event will take place on **Saturday, April 21 from 10:00 am to 4:00 pm**. The Beach Clean-up headquarters will be set up just inside the entrance to Rebecca Spit Provincial Park. Here empty bags can be picked up any time during the day and the bagged garbage will be received any time up to 4:00 pm. Collection of bagged garbage from the designated, remote pick-up sites will be at 3:00 pm.

Free food, courtesy of Quadra's stores, will be served at the Rebecca Spit head from 1:00 pm to 4: head quarters site from 1:00 pm to 4:00 pm. Earth Day entertainment is being planned. The participant who brings in the most unusual found object will be suitably honoured.

If you want to choose a special beach to clean up, if you want to arrange for an early pick-up of empty garbage bags, or if you want to know the location of the remote collection sites, please contact Ken at 285-2580. You can also get other Beach Clean-up information from Ken.

Thankyou Quadra!

Our 2nd Annual "GARAGE SALE" for Quadra Island Minor Softball was a fabulous success! Thankyou to all the people who donated items and, our great volunteers. Huge thanks to Quadra Island Recreation Society. Quadra is a wonderful community to live in and we are most appreciative of your support. Thanks again!

Michele Sjöholm Q.I.M.S. Get involved. Volunteers are always welcome!

Canadian Cancer Society

The Canadian Cancer Society is looking for your help in the upcoming door to door Cancer Campaign.

April 1 to 30th is Cancer month. If you could please spare a few hours to canvass on Quadra, it would go a long way in our on-going fight to find a cure to cancer.

We have a very dedicated group of volunteers canvassing but we still have areas on Quadra that we don't reach: Heriot Bay Road from Buker Road to the Heriot Bay Store including Schooner Road and Pilot Road; Smiths Road, Fir, Arbutus, Alder, Spruce and Cedar Road; We Wai Road and Cape Mudge Village. Thank-you!

Shirley Muress.

If you can help with any of these areas, please call Mary Dennison at

285-3764.

A Celebration of Quadra Artists

On Wednesday, April 25 at 7:30 p.m. in the Tidemark theatre lobby, the Quadra Island Arts Alliance will be hosting performances by some of Quadra's most entertaining people. The lobby, even as you read this, contains a Quadrillion pieces of art - filling every Quadrant, of work by Quadra quilters, painters, sculptors and boat builders. On that Wednesday the visual arts will be supported and uplifted by the performing artists, none of them I'm sorry to say are Quadrapeds. Even so, it will be an evening to remember and since the price of admission is by donation, it's an evening you can't pass up.

As my owl friends have been asking me recently, "Whooo's going to be there?" The Hurling Harlequins will be juggling anything that's not nailed down. Jeanette Taylor will be reading from her and Ian Douglas's soon to be published work about Quadra Island. The amazing Fox family will be singing their hearts out, doctors get in free just in case. Judy O'Dell and friends will be mixing up some of her special brew of humour and music. The fashion diva from Bossanova will be reading something from her literary closet but the big question here is ... what will she wear?

But wait ... there's more. I'm not going to tell you what it is through. You'll have to the Tidemark to find out.

Legion News

May Day Dance, Saturday, May 26th. Dance to Thor and the Thundercats, 9:00 p.m. to 1:00 a.m. at the Legion. Classic Rock, Texas Blues. \$6.00 cover charge. All members and their guests welcome.

Benefit Coffee House 4 Kisum Kim

Come join us for an evening of outstanding entertainment and refreshments at the Community Center, Saturday, April 21 and help out a member of our community!

All your favorite bands will be there, as well as scrumptious goodies, coffee, oysters bq, wine and beer, and a silent auction

Thanks to the generosity of local businesses and individuals, all proceeds collected will assist in offsetting the accumulating medical costs for Kisum and her family

Tickets for this benefit are \$10 each in advance or \$12 at the door. Advance tickets are available from Hummingbird Office Supply, Explore Gallery, Quadra Crafts, Innergarden and Batoche Gallery.

Can't make the coffee house but want to help out? A donation box is set up at Batoche Gallery, Village Square! For more information on ways to get involved, contact Deb Humphreys at 285.3027 or cell 203.4818, or drop by and see Deb Mortimer at Batoche, or entertainers please contact Ken at 285.3434 See you there!

Do You Have an Announcement or Advertisement for Publication?

The Next Deadline For Advertising & Editorial
7pm Monday April 23rd, 2001

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

Items can be dropped off at:
Hummingbird Office & Art Supply
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or call 285-2234 for an appointment.

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May Day May Day!

We need your help! People are needed to organize the Concession, the Dance and the Parade. Please come to next meeting April 19th at 10:00am. Lets have some fun!

NITRS Fundraiser

Make spending time with your horse fun! Natural Horsemanship using the John Lyons' World-Renowned Gentle, Conditioned-Response Training Methods: Steve Werklund - Certified John Lyons Trainer CLINIC - April 20, 21, 22 FREE STABLING \$300 Horse and Rider 3 days \$25 Audit per day or \$40 for 3 days Concession Stand Indoor Ring, round pen, outdoor ring CONTACT TEL: (250) 285-2240 NITRS 1049 Heriot Bay Road, Quadra Island.

Amnesty Women's Action Network

We meet the last Monday of each month at 7:30pm. We are always welcoming of new members. We continue to follow issues pertaining to Afghanistan closely. We will soon be having a tulip sale to raise money for our group. If you are interested in our letter writing campaigns but unable to attend meetings please pick up a copy of an already drafted letter from the box to the left of the bulletin board at Quadra Foods. Take this letter home, sign it (with your first name in initials), and mail it. These letters really do make a difference to prisoners of conscience and victims of torture world wide. For further information about our group and it's activities phone 285-3632.

Get informed, be involved!

Who: North Island Green Party What: Volunteer Meeting Where: Quadra Island Community Centre When: Thursday April 19, 7:30 pm Why: Coordinate volunteers, present various jobs available.

Brochure Rack For Quadra Ferry

Any day now a new fixture will appear on the MV Powell River Queen to serve our island businesses and visitors - a brochure rack. The rack is an initiative of the Discovery Islands Chamber of Commerce and is provided for the use of members in good standing. Allocation of space on the rack is one slot per business with location being first come first serve. Call Philip Stone at 285-2724 for info.

New members are welcome and membership forms can be downloaded from the Chamber's web site at www.discoveryislands.ca/chamber or requested by calling 285-2724.

Look out for news of the DICC's AGM soon.

Fashion Show Fiesta

The spring 'Blame it on Bossanova' fashion show will be held on Saturday, May 5th, the day of the Mexican Cinco de Mayo holiday. Please note that this day has been changed from the original date of April 21st that was advertised in the recreation brochure.

Any business or organizations who would like to be involved in the show should contact Kami at Bossanova (285-2003) before March 31st. Please note that this is not a call for models. Keep your eyes peeled for more information to come!

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Quadra Seniors O.A.P. Branch 91

Our seniors have been busy as usual. The March 7 meeting had a very interesting guest, our own Kathy Young, Manager of Continuing Care in this region. Many questions were answered by Kathy about care homes and senior needs and home care. Many Thanks to Kathy Young for the time she spent with us.

Our provincial steward Martin Amiabel has been appointed by the Ministry of Health to sit on the Campbell River, Nootka Community Health Council for three years. Congratulations Martin.

Shirley Duncan took a group to see "The Hound of Baskerville", at Chemainus Theatre, also a delicious luncheon was enjoyed by all.

Shirley is now arranging an April trip to Tofino to enjoy the sites and flowers. This will be a two night stay.

Ruth Amiabel, is planning boat trips again which will start in June.

Jean Carefoot and Jilly Girldog brought us some nettles for tea at our Easter Party. They are escorting a trip (walking) to Oyster River Trail for a hike on April 12.

On April 4th meeting we had a birthday party. We were entertained by Judy O'Dell and her Quadra Children, ages 7 to 9 years of age. They sang and performed in a skit, which our seniors enjoyed tremendously. We enjoyed having the children, their parents and grandparents visit us that day. "A great jog as usual Judy", "Thanks to All!"

We also had an Easter hat contest with prizes. The most unique hats were worn by Hilary Stewart, and Lloyed McIlwain. The most dashing hats were worn by Joyce Hargreaves and Buck Peter Gregg. We even heard a chicken cackle who kept dropping her eggs on the floor. Flower arrangements, prizes were won by Hanne Plouffe and Stephanie Webster. Thanks again to the Judges!

For our May 2nd meeting our public relations officer, Benjamin Swankey, from the Provincial Office, is visiting Quadra to update us on crucial senior issues, and our national health care.

On May 9th many seniors in other O.A.P. clubs from as far south as Union Bay, Texada Island and as far north as Port Alice, will gather here on quadra at the Community Hall for a luncheon and entertainment and business.

We now have a computer group, led by Frank Smirfitt, as well as Tai Chi exercises and carpet bowling.

Soon we will be feeding and caring for young fry at the fish hatchery. Under the eagle Eye of Peter "Buck" Gregg.

Our monthly meetings are held on the first Wed. of the month, at 10:30 a.m., Tai Chi at 10:00 a.m. at the Royal Canadian Legion. We take a break in July and August when we work at the Tourist Booth.

Join Jean Jilly Girldog with other seniors to walk to Rebecca Spit on Sundays at 11:00 a.m. Some start at the boat ramp, others the parking lot. Welcome to all seniors, young and experienced!

Plant Sale & Bake Table Sale

April 21, 2001 the Quadra Legion #154 Ladies Auxiliary are having their Annual Plant Sale and Bake Table Sale at the Legion Hall, 1503 West Road, Heriot Bay. Time is 11 am to 2pm. You will find a wide variety of annuals, perennials etc. for all types of gardens. Stock up your freezers now from the selection offered on the Bake Table.

Prices are reasonable - a "must" to attend.

Plant donations are gratefully appreciated. Call Shirley 285-2757

Island Voices

Island Voices chamber choir invites you to their spring concert, A Sprig of Thyme, with special guests, Cantiamo chamber choir from Courtenay and an Instrumental ensemble. This exciting concert will be at St. Peter's Anglican Church, C. R. at 8 pm on Sat. May 5th. Tickets, including refreshments and gourmet desserts, are \$12 for Adults and \$10 for Seniors and Students, and can be aquired from Page 11 Books, Niels at 923-6320, or Joyce at 285-3298. The concert will also be held at the Sid Williams Theatre, Courtenay at 8 pm on Fri. May 4th. If you wish to advertize in our program, call Peter at 286-1613.

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Quadra Singers



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Farmer's Market & Bazaar

Our Market is held rain or shine from the beginning of May to the end of September every Saturday from 10:00 a.m. to 2:00 p.m. behind the Credit Union. Vendors must be from Quadra or the outer islands. Set up charge is \$3.00 for adults and \$1.00 for kids. Bring your own table. Dancers, drummers, jugglers, musicians are very welcome. This is our village green! Please have dogs on leashes. Note that the Credit Union parking lot is for Credit Union customers only! Market parking space is on Green Rd. Come and join us to make the Market the best it can be.

Information: Pauline 285-2076

Dalyce 285-3180

Family Bikeathon

Quadra Island Family Bikeathon is an annual non profit event designed to encourage family outdoor fun and to raise money for a worthy cause. We provide cycling routes and refreshments for participants. We give away more than \$500 worth of prizes each event.

To date the Bikeathon has raised money for Quadra Island Minor Softball, Quadra Island Daycare, Quadra Island Tennis Association, Quadra Foodbank, and Quadra Island Skateboard Park. Each event raises up to \$500 for each charity.

This year marks the 7th Annual Bikeathon in support of the Quadra Island Trial Committee. This committee builds and maintains designated trails on Quadra Island.

In the past we have been dependent on the generosity of local business for prizes, equipment and food. We are looking for long term sponsorship from local businesses, individuals or groups for a commitment of \$100 per year for five years. We have had three businesses come forward and are grateful to Island Cycle, John Marlow, and Island Dreams for their commitment to the long term plan to support this very important community event.

Please call Pauline Falck, at 285-3682, if you are interested in supporting this worthwhile cause.

South Quadra Fire Protection District ANNUAL GENERAL MEETING

Tuesday, 2001 May 01, 7:30 p.m.
Quadra Island Community Centre

All District landowners are encouraged to attend. If you wish to vote, please bring a copy of your current property tax notice or tax assessment as proof of property ownership.
One Trustee position is up for election.

Any questions, please call Derek Stevens, 285-2130

Exercise For The Physically Challenged

Do you want/need to move, but have a physical problem that gets in the way of regular exercise? You're not alone. I'm interested in exploring the possibility of establishing a group for the purpose of maintaining and improving the physical capabilities of the physically challenged. If you are interested, please call Jocelyn at 285-3705.

Quadra Island Garden Club

The next meeting of the garden club will be on **Thursday 19, at 7.15 pm in the Community Centre. Deb Manery and Marie Sutherland of On Root Greenhouse** will be talking about a few of their exciting new perennials for 2001. They will also bring some plants to show us, some of which may even be deer resistant. At this time of year gardeners find it essential to find new plants to fill in those spaces that have mysteriously appeared over the winter months, and dream of this year's garden which is going to be the most glorious yet. Come and learn about those that will meet your needs and how to grow them. Both beginners and those with many years experience are welcome. Enjoy a coffee while you talk plants with other plant people.

Please also bring any extra seedlings, cuttings, perennials, unwanted plants in general for the Bring and Buy table which is the club's fund raiser. Gardening magazines you are finished with are welcomed by other members and can be placed on the magazine table. Bring a small posy or a few branches of any interesting or particularly beautiful flowers to share on the Show Bench. It helps us to know what grows particularly well on this rocky island of ours.

Comedy Explodes on Quadra Stage

Now, for the first time, the comedic antics that you loved in "Cinderella", "Wizard of Oz", "Shoe-maker and the Elves", and "Thumbelina" have been harnessed into a comedy written for adults. The Children's Musical Theatre gang are growing up. You owe it to yourself to see their first play as the Art & Sole Performers.

"There Goes the Bride" (Ray Cooney/ John Chapman) is a classic British Comedy that we've produced by special arrangement with Samuel French Inc. This work is a fast-paced bombardment of layer upon layer of farcical silliness. The dialogue is laced with words whose multiple meanings constantly misdirect their intended use, and the unexpected physical comedy pushes it over the top. There's humour that will appeal to nearly every age group, so the general rule is: don't explain it if they didn't get it. They'll know when they are old enough to know.

May 11 & 12, 7:15 p.m. and Sunday matinee May 13, 1 p.m.

Tickets are still \$5.00 and available at the door of the fabulous Quadra Recreation Centre. (970 West Road)

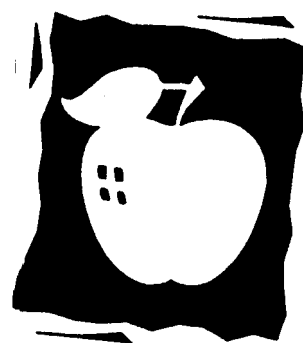
This is family entertainment but is not geared for our really little fans. Tell them their show will be coming very soon.

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A Big Blue Special

Martha and Gordon James will present a *Big Blue* special on the uses of Cobalt in clay design. The program runs Saturday morning, April 21st from 10:30 a.m. to 12:30 a.m. at the Museum at Campbell River. If you have ever had an interest in collecting porcelain or pottery, and certainly if you have worked with clay, the James are the people to watch. Fascinating, humorous, and technically excellent, their approaches are sure to fill you with excitement about this whole subject.

This presentation coincides with the "All About Blue" exhibit showing presently in the Temporary Gallery, and admission price of \$12.00 includes entrance to this dramatic exhibit. Please pre-register from noon to 5:00p.m. Tuesday through Sunday.

Call 287-3103 for more information.

Learn to Dye Fabric

Learn how to dye fabric with Indigo at a compelling workshop at the Museum at Campbell River on Saturday afternoon, April 21st between 1:00 and 4:00 p.m. This ancient technique is explored with hands-on processes under the guidance of knowledgeable fabric artists, Cathie Gailloux and Lynda Glover. Like magic, the development of the distinctive Indigo blue is a revelation in itself, and one can understand why this wonderful dye has been in use for over 4000 years.

Please pre-register for this workshop at the Museum at Campbell River between noon and 5:00p.m., Tuesday through Sunday, and receive program information. Call 287-3103. The Cost is \$15.00 for adults.

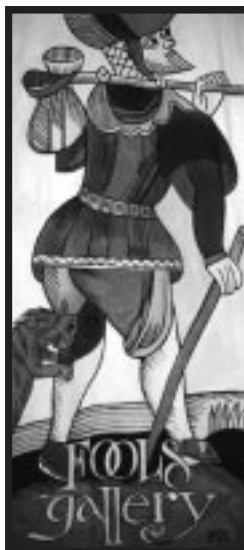
Ukrainian Showcase of Culture

This Easter Season, experience the special traditions of the Ukraine at the Museum at Campbell River. On Saturday afternoon, April 14th, from noon to 5:00 p.m., Ukrainian Dancing and a Showcase of Culture are free with Museum Admission, courtesy of the Comox Valley Ukrainian Cultural Society.

The exciting Dolyna dancers, under the direction of Jeanette Martin-Lutzer, will present traditional dances in the foyer during the afternoon. If you have never seen any Ukrainian dancing, you must come and watch this energetic young group perform. Simply seeing their distinctive costumes will be worth the visit.

Examine beautiful examples of hand embroidery and listen to the explanations of the lovely symbolic designs. During the 40-day Ukrainian Easter celebration, there are many traditional foods and costumes and a particular type of Easter basket is prepared. Decorated Easter eggs have always been exchanged, and if your timing is right you may be able to see a demonstration of this technique by Campbell River's Julie Johnson. The results of this exacting art — the exquisite "Pysanky" — must be seen first-hand to fully appreciate the detail and the dazzling colours.

This Special Event has excitement in store for everyone. Celebrate a new tradition this year at the Museum at Campbell River.



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Ukrainian Egg Decoration

Over the years, many people have admired those wonderfully-decorated Ukrainian Easter Eggs called *Pysanky*. Seldom do you get a chance to learn the techniques behind their creation, or to make one for yourself.

Join Julie Jackson at the Museum at Campbell River Saturday morning, April 14th, to do just that. Make a lasting Easter memory that will be precious to you in every way.

Ukrainian egg decoration dates back to pre-Christian times when the symbolism of the egg characterized rebirth of the earth in Spring. In those days, the Batik-like process of wax-resisting designs on eggs was already in use. Bowls of colourfully decorated eggs were said to keep the family healthy, and great pride was taken in their creation and presentation. With Christianity, the Ukraine adopted new customs and new meanings were blended with the old to produce a mixture of symbolism in the designs on each egg.

Now, some favorite designs have become standardized and familiar and go by specific names, such as "Paska" or "Windmills," and different and unusual patterns and methods have arisen in different areas of the Ukraine.

So, grab your "kistka" and a raw egg and head over to the Museum at Campbell River on April 14. Register early, since the spaces for this workshop will fill quickly.

Pre-register between noon and 5:00 p.m. Tuesday through Sunday to receive your program information (and find out what a "kitska" is). The cost is \$20.00 adults. For more information, call 287-3103. The Workshop runs from 10:00 a.m. to 1:00 p.m., Saturday, April 14th.

Heartache and Hope

Living Through Postpartum Depression

You are invited to join us for an information session presented by Joy Hill from the Pacific Postpartum Society, followed by a panel of professionals and also mothers who have experienced postpartum depression/anxiety.

Friday, April 6, 2001. CR Community Centre 401-11th Avenue, 9:00 a.m. - 3:30 p.m. Cost \$10 (includes lunch). Register at the Upper Island Health Unit #200-1100 Island Hwy Tyee Plaza by March 30, 2001. For more information call Corrine Baerg or Linda Carlson at 286-7600. Subsidies may be available to assist with registration. Please ask.

Quadra Artists in the Tidemark

Quadra Island Arts Alliance, in conjunction with the Tidemark Theatre, will host an unjuried show in the theatre lobby from April 2nd to the 27th. There is a bounty of artistic talent and expression on Quadra that will be showcased in this exhibit.

There will be an evening of entertainment and fun to celebrate the arts in BC, and on Quadra in particular, April 25th. If you haven't been able to see the work on display Tuesday to Saturday, 1:00 to 5:00 p.m. during April, then come down for this evening of real fun and real talent, 7:30 to 9:00 p.m. Light refreshments will be available. Celebrate the arts and join us for a fun evening!!

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Island Forum

Dear Editor:

With regard to the letter "Enough Raven Bashing" by Keith Liseth, I think it is time to set the record straight. I am surprised at Keith's personal attack on me and on the Area J Advisory Planning Commission (APC). His first mistake: Regional Directors and APC's don't make decisions on zoning matters. The Board of the Regional District makes decisions after a full public process, including a Public Hearing.

On the issue that Keith speaks of with regard to Lot 180 (behind the school), it is unfortunate that he would so blatantly misrepresent the facts. As your Regional Director I worked with Raven and the Regional District to try and put forward a proposal that had some merit for the community. This included the development of three zoning categories to be added to our by-law that would allow for smaller lots in Lot 180.

This is to this day acknowledged by Lee Luckhurst and Pat Martin of Raven Industries as a cooperative approach. They have personally stated to me that they would not have gotten as far as they did with that proposal without my support. What Keith is ignoring in his personal attack is that the PUBLIC, at the Public Hearing, overwhelmingly turned that proposal down and the Comox-Strathcona Regional Board acknowledged the wish of the public. I represent the public; I do not dictate to them.

The next major omission in Keith's letter is details of the next attempt that the community made to deal with a "vision" for Quathiaski Cove and the Raven lands. The attempt I speak of was when I took direction from a large group of islanders to explore options to deal with the future of Quathiaski Cove and the Raven lands in particular.

Thanks to the visionary thinking of our General Manager of Development Services, Harry Harker, we brought forward the concept of a Community Development

Cooperative or Corporation. This was supported as a partnership with Raven, the community and the province. This turned out to be a very contentious issue at the public meeting that was held. The straw vote was taken and it was supported, but by only a few vote margin; not enough in my opinion, to proceed with a project that required major community support, time and effort.

I hope that Keith will think back to that meeting. It was a meeting that was about "vision", as Keith proclaims to support in his letter. Did he support "a vision" that day? He spoke of letting Raven log. He spoke of job creation. He later became the prime beneficiary of the logging that took place on Lot 206 along West Road. So for those few months of employment for a small group of workers, the "vision" is now lost forever. That property will no longer support those forest workers in generations to come. It will become something else: it will be developed. As Keith said, "It is always easier to look outward for someone else to blame . . .", words he should take to heart. Those workers must now look elsewhere for employment.

I support logging: responsible, sustainable logging as it is practiced by many woodlot owners on this island. I am working with them at this very moment to insure that woodlots will continue to exist in perpetuity during these volatile times of election of a provincial government. I do not support the mechanization that has taken place in the forest industry and which Keith is part of. Mechanization, not environmentalists, has been the demise of the forest worker's jobs in this province. Small scale forest operations, locally owned and supplying local mills is what will keep meaningful employment happening on this island.

I'm glad that Keith sees the value in having the U.B.C. students conducting their exercise to help us form our vision through a Local Area Plan for Quathiaski Cove. I have supported this for years and was able to finally initiate it last year. Hopefully,

Keith will talk to the people he knows to try and convince them that it is a valuable exercise. We can all benefit from this visioning exercise.

Last, but not least, the mention of Lot 208, the Timber-West property near April Point. Yes, this property is suitable for green space and the promotion of tourism. This should be part of our visioning exercise to see how we can achieve that goal. Our biggest impediment is that the provincial government has negotiated for the purchase of that land so that they can trade it to a private logger so that land on Denman can be preserved. This was announced today at a hastily called meeting as the government met with me and a few islanders to tell us about the deal. There was no consultation with this community. NONE!!! I suggest that each and every one of you contact your M.L.A.: (Glenn Robertson), 287-3732 (Constituency Office), 956-3828 (Home), 387-2306 (Victoria) and let him know that this is not what we see as conducive to a "visioning exercise". The person that is being traded the land has committed to working with the community in the short and long term. This will hopefully form part of the Local Area Plan process.

I hope that Keith better understands the process that didn't allow the original proposal to proceed on Lot 180, and I hope that he also understands how his opposition (along with others of like mind) stopped the visionary process that could have created long-term employment and all of the amenities for our community that was proposed for all of the Raven lands in Quathiaski Cove: meaningful employment, affordable housing, sewer, water, green space and a sense of community.

We have another chance. We can embrace the Local Area Plan and the U.B.C. ideas for all of the Cove, or we can continue to fight with each other, as Keith points out, and be the losers. Your call, folks.

Jim Abram

Director, Area J

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

Opinions & endorsements expressed herein are those of the contributors and do not represent the views of the publishers.

If you would like to see an alternative point of view represented...submit something yourself.

Next deadline 7pm Monday, April 23rd 2001

Being Clear on the O.C.P.

To Keith Liseth

I know through our working together on the now defunct Forests Resources Committee that you speak your mind plainly and with integrity. We do not always agree as you are a "Logger" and I am an "Environmentalist" but I acknowledge and respect your opinions and support your right to make them public. However, there is a misconception in your letter to the last (March 30) Discovery Islander that I must respond to in order to prevent it's propagation.

You stated, "It was decided by our regional director and his Advisory Planning Committee (A.P.C.) through the writing of the official community plan (OPC) that Siviculture Zoning would be maintained on all the Raven holdings in the cove area." The current Official Community Plan grew out of a review of the old O.C.P. The process involved many, many, many meetings that were open to, and well attended by, members of the general public. Often, so that more people could get a chance to speak, we broke into smaller groups to discuss the issues. Throughout, Planning Staff was there to compile all of the comments and recommendations from all the groups and all interested parties. Planning Staff then took those compiled notes along with all written submissions and wrote the O.C.P. from that data. Advisory Planning Commission members had no special status and those that took part did so as Quadra residents or interested members of the public.

So Keith, the Advisory Planning Commission did not write the Official Community Plan, our friends and neighbours did through their input to Planning Staff.

Rodney Sumpter Chair, Area J APC

The views expressed are solely my own and not necessarily those of any other member of the APC, or any elected official or paid staff of the Regional District of Comox-Strathcona.

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Quadra Land Deal Excludes Public Input

On Friday, April 6, 2001, the B.C. government announced that they were about to save an ecologically significant piece of property, the Lindsay-Dickson Wilderness, on Denman Island. What wasn't explained was that the land deal involved swapping the property on Denman Island for TimberWest's Lot 208, a piece of private land on Quadra Island.

Lot 208, locally known as Gowlland Point, is 146.8 acres of waterfront located on Gowlland Harbour. Since Lot 208 became available on the real estate market over two years ago, there has been considerable interest regarding its future. This property has been recognized as potential park or green space.

Despite the interest of the local community, the recent negotiations involving Gowlland Point were conducted in secret and without any consultation with Quadra Islanders. After a rumor surfaced on March 19 that a land deal involving Gowlland Point was in the works, requests for specific information from government agencies were refused because of the confidential nature of the negotiations. Through investigation over the following week, it was learned that Lot 208 was to be swapped for the Denman property. When these agencies realized that Quadra Islanders had wind of the deal, a representative of Quadra Conservancy was invited to a meeting on Friday, April 6, 2001, which included a ministerial assistant for the Ministry of Environment, Lands and Parks, our Regional Director, and the prospective buyer. During the meeting, we were informed that the transaction had been completed.

This land swap is undoubtedly a benefit for Denman Island, and the new owners of Gowlland Point may prove to be welcomed landowners on our island. However, this was not an arrangement between two private parties, but rather a transaction brokered by the government involving Crown assets and cash. While it may have been convenient for the negotiators to fast track the land swap behind closed doors, the fact that the deal was struck without consultation with the community is an insult to Quadra Islanders.

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Richard Pielou ph/fax 285-2065

Dear Editor,

Hmm,,, more interesting stuff on ferries
.....

It seems that in the Kootenay Lakes, where the provincial government operate two ferries out of Balfour (north of Nelson), the B.C. Ministry of Highways determined it needed a new 60 car ferry to replace an aging vessel. Consequently, it was determined economic to construct an 80 vehicle vessel instead, the Osprey 2000 at a cost of \$19.324 million. And of course, transient users on their way to Alberta still don't pay any tolls of passage. All the inland ferries are considered an integral component of the provincial highways system compared to coastal routes, whose ferries are considered by the NDP government to as a luxury service pandering to wealthy commuters who can afford it, as can David Stupich going to his NDP millionaire's summer retreat.

One can only conclude that Nelson area provincial government MLA, Corky Evans, does more for his constituency than show up for photo opportunities and say cheese when compared to our 'what's his name' NDP Cabinet member for the North Island.

Ted Conover,

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Money Matter\$

What Goes Up.....”

by Steven Halliday

As many of you are aware, several co-workers and myself recently won an investment challenge. We beat out 102 teams from across western Canada by achieving the best return on a \$100,000 investment portfolio over a 3-month period. As a result of that achievement I was contacted by a local writer who wished to submit a story about our win to a major newspaper. The article alluded to the fact that I felt some vindication about our triumph, as I had written regularly about the dangers of investing in such a volatile and over-valued market, and my contrarian posture was proven effective by our win. I advised the writer that I felt *vindication* was much too strong a word. While I certainly took some satisfaction in watching the markets slide as had been long predicted, I also felt a strong sense of pity for the countless thousands of people who had been duped into an investment environment fraught with pitfalls. It is estimated that some \$10 trillion has evaporated from the economy since March of 2000, much of it from Joe Blow's and Jane Doe's investment accounts. Fortune Magazine's latest issue has an article profiling individual investors and their tales of woe (and 6 figure losses). The theme of the article was that they feel ripped off by the market, that nobody warned them of the potential for loss they faced. I thought "huh??", and recognized that I was reading exactly what has been described as the 2nd stage of a bear market – denial.

These people, all educated middle and upper class citizens, collectively blame the analysts and media commentators for misleading them about the risk inherent in stock

investments. They felt that the brokers should have told them that expectations of 20% annual returns were not realistic. Even Alan Greenspan, Chair of the Federal Reserve gets his share of mud slung at him, as if it is his fault that the markets tumbled. One fellow, who is actually suing Merrill Lynch, lost \$1.1 million dollars, or 80% of his portfolio, in just 1 year. He cries, "I lost all my money for my children's education fund. I was devastated, I was angry, I was frustrated, and I was totally disappointed." Yeah, well he forgot to add 2 "I was's" – I was greedy, and I was stupid. He had invested his portfolio in just 2 stocks, both of which were high tech companies, both of which were money losers, and both were way, way, way overvalued. Still, I have a modicum of sympathy for him. I mean, hey...the guy is a pediatrician; they don't know squat about the stock market! But if there ever was a case of *prima facie* denial, this guy is it.

While I certainly believe we are all responsible for our own actions and decisions, this stock market bubble had something going for it that has never before occurred. There have been several bubbles in the past, and shills, conmen and a gullible public accompanied them all. The difference in this case was the media. Every television network and major newspaper had their own crop of analysts, and those that didn't elevated the brokerage house's analysts to star status, repeating every word uttered as though it were scripture. In the media, people with no background whatsoever in economic analysis or market experience were considered prescient, because they said the market was going to go up, and by

golly it did go up! But in the meantime, there was a very small contingent of people who were trying in vain to point out that market fundamentals have not been repealed, that stocks do not go up forever, and that people should exercise extreme caution. But very few listened. So while I do not feel vindicated, I'll admit to taking some pride in being a member of this minority of contrarians.

So what happens next? Who knows, but one thing is certain, the economy is far from healthy. The markets are still overvalued, consumers are awash in debt, businesses are awash in inventory, and demand appears to be slowing in almost every component of the economy. You can't read a paper or watch a newscast without encountering the word "recession" at least once. In spite of all this, and in spite of seeing their portfolio values halved over the last year, the majority of investors are still in the market. We are approaching the 3rd stage of a bear market, in my view. The 3rd stage is called "capitulation", otherwise known as throwing in the towel. In the bull market of the late 60's and early 70's, a huge portion of the population entered the markets for the first time. By the end of the bull, these novices sold out and accepted their losses, and the investment playing field was once again thinly populated. Public participation didn't return until... guess when? You got it – the start of the bull market in early 1990's. Some things never change. The only question is when will we see the stampede out of the market. Hopefully most of my readers have steered clear of the herd.

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MO	1735	5.6	1.7
17	0115	13.1	4.0
TU	0935	9.5	2.9
	1205	9.8	3.0
	1835	5.9	1.8
18	0155	13.1	4.0
WE	0950	9.2	2.8
	1320	10.2	3.1
	1930	6.2	1.9
19	0225	13.1	4.0
TH	1010	8.5	2.6
	1420	10.8	3.3
	2015	6.6	2.0
20	0330	13.1	4.0
FR	1035	7.9	2.4
	1505	11.2	3.4
	2055	6.9	2.1
21	0325	13.1	4.0
SA	1055	6.9	2.1
	1550	11.8	3.6
	2125	7.5	2.3
22	0350	13.1	4.0
SU	1045	6.2	1.9
	1635	12.1	3.7
	2225	8.9	2.5
23	0410	13.1	4.0
MO	1050	5.2	1.6
	1720	12.5	3.8
	2225	8.9	2.7
24	0430	13.1	4.0
TU	1120	4.3	1.3
	1810	12.8	3.9
	2255	9.5	2.9
25	0455	13.5	4.1
WE	1200	3.6	1.1
	1905	13.1	4.0
	2335	10.2	3.1

Darlene Booth RNC

For those of you who read my column regularly, it won't come as a surprise to know that my preaching's lean toward an active healthy lifestyle. What you may not know is that this is not a natural predisposition of my true core nature! I started out in life as an ideal candidate for a couch potato existence. I hit my peak in early childhood when I was clearly more than just a chubby kid. White bread and jam were my best friends and whole weekends were lost to my easy bake oven! Even in those early years it became apparent that eating and cooking were two of my favorite pastimes!

I occasionally rode my bike but I did not actively pursue or play any sports other than the occasional game of hopscotch. Exercise was a form of extreme torture. Running even a short distance would always result in agonizing shin splints the next day. My self-image also contributed to limiting my activity choices. After all, who would expect a fat kid to join the basketball team? No, it was far less painful to sit back with a lap full of snacks and watch the rest of the world bounce, rebound and score their way through life. But it was less fun too.

My early teen years were the beginning of my evolution. It was actually more of a personal revolution. I realized that I was a product of my parents who were both sedentary and genetically programmed for obesity. If I kept following their lifestyle I was headed for a very XXL life. They became the role model for everything I did not want to be. I started reading health books and began to monitor my food choices more carefully.

I also explored various forms of exercise that were somewhat gentler than running. Though I still lacked the confidence for team sports, I found hiking, canoeing and long bike rides quite enjoyable. I experimented with yoga and calisthenics and soon realized that instead of being known as the fat kid I had upgraded to chubby

status. I knew I was on the right path, I just needed the commitment to stay on it.

The commitment would come and go over the next 20 years but each year that passed would bring me more understanding and a little closer to my fitness goal. I would go through periods of good and follow them with periods of not so good. It has been a gradual journey but these days good is the usual and not so good is reserved for celebrations and holidays!

I turned a huge corner in 1991 when we moved to Malaysia and I found myself with more time on my hands than I knew what to do with. There was a full facility hotel nearby that was never too terribly busy so I organized a group of friends to get together every morning for squash, tennis and weight lifting followed by a dip in the pool. For me it was a liberating environment. Gyms full of spandex clad people that looked far too fit to be working out had always scared me off. Here I was in my late 30's discovering that I was not so different than others. I could actually hit the tennis ball some of the time and I could really enjoy a good workout all of the time. It wasn't about who won the match, it was more about how hard we worked. It was a feel good start to every morning.

While I do miss my dip in the pool, I still carry on with my feel good mornings at Quadra Fitness. I drove past the place for my first year back because of my fear of the unknown. Was it full of spandex junkies? Would I look out of place? But I was hooked the first time I crossed over the threshold into the down-to-earth gym that Mike and Jeannie have created. What used to be agonizing torture has now become as natural as breathing. It has been a long haul but an enjoyable journey and though I may never get past my chubby nature, I haven't had a shin splint in many years! Good health to you!

Island Report

Katimavikers Help Quadra Elementary Garden Project Grow

by Tanya Storr

If you have passed by Quadra Elementary during school hours lately you may have noticed a crew hard at work in the ethnobotanical garden in front of the school parking lot. Under the guidance of retired teacher Mia Frishholz and landscaping designer Don Doolittle, five Katimavik participants have been instrumental in preparing, digging, and planting the garden this spring.

"This is the third group of Katimavik participants who have worked in the garden. They've all worked really hard. It's been a lot of work but it's been fun," said Mia, as she took a break from digging to show me around the garden area.

Mia came up with the idea for the Quadra School and Community Garden when she retired last spring.

"I thought it would be nice to plant some trees and shrubs with students. This area used to be a little park, but when the parking lot was put in the park was destroyed. Jack Mar suggested putting in a garden would be a perfect project for Katimavik," Mia stated.

Work began in the garden last fall. The Dahlnas brothers did the initial clearing and sculpting of the site, Don Doolittle helped design the garden, and anthropologist Joy Inglis helped with the plant list. The first Katimavik group started working in the garden in late September.

The garden contains several varieties of native plants, including wetland species, berries, trees, shrubs, and flowers. The site has a variety of physical features in a relatively small area, including a forested section, dry upland area, pond, and marsh.

One of the garden's best features is the stream running down the bank, enhanced by rockwork including large boulders moved into place by the Dahlnas brothers. Most of the rockwork was done by hand. The bubbling sound of the stream adds to the garden's peaceful atmosphere.

The stream was created by making a diversion from the original ditch with



*Theresa Perrault and Nick Andrews planting in the new School/Community Garden
Photo: Tanya Storr*

advice from Mainroad Contracting. It empties into the garden's large pond, which in turn drains into a catch basin and from there under the road into a ditch.

Another appealing—and practical—feature is the wide, flat gravel path that runs through the centre of the garden. The path is wheelchair and walker accessible.

When I visited the garden on April 9, the site was humming with activity. Don, Mia, and Katimavikers Theresa Perrault, Noémie Poulin, and Nick Andrews were busy digging holes and planting trees and shrubs. Two other Katimavik participants, Victor Perrault and Mathieu Boucher-Coté, have also been working in the garden.

"The garden project has been lots of fun. I enjoy being outside and knowing we're making a difference in the community. It's nice to hear the compliments from people

driving or walking by," said Nick, who hails from Kensington, Prince Edward Island, and is 18 years old.

The Katimavik participants go home on April 17 after seven months in the program. Nick said it's exciting to be going home, but after living with the same group of people seven days a week, 24 hours a day for this long it will feel like he's leaving behind another family.

Nick, who also volunteered in schools when the Katimavik group was in Prince Albert, Saskatchewan and Lockeport, Nova Scotia, said their time on Quadra has been his favourite rotation.

"Working on the school garden and building trails has made this the best rotation. I work in a garden centre at home but this is different because we're planting native plants. The island's awesome—

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everybody's laid back and really nice," he said.

Quadra Elementary students and staff have been helping plant the garden. Mia has designated a section of garden for each class, and the garden crew members supervise the kids as they plant.

Noémie, who is 20 years old and comes from Thetford Mines, Quebec, said the best part of working in the garden has been helping the kids plant their sections.

"They like doing it so much to see them is kind of like magic," she said, adding that she enjoys working hard and hearing the appreciative comments from people passing by.

Theresa, who often gardens back home in Ponteix, Saskatchewan, and is 21 years old, told me she has enjoyed seeing the changes they have made in the garden with Mia and Don's help.

"It's rewarding to see the plants go in their spots," she observed.

Don said the Katimavik participants have been a joy to work with. "I've come to know them as friends," he stated, adding that Mia has also been wonderful to work with and Joy Inglis has been an inspiration for the project.

Most of the plants have come from Streamside Nursery in Courtenay, but the garden crew has also gone on expeditions to collect skunk cabbage, bullrushes, ferns, and Oregon grape.

"Rick Holloway from Campbell River has donated plants. He took three Katimaviks and me on a little digging trip in Campbell River. I'd like to see the garden thick with plants," Mia said.

Mia noted that the garden project has received strong community support. The garden has been financed through donations from community businesses, individuals, and large corporations, as well as grants from BC Hydro through the Tree Canada Foundation and Canada Trust's Friends of the Environment fund.

Mia said help from individuals working on the project has been invaluable. Don Doolittle has put in many more hours than his fee will cover, Joy Inglis spent a considerable amount of time on the plant list, Rod Penner donated concrete, and



Gerry Dick gave the garden project a good deal on cedar edging material.

Principal Kevin Kavanagh said the biggest joy has been watching the community and Katimavik volunteers work together with the students and staff to complete the project, and equally important has been seeing Mia's dream come true.

"Mia has given so much of her time and energy to the garden," he said.

The garden's educational role is already being felt. The Katimavik participants and Quadra Elementary students have learned a great deal by working in the garden, and it is slated to be the venue for ethnobotanical tours.

At the end of April a large group of science teachers from 15 Vancouver Island school districts will tour the garden with First Nations ethnobotanist Christine Joseph and other local experts. During the tour the teachers will learn about traditional uses of plants and how such a garden resource can be incorporated into their curricula and lessons.

Although the Katimavik participants are leaving, there is still work to be done in the garden, including installing a bench and picnic table, ditching, mulching, and clearing blackberries from the wooded area.

Mia said donations and other offers of help for the garden project are very welcome. Contact Quadra Elementary at 285-3385 or Box 249, Quathiaski Cove. Mia can also be reached at home at 285-3655 for more information.



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Is Quadra Prepared?

by Tanya Storr

If the February 28 earthquake that struck 75 kilometres from Seattle had happened closer to home, how prepared would Quadra be to handle such a disaster? With Emergency Preparedness Week coming up the first week in May, this seems like an opportune time to take a look at the island's disaster planning.

Murray Johnson, who assumed the role of Quadra's emergency coordinator when he became fire chief one-and-a-half years ago, said while the island's emergency services would play an active role in disaster response, volunteers are also key to emergency preparedness. Currently, volunteers are needed to update the island's disaster plan.

"We have a disaster plan in place but it was last updated in 1997. What is needed is a group of volunteers to spearhead emergency preparedness planning for the island," Johnson said.

Four years ago 80 islanders attended a meeting at the community centre organized by the Quadra Safety Council to discuss the island's disaster plan. At that meeting, representatives from the fire department, RCMP, Quadra Elementary, BC Hydro, and Campbell River Neighbourhood Emergency Preparedness Program spoke about the importance of disaster planning.

According to Emergency Social Services, a disaster is a calamity caused by accident, fire, explosion, or technical failure, or by the forces of nature, and results in serious harm to the health, safety, or welfare of the people, or widespread damage to property.

Johnson said potential disasters on Quadra include earthquakes, plane crashes, marine accidents, forest fires, and bus crashes.

Michelle Zylstra has played an instrumental role in getting the current Campbell River emergency preparedness team up and running, and is now a regional trainer with the Justice Institute.

As a trainer, Michelle teaches courses in emergency preparedness and response, such as how to open a reception centre. She is listed as the emergency social services director for Quadra in the Provincial Emergency Plan (PEP).

Both Johnson and Zylstra pointed out that although islanders are generally self-reliant, emergency planning is still very important.

"We have 125 trained volunteers on the Campbell River team now, and I'd be really

keen to get a team going here. As a trainer, I always encourage people to address personal preparation. It's important to be prepared with extra supplies on hand and to have a family plan," said Zylstra.

Every family should have an emergency kit with a three-day supply of water (four litres of water per person per day), canned and dried food, portable radio and batteries, garbage bags (can be used as ponchos, ground covers, or blankets), a flashlight, candles, waterproof matches, first aid kit, extra clothing, pocket knife, and other supplies your family might need such as pet food or baby items.

Arranging a family meeting place and an out-of-area contact number are essential parts of a family emergency plan.

The second priority after personal preparedness is neighbourhood planning, Zylstra stated.

"It's an opportunity to get to know your neighbourhood, as people become trained in different roles. I think neighbourhood training will work really well on Quadra."

The third priority is to know what the plan is on a local level. Quadra's current plan designates the Q Cove firehall as the primary emergency operations centre and the RCMP station as the secondary emergency operations centre.

Johnson pointed out that the current Q Cove firehall is not up to seismic standards and "will be wholly inadequate in a significant earthquake." The soon-to-be-built new firehall and ambulance station, slated to be operational by the end of 2001, are designed as post-disaster structures.

"The average building built to code these days is designed to withstand a significant earthquake. The new firehall and ambulance station will be built to a level 50% higher than that," Johnson explained.

Ham radio enthusiast John Pollard has put together a complete rig for all amateur radio bands, CW and voice, to be installed in the new firehall once it is built.

"If the telephone system goes out, we'll still be in communication," Pollard noted.

Other buildings earmarked in Quadra's disaster plan are Quadra Elementary and the Legion as treatment centres, the lodges and resorts as emergency shelters, and Quadra Community Centre as the morgue. Quadra Foods and Heriot Bay Store are food distribution centres.

The disaster plan also lists emergency

communications, resource people and equipment, and steps to take in specific emergencies.

Quadra Elementary has an emergency plan that is continually evolving as staff members find out what works, said principal Kevin Kavanagh.

Each class has an emergency tub containing a 'comfort kit' for each child. The comfort kits contain juice boxes, snacks, garbage bags for raincoats, and a photo or other comfort item from home. The tubs are currently stored in the principal's office.

The school is planning to purchase two or more walky-talkies that will be used daily by playground supervisors and can also be used in an emergency if the phone lines are out.

All Quadra Elementary staff members re-certified their First Aid Level I with Child CPR Endorsement in February, and the school regularly practices earthquake drills.

"We teach the children to get under a desk, duck, cover, and hold. When it's safe, we can evacuate the building. If it's blowing and raining, we can evacuate into the school buses for shelter," Kavanagh said.

He added that the school has designed a separate procedure for special needs children in wheelchairs who can't duck, cover, and hold. The procedure involves the special needs children being evacuated out the nearest exit and into the closest perceived safe space.

Part of the school's emergency plan includes taking care of children until they can be reunited with their families.

"Once the kids' basic needs are met, we'll take care of trying to contact families. Every child took home a contact information sheet to fill out and bring back to school. Local phone lines could be out or jammed in an emergency, so it's very important that every family have a contact, preferably outside BC, that they can use to pass on messages," said Kavanagh.

The school library has an earthquake booklet and videos on earthquake preparation and first aid that parents are welcome to borrow, he added.

Volunteers are needed to help organize emergency planning for Quadra. Once enough interest is generated, a meeting will be organized and announced in this paper. If you would like to get involved, call Murray Johnson at the firehall (285-3262) or e-mail murray@island.net

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