

Discovery Islander

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

www.discoveryislands.ca/news

ISSUE #336
FEBRUARY 4TH, 2005
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REGIONAL DISTRICT

Comox-Strathcona

NOTICE OF PARCEL TAX ROLL REVIEW PANEL

Electoral Area "J" Streetlighting Service

WHEREAS a Parcel Tax Assessment Roll has been prepared by the Collector as required by Section 202 of the Community Charter;

TAKE NOTICE THAT a Parcel Tax Roll Review Panel will sit in the **Committee Room** located at the **Regional District of Comox-Strathcona 600 Comox Road, Courtenay, B.C.** on **February 24, 2005, at 9:00 a.m.** to hear complaints against property deemed to be improperly assessed for Parcel Tax purposes in the above-named Areas.

A COMPLAINT SHALL NOT BE HEARD UNLESS WRITTEN NOTICE OF THE COMPLAINT HAS BEEN MADE TO THE COLLECTOR AT LEAST 48 HOURS PRIOR TO THE SITTING OF THE PARCEL TAX ROLL REVIEW PANEL.

Enquiries can be made by calling Mary MacDonald, Recording Secretary at 334-6033.

Debra Oakman
Collector
Regional District of Comox-Strathcona
600 Comox Road
Courtenay, B.C. V9N 3P6

North Island Green Party

Candidate
nomination/endorsement

meeting

Sunday Feb 6th 7:30 pm
Room 1 Campbell River
Community Centre

- Meet the candidate Philip Stone and local party members.
- Find out how Green policies mean we can have a healthy lifestyle, economy and environment.
- Get involved by joining the Green Party of British Columbia and volunteering to reclaim the legislature.





Island Calendar

Submit your event:

eMail: news@discoveryislands.ca
drop-off: 701 Cape Mudge Rd.

fax: 285-2236

The Regulars

- **1st and 3rd Wednesday** - Food Bank 1-2 Community Centre
- **Every Monday** - Smile Makers Kidz Klub-Quadra Island Bible Church 2:45 p.m. - 4:30 p.m.
- "Vision" Rev. Jill Brocklehurst on CRTV 9:30 PM
- **Every Tuesday** - Kalina Folkdancers -Community Centre, 7:30 to 9:30 pm
- "Vision" Rev. Jill Brocklehurst on CRTV 11:30 AM and 4:30 PM
- **Every Wednesday** -Community Lunch 12-1:30pm Community Centre
- **Every Thursday** -Parent and Tots 10 am Community Centre
- Motorcycle Club meet 5pm Heriot Bay Inn Pub
- Prayer Meeting, 7:30pm at Quadra Island Bible Church
- Moe's Jam 9 pm Heriot Bay Inn Pub
- **Every Friday** -Live dance music 8:30 pm Heriot Bay Inn Pub
- Youth Group - Quadra Island Bible Church 7:30 pm
- **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** -Sunday School - Quadra Island Bible Church 9:45 am
- Silent prayer and meditation QI United Church (downstairs) 10:00 am
- Sunday Service QI United Church 10:30 am
- Positive Living Celebration, 10:30am Community Centre
- Worship Service 11:00am Quadra Island Bible Church
- Buddhist Meditation Upper Realm, Q.Cove Plaza 10 am.
- Jazz nights in the Heriot Bay Inn Pub every Sunday 6-9 pm 285-3539
- 2nd Sunday of Every Month - Praise and Worship Time, Q.I. Bible Church 7:00 pm

Next Deadline: Monday, February 14th 2005



Day by day

- February 6, Sunday**
- Super Bowl Family Day Quadra Legion
1 pm - 2 Big Screen TVs
- What the Bleep Do We Know?! QCC
7 pm
-Green Party Nomination/Endorsement meeting CR Community Hall
7:30 pm
- February 7, Monday**
- Quadra Garden Club QCC
7 pm - Paul Skuse of Sticks & Stones on garden ponds
- February 8, Tuesday**
- Quadra Quilters Guild QCC
9 am - 2 pm
- Huston Smith on "Christianity" QCC
7 pm
- February 11, Friday**
- Mitlenatch Field Naturalists QCC
7:30 pm - The Story of the Salmon Louse
- Yak Shak, Stage 2 Upper Realm
7:30 pm
- February 12, Saturday**
- Don McKay & Quadra Poets Aroma Cafe
8 pm
- February 13, Sunday**
- From Fear to Faith Workshop QCC
1 pm
- Talk & Slide Show on China QCC
1:30 pm, with Clive Ainsley, Human Rights Lawyer
- February 15, Tuesday**
- Water sample drop-off QCC
8 am - 12 pm
- February 16, Wednesday**
- CPP and OAP seminar QCC Rm 2
7-9 pm
- February 22, Tuesday**
- Arrogant Worms Slither back QCC
7pm
- February, 26th, Saturday**
- "Temperate Rainforests of Home" QCC
7:30 pm

Island Calendar online: www.discoveryislands.ca/news

Island Calendar is a list of on island events. Please submit separately for the **Island Calendar** and **News & Events** or indicate in your submission if you would like your event placed in both. **Following the text order exactly as above for email submissions is appreciated** (month, date, day, title, place and time), use the title as your email subject. Current advertisers welcome to submit events but not-for-profit items will be given priority. Thank you.

On the cover



The Heriot Bay Inn.
photo: Philip Stone

Next deadline for the
**Discovery
Islander**

Feb. 14th

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

Discovery Islander

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#336 February 4th, 2005

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\$30^{00*} for 6 months

\$50^{00*} for 12 months (* includes GST)

Call 250 285-2234 for details

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, WordPerfect** files or graphics in Word files please. Send imported 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, January 17th

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News & Events

Don McKay & Quadra Writers

Quadra Island begins 2005 with a major literary event. Don McKay & six Quadra writers will read from their works in the relaxed coffee house atmosphere of the Aroma Cafe. Don McKay is the writer-in-residence at the Haig-Brown House in Campbell River. Don has published nine books of poetry over three decades. He has won the Governor General's award for poetry twice & was a finalist for the Griffin Poetry Prize.

The following Quadra poets and writers will also read from their recent work: Elise Cote, Luise Grav, Steve Moore, Jocelyn Reekie, Chris Thompson and Annette York. If you are writing now or suffer from writer's bloc or enjoy reading short stories, novels or poetry, this is the place to be on Saturday Night. This event is sponsored by the Quadra Alive Poet's Society & Charlie

Horse #7. The cost is \$3 at the door. Coffee, tea, juice, wine, beer & munchies are available. Time: 8 p.m. (come early for good seats), Place: Cafe Aroma, Date: Saturday, February 12. Call Steve at 285-3323 for more information.



\$5000 Arts Sponsorship by TERASEN

TERASEN Community Relations Manager Carol Greaves, left, presents Federation of Canadian Artists representative Bob Sheridan AFCA of Campbell River and Nanaimo Art Gallery Executive Director Anne Gilroyed with a cheque for \$5000. The money will be used for awards in the upcoming FCA Juried Exhibition "Island Perspectives" June 18 to July 23 at the Nanaimo Art Gallery, Malaspina University College Campus.

The show will feature works by artists from Quadra and Cortes Islands, Campbell River and the Comox Valley, as well as other artists throughout Vancouver Island and the Gulf Islands.

www.discoveryislands.ca/news

Learn to Sail -- RecBoats 05

It is still early in the year and the weather is foggy and damp, but the fine weather will come! Think of summer and fulfilling that dream you have or learning to sail!

Quadra Island Recreation Society and Quadra Sailblazers Dinghy Club are offering the RecBoats 05 course, for adults and kids 10 and up, starting Sunday, March 6 (a bit earlier than the date advertised in the Rec Society program). A new course, RaceBoats 05, is being offered for intermediate sailors interested in racing. Watch the next Discovery Islander for full details of times and fees.

If you are interested, please call Frank or Shirley Wallace, 285-2297, as soon as you can, since places in the RecBoats 05 course in particular are limited.

Quadra Vertical

Next time you're in the Community Centre take a look at the climbing wall taking shape at the back of the stage. It has now been painted and is waiting for the belay points and the climbing holds to be installed. After that, Philip Stone will be doing a belay course for interested people. Shortly thereafter it should be up and running, um we mean climbing. Want more info, want to get involved? Phone Matt at 2201, Karin at 2432 or Heather at 3570

Temperate Rainforests of Home

On Saturday, February 26th, at 7:30 pm in the Community Centre, Pat Rasmussen, coordinator of the World Temperate Rainforest Network, will present a slide show on temperate rainforests of the world.

This network was formed in 2003 to let the world know the values of these rare forests. Photos of old growth temperate rainforests and the endemic species that depend on them will be shown. This event sponsored by Sierra Quadra.

A Bhangra Disco Experience!

A big night in Little India! An all ages dance party! Taste India! Feel India! Come and feel the heat! Great food, Great time, Great Cause! Proceeds go to the Cortes Island Playschool. February 12th, at Cortes Island's Manson's Hall, starting @6:30.

BHANGRA is a lively form of folk music and dance that originates from the Punjab North India. A range of music styles are influencing Bhangra and its pulsing beats. With potent beat driven rythms, Bhangra transcends musical and language barriers! (it is just a lot of fun to dance to) Come seriously boogey! Come be with all of Cortes! All Ages. 14 and younger free!



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Sat Feb 5

Blues Report
Fri Jan 11

DJs Christina & Orion
Sat Feb 12

285-3322
Pub 285-3539

Yak Shak 2

Yak Shak is alive & well. 50 folks attended the January Yak Shak/Stage Fright Night. Quadra drummers performed for the first time ever. Shirley Locks & One Bear played home-grown reggae. True Dennis sang with the instrumental backing of Jason, Sunday & Cyrus. Local and mainland poets read from their original works. And Peggy had drinks & tasty munchies for sale.

This coming Yak Shak is promising to be even bigger. One of the beauties of the night is that the performers are always a mystery. I mean who would have guessed that Michael Foort would become an entertaining stand-up comedian at the last Yak Shak. So come on down & step on the stage...It's open to anyone who wants to perform. Absolutely all ages are included.

Friday, February 11, 7:30 p.m., The Upper Realm, Q. Cove.

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Pastor Roy (Sherree) Zimmerman
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CPP & OAP Seminar

Come to the seminar on Canada Pension Plan and Old Age Pension benefits and learn about your retirement options. Marco Costa, from HRDC, presents lots of good information in a humorous, easy to take manner. It is Wednesday, February 16, 7-9 pm in room 2 at the Quadra Community Centre. Cost is \$2.

North Island Green Party Constituency Association

The North Island Green Party announced today that it has received the nomination of Quadra Island publisher Philip Stone to represent the Party in the May 17th Provincial election. The official nomination meeting of the North Island Greens will take place on Sunday, February 6th at 7:30 pm in Room 1 at the Campbell River Community Centre.

Philip Stone's nomination is the outcome of a process that is typical of the Green Party. A spokesman for the North Island Greens said, "We operate by moving toward consensus through open and clear communication with all involved rather than through the self-serving old-style competitive adversarial process typical of the traditional political parties. In my experience here with the North Island Greens, things get done by moving forward to what is possible and best for all concerned in whatever circumstances any particular situation presents. In this case Ralph Keller, who represented the Green Party so well in the last Provincial election, has been instrumental in identifying Philip as a potential candidate and inviting him to put his name forward to our search committee and to our membership at the official nomination meeting on February 6th. It seems to me that he is eminently qualified and in full sync with the values, policies and principles of the Green Party of British Columbia, and will represent this constituency as it rightfully deserves in Victoria. He has said to me that he enters this campaign with the clear intention to be in the Legislature for the North Island after this election."

Contacts: Philip Stone, 250-285-2234, pstone@quadraisland.ca. Patrick Stewart, 250-285-2960, patricks@island.net

Story of the Salmon Louse

Corey Peet is a graduate student from UVIC, and his informative presentation on February 11th at the Mitlenatch Field Naturalists meeting will focus on the natural history of sea lice and juvenile salmon. Corey will also be discussing the debate that is currently raging regard to the interactions between sea lice, salmon farms, and wild fish. He will describe what it is happening in here in BC, as well as offer examples and perspectives from abroad.

Feb.11th. Quadra Community Centre, 7.30pm.

Q.I. Garden Club

Would you like to change the environment of your garden by adding a small pond and do the work your self? Monday February 7, 7 pm at the Community Centre Paul Skuse from Sticks and Stones Nurseries On Dogwood, Campbell River will show a video and give his advice on ponds, easily built by the home gardener. He believes everyone deserves the tranquility a pond adds to the home and says there are many reasons why we would enjoy this addition to our garden. Paul is a local expert on cost effective ponds from a kit and will show the garden club step by step details on how easy it is to install a water feature.

We really notice the difference in the light as winter comes to an end on Quadra. We can hear frogs in the evening as we stand outside and breathe in the warm air. If you do not hear frogs around your house maybe you need a pond to encourage them. For the show and tell table, bring the first spring flowers from your garden: the hellebores are in bloom, the crocus will start opening the next sunny day, the hazelnuts are early in full tassel, forsythia flowers have been confused into opening. Does anyone have a daffodil flower to show off to the club? If you have some divided plants to bring to the perennial table it is not too early to donate them. Now is the time to share your magazines while we still have time to sit around and read a bit. Drop ins welcome \$2 at the door or buy a membership \$10 annually.

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Legion News

SUPER BOWL SUNDAY - February 6. The Legion will have TWO big screen TVs - one in the lounge & a second one in the hall for family viewing (quiet toys &/or activities for the young ones to share would be appreciated). Bring along your friends & neighbours too - the more the merrier! Chili, hot dogs, hamburgers, etc. will be available at reasonable prices. The doors open at 1 pm, game kick-off is at 3 pm.

VALENTINE'S DANCE - Friday, February 11, featuring the popular local band "BAD FISH". Dance to your heart's delight from 9-1! Cover charge is \$5.00 per person & goes toward the cost of the band. What delights will our decorating committee come up with for this event?

WE THANK the Landing Pub for sponsoring our January \$50 Cash Draw. The next draw will be Sat. Feb. 26 courtesy of Dr. Rudi Unterthiner. Cash Draw tickets are given FREE upon the purchase of Meat Draw tickets.

MEAT DRAWS continue every Sat from 5-6:30 pm. All members & guests are welcome. We have four separate draws & each draw has four separate meat package prizes. The last draw is followed by a "Loser's Draw" (for meat) & a Pull-tab Draw (25-cent pull-tabs). We thank Gord at Heriot Bay Store for putting together our weekly prizes. Don't eat meat? Freeze your winnings & donate them to the Quadra Food Bank or to the Community Kitchen. All net proceeds from our Meat Draws are donated back to the community. So bring your friends, neighbours & relatives to join the fun, socialize & help the Legion to help others all at the same time.

GENERAL MEETING is Wed. Feb. 16 - all members are urged to attend. When you pay your Legion dues, you then have a financial interest in the Branch & the right to determine how it operates & how its money is spent. Your opinion DOES matter!

Branch Service Officer Cliff Hand, advises that our Veterans Affairs Canada representative is now Mr. Garth Reid (Jim Fisher retired in Dec/04). We welcome Mr. Reid & look forward to meeting him when he comes to visit our Quadra veterans.



Office Hours:

Monday 1-6 pm Wednesday, Friday 9-6pm
Every other Saturday 9-12 pm

Phone: 285-2848

Located at Cove Centre, Q-Cove
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Talk & Slide Show on China

Did you know... Nortel sold their computer programs to China knowing that they would be used to endanger the lives of certain groups? Walmart buys products from slave labour camps in China?

Learn this and much more at a startling Talk and Slideshow about China presented by Clive Ainsley, a human rights lawyer from the Comox Valley. He shares his 16 years of experience living and working within the judicial system. His vivid, rarely-seen photos further enhance his gripping presentation.

"I was deeply moved by the talk and slide show given by Clive Ainsley. Because of his intimate understanding of the shocking abuse of human rights in China in which we are complicit, I urge you to hear him speak." - Joy Inglis

"Shocking! Highly revealing! Important information every Canadian should be aware of!" - Lilith Cleasby

Come and hear this dynamic speaker on Sunday, February 13th at 1:30 pm at the Community Centre. Refreshments provided. Admission by donation. All proceeds to Amnesty International. For further information, contact Carol at 285-3737.

Q.I. Cycling Club's First General Meeting

Do you ride a bicycle to work? Are triathlons your passion? Do you need an introduction to mountain biking on Quadra? Is there a rusty unicycle sitting in your carport? Do your kids need incentives to ride? Help is here! Come to the first general meeting of Q.U.I.C.C., Monday, February 28th, 7 p.m. at the Yak Shak.

We'll discuss where we are coming from and where we are going. Please bring ideas on promoting any kind of riding on Quadra. We will be sharing details on our first sponsored event: a kids adventure fun race, "Kids for Kids with Cancer". Mark down Saturday, April 9th for this fun event! Phone Katrina for info or to help out at 285-3762 (after February 12th). For info on Q.U.I.C.C and our general meeting phone Brent at 285-2550.

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Showing at North Island College Theatre:

Feb 4, 7 PM; Feb 5, 2 PM; Feb 6, 2 PM

Showing at Quadra Island Community Centre:

Sunday, February 6, 7 PM

Tickets for sale at:

Inner Odyssey Books & Gifts (Tyee Plaza)

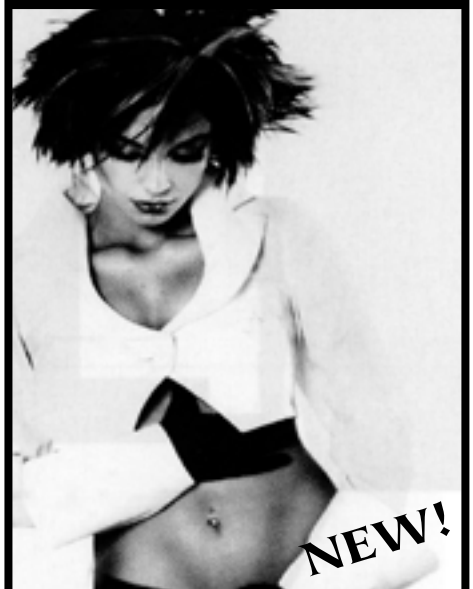
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Vision

by Rev. Jill Brocklehurst

What is your Vision? Where do your passions lie? What makes your heart sing? What do you want?

These are prime questions asked of a student studying Science of Mind because we believe that Spirit moves and expresses Itself through us. When we walk to the beat of our own drum and dance the life we were meant to celebrate, the natural order of the universe moves in perfect harmony. We know this because the Universe, in It's omnipresence, has existed as long as we can humanly calculate. If it didn't operate with perfect precision than it would have self self-destruct long ago ... but here we are. Spirit, Universal Intelligence, the Higher Power, is vast, so much so, one could never encompass all of it. It exists by means of all Its manifestations.

How does this theory apply to you? Since the Universe is infinite, you must be part of the Universal Whole and thereby contain all the qualities and attributes of this Intelligence. As a drop of water from the ocean contains all the elements of the sea, you too are One with Universal Intelligence. In our individual and unique expression of this whole, we create our lives and celebrate variety in boundless potential.

Sometimes we block the flow with ideas and beliefs that we pick up and carry as part of who we are. Thoughts such as, "I'm not good enough." can feed a belief of lack and limitation in the world. How can a limitless Universe not have enough? It doesn't make logical sense. We recognise that the apparent reality may support this belief but theory has proven many times over that as we have faith in our limitless potential, life shifts in wondrous ways.

Everyone of us is unique and when we follow our own dream, we are allowing the passion of the Universe to breath freely by means of us. This is what the TV show VISION is all about and this week Jaron Freeman-Fox as a guest shares his dream. Tune in Monday, February 7, 9:30 PM or Tuesday, February 8, 11:30 AM or 4:30 PM (Channel 10, CRTV).

Betrayed!

The Story of Canadian Merchant Seamen

If you missed *Betrayed* this week-end at the World Community Film Festival in Courtney, here is an opportunity to see it February 20th right here on Quadra with director, Elaine Briere in attendance.

This fascinating new documentary from Vancouveris director of *Bitter Paradise: The Sell-Out of East Timor* (1996), tells a little-known Canadian labour story that had (and still has) major international implications. *Betrayed* charts the turbulent history of the Canadian Seamenís Union, which organized to vastly improve the lot of the Canadian merchant seamen who would serve their country and the allied cause so heroically during World War II. These young men, many still in their late teens, were killed in larger numbers than were sailors in our Navy, but they had to fight yet another battle to get the government to formally recognize (and provide pensions for) their service and sacrifice. In 1949, these heroes were dealt a stunning betrayal: the Liberal government of Louis St. Laurent decided to privatize Canadaís merchant fleet, then the fourth-largest in the world - and, to overcome CSU opposition, raised the McCarthy-era spectre of communism to discredit the union and replace it with a more pliant, less progressive union from the US. The CSU called for an international strike in response; when workers in 26 countries joined the job action, tying up 60% of global shipping, the result was the largest international strike of the 20th century. Today, Canada is still bordered by three oceans, but not a single deep-sea ship flies the Canadian flag - and global player Canada Steamship lines, owned by the family of current Prime Minister Paul Martin, has been taken to task, here and elsewhere, for flying foreign flags to avoid Canadian taxes and the more progressive labour laws of western democracies.

Betrayed will be presented at the Quadra Community Center at 7:45 p.m. on Sunday, February 20th. Doors open at 7:30. A discussion with director, Elaine Briere will follow this fascinating and highly informative 56 minute video. Admission is \$5.00. For further information call Carol Foort at 285-3035.

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Arrogant Worms Slither Back to Quadra

The Quadra Island Recreation Society is delighted and only slightly disgusted to present another evening with the talented, musically hilarious trio, The Arrogant Worms. The concert is on Tuesday, February 22nd at the Quadra Island Community Centre at 7:00 pm.

Those who know the group will be flocking to the concert, but for those who are unfamiliar with the Arrogant Worms and their music, here is a brief history. The group started performing sketches and songs at Queens University in Kingston, Ontario in 1991. Their songs were broadcast on national radio and they immediately hit the road on a cross-country tour, saving enough money to record their first, self-titled album in 1992. Since then, they have recorded seven more independent albums - Russell's Shorts, C'est Cheese, Live Bait, Christmas Turkey, DIRT!, Idiot Road and their latest CD entitled Toast! U.S. label Oglio Records has released Gift Wrapped, a greatest hits compilation.

As wonderful as the recordings are, it is their onstage presence that hooks people. The "Worms" have performed internationally: from Central Park to Lincoln Centre in New York City, at folk festivals in Calgary, Winnipeg, and Port Fairy, Australia, at the Florida Disney Center, in the Grand Canyon, on Parliament Hill in Ottawa, in Edmonton accompanied by the Edmonton Symphony Orchestra, and last but certainly not least, in outer space, where their song, Dangerous, was played for the crews aboard the Space Shuttle.

Their songs are irreverent, very funny, and great to sing along with. The New York Times said of their show "They had a New York audience behaving like alligators", and in the words of the critic from the Manitoban, "Bring along some Depends". According to the Arrogant Worms themselves, "the world

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demands to be entertained and we are the three dorks for the job."

Advance tickets for the concert are \$17 each or \$40 for a family (parents and their dependent children) and are available at Quadra Crafts and Hummingbird on Quadra Island and at the Music Plant in Campbell River. Tickets will also be available at the door for \$20 each or \$45 for a family. Campbell River patrons should catch the 6:15 ferry to Quadra, and will be able to return on the 9 or 10 ferry. For more information, see www.arrogant-worms.com/ or call 285-2899.

Friday Flicks Tonight!

Facing Windows
Doors 7:30 – Showtime 7:45
Admission 4:50- \$3.50 Stu/Snr

Memory and reality collide in the evocative Facing Windows, Italy's deserved winner of the Best Film award in 2003.

Filippo and Giovanna were once childhood sweethearts, but now it seems like they have been together forever and the only thing they have in common is their two children. When Simone, an aged amnesiac, enters their lives, the couple soon see their lives and their futures in a different light.

Facing Windows frames a tale of loyalty, lust, and haunted memories. The movie is beautifully mounted, with many shimmering reflections reinforcing the imagery of regret and possibility. It's a unique and powerful portrait of a marriage.

Next at Friday Flicks February 18th. Go Further, February 4th. Same time, same place, same cost.

Documentary filmmaker Ron Mann has turned his eye to the road trip for his latest feature, following Woody Harrelson (ex-

Cheers star) down the American West Coast in his hemp-fuelled bus and on a bicycle. Harrelson and his "Merry Hempsters" go from Seattle to Los Angeles on his Simply Organic Living tour, stopping at various university and college campuses where Harrelson, with his irreverent charm, comes articulately alive for his various speaking engagements on eco-consciousness living. Go Further is a positive, lighthearted screed against overconsumption and heedless citizenship in general.


Go Further is a richly crafted and earnest endeavour. Mann takes pride in creating well-shot theatrical docs with lavish soundtracks. This one simply chronicles a feel-good road trip and as the camera rolls across a panorama of environmental rape and rapture he takes musical pit stops. The audience is treated to musical performances with Michael Franti, Natalie Merchant, String Cheese Incident and Dave Matthews. Mann's camera spends time with Steve Clark, a regular Snickers-eating, cigarette-smoking roadie who gradually comes to see the light about what he's putting into his body. Woody also hangs out, all too briefly, with Ken Kesey, in a clip filmed shortly before the original Merry Prankster died.

The ride is never boring.

Moe's Jam

Every Thursday night is an opportunity for every drinking age musician on the island to Jam with Moe.

Mikes & amps are provided. Bring your guitar or piano or voice or whatever & just plug in & have fun. Sometimes Shirley Locks & the Bears come, sometimes poetry is read and sometimes people play blues harp for the first time on stage. No cover & lots of sitting & dancing room on Thursday nights. 9 p.m. to midnight at the Heriot Bay Inn Pub.



REGIONAL DISTRICT

Comox-Strathcona

PUBLIC NOTICE

The public is invited to attend an information session. The topic will be the 2005 Budget and Regional District financial planning process. We intend to make this an interesting if not an entertaining presentation. Come and see how your taxes are spent. Your input will help determine our ultimate budget plan.

Thursday, February 17, 2005 @ 7:30 p.m
Discovery Islands – Mainland Inlets (Area 'J')
Blenkin Community Centre Quadra Island, B.C.

An overview of the Regional District of Comox-Strathcona's 2005-2009 Financial Plan will be presented and questions related to the budget will be accepted at the end of the presentation.

For more information please contact:
Debra J. Oakman, CMA
Manager, Financial Services
Email: djoakman@rdcs.bc.ca
Phone: (250) 334-6000 Fax: (250) 334-4358

Literary Start for 2005

by Susan Yates

Coast Library Manager

Vancouver Island Regional Library is starting 2005 with a delightful tribute to Literacy Month (January) in Canada. The 2005 Canada Reads books have been announced by CBC, and we're joining the fray!

Check our website or ask at your branch, in early February, to participate in online polls and join discussions in The Islands Read Online Book Club. For current information check out the CBC website at www.cbc.ca/canadareads/, or check our website at www.virl.bc.ca and visit our Recommended Reads. We are offering 4 prizes, including a set of Canada Reads books donated by CBC, to entrants in the Book Club Debate in February.

And here's another February literary event worth noting – Beyond Words is a province-wide essay contest celebrating libraries in B.C. More specifically, British Columbians are invited to share their personal stories of how libraries in B.C. have made a difference. Three winning essays will garner cash awards for the writers: \$500, \$250, and \$150. Beyond Words is open to all B.C. residents aged 19 or older. Essays should be no longer than 1200 words and can be submitted online at www.beyondwords.ca or by fax: 604-609-0707. You can visit this website for more information, or check your local library for posters and news releases. How I wish I could be on that panel of judges who have the happy task of reading about how libraries shape our lives...

Now (being early in the year) is a good time to let people know that the library is open to you even if you can't get to one of the local branches. If you live more than half an hour (by vehicle or boat) from the Quadra Island library, you can register as a Books by Mail customer and have your library items mailed to you free of charge. Check this service out on our website, or contact us at bbmail@virl.bc.ca.

If you are homebound and want to use your local library, ask the staff who work there about shut-in service. Most of our library branches keep a current list of volunteers who can help you borrow and return books, videos, audio books and other items from your closest library.

I often start the new year by reviewing my favourite books from the previous year, and throwing them out to the public for general consumption – they're not new (usually), just books that have come my way which I consider unusually good.

So, here are a few favourites from 2004: The Year of Miss Agnes, by Kirkpatrick Hill (for children 8-14); Stitches, by Glen Huser (for teens 12-18); The Path, by Chet Raymo (possibly my favourite author); The House of the Scorpion, by Nancy Farmer (for teens 12 and up; adults too); Razzle, by Ellen Wittlinger (for teens 14 and up); Mud Pies and Other Recipes, by Marjorie Winslow (the subtitle says it's for dolls, but it's irresistible for anyone who ever played in a sandbox or made pies with mud); and Sailing Alone Around the Room, by Billy Collins (one of my 3 favourite poets of all time). syates@virl.bc.ca

Chess Club

Meets every Tuesday Evening from 6:30 to 9:30 pm. Bring your set and clock. All ages welcome. Adm: \$2. Thank you to the Yak Shak for generously providing the locale.

For more info call John 285-2290.

New Developments to Support Campbell River

Campbell River – Residents of Campbell River will soon have new facilities to support seniors who need complex care, and more options for seniors and individuals with disabilities who require assisted living. Plans were approved today by the Vancouver Island Health Authority's Board of Directors to replace the 48-bed Sunshine Lodge extended care unit and to provide 54 new assisted living units at the site of the former Yucalta Lodge on Ironwood Road.

"Our government has made a commitment to expand care options for BC's growing senior population by updating or replacing facilities such as the aging Sunshine Lodge," said North Island MLA Rod Visser. "This announcement comes after a great deal of planning and assessment, which has always put the needs of seniors first. It will be a welcome addition to our community."

The new projects are part of a commitment by VIHA to provide up-to-date facilities that meet a wider spectrum of care needs in the community. Also included in the Sunshine Lodge redevelopment are six high-priority community geriatric mental health beds, funded through the Government of British Columbia's \$138 million capital commitment to build new mental health facilities across the province.

"We recognize the importance of supporting people's desire to live independently and with dignity for as long as they wish and are able," said Jac Kreut, Board Chair, Vancouver Island Health Authority. "These new facilities will be important in achieving that goal, and enhancing the overall quality of life for residents and assisted living clients."

The Vancouver Island Health Authority is in the process of developing a network of home and community health service options that promote client independence and self-care. This includes the replacement of older facilities such as Sunshine Lodge, which is no longer a suitable environment for the provision of residential care, as well as the development of new assisted living units. As part of the development of this network of care on the north island, 75 assisted living spaces were previously approved in the Comox Valley. Contact: Shannon Marshall, VIHA Communications, North Island, 250-830-6953

Major Amendment to Woodlot W1898 (Quadra Island)

Forest Development Plan

Notice is hereby given that Buttle Lake Resources will hold a public viewing of the proposed Major Amendment to the Forest Development Plan (FDP) for Woodlot W1898. This plan covers 400 Ha of Crown Land in the Village Bay Lake area on Quadra Island and 86.6 Ha of private land adjacent to Upper Campbell Lake.

The draft Major Amendment shows the location and orderly development of proposed harvesting and road development for an 8 year period. This plan also includes information on the maintenance and protection of other resource values in the area.

This Major Amendment is available for review by government resource agencies and the public before approval is considered by the Ministry of Forests. All approved operational and higher level plans that encompass the development area will be available for viewing at this time.

The Major Amendment will be available for review at the following locations: Quadra Island Community Hall (room #1) February 13, 2005 from 12:00 pm to 4:00 pm, and Quadra Island Regional Library from February 13, 2005 to March 13, 2005. A representative will be available to discuss the plan and receive comments at the Quadra Island Community Hall on February 13, 2005. In order for issues to be considered in this Woodlot, written comments must be received by March 13, 2005. Comments should be sent to Buttle Lake Resources, 1355 Evergreen Road, Campbell River, B.C., V9W 3S3.

If people wish to view the plan but can not make it to the public viewing they should call 286 4699.



Island Forum

Dear Islanders:

We would like to thank you for all the support and kindness you have shown our family this past year. Our son Max has finished his treatments, and last week his first post treatment MRI scan came back clear!

Our ordeal would have been much more difficult without the help of such a great community. Max still has a few medical procedures to go through over the coming months and many check-ups in the years to come, but so far so good. We will be forever grateful to all who helped us. Thank you.

Nick and Sue Rose

Dear Editor:

Re: Hummingbirds and Clever Animals

Hummingbirds will be with us again soon, and many of us will be feeding them sugar and water. Last summer I heard of a scientific study that found North Americans are killing hummingbirds by feeding them too much sugar: the birds are dying young from diabetes.

I had wondered about this for years. How can sugar and water be as good for hummingbirds as natural nectar. After hearing about the study, I went home and immediately emptied my hummingbird feeder of sugar water. I usually have only one hummer at my feeder. I like hummers, so I was sad to think that my hummingbird would no longer be humming me awake on summer mornings, at the feeder outside my window. However, I decided to experiment. I filled my feeder with water; plain, clean Quarda Island water. Surprise. Not only did my hummer return to my feeder, now a second bird began to use it too. They drank my water all summer; and it being a hot dry

summer, they needed it. From now on it's clean water for my hummers.

Changing the subject from hummingbirds to animals in general. Did you notice that, few if any animals died in the recent SE Asia tsunami. They sensed it was coming, and fled to safety, saving their owners lives in some cases.

This calls to my mind the 1968 Inanghua Earthquake in New Zealand. I was living in New Zealand at the time, a student in Christchurch City. The epicenter of the quake was about 130 miles northwest of Christchurch at the settlement of Inagahua Junction. At about 4:30 am. our dog Jasper woke me by whining in my bedroom. I was very tired, and I told him to be quiet. He then did something he had never done before, and never did since. He crawled under my bed. I went back to sleep.

I awoke soon after when our house began to sway. The whole of New Zealand's South Island began to shake and sway at about 5:00 am. Every building in Christchurch swayed and shook for about 30 seconds, and the settlement of Inagahua Junction (aprox.1000) was leveled. I later realized why Jasper had crawled under the bed. How had he known the quake was coming.

Another famous example happened in Italy during the 1960s. A mountainside slid into a lake, which burst a dam at the head of the lake, resulting in a flood which washed away several towns in the valley below, causing many deaths. Farmers who farmed on the slopes of the collapsed slope, had noticed that all of their livestock had moved off the collapsed slope a day or so before it had slid into the lake. Makes you wonder.

I know there are many stories, local and otherwise, to confirm this deep sensitivity that animals have to natural events. Animals are at times incredible. Next time you look

at that pet of yours, remember, he/she ain't just a pretty face.

Let's look after our pets, and our wildlife, hummingbirds included.

Greg Ross

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Next deadline 7pm Monday, February 14th 2005

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by Steven Halliday

Before getting into this week's scribbling, I wanted to refer readers to a column that appeared here in the December 10/04 issue entitled "A Dangerous Declining US Dollar". As an update, at the recent World Economic Forum in Davos, Switzerland, Microsoft boss Bill Gates shocked many when he stated "I'm short the dollar", and opined "the 'ol dollar, its going to go down". He is nervous about the dollar because "We're in uncharted territory when the world's reserve currency has so much outstanding debt" (note – US government debt rose 8.7% in 2004 to a mind-boggling \$7.62 trillion). Warren Buffett, CEO of Berkshire Hathaway and Gate's best buddy, holds the same opinion and his multiple billion-dollar investment fund has taken steps to protect their investors from a declining US dollar. I would suggest that anyone with significant exposure to US dollar denominated investments do the same – contact your investment advisor for direction.

Over the last few months I have been involved in 3 separate construction projects, two for work and one at home. My wife and I purchased a new home last fall with the intention of renovating the house to better suit our needs, so the contractor was hot on our heels when we moved in on November 1st. They're still there. Construction is usually stressful, but renovations (renos) can really get ugly. I remember talking to a local general contractor prior to starting the project, and he had a great time scaring the pants off me with the horror stories I could anticipate, particularly the cost..."all you have, all you plan to have, and then some...". The stress started early, as the contractor we selected had to have my commitment to do the job before we even purchased the home, so great is the demand for contractors at this time. But it all worked out and the project



A Fine Home

commenced, or should I say the experience got underway. Ours was a straightforward job – expand the main floor by six feet on each side, add six feet to the upper floor, plus add a dormer to enlarge a bathroom. Nothing, though, is straightforward when it comes to renos. Things get even more nuts when the contractor has to deal with the owners living in the midst of the chaos, as Norma and I have done these last 3 months.

The 1st lesson to be learned about renovating is that you have to get used to delays. Many times a particular stage of the project relies on a specific sub-trade to do their thing before anything else can progress, such as BC Hydro doing the new hook-up. In our case, 2 weeks late. Or the plumber, electrician or drywaller can hold up a job, especially now when they are all juggling multiple jobs, experiencing their own delays from other sub-trades as well. So keep a flexible schedule when you renovate, otherwise you will go crazy. Fortunately, I only came close to going crazy though I have experienced some minor derangement. Another lesson of renovations is that nothing is as it seems – that simple job of moving this wall to there will work fine provided you don't mind having your knees in the hallway while sitting on the throne. Expect the unexpected is now my motto.

When living in the midst of renovations, you can expect a variety of new experiences to come into your life. For one thing, contractors start the day early. This was fine with my wife, she being an early bird, but I like to start my day slowly. This is not possible when contractors start doing stuff (all invariably noisy) about the time I'm usually thinking of getting out of bed. You also get to know your contractors very well, much too well in one memorable instance when I unintentionally horrified a worker by walking in on him buck-naked as he installed a window. This, of course, would not have happened if contractors worked civilized hours. Living without heat in sub-zero temperatures was a treat that I've assured my wife (on pain of death – my death, that is) will never happen again. Similarly, living without running water, or plumbing fixtures at various times, is something I'd recommend against if you value your marriage. But with renovation projects all of the above and, oh, so many more things can and will happen, generally at the worst possible time. You will also become very close to your partner, literally. At various times my wife and I lived in our kitchen or the living room, which can be a challenge if you have kids (or in our case dogs) sharing your now very confined space. While I know many that have lived through a reno, I know of none that would wish it upon friends. Well, maybe some friends, and a couple of relatives, but you get my drift.

Throughout the various projects of the last few months, I've learned a most important lesson – work with a good contractor. Please note I said work with, because you have to be a team. My definition of a good contractor is one that looks after problems before you even know about them, and I have had that experience with a few. But more realistically, you have to have a contractor that both understands and empathizes with their client, because problems do occur and there are always consequences. Making the client as comfortable with and knowledgeable about the situation is, and should be, his/her primary concern, and in our case we have a general contractor who recognizes that fact, as does his crew. Whatever discomforts we experienced were a combination of our own decision to live through and with the renos and the harsh realities that renovations create. Walls go down, holes have to be cut, windows have to be relocated, etc. etc. Doing it all in the dead of winter also adds a whole new dimension to the project. Given a choice nobody would choose to live through a reno, but for many if not most of us economics, logistics and available time all conspire to make the necessity of the experience unavoidable. Having a good general contractor working with you makes life much easier in the long run, and at least provides a sympathetic shoulder to cry on. After all, you can't expect that from your spouse when you're both living through the same situation.

One final piece of advice, provided me by the same sage-cum-contractor I mentioned earlier in this piece. My wife was adamant that the sink in one of the baths be dead centered on the vanity while the roughed in plumbing was for an offside mount. It was really not a big deal to re-plumb to accommodate, but I balked at the extra cost for what to me was a non-issue – who cares where the sink sits? But the advice I received, and willingly share, is this. "When the wife wants it there, do it now. It's a hell of a lot less expensive now than later, and you know its never going to be forgotten." Wise words. As our house takes shape (at the time of writing I expect to have running water in all appropriate rooms, plus heat and lights everywhere this very day!!!) we have become more attached to it than any of the other 5 houses my wife and I have shared. It's probably because there is a little bit of us embedded in the very fabric of the home. No, we didn't build it nor do very much towards the actual construction. But between the contractor, the crew and ourselves we have breathed life into what was a 2 dimensional rough drawing and basic structure. It will be a fine home well worth the cost, both in dollars and cents and sweat and tears.



Island Report

Quadra Businesses Promote Women's Coffee Cooperative

by Tanya Storr

Anyone who has tasted a cup of Aroma Specialty Coffee Roasters' product knows it's top quality coffee, and now you can purchase their beans and support a good cause too. Helene Arsenault, owner of Aroma Specialty Coffee Roasters, and Josee Valois, owner of Aroma Café, are pleased to be supporting a women coffee growers' cooperative based in Northern Peru.

"Women are involved in all stages of coffee farming in these isolated communities, but rarely before had any role in selling the coffee or in making decisions about the revenues generated from sales," explained Helene.

The women's coffee growing cooperative, established one year ago, is working to increase the autonomy and self-esteem of rural Peruvian women. The 464 female coffee farmers in the cooperative receive the Fair Trade rate for their coffee, plus an additional 2 cents per pound. They alone get to decide how the revenue from their coffee sales is spent.

Organic Products Trading Company (OPTCO), coffee brokers based in Washington state, helped start the cooperative, known as the Café Femenino Coffee Project, because they witnessed firsthand the daily challenges faced by women in the coffee growing communities.

According to a Café Femenino promotional CD, in urban areas of Peru the abuse rate of women is estimated at 41%. In rural areas the rate is much higher, due to isolation and lack of assistance. Families have very low incomes and often choose to send only boys to school. Girls typically marry between the ages of 12-16.



Josee Valois, owner of Aroma Cafe, and Helene Arsenault, owner of Aroma Specialty Coffee Roasters, displaying coffee bought from the Cafe Femenino Cooperative. photo: Tanya Storr

"We are working to raise self-esteem, change the view of women's roles, and start economic activities that generate sales the women can control," writes broker Gay Smith on the CD.

So far the response, both from the women and from community leaders and other men, has been very positive. As well, the women have committed to growing excellent coffee, which is resulting in happy consumers at the other end.

"I introduced this coffee to my customers and lots of people have tried it and have given me very good feedback," said Josee, who sells bags of Café Femenino coffee roasted by Aroma Specialty Coffee Roasters

at Aroma Café. "It's an excellent project and I'm glad we're supporting it on Quadra."

Helene said she too is very happy to be supporting the women's coffee cooperative. "The broker who helped start it is encouraging sustainable development by providing women with the right tools to diversify their economy and be more autonomous."

Part of the initiative will involve contracting out the production (drying and packing) of the coffee to other communities. This will allow the women farmers more time to concentrate on the harvest and to attend meetings necessary to operate the cooperative. Although they will no longer



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handle the production, the women farmers will receive the same rate from OPTCO as they did before.

"Some of the women's time will be freed up, so they are looking at starting projects to help diversify their income. For example, some of the farmers are interested in starting a jam factory and others are considering assembling cookstoves to sell to other communities," Helene noted. "What is most important is that the initiatives are coming from the women. They are making a conscious decision to empower themselves and ask for what they deserve."

Helene pointed out that these other initiatives would be of great help to the communities should they have a crop failure or natural disaster impacting on their ability to farm coffee.

"Right now, growing coffee is their only source of income," she observed.

Another key initiative of the Café Femenino project is training. One project under consideration would involve training a group of women to operate a medical clinic in a remote coffee growing community.

As a roaster, Helene said she is very happy with the quality of the coffee beans coming from the Café Femenino project. She explained that the beans are the pits of the berries on the coffee plant, and not all the berries on one plant ripen at the same time. The women farmers hand pick the beans at their optimum ripeness. This results in premium organic, fair trade coffee.

Aroma Specialty Coffee Roasters is currently the only roaster in Canada buying coffee beans from the Café Femenino cooperative, but Helene hopes that more roasters and sellers will get on board.

"OPTCO are targeting roasters in small communities because they believe these

roasters will do a better job of promoting the product. Lots of people here have travelled or are into gardening or farming, and are interested in how things are produced," Helene said.

Coffee purchased from the women's cooperative must be sold under the Café Femenino label and can't be used in blends. Roasters and sellers are encouraged to return a percentage of sales to a women's group or facility in their home area or in the coffee farming communities.


"They are asking us to return a couple of cents per pound, but we're looking at trying to go beyond that," said Helene.

Aroma Specialty Coffee Roasters received their first sacks of Café Femenino beans last November. At the moment, the roasting company is absorbing the extra cost of the beans.

"We're not asking our customers to pay more for the Café Femenino coffee than our other products. If it does really well, that will justify the extra money that we put into it. I feel strongly that we have the choice and also the responsibility to support sustainable projects," Helene stated.

Approximately 70% of Aroma Specialty Coffee Roasters products are Fair Trade. "We are now using almost all organic, shade grown beans. The quality of the beans has improved tremendously and the supplies are more reliable and consistent. Café Femenino coffee is an excellent example of how sustainable development is linked to organic farming," Helene affirmed.

On Quadra, look for the Café Femenino label on Aroma Specialty Coffee Roasters products at Aroma Café, Heriot Bay Store, and On Root Greenhouse (in season). On Cortes, Café Femenino coffee is sold at Squirrel Cove Store and Trude's Café. For more information about the women's coffee cooperative, visit www.optco.com or call Helene at 285-2062.



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Discovery Islander Classifieds

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Simply drop off your 30 word ad along with cheque or money order at our office: 701 Cape Mudge Rd. or for more info call

285-2234

email news@discoveryislands.ca

SERVICES

Drinking Water Quality Monitoring Services. In accordance with Health Protection & Environmental Services. Friendly & Affordable. No Hassle Service/ Paul Flemming Quathiaski Cove, Certification #4111 **830-3744**

Melanie Krumwiede Farrier Service Hoof Care, Barefoot Trims, Hot Shoeing. Ph: 285-2587 or Cell: 204-4220

Q-COVE APPLIANCE REPAIR Now doing repairs to all makes and models of automatic washers and dryers. Also new & used parts depot for all your appliance needs. Affordable rates. We carry a good selection of quality used washers and dryers. All appliances come with 1 year warranty on parts & labour. Free delivery on Quadra. **Call 285-3425 or cell 202-3425**

Quadra Waggin Tales Daily & Overnight Pet Care Michael Hechter (250) 285-2367

Zippers, Hems and Mending; available at the Quadra Clothesline. Phone Kathi at **285-3854** to arrange. Large capacity washers for comforters, mats and sleeping bags. Dry cleaning service. Coin-op open daily 6:30 am to 8:00 pm

Hammerhead Home Improvement Services. Renovations, Remodels, Repairs. Outbuildings, fences, grunt work etc.. Free estimates & references available. Call Pat at **285-2807**

WANTED

Do you have a **private guest cottage** you would like to rent out for a long term lease? Professional couple seeking a 600 sq. ft or larger cottage / house on Quadra Island for a five year contractual lease or longer. Must be well built with an excellent water supply, and allow for one dog of which we will pay extra for pet sitting as well if available! E-mail details to: Islandproperty@mac.com

Wanted Postal Historian? Collector seeks envelopes bearing postmarks and mail from the Discovery Islands (Quadra, Cortes, Stuart, Read, Sonora, Redondas, Thurlows, etc) from 1893 to present day. Call Peter Smith at 285-3612

FREEBIES

620 square foot double wide trailer/home. Free if you move it by mid March. 285-2948 between 9 am and 9 pm

DISPLAY CLASSIFIEDS

The Paint Lady
Brighten Up Your Winter!



Spruce up your house, guest room or cabin. I do wallpaper removal, interior painting, decorative painting and fabulous faux finishes

285-3896
tidy • friendly • fast

Journeyman Carpenter
(interprovincial certification)

MICHAEL HADDON

From concrete to finishing

Ph: 285-2280

Fx: 285-2289

mhaddon@oberon.ark.com

❖Design services available❖

Discovery Islander

Put your business in the spotlight!
Display Classified Ads
Only \$12.00* per issue.
Call 285-2234

*GST extra

To Submit Your Ad

Drop by our office at 701 Cape Mudge Rd. 10-4pm Monday to Thursday with your ad written or typed out and \$7.50 in cash or cheque (sorry no credit cards) for up to 30 words. Longer ads charged at \$8/column inch.

If the office is closed use the secure mail box at the door. No house calls please.

Payment is required at time of submission. Ads may be faxed to 285-2236 or emailed to: news@discoveryislands.ca with payment following asap

Island Tides

For Quathiaski Cove

FEB 4 - 16

4	0234	12.5	3.8
FR	0504	12.4	3.8
	1049	13.8	4.2
	1952	3.2	1.0
5	0324	13.3	4.1
SA	0648	12.7	3.9
	1151	13.7	4.2
	2046	2.4	0.7
6	0404	13.8	4.2
SU	0750	12.7	3.9
	1310	13.8	4.2
	2137	1.8	0.5
7	0440	14.1	4.3
MO	0841	12.3	3.8
	1423	13.9	4.2
	2226	1.5	0.5
8	0516	14.3	4.4
TU	0933	11.7	3.6
	1525	14.0	4.3
	2310	1.7	0.5
9	0551	14.4	4.4
WE	1031	11.0	3.4
	1623	13.8	4.2
	2348	2.3	0.7
10	0625	14.6	4.5
TH	1327	9.9	3.0
	1719	13.2	4.0
11	0018	3.5	1.1
FR	0658	14.7	4.5
	1414	8.7	2.7
	1819	12.5	3.8
12	0042	5.0	1.5
SA	0731	14.7	4.5
	1500	7.5	2.3
	1926	11.6	3.5
13	0110	6.8	2.1
SU	0803	14.6	4.5
	1545	6.4	2.0
	2049	11.1	3.4
14	0143	8.5	2.6
MO	0835	14.2	4.3
	1632	5.7	1.7
	2228	11.0	3.4
15	0223	10.1	3.1
TU	0905	13.7	4.2
	1723	5.2	1.6
16	0043	11.5	3.5
WE	0335	11.4	3.5
	0932	13.2	4.0
	1818	5.0	1.5

TIMES ARE STANDARD TIME

HERIOT BAY STORE

Bottle Return Donations

in February to the
Quadra Spinners/
Cystic Fibrosis Foundation.

Specials For Feb 6-12 While Supplies Last

GROCERY

**Kellogg's
Corn
Flakes** **\$2.99**
525g

**Thrifty
Pop** **99¢**
2 L

**Soft & Pure
Bathroom
Tissue** **\$6.99**
24 Rolls

**Kraft
Miracle
Whip** **\$3.99**
1 L

**Sunrype 2/
Fruitsource
Bars** **\$1.49**

**Mexi-Snax
Tortillas** **\$2.49**
255g

PRODUCE

**Imported
Hot House
Red Peppers** **\$1.29**
lb
\$2.84/kg

**Organic 3/
California
Grapefruit** **\$1.99**

**California
Head Lettuce** **99¢**
each

**California 2/
Strawberries** **\$6.00**
1 lb

MEAT

Chicken \$3.29
lb
Breasts \$7.25/kg

**Made in Store
Chorizo \$2.99**
lb
Sausage \$6.59/kg

***Farmer's Best*
Inside Round \$3.49**
lb
Roast \$7.69/kg

DELI/BAKERY ITEMS

Olivieri \$3.49
Pastas 350g

Olivieri \$3.99
Sauces 170-330 ml

**Gourmet 6/
Cookies \$2.69**



Open Every Day Until 8pm