

Discovery Islander

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

ISSUE #305
NOVEMBER 21ST, 2003
FREE



November 2003 Community Review



DRAFT TWO - Quadra Island Zoning Bylaw - Bylaw 2538

Your participation is requested to review DRAFT TWO (blue copy) of the Quadra Island Zoning Bylaw. Draft One (yellow copy) was reviewed by the community in September 2003 and amendments have been made to reflect the community's comments.

Amendments that you will see in DRAFT TWO (blue copy) include:

1. The Wood Processing One zone is amended, and also is applied to existing legal sawmills (see the DRAFT TWO maps).
2. Changes to the Aquaculture zones.
3. 'Commercial' Greenhouses are permitted in RR-1, RU-1, and SI-1 zones.
4. Amendments to the Home Occupation regulations (Section 306).
5. Changes to permitted uses in the Agriculture Land Reserve (Section 305).
6. The privately owned 'active' Ministry of Forests woodlots will remain in the RU-1 zone.

You Are Invited to an Open House

to Review and Discuss the Draft Quadra Island Zoning Bylaw

When: Tuesday, November 25, 2003

7:00 pm to 9:00 pm

Where: Quadra Community Centre (South Entrance, Room 3)

970 West Road, Quadra Island

Copies of DRAFT TWO - Quadra Island Zoning Bylaw are available at the:

1. Quadra Island Library, 712 Cramer Rd., Quadra Island
2. Aroma Café (corner of Harper Rd. and Heriot Bay Rd.)
3. Regional District webpage: www.rdcs.bc.ca
4. Regional District of Comox Strathcona office, 600 Comox Rd, Courtenay.

Please submit your comments to Lisa Brinkman or Judy Walker, Community Planning Services, by December 5, 2003.

You can send your comments to:

Email: planning@rdcs.bc.ca

Fax: (250) 334-8156

Mail: Community Planning Services, Regional District of Comox Strathcona
600 Comox Rd., Courtenay, B.C. V9N 3P6

If you have questions do not hesitate to call:

1-800-331-6007 or (250) 334-6000.

Island Calendar

submit your event: eMail: news@discoveryislands.ca
 "Walk the Advent Spiral" a Family Service, Quadra Island United Church,

The Regulars

- **1st and 3rd Wednesday** - Food Bank 1-2:30 Community Centre
- **Every Tuesday** - Kalina Folkdancers, 7:30pm Community Centre - Cribbage, Quadra Legion 7:30pm (member & guests welcome)
- **Every Wednesday** - Community Kitchen Lunch noon - 1:30
- **Every Thursday** - Parent and Tots 10 am Community Centre - Motorcycle Club meet 5pm Heriot Bay Inn Pub
- **Every Friday** - Duffy and Friends 8:30pm Heriot Bay Inn Pub
- **First Friday** - Open Stage 7:30 pm Yak Shack Heriot Bay
- **Every Saturday** - Meat Draw 5-6:30 pm Quadra Legion (members & guests welcome)
- **Last Saturday** - Bonus \$50 cash draw. Quadra Legion 6:30pm (members & guests welcome)
- **Every Sunday** - Centre for Positive Living Prayer Service, 7 PM Community Centre Rm 3, 285-3224
- Buddhist Meditation, 10 a.m. Inner Garden
- **First Sunday** - "Family & Friends Day" Quadra Legion, 11:30 am. Bring a lunch, play sports, "Dry" bar. members & guests welcome

Day to day

November 22, Saturday	
-Ladies Annual Christmas Brunch 9:30 - noon	Q.I. Bible Church
-Dance to "Blue Collar" 9-1, \$5	Quadra Legion
November 25, Tuesday	
- "Above the Gods" play reading 7:30pm	Inner Garden
November 27, Thursday	
-Christmas in The Cove All Day until 9pm	Q-Cove Plaza
-Best of the Banff Mountain Film Festival 7:00pm	Community Centre
-Midnight Madness Christmas 6-9:00 p.m	Upper Realm
November 29, Saturday	
-Dance to "Quadra Sonic" 9-1, \$5	Quadra Legion
November 30, Sunday	
-Walk the Advent Spiral" a Family Service, 10:30am	QI United Church,
-N.I. Greens AGM 1:30pm upstairs	Community Centre
-Dinner Jazz with the Annie Siegel Trio 6-9:00 pm	Heriot Bay Inn Pub
December 3, Wednesday	
-Quadra Seniors meeting 10:00 am coffee 10:30 am meeting	Quadra Legion
December 6, Saturday	
-Xmas Craft Fair 10am - 2pm	Quadra Legion
December 7, Sunday	
-Geshe YongDong on "Listening Meditations" 10a.m. to Noon	Inner Garden
December 8, Monday	
-Quadra Seniors Christmas Lunch 12:30 pm	Discovery Inn CR
December 13, Saturday	
-Quadra Singers Christmas Concert 8:00 pm	Community Centre
-Christmas Craft Fair 10:30 am - 4:30 pm	Upper Realm

Home for Christmas

November 22, Saturday Ladies Annual Christmas Brunch, "Home for Christmas" Quadra Island Bible Church 9:30 - noon. Sharing memories of Christmas traditions involving food. Ladies are encouraged to bring recipes for sharing. Come and bring a friend!

Singing Carols, Silent Auction, Special Food & Guest Speaker.

Christmas Wreaths for Sale

December 6th, 10:00am to 2:00pm at Quadra Foods. Quantity may be limited, but variety will be bountiful. All proceeds are donated to Quadra's Food Bank (Quadra Navy League Cadet's Participation).

Aerobics with Marion

Now Mondays and Thursdays from 6pm - 7pm at the Community Centre. Come and join us to a fun workout.

Aerobics for all levels and ages, some floor work and some weight lifting to get you back into shape. Come and feel good in your body again. If you have questions call Marion at 285 2895.

Legion Fair

Join us for Christmas Crafts and Bake Fair Saturday December 6 at the Quadra Legion. Santa arrives at 11 am for pictures until 1 pm. Concession open. Sponsored by the Ladies Auxillary.

Next deadline for the
**Discovery
Islander**

December 1st

**701 Cape Mudge Rd
Monday-Thursday 10-4**
use drop box after hours please



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On the cover



Stella Duffey and Margaret Johnstone at the Quilting Marathon.
photo: Philip Stone



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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:**

- Please print handwritten material clearly.
- Electronic items sent by email or on disk must be saved as **Word** or **rtf** formats. Please spell check in Canadian English.
- **No MS Publisher** files or graphics in Word files please. Send graphics separately.
- **Please** use the title of the item as email subject & send multiple items in separate emails.
- 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 photos use labels or Postits™.

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, December 1st

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News & Events

Girl Guides Thank You!

To the Legion for their donation. To Lois at Hummingbird for her donation. To everybody for buying cookies. To the Building Supply for being a wonderful venue for cookie sales. We appreciate the money to start our group. You are all great! Thank You!

Annual Carol Sing at Camp Homewood

Friday, December 19th at 8:00pm. 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.

Tibetan Monk Talks on "Listening Meditations"

Geshe YongDong will be speaking on "Hearing & Listening & Contemplation Meditations" on Sunday, December 7th at the Inner Garden at 10a.m. Geshe YongDong is a Tibetan Buddhist yogi, poet, philosopher, meditator and teacher. This is his fifth trip to Quadra to give these time honoured Tibetan Buddhist teachings. If anyone close to you has suggested that you're "not listening" (and you think you are listening), this may be the workshop for you. Hearing requires deep concentration. These techniques are available to all. Effort and practice are required. It's never too late to become a good listener. Suggested donation for the two hour workshop is \$10. However, if you're short on money, it's free. Call Danielle or Steve at 285-3323. This workshop is sponsored by the Sunday Morning Buddhist Meditation Group.

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Quadra Singers Christmas Concert 100 Strong!



Expect to see many more of us on Dec 13!

This year Quadra Singers will be presenting a concert of 100 Singers. For the first time we will be presenting a concert with Campbell River Singers. We will be singing pieces from Handel's Messiah, for those whose taste leans towards the classics. We will also be performing some popular Christmas pieces, and some medleys of Christmas Carols.

This year there will truly be something for everyone! The concert will be directed by John Montgomery, with piano accompaniment by Mary-Ellen Wilkins. Fun for the whole family.

8:00 December 13, at the Community Centre



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SHOUT OUTS:

I would like to thank everyone for helping with the event. It couldn't have happened without you. This event brought in \$1,600.00.

Special thanks to **B.C Hydro** for their generous donation of 4 poles for the lights. They have been delivered and soon we will "LIGHT UP QUADRA SKATEPARK". Thanks to the efforts of Gord at EB Horsman, Kevin Wells at BC Hydro, Steve and Lisa at BC Hydro Public Relations, Bob and Amanda Turner for making this donation possible. Thanks Bob Turner, Doug Peters and Emco Resources in advance for construction.

We will soon have our first lit, outdoor sporting facility on Quadra Island.

Our **4 foot mini ramp** - thanks to Quadra Builders, Marine Harvest, Willow and Shane, Richard Swanson for the flat deck and Murray for his engineering input.

THANKS:

Chadwicks for the rail to raffle off. Congratulations Elliot Dubois.

Veronica and Alex for film and photo's. If you have photos bring them to the shop!

Food Booth: Aroma Roasters, Peter and Elaine for all their help in the kitchen and the coffee for the raffle. Robyn for helping in the kitchen. Quadra Foods and Heroit Bay Store for donating juice and pop. Lov'in Oven for the carrot cake.

Security Team: Barb, Mickey's Mom, Vince, Bill, Zeb, Trina, Sarah, Justin, Cathy, Luke, Niki, Ralph, Marina, Carla, Shannon, Lon, and others who helped out.

Sound: Jaron Michel Freeman Fox

Lights: Aldo Green

Judging: Steven and Tyrell of Campbell River for judging the mini ramp \$100.00 best trick. 3rd place Justin Miller, 2nd Cody, 1st Sterling Ball. Congratulations Sterling! Best trick - **Early Grab Melon Blunt to Fakie.** Sue Graham for being in charge of funds.

Decoration: Sarah, Kyra, Elder Porter, May and Justin it looked great. Mary Pirie for the fog machine and strobe light.

Fashion Show:

Marlena from Marlena's Salon for hair. Tami from Fat Cat Emporium for makeup and Sonja too.

All the models you guys were amazing: Keri Smith, Alex Scarf, Faydra Nighwander, Raven Nighwander, Dot Drake, Niki Stevens, Tyler Stevens, Tanner Pressner, Cyan Moir, Megan Renda, Lindsay Renda, Fair Taylor, Karen Bratt, Sonya Bingham, Emily Turner, Logan Hallam, Sterling Ball and Ryan Weys.

Back stage: Brandi Moir and Kim Ellis. Sarah McDonald for being our beautiful M.C.

D.J's: Cypher - Todd and Nick

Clean up: Jaron, Maureen and Kai late that night and Elise for bringing; Kyra,

Katie, Tyrell, Gary, Fontana, Chelsey the next morning. Roller Skating Rocks thanks guys.

Free Stuff: EDGE Board shop and their distributors for all the tosses: Dakine, S&J, Ultimate, Westbeach, Dish, No Limits, O'Neil.

Advertising: Discovery Islander.

Thanks to any one I forgot. I really appreciate all your help. Let's throw another one when we "LIGHT UP THE PARK".

- Amanda Turner EDGE Board Shop

Empowerment

A Science of Mind Column

Infinite potential!

Yep, that's what life is. How many apples do you think are in an apple seed? Check it out. Look at the little dark thing and see if you can count. 1 2 3 ... How many? And if we plant the apple seed does a pumpkin grow? Who decides? Does the soil recognize the seed and decide? Or is there that within the seed, harnessed within it's own shell all that is necessary to grow an apple tree that produces apples?

The Universe if full of potential. And we, like the apple seed have within us all the infinite wisdom to become a magnificent self. What is our potential? Can we count it? Can I look at another person and say what their purpose is?

It is my view that we get caught up in our dualistic reality and we figure our choices are limited to this or that. That is usually about it, two choices. I can quit my job that I dislike and have no money or I can be unhappy and work and have money. This or that, hmmm, doesn't sound very infinite to me. Lets examine the idea a little further.

"Any of Nature's forces, must have existed always, but, so far as humans are concerned, they exist to be used only after we have discovered them and learned how to make use of them. Electricity was a reality in the universe when Socrates was a great teacher but neither Socrates nor his students knew anything about it. This is true of all natural laws. They have always existed but only when understood may they be used. Life waits upon our discovery of natural laws, our discovery of ourselves." I ask you, what lies dormant beneath that shell of yours? What is your gift, your true potential?

On Sunday evening at 7 PM we have the opportunity to explore these ideas and uncover together our true potential. The Quadra Island Centre for Positively Living is a spiritual community that passes no judgement. We celebrate the gift that you are and awaken within each and every one of us, our true potential. 285-3224.

- Reverend Jill Brocklehurst

Quadra Community Centre's Christmas Craft Fair

will be taking place on Friday evening, November 28, from 4pm - 9pm, and on Saturday, November 29, from 10am - 3pm.

This is an excellent opportunity to get your Christmas shopping done, visit with friends and neighbours, have a snack at the concession, and see the wonders our local crafters have wrought. With more than 50 vendors spread over the two days, there's sure to be something for everybody!

As always, Friday evening is a more serene, adult event. Mary Ellen Wilkins has agreed to delight us with her piano magic - a treat we all look forward to!

Saturday promises more bustle and child-like energy! Santa will be making a stop at the craft fair, and will arrive at approximately noon. Be sure to be there with your wish list! The QCC Christmas Craft Fair - A Fun Family Event! We'll see you there!!

If you require more information, please call 285-3952.

Quadra Rec. Update

The Community Kitchen Lunch crew puts on a great feast for everyone, Wednesdays noon to 1:30. There will be a special seasonal lunch December 17 and then the next lunch date will be January 7. Thank you to all the folks who donate desserts and food. Thank you volunteers who make sure the lunch happens and thank you participants who put donations in the bucket so others may have a hot meal too! When expenses are paid, extra money goes to support the Food Bank, which happens the 1st and 3rd Wednesday of the month, 1:00-2:30. Appreciations to the Food Bank volunteers who distribute the food. Donations to the FB can be made at Q. Rec. Soc. Box 10 Q. Cove. A tax receipt can be received.

The south end of the Community Centre landscaping project is in process this month. As ever, a special thank you to David Smith for taking many days off work to direct the job! Money made from the 2003 Garden Tour is going into this work. By next summer, we should have a pretty area with handicapped parking and a cement sidewalk to the south entrance. This will be a lovely outdoor area for weddings, juggling festivals, workshops or just enjoying some down time outside the building.

It's time to think of Winter/Spring recreation planning. If you have an idea of something that should be presented at the Community Centre, we would like to hear from you. We need dance, drama, art, and sewing instructors for kids and adults. New to the island? Come out and get involved!

Sandra Spearing 285 3243 Mon-Fri 8am-4pm discoveryislands.ca/news

Gifts from the Heart

4th Annual Gifts from the Heart Xmas Fair at the Inner Garden. Saturday, Dec. 6th & Sunday, Dec. 7th. 10am-4pm. All welcome

Waffle Sales Support Community Organizations

The staff of Cafe Aroma inspired the cafe's owner, Josee when they agreed to join her in donating pennies to Quadra Children's Centre. Their generosity inspired her to look at other ways Cafe Aroma could support community organizations. Starting December 1st, Cafe Aroma will sell waffles and a portion of the sales will go to Quadra Children's Centre. Cafe Aroma will do this throughout the year giving the proceeds to various community organizations. If your organization would like to be the next beneficiary, contact Josee at 285-2404. Cafe Aroma will sell a package of 3 waffles to take home for \$4.50 with \$0.50 going to the Children's Centre. Or eat in and select one of the delectable flavours available: buckwheat, fruit, wheat-free or wild rice, top it off with a dollop of whipping cream, maple syrup and french vanilla yogurt. Come on in and help our community cafe support community organizations!

Quadra Seniors

BR. 91 -B.C.O.A.P.O.

We thoroughly enjoyed our November meeting. Our guest Ann Lawrence, from Elder Hostel at Strathcona Park Lodge, put us through an entertaining exercise, with music. "What Fun". Everyone was participating. Ann will be coming at 1:30pm, every Wednesday so our Wed. will be a fun day.

Tai Chi, at 10:00 am. Carpet Bowling at 10:30 am Bring your lunch, or come back after. For Cards, or any craft, game etc. and join in with Ann for musical exercise, in chairs or? At 1:30 pm

Our next meeting is at 10:30 Wed. Dec. 3rd/13, always the 1st Wed. in the month, unless a change is stated.

Our Christmas Luncheon will be held on Mon. Dec. 8th./03, 12:30 pm at the Discovery inn. Contact Ruth at 285-3801, to be on the list.

All Seniors Welcome, to join us and have some fun in your life. Young and experienced welcome. We also go on excursions, learn about computers, go on walks with the gang, sometimes with our Mushroom expert, Marshall.

For Membership call Ruth Amiabel 285-3801 Or Bob Lasby (Dec. only) 285-3501

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"Sleigh Bells Ring in a Reason for Giving"



Members of the Salvation Army Youth will be just some of the 40 smiling volunteers needed each day to man the Christmas Kettles. Some of the group Mark, Laura, Liz, Joan, and Aly are pictured here with Staff workers Doug, Caroline and Karen, Salvation Army Captain Brenda Alan (right) and Kettle Coordinator Cyndy Chidley (front right).

The jingle of bells will soon herald in another Christmas season. A time of joy,

a time for friends, and for family. It's also a time when we reach just a little bit deeper as a caring community to help those whose holiday season may be in need.

This Christmas, as so many before The Salvation Army will be counting on the kindness and generosity of neighbors helping neighbors to make this poignant time of year just a big brighter for those less fortunate.

For over 100 years the Salvation Army's annual Christmas Kettle Campaign has rung in the season in communities all over our land. Captain David Allen, Pastor of the Ocean Crest Community Church noted "The work of The Salvation Army in caring for those in most need is largely funded by our Christmas Kettle Drive. Each dollar truly does make a difference in helping people.

This year's annual campaign kick off is Monday November 24th and runs through until Christmas Eve.

Kettle locations are: Market Place IGA, Zeller's, Superstore, Canadian Tire, Thrifty's, Super Value, Save On Foods, BC Liquor Store in Discovery Harbor, and the Liquor Store in Willow Point on weekends.

To run a community program such as this successfully, takes not only the generosity of those passing by, but the energy and commitment of volunteers. If you and your family want to help make a difference why not volunteer a few hours and enjoy the kinship of holiday sharing.

Give Cyndy Chidley, the 2003 Christmas Kettle Coordinator a call today at

286-3396 or e-mail Deborah at debmiddleton2003@hotmail.ca.

Help Campbell River make this a season of joy for everyone.

A Step Back in Time

Step back in time with the Quinsam Longrifles on Sunday, November 23rd at the Museum at Campbell River. Beginning at 1:30 pm, black powder enthusiasts and re-enactors from Campbell River will provide hands-on demonstrations of some of the skills needed to survive in the fur trade era, including leatherwork, beadwork, making capotes from blankets and four-strand rawhide braiding. The program complements the black powder exhibit currently showing at the Museum.

During the fur trade, trappers and traders met at predetermined rendezvous to trade furs, exchange news and socialize. This meeting provided the trappers with opportunities to trade for provisions, and make some of their own supplies such as firearm ammunition. People surviving off the land needed to be resourceful and independent. They dried their own meat, sewed their clothes from animal hides, hollowed horns to store black powder, and made sinew into sewing thread.

Today, like their predecessors, black powder re-enactors enjoy making and trading things they need. Much of their handiwork is replicated for period accuracy, but designs occasionally reflect contemporary interests based on historical fact. Black powder enthusiasts throughout Vancouver Island have interests in leather work, beadwork, scrimshaw, carving, pottery, woodwork, sewing, rope braiding, forging, weaving, spinning, quilting, pipe building, drum making, music, reading, crochet, knitting, plant drying, tanning, quill dying, cooking, canoeing, and joining primitive treks. Based on these traditions, black powder competitions and social events called *ëRendezvousí* are held around the country.

This hands-on family afternoon has something to interest everyone. Learn from the local black powder club how early settlers worked hides, did beadwork and made arrows and rope, and enjoy the concurrent exhibit *iA Step Back in Timeí*. The cost for the program on November 23rd is \$2.00 per person or \$5.00 per family, and includes admission to the Museum galleries. For more information, call the Museum at 287-3103.



Banff Mountain Film Festival on Quadra

A world of action, adventure and culture comes to the big screen at the Quadra Community Centre 7 pm, Thursday November 27th when the Best of the Banff Mountain Film Festival World Tour pays its first ever visit to the Island.

A 3 hour program of films selected from the best of those screened at the main festival which takes place every year at the Banff Centre for Mountain Culture will be on offer.

Tickets are now on sale from Explore Gallery in the Q-Cove Plaza, the Discovery Islander office at 701 Cape Mudge Rd and through the Tidemark Theatre box office (the best way to secure tickets by phone with a credit card) by calling 287-7465.

The Best of the Banff Mountain Film festival is hosted on Quadra Island by Wild Isle Magazine with assistance from Whiskey Point Resort, Strathcona Outfitters, Urban Lemming and Spirit of the West Adventures.

Friday Flicks Tonight!!

Russian Ark

November 21st Q.C.C. Doors 7:30
– Showtime 7:45
\$4.50 seniors/students \$3.50



Russian Ark is a time travel movie like nothing you've ever seen. It's a cinematic journey through 300 years of Russian history in a single take.

A contemporary Russian filmmaker magically turns up in the Hermitage in St. Petersburg, in the early 18th century. He is joined by a sarcastic French diplomat from the 19th century. The two of them form an immediate love-hate bond as they embark on a journey through the Palace, witnessing a series of vivid scenes from history. The camera follows, gliding and sweeping through corridors and rooms and through the centuries. Whirling through crowds, racing up staircases, meandering through art galleries, and snowy courtyards, Sokurov's camera performs a scintillating ballet.

Rich in the colorful and opulent costumes and historical details of the Imperial eras, "Russian Ark" gives an intriguing view of Russian history through an extraordinary exercise in cinematography.

Next at Friday Flicks

– Swing

December 5th Same time. Same place.

Director Tony Gatlif's intrigue with chronicling the culture of Gypsy people is based in his own Algerian and Gypsy heritage. "Swing" explores the "Manouche," Gypsies from the Alsace area of France, whose music combines the rhythm, melody, and emotion of their culture with the jazz, swing, and blues of America. "Swing" takes us inside Manouche society while telling a coming-of-age story about two unlikely friends.

Ten-year-old Max stumbles on a community of Manouche while wandering the area near his grandmother's home in Alsace. He is instantly drawn to their music and trades his discman for a guitar with a street savvy tomboy named Swing. He befriends Swing and meets her Uncle Miraldo, a guitar virtuoso. The man and the boy strike a bargain: in exchange for guitar lessons, Max writes letters to the welfare office on Miraldo's behalf.



Swing is a heartfelt celebration of music and love, enveloping in its warmth and passion. As

Max and Swing explore the countryside together, wandering along the lost roads and hidden rivers of the region, Max falls under the spell of what to him is a lifestyle defined by freedom and romance. When Swing invites Max to musical evenings at her home, he learns the history of the Manouche and their tribulations during the Holocaust.

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Publishers' Notes

It has been a while since I last reached for the 'Publisher's Notes' banner from the proverbial pasteboard. But it is hard to see an issue like the current proposed Quadra Island Zoning By-Laws boil up with out throwing two cents in.

A great deal of time and energy has been invested by the community in producing the Official Community Plan (OCP) and further effort by the Advisory Planning Committee (APC) along with Regional District Planners to translate the OCP into the current Draft of the Quadra Island Zoning Bylaws. The full history has already been well detailed in recent editions of the *Discovery Islander* so suffice to say that it behoves the Quadra

Community to see this process through to a satisfactory conclusion.

The Current Draft Two is a 70 page document full of 'Interpretations', 'Regulations', 'Specifications', 'More Regulations' and a whole lot of 'Zones'. For the average person (and I count myself in this group) the result is a lot of detailed language which is difficult to completely digest. What isn't difficult to grasp is that this document will have long-term and far-reaching effects on the shape and evolution of our Island community.

We are all fortunate that a dedicated group of community members have come forward to interpret and critique the current Draft resulting with the calling of a public meeting on Monday November 24th in advance of the Regional District's open house.

I strongly urge you to attend both the meeting on the 24th and the open house which follows the next evening, the 25th. And I call for the Regional District to slow down the pace of this process to allow those of us for whom legal-speak is not a second language to come to terms with the content of these bylaws and have our input.

-Philip Stone



Bill 75: King Campbell righting past wrongs.



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Island Forum

Dear Editor,

We have had tremendous support from the community since our letter of appeal went out a few weeks ago. The community has donated \$8,200 to date. We are over halfway to reaching our goal of \$15,000 and continue with hopes high that we will make it. It is very heartening to know that this community recognizes the importance of quality childcare and supports us in our efforts to survive these hard times. The parents, children, board of directors and staff members thank you from the bottom of our hearts.

Sincerely,

Dee Conley

On behalf of Quadra Children's Centre

Dear Editor,

Quadra Children's Centre is a caring and wonderful place. We are lucky to have a top quality childcare centre like this on Quadra. Thank you to the board and staff for your efforts to keep the Centre open.

Our granddaughter, Hannah, asks to go there. She looks forward to being with the other children, to playing in side and outside, and to using all the high quality arts and crafts materials that are freely offered. And most important to us, she feels totally comfortable with the skilled, professional staff.

Working parents and grandparents need a safe, healthy, enriching environment to help care for our children. Quadra Children's Centre fills that need and more. Knowing that Hannah receives the same care and consideration she would receive in our home gives us great peace of mind.

It is shocking but not surprising in this economic climate to hear that Quadra Children's Centre needs financial assistance. Please support them with a contribution.

Sincerely,

Etta & Matt Martinelli

Dear Friends and Neighbours on Quadra

Wake Up! Do you smell the Quadra coffee? Well, the flavour of Quadra is about to change, thanks to all the new proposed by-laws. Did you enjoy that fresh, free-range egg you had for breakfast? Well, that's gone now. Rural 1 and Rural - Residentail 1 are not allowed the keeping of livestock unless you are on A.L.R.land.

Did you know that a permanent veterinary service is prohibited? Or that you can not operate an animal kennel as a home occupation? Did you know that the travelling public may stay in a campground spot for no longer than 1 month? Did you know that your greenhouse must be covered in a translucent material, not clear glass? Did you know that mobile home parks are prohibited in all zones? Did you know that anything not expressly permitted is 'verbotin'? Did you know that the CSRD is regulating how much of your private property you can cover with buildings? Or that the CSRD wants you to apply to them for approval before starting your home business or building on your lot?

Big changes are afoot for our tiny island of 3,000 people. Has your zoning been changed without your knowledge? Some have been. Did you know that approximately 80% of all Quadra will be "non-conforming" (not grandfathered) if these bylaws are passed? Want to know more? Bewcome Aware!

Pat Nowazek

The Quadra Community Association subcommittee report on the Quadra Island Zoning Bylaw shall be presented to a public meeting, held at the Quadra Community Centre on Monday November 24 at 7pm.

The Directors

Comox, Strathcona Regional District
Planning Department

Dear Sir, or Madam,

I am writing to strongly object to the new proposed CSRD bylaw no. 2538 being planned at this time by your board members. In my opinion these proposed changes are not the will of the people of Quadra Island, and are being rammed down our throats with little or no regard to the wants and needs of Quadra Islanders.

As I'm sure you are aware, a newly elected committee has been formed, who were chosen by Quadra Islanders whom we feel better represent the ideas of residents here on our island. At his initial meeting it was demanded of Mr. Abrams that all activities pertaining to these new amendments were to cease forthwith, until such time as the new committee had had a reasonable amount of time to persue and make suggestions that would more accurately conform with the wishes of residents of Quadra Island.

As I understand the situation, the new changes arbitrarily change my zoning from rural two residential, to residential one and prohibit my sawmill as a legitimate home occupation, and make it impossible for me to sustain my right to make a living as provided by my constitutional rights. I am 59 yrs. of age, I've undergone a major heart reconstruction, I wear a pace maker and obviously unable to join the workforce to provide for my family in any other way.

To take away my right to provide for myself and my family would be a truly reprehensible act and shows no regard or compassion by board members for the rights of Quadra Island's working residents.


Yours truly,

Gregory G Hewitt



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Dear Editor:

RE: Draft 2 of proposed Quadra Island Zoning Bylaw

At the inaugural meeting of the Quadra Community Association (QCA) a subcommittee was formed to examine and report on Draft 2 of proposed Bylaw No. 2538 - Schedule 'A' Quadra Island Zoning Bylaw, 2003.

This QCA subcommittee report shall be presented to a public meeting, held at the Quadra Community Centre on Monday November 24 at 7pm. (This meeting is in advance of the Regional District's "open house" on Nov 25.)

Although some protested provisions in Draft 1 of proposed Bylaw 2538 have been remedied, the current Draft 2 still contains a number of clear deficiencies as well as questionable and onerous use limitations. The likely impact of these shall be

- (1) draconian restrictions imposed on the benign private use of residential property,
- (2) economic harm caused to those engaged in legitimate and useful home occupations,
- (3) untenable and very financially damaging restrictions on the activities of various commercial operators.

Moreover, Draft 2 contains new restrictions which did not appear in Draft 1.

Overall, the Draft 2 proposed zoning/land use changes have the potential to detrimentally impact economic prosperity and property values. Each Quadra resident might very well be affected directly.

The QCA asked for, and believed it had secured, a pause in the bylaw implementation process. Subsequent indications are that this pause shall not be provided.

The QCA therefore urges all Quadra Island residents to attend the November 24 public meeting, study the proposed changes, and make timely, formal response to regional district board directors and staff.

OVERVIEW OF DRAFT 2 PROBLEMS:

DRACONIAN LANGUAGE IN GENERAL PROVISIONS (eg blanket prohibitions such as: 'any use not expressly permitted...is prohibited..')

OVERBROAD NEW DEFINITIONS (eg 'junkyard', 'derelict vehicle', 'intensive agriculture')

ONEROUS RESTRICTIONS ON HOME OCCUPATIONS (new prohibited

occupations, limitations on goods not manufactured on site, permits and fees)

ARBITRARY REZONINGS (new zones RR-1, SI-1, WP-1, and AQ-2A), AND ACCOMPANYING NEW RESTRICTIONS ON USE (no intensive agriculture outside the ALR, no livestock in R-1 and RR-1 etc)

For Quadra Community Association,
Dalyce Dogterom, Chair
Val Barr, Secretary

Dear Editor

George W. and his daddy went to a lot of trouble to make sure nobody would ever see body bags coming home from their chosen war of the week; there is a good reason for that.

Thirty odd years ago, his predecessors brought home the shattered bodies at night, not to injure the middle class values of America of course, after all, there is nothing to see and it's for their own good. This actually backfired on them once that I know of, in Southern California the military had lined up dozens of these bags on a tarmac and did not quite get them off the asphalt in time for the arrival of a very hot sunny day. They took on a very distinct form as they swelled into little blimps. I got a dent on my camera that day.

I often saw body bags and always wondered who was in them when I stopped in front of one, or in one case, I was sitting next to a bag in a plane, I would wonder who he was, where he came from and who loved him. I even thought of looking up his family when I got to L.A. What would I have said? âReally nice bag your son came home in, too bad he's not in one piece.â

The bags were the ultimate sanitization of insanity, they could blow you up into a hundred pieces your mom could not have recognized, stuff you in a clean plastic bag, zip you up and presto! You're off on an all paid flight, this time you can even lie down and rest, a luxury those poor bastards knew only in death.

Barring photographers from taking pictures of the truth is nothing new, my Nikons had more dents than a golf ball from being hit, pushed or dropped while I took off from irate authorities.

I expect Dubya to go out of his way to avoid any association with the dead, considering his responsibility in their demise.

Robert Saint Amour
Surge Narrows

Area J Regional Director's Report

I have written articles in the last three issues mostly about the bylaw review that is taking place. I certainly would not want to wish this job on anyone right now! I have received input from a number of people, but mostly I have been fielding calls based on misinterpretation and misinformation.

Obviously there is something wrong with this picture! I have also received some comments from the folks that are having their own look at it as a small group (as a committee of the newly formed community association) so that they can turn in their comments. This group had asked that the process be "*stopped*" when I met with them two weeks ago so that they could have more input. I explained that it would be difficult to "*stop*" the process and still have input into it as the planners will go onto other things that are begging for attention. I did suggest a slowing of the process to allow them time to meet and make their comments.

They agreed to this approach. This was referred to in the last article in the *Discovery Islander* as a "*pause*" by the group. In speaking with one of the members of the smaller review group, I was told that they would have their comments submitted in very short order. There is still at least a month of input time and then time over the holidays and in the first two weeks of January before the planners would like to report to the committee of the Board.

However, since I know that there is a huge amount of misunderstanding and concern out there, I feel it would be best to receive that input from the review group and then have the planners come back with a **Draft Three** in the first weeks of January.

That version should include as much input as can possibly be gathered and would then be distributed to the community for comment. At that time the committee could receive the report from the planners and would make recommendations on how to proceed from there.

If the community feels that the bylaw is getting close to a useable document they could recommend having it go to the Board so that a Public Hearing date could be set. That would be at least two weeks after the Board meeting.

Then there would be the Hearing and then a Public Hearing Committee meeting which would make recommendations based on all of the input received to date. That would then go to the next possible Board meeting for consideration of the recommendation.

The Board would then, based on all of the available information, make a decision on what direction to go with the process. So, the "*pause*" will be considerable before the review of the bylaw can possibly be adopted or even go to committee.

The whole idea behind the review process, as I have said before, was to allow the "small focus group" (APC) to go over the huge amount of material and then present it to the overall community for review. Due to the complexity of the issues, it seems reasonable to add one more step of allowing another small body of different people to have a look at the **Draft** and then compile everything into a **Draft Three** for further consideration and clarification. It is very important to me that the community be part of this process as it is your bylaw and you and I will be the ones that have to live with it. So let's get it right! Hope this helps to clarify the timeline.

I have heard many incredible rumours from the good ol' rumour mill about how terribly the bylaw will effect people if adopted... and each of the sections that are being talked about as if they are new, are already in the existing bylaws and are having no negative effect. I must say it again, folks: this is a review of the existing bylaw. We have had bylaws since 1969 (long before I was your Director).

All of the community comments to date have been incorporated into the latest **Draft Bylaw** with regard to all of the major concerns that have been expressed. So, I am not going to take up a lot of space in the *Discovery Islander* talking about the bylaw review.

There will be a Public Open House on Nov. 25th from 7 to 9 pm... that will be a good place to have your questions answered (see ad). It IS NOT a sit down public meeting. It is an open house for sharing ideas with the planners. I hope to see the whole island there. A note for the outer islanders (and anyone else who doesn't know it): the bylaw review is for Quadra Island ONLY.

NOW THE GOOD NEWS!!!

After about a year of negotiations with Telus, I have finally succeeded in bringing ADSL internet services to Quadra Island. In going over my file of emails and phone calls and conference call notes, it amazes me how many people I have had to deal with within their bureaucracy to finally make this happen! Phase One will only cover about a four kilometer radius from the Telus office

on Heriot Bay Rd. but will go further as soon as Telus is able to accommodate us.

I know that there are other service providers that will be available eventually on the island but this one should be up and running by the time you read this article. I can't wait for phase two so I too will get service! I spend far too much time on Regional District business waiting on line at painfully slow connection speeds. So, for those of you that get served in the first phase, enjoy it!

Another really "good news event" that just took place was a forum that I had the pleasure of co-initiating in 1997 with the First Nations Summit while I was on the Union of BC Municipalities Executive. It is called the Community to Community (C2C) Forum and has been held as a province wide forum three times in Vancouver since 1997 and about 40 times in a more regional or local context.

We had our own regional forum on Nov. 6 and 7th with the Hamatla Treaty Society, who represent the five bands that are in our Regional District. There are others on the west coast that are not part of Hamatla. Perhaps we will have a future forum with them also. we intend to have three or four more of these forums to work on relationship building with first nation neighbours outside of the treaty process. The original idea was to build the relationships first so that the treaty process might run more smoothly.

After all is said and done and the province and the fed's go back to the big cities, we (first nations and non first nations) will still be here working together as neighbours. This is why it is important to work on relationships, land use planning, information sharing, service agreements, etc. We are all part of the same communities and it was really satisfying to be in the same room with people from all areas of our region, and even a few from the north island and the islands to the south, discussing our common concerns and issues and getting to know each other. It was a very successful and worthwhile event.

I think that is about it for this issue. Please feel free to contact me by phone at 285-3355 weekdays from 8:30 am to 7 pm. Remember to leave a number where you can be reached. Please do not call on weekends. You can, however, contact me anytime by fax at 285-3533 or by email at abramfam@oberon.ark.com Take care and I hope to see you at the Open House. New to the island?... Please!... come up and introduce yourself to me! I look forward to meeting you! Respectfully

Jim Abram - Director, Area J, RDCS

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Guns, Games & Gore

by Steven Halliday

Recently I've become acutely aware of a preponderance of firearms around us. Not necessarily the real thing, but firearms appear with great frequency in the media, and hence our lives. Certainly the coverage of the war in Iraq brings weapons into our focus on a daily basis, but so does the growing number of incidents reported by our local media. Without consulting specific regional statistics, it seems certain that the number of firearm-related incidents within BC, and most certainly the Lower Mainland, have risen sharply over the last decade.

Firearms used to be a very big part of my life, starting at a very young age. My family lived in close proximity to a shooting range, and hunting was an annual rite for male Halliday's. This combination resulted in my owning my first gun at about 8 or 9 years old, a pristinely restored Winchester Model 88 .22 calibre pump rifle, circa 1907. I still proudly display my very small but nevertheless treasured trophy for 1st place finish in the 1968 Port Moody Gun Club Junior Small Bore Rifle Championship. Unfortunately, the same cannot be said for the Winchester, to which I would ascribe much more value, both emotionally and financially. Guns have pretty much ceased to be a part of my life, probably starting with my last big game hunt (a successful Yukon moose trip in 1982) and largely ending with a walk in the Cariboo poplars in 2001; ostensibly hunting grouse, but not really. While government regulations became more and more onerous (and the various licensing fees more outrageous) I grudgingly complied, not being one to hold much belief that there is any sinister scheme behind the legislation.

Today, to legally own and use a firearm for hunting, one must possess (at a minimum) a federal Firearms Possession Certificate, a provincial Hunter's Permit, a provincial Hunting License (plus accessory tags or bird tickets) and a secure locking gun cabinet and trigger lock. I'm sure it is a rare ten-year-old today that can hunt and participate in target shooting competitions – it's simply not worth the trouble, if it is indeed even possible. But at the same time

the need to own firearms has also declined dramatically; the vast majority of British Columbians much prefer to obtain their meat at the grocery counter. Further, gun clubs are almost impossible to operate in most populated areas, for safety and liability reasons, reducing target shooting opportunities.

In spite of the fact that very few young people have exposure to firearms nowadays, the fascination with them has not abated. Indeed, computer technology has allowed today's children to experience things much more exciting than pump action .22's, and much more (in a virtual reality sense) thrilling action than grouse hunting. Disturbingly, killing people has become pretty much routine stuff in today's electronic gaming environment, and the entertainment media are doing their best to keep up; movie violence is at a never before reached level of blood and guts thanks to digital animation. So when the real McCoy shows up (in a non-sporting manner), be it a cheap handgun or Dad's hunting rifle, it is generally in the hands of someone who is either a criminal, dangerously ignorant or, most tragically, blissfully unaware of the destructive power of a bullet. A loaded weapon is very dangerous object, best left in the hands of experts.

Nothing can set my blood boiling faster than the sight of something bearing bullet scars that has no business being a target. When I see a traffic sign that has holes blasted through it, my thoughts turn the potential damage of the deflected yet undiminished power of the projectile that went through the sign. Travelling aimlessly at several thousand feet per second, imagine it punching through your windshield as you're tooling along admiring the scenery. Anyone who has driven BC back-roads can attest to the idiocy exhibited by some bearing arms; some people just have to shoot something...anything...for reasons that entirely escape yet infuriate me. Now a very bizarre, if not perverse, trend has reached the North Island. Some enterprising company is producing remarkably realistic looking bullet hole stickers, designed to

resemble the damage a large calibre bullet would do to the metal of a car. And where do I see them most? On cars driven by kids. Maybe I'm just getting old and cranky, but I fail to see any humour or glamour in fake bullet holes.

Canada is way up there on the gun ownership scale, but we have relatively few gun-related crimes, particularly when compared to the USA. Therefore simple possession of firearms itself is not a precursor to gun crime, so what is behind the inexplicably high level of gun-related violence down south, and the increasing levels here? My first guess was a culture that somehow desensitizes people to violence, as some have accused predominates in North America. But Japan has a rich assortment of hyper-violence in its media, and the digital gore is probably more popular there than in North America. Japan also tolerates depictions of violence in enormously popular comic books called *manga*, which depict extreme violence and degradation. It is quite common reading among commuting Japanese businessmen and teenagers alike. But Japan has very strict gun control laws, and boasts a gun crime rate of only .05 incidents per 100,000 people, versus Canada's 4.31 or the USA's 14.24. When compared to the USA, Canada has very strict gun control. Britain also has very strict enforcement of firearm laws, and it shows in their very low gun crime statistic of .41/100,000. But crime involving guns is on the rise in all of these countries.

Gun control obviously helps, but out of control guns will always be around. And guns will continue to get into the hands of the wrong people for the wrong reasons. Desensitizing kids through access to violent media and games to the danger of guns, however, need not be around, and parents should exercise that control unless they want to take responsibility for completing their child's firearms education. It won't eliminate the violence, but it's a great step. And boycotting those stupid stickers wouldn't hurt either.

Quilter's Marathon Helps Sick Children

This past weekend, November 15-16, over 50 industrious women gathered at the Quadra Island Community Centre to take part in the annual Quadra Quilters 'Quilting Marathon'.

Over 55 quilting kits were prepared in advance and one given out to each participating quilter at the start of the marathon on Saturday morning. Over the next two days the quilters worked on their projects with occasional help from drop-in guests. By the end of Sunday 20 quilts were complete as proudly displayed in the photo below. The remaining quilts get finished over the next few days.

quilts become a source of great comfort to their new owners who can be going through difficult and sometimes painful illnesses.

The donation of quilts to various groups in need is an ongoing theme for quilters across the province and probably for the global quilting community. The quilters generosity is matched and assisted by donations of fabric from large fabric manufacturers. Quadra Quilters president Karla Thomson told me. Karla went on to explain that the Quilting Marathon is also supported locally by businesses and individuals in the Quadra community.



Mary Dennison working on her quilt.

When Quadra Quilters marathon is complete all 50 quilts will make their way to Vancouver for distribution to sick children around the province. The majority reach children through Ronald McDonald House and Vancouver Children's Hospital. The

Quadra Quilters is the largest single user group of the Quadra Community Centre and the quilters group continues to grow according to Quadra Rec c.

For more information about Quadra Quilters call Karla Thomson at 285-2393

Poppy Campaign

We would like to thank the residents of Quadra and Cortes Island for making this years Poppy Campaign a very successful event. A big thank you to the Royal Canadian Legion volunteers, the volunteers from the Fire Department, Sea Cadets, Brownies, Girl Guides and Quadra Child Care Centre, who stood outside the Heriot Bay Store, Quadra Foods and canvassed the ferry line-up. A special thank you to Don McDonald who canvassed the businesses on Quadra Island to buy wreaths and crosses for Remembrance Day and displaying them in their businesses.

We would also like to say thank you to the Campbell River Legion Pipe Band who assisted us to raise funds for the Poppy Fund with a pub crawl.

This has been a very busy two weeks and your assistance in making this campaign so very successful is very much appreciated.

Nick Zapp and Bill Nutting

Co-Chairs Quadra Island Legion Poppy Campaign

Comox Potters Christmas Sale

The Comox Valley Potter's Club will hold its annual Christmas Sale on Saturday November 22, 2003 at the Florence Filberg Centre in Courtenay from 11:00 am to 5:00 pm entrance fee is \$1.00 and includes free refreshments.

The Comox Valley Potter's Club is a non-profit organization promoting the craft of pottery in the Comox Valley.



Fruits of their labour. Quadra Quilters show off some of the beautiful quilts created during their marathon quilting weekend. photo: Philip Stone

Island Report

We Will Remember Them

by Tanya Storr

A large crowd packed the Quadra Island Legion for the annual Remembrance Day Service. This year's service included a dedication ceremony for a new memorial plaque. The memorial, like the one at the Quadra Cemetery, pays tribute to deceased veterans who resided on Quadra at some point in their lives. It will be kept in a place of honour at the Legion.

After the singing of 'O Canada' and the hymn 'Eternal Father Strong to Save', Cliff Hand gave the address. Cliff said he was very glad that so many people were in attendance for the service.

"The 11th hour of the 11th day of the 11th month was the exact time that the armistice was signed, bringing an end to World War I. Since then, this date has been used throughout the Commonwealth for holding our Remembrance Day Services," noted Cliff.

He went on to say that more than 1,500,000 Canadian men and women served overseas in the First World War, Second World War, and the Korean War. Of this number, more than 100,000 died.

Cliff spoke about the cenotaphs that have



*Photos: Above Bob Brown (L) and Bruce Thomson (R) with the Legion's Memorial Plaque
Below Left: Members of the Quadra Brownies lay a wreath at the Remembrance Day Service.
by Tanya Storr*



been built in hundreds of cities, towns, and villages across Canada to honour those who have died in past wars.

"We have our own cenotaph where following this service we will lay wreaths, pay our respects, remember the fallen, and hope that wars will cease and nations can live peacefully together."

Following the taped bugle call of 'Last Post', all those present observed a two-minute silence to reflect and remember. Rob McKerracher played a 'Lament' on the bagpipes, and then the bugle call 'Reveille' was sounded to signify a new beginning.

Wreaths were laid under the cross at the front of the stage by representatives from various organizations. These included

the RCMP, Canadian Forces Base Comox, Quadra Legion Branch, Quadra Legion Ladies Auxiliary, Regional District, Quadra Seniors, Quadra Fire Department, Sea Cadets, Guides, Brownies, and Quadra United Church.

Grade 6 student Sidney Moon read aloud her poem 'This is the Day We Remember'. Bob Brown then led the dedication ceremony for the memorial plaque, saying the Legion has worked very hard on the project. He read a prayer of dedication for the occasion.

Towards the end of the service, Quadra Legion First Vice-President Barb McDonald came forward. She spoke about how we should not only remember those who have

gone before us, but also those still with us who have served.

Barb asked the World War II veterans to stand and be recognized, followed by the Korean War and Vietnam War veterans, and current serving members of CFB Comox. Each group was greeted with loud applause.

Barb also paid tribute to local RCMP and Quadra Island Volunteer Fire Department members for service to our community. She praised the Cadets, Guides, and Brownies, saying, "Our community is very proud of you all."

Following the service, the wreaths were taken outside to the cenotaph. Members of CFB Comox stood in the 'Sentinel' position as people came forward to pin their poppies on the wreaths.

Legion representative Don McDonald told me that fund raising activities are in progress for a new Quadra Legion

cenotaph. The goal is to raise \$4,500. To date, over \$2,400 has been raised.

"The cenotaph we have now is starting to crumble a bit, so we feel it's important to construct a new one. We hope to have it completed for November 11, 2004," Don told me.

After paying their respects at the cenotaph, many people took the opportunity to socialize while enjoying the Legion Ladies Auxiliary's tasty sandwich lunch.

Quadra Legion's new bar manager, Dolna McNeil, said it was her first time attending the Remembrance Day Service on the island. She attended in honour of her late father, Donald McNeil, who fought in the Korean War.

"It was a moving and enjoyable service," she commented. "I found it particularly moving when the veterans were asked to stand. That was a very heartfelt gesture."



Photos: Left - WW II veterans Bill Dubois (L) and Sam Hooley (R) at the Remembrance Day service. Above - Local Sea Cadets lay wreaths at the service.
by Tanya Storr

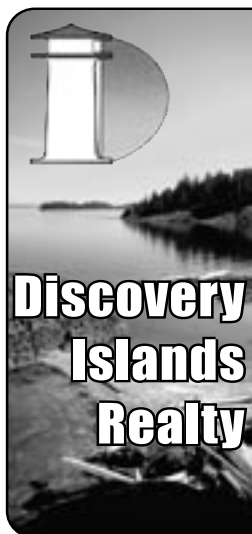
World War II veteran and longtime Quadra resident Sam Hooley, who is 88 years old, said the service always brings back memories for him.

"My father, Sam Hooley Senior, belonged to this Legion too. His name is on the memorial plaque. He fought in the First World War, and during the Second World War he was a

merchant seaman on convoys to Italy," said Sam.

A recipient of the Legion's Meritorious Service Medal in 1993, Sam said he belongs to the organization because it does a lot of good things for people.

"It's nice to see such a great turnout here today. It's important to be here," he said.



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For Quathiaski Cove

NOV. 22 - DEC 4

22	0345	12.8	3.9
SA	0815	9.8	3.0
	1435	14.8	4.5
	2205	3.0	0.9
23	0445	13.5	4.1
SU	0855	10.8	3.3
	1510	14.8	4.5
	2240	1.6	0.5
24	0545	14.1	4.3
MO	0945	11.5	3.5
	1545	14.8	4.5
	2325	1.0	0.3
25	0640	14.4	4.4
TU	1040	12.1	3.7
	1620	14.4	4.4
26	0010	1.0	0.3
WE	0730	14.4	4.4
	1245	12.5	3.8
	1705	13.8	4.2
27	0055	1.3	0.4
TH	0825	14.4	4.4
	1455	12.1	3.7
	1750	13.1	4.0
28	0145	2.0	0.6
FR	0920	14.4	4.4
	1630	11.5	3.5
	1850	11.8	3.6
29	0235	3.3	1.0
SA	1010	14.4	4.4
	1755	10.5	3.2
	2010	10.8	3.3
30	0325	4.6	1.4
SU	1100	14.4	4.4
	1900	9.2	2.8
	2155	10.2	3.1
1	0420	5.9	1.8
MO	1145	14.1	4.3
	1945	8.2	2.5
	2345	9.8	3.0
2	0510	7.2	2.2
TU	1220	14.1	4.3
	2030	6.9	2.1
3	0125	10.5	3.2
WE	0600	8.5	2.6
	1255	14.1	4.3
	2105	5.9	1.8
4	0240	11.2	3.4
TH	0650	9.8	3.0

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2lb Bag

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Red Potatoes** **\$2.99**
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Salami** **\$1.59**
100g

**Reggiano
Parmagiano** **\$3.29**
100g

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each

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