

# *Discovery Islander*

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

[www.discoveryislands.ca/news](http://www.discoveryislands.ca/news)

**ISSUE #340**  
**APRIL 1<sup>ST</sup>, 2005**  
**FREE**



# Notice of Public Hearing

Pursuant to Section 892 of the Local Government Act, notice is hereby given that a Public Hearing of the proposed bylaw:

BYLAW NO. 2734: "Electoral Area 'I' (Cortes Island)  
Zoning Bylaw, 2002, Amendment Bylaw No. 8"

WILL BE HELD AT: Manson's Hall, 983 Beasley Road, Manson's Landing, Cortes Island, BC  
ON: Saturday, April 16, 2005  
COMMENCING AT: 11:00 a.m.

## Summary:

The purpose of proposed Bylaw No. 2734 is to provide greater clarity and introduce new aquaculture zones and regulations for aquaculture within Cortes Island, Electoral Area 'I', and clarifies and adds new definitions regarding aquaculture. It also proposes to provide for greater public access to the foreshore on Cortes Island by proposing a new Community Access One (CA-1) zone and amends other foreshore zoning boundaries. It further rezones a specified foreshore area for deepwater shellfish aquaculture to a new zone Aquaculture Two C (AQ-2C).

## Purpose:

The general purpose of proposed Bylaw No. 2734 is to amend the current zoning bylaw for Cortes Island, Electoral Area 'I', as shown on the adjacent Map No. 1, as follows:

- 1) To delete the three existing aquaculture zones: Aquaculture One (AQ-1) and Aquaculture Two (AQ-2) which regulate passive aquaculture, and Aquaculture Three (AQ-3) which regulates active aquaculture and replace them with seven new aquaculture zones which include: Aquaculture One (AQ-1) and Aquaculture One A (AQ-1A) which regulate beach shellfish aquaculture; Aquaculture Two (AQ-2), Aquaculture Two A (AQ-2A), Aquaculture Two B (AQ-2B) and Aquaculture Two C (AQ-2C) which regulate deepwater shellfish aquaculture, and Aquaculture Three (AQ-3) which regulates finfish aquaculture;
- 2) To rezone areas of the foreshore and the surface of the water that do not have a current Land and Water British Columbia Inc. (LWBC) tenure and which are zoned for aquaculture to a new zone, Community Access One (CA-1), which permits public recreation uses including recreational shellfish gathering and harvesting, and navigational aids;
- 3) To rezone a portion of foreshore and the surface of the water located to the northwest of Cortes Island which do not have a current LWBC tenure from Aquaculture Three (AQ-3), which regulates active aquaculture, to a new zone, Aquaculture Two C (AQ-2C), which regulates deepwater shellfish aquaculture as shown on adjacent Map No. 2;
- 4) To amend zoning boundaries so that they are consistent with aquaculture LWBC tenure boundaries; and
- 5) To update related aquaculture definitions in the zoning bylaw.

A copy of the proposed Bylaw and related information may be inspected at the Regional District offices, 600 Comox Road, Courtenay, BC between the hours of 8:30 a.m. and 4:30 p.m., Monday through Friday, from March 31, 2005 to April 15, 2005. In addition the proposed bylaw may be viewed on the Regional District website at [www.rdc.bc.ca](http://www.rdc.bc.ca).

At the public hearing all persons who deem their interest in property affected by the proposed bylaw will be afforded an opportunity to be heard on matters contained therein. Please note that legal considerations prevent the Regional District from considering any representations made after the close of the public hearing. If you cannot attend the Public Hearing, all written submissions (mailed or electronic) must be received by this office by the close of the Public Hearing.

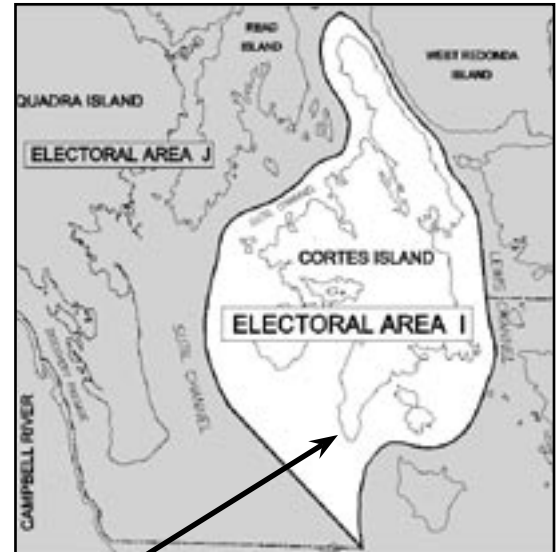
The Directors from Electoral Areas 'A', 'B', 'C', 'D', 'G', 'H', 'I' and 'J' are appointed as delegates to the Public Hearing.

**Enquiries should be directed to: Lisa Berg,** Planning Technician, Community Planning Services, Regional District of Comox-Strathcona  
600 Comox Road, Courtenay, BC V9N 3P6 Telephone: 334-6000  
(Toll Free Area Code 250) 1-800-331-6007  
Fax: (250) 334-8156 - Email: [planning@rdcs.bc.ca](mailto:planning@rdcs.bc.ca)



Map No. 1

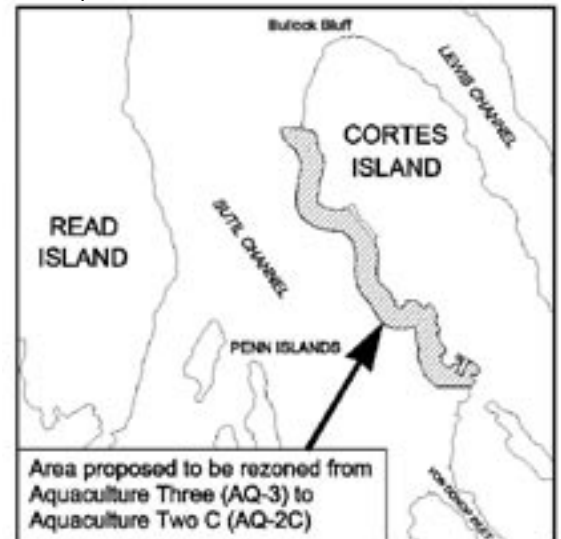
BYLAW No. 2734



Area affected by proposed Bylaw No. 2734

Map No. 2

BYLAW No. 2734





# Island Calendar

## Submit your event:

eMail: [news@discoveryislands.ca](mailto: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 CRTC 9:30 PM
- **Every Tuesday** - Kalina Folkdancers - Community Centre, 7:30 to 9:30 pm
- "Vision" Rev. Jill Brocklehurst on CRTC 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
- Children's Program - Centre for Positive Living - 10:30 AM
- **2nd Sunday of Every Month** - Praise and Worship Time, Q.I. Bible Church 7:00 pm

**Next Deadline: Monday, April 11th 2005**

## Quadra Singers Spring Concert



Quadra Singers returning from their acclaimed Cortes Island concert.

This Spring Quadra Singers will be performing a rich blend of jazz, gospel, pop, show tunes, and a driving Celtic folk song. Those of you who caught the C.B.C. top 50 Canadian Songs will be impressed by our Director John Montgomery's foresight. Somehow he managed to pick the # 1 Canadian Song for this concert. Yes- we will be singing Four Strong Winds, written

by Ian Tyson. The evening promises to be a lively blend of songs, with very exciting guest performers. Jaron Freeman-Fox will be fiddling around with us, and without us. There are some very interesting rumours as to who else may grace our stage.

We hope to see you at 8pm, on Saturday, April 16, at the Quadra Community Centre. Adults \$10, Students \$5, and children 12 and under free.

[www.discoveryislands.ca/news](http://www.discoveryislands.ca/news)

### Day by day

#### April 1, Friday

- Friday Flicks - Small Voices QCC
- 7:30pm

#### April 3, Sunday

- Geshe Yongdong on "Ati Method of Meditation" Upper Realm
- 11 am

#### April 4, Monday

- Quadra Island Cycle Club general meeting Yak Shak
- 7pm

#### April 6, Wednesday

- Quadra Seniors Easter Party

#### April 9, Saturday

- Kids for Kids with Cancer QCC
- 11am
- RDCS Cortes Aquaculture Zoning Bylaw Open House
- 11am - 2pm Mansons Hall
- Smooth Edge and Friends QCC
- 8 pm Tickets \$12 at door \$10 in advance.

#### April 10, Sunday

- The Beethoven Experience with Jane Coop/Andy Dawes QCC
- 7pm

#### Monday April 11

- Guest Speaker David Tarrant on 'The Joy of Gardening' QCC
- 7pm
- Vision - Special Guest Mark Nighswander
- CRTC Channel 10

#### April 16, Saturday

- Quadra Singers Spring Concert QCC
- 8 pm Please note change of date from Rec Calendar

#### April 18, Monday

- 9:30 PM
- Vision - Special Guest Mark Nighswander part 2
- CRTC Channel 10

#### Sunday, April 24th

- Quadra's Annual Beach Clean-up, base = Rebecca Spit
- 10:00 am to 3:00 pm

**Island Calendar online: [www.discoveryislands.ca/news](http://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



On the campaign trail - aboard the MV Uchuck III in Tahsis Inlet en route to Kyuquot.

photo: Philip Stone

## Tanya Storr

B.A. English

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285-3937

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# Discovery Islander

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#340 April 1<sup>st</sup>, 2005

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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, 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, April 11<sup>th</sup>

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# News & Events

## April Is Craniosacral Therapy Awareness Month

Namaste Holistic Healing is celebrating this amazing healing modality by hosting special events every Saturday in April. The schedule is as follows:

April 2nd - Afternoon Lecture on CranioSacral Therapy (CST) 2-3pm. All Welcome. April 9th - Hands-on Workshop. CranioSacral Basics.

Advance booking and fee required.

April 16th - Sample Sessions Charity Fundraiser. Advance booking required. Fee by donation.

April 23rd - Sample Sessions Charity Fundraiser. Advance booking required. Fee by donation.

April 30th - OPEN HOUSE.

All events will take place at Namaste Holistic Healing at 1730 Riverside Lane, Courtenay. (Beside Rocky Mountain Cafe) For information call Iris at 338-4679.

## Heriot Bay Regatta

The Quadra Island Harbour Authority and the Heriot Bay Inn are proud to announce the first annual Heriot Bay Regatta to be held on July 31st, 2005 at the Gov't dock in Heriot Bay. Activities will include sail and dinghy races, silly races for all ages, prizes for best costume, concession stand, games and races for kids etc.

We are looking for volunteers to help organize and assist in conducting such an event. If you have ideas for activities or just want to help out, please come to the inaugural meeting at the Heriot Bay Inn dining room on March 30th at 7pm. Any questions please contact Paul Ryan at 285-3622 or 285-3555



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## Kids for Kids with Cancer

Mini Adventure Race for Make-a-Wish-Foundation to support kids with cancer.

This race is done in teams of two, that stay together throughout the race. At least one team member should be in grade K-6. Younger kids may want to team up with an adult. There is a 4km trail bike ride, a 2km Run and a mystery event. There will be lots of prizes for racers and volunteers Also refreshments and FUN! Register at Quadra School with Amanda Annett or Nick Manders. Registration also available from Gabriel Kragen 285-2343. For more information or to Volunteer call Katrina Annett 285 - 3762 or Shelby Mitchel 285 - 3459 This event is sponsored by Quadra Island Recreation Society with Support of QUICC Quadra Island Cycle Club.

**Tanya Storr**

B.A. English

Freelance Writing  
& Editing



**285-3937**

tstorr@connected.bc.ca

## Compassionate Friends Meetings

The Compassionate Friends, a self-help group for parents who have experienced the death of a child, at any age or from any cause, meet the 2nd Thursday of the month (March 10th) at the Black Creek Community Hall @ 7:30 pm. Call Gwen 337-8230 for more information.

## New Date for Yoga Workshop with Elizabeth Burr

Elizabeth is a devoted yoga practitioner and teacher whose practice has its roots in meditation, breath, movement and spiritual inquiry. She is an intuitive and gentle teacher who brings compassion and clarity to her teachings.

Where: Quadra Island Community Center Room 3. When: Sunday April 10, 2005 (was previously Mar.12). Time: 1:00 pm to 4:00 pm. Cost: \$30.00 per person. To register please phone Bridget Walshe at 285-2954.



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## 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.

## QUICC General Meeting

There will be a general meeting of the Quadra Island Cycle Club on Monday, April 4th, 7 p.m. at the Yak Shak. We will be going over plans for the Kids for Kids with Cancer mini adventure race being held the following weekend. There will be general business as well and all, beginners and experienced, are encouraged to contribute. For information call Richard at 285-2065.

## Campbell River Crisis Line

The Campbell River Crisis Line is offering a free crisis intervention training program for adult crisis intervention volunteers. So if you're interested in learning about crisis intervention and suicide prevention, improving your communication skills and increasing your knowledge of community resources, then please give us a call at Family Services at 287-2421 or contact the Campbell River Volunteer Centre at 287-8111.

## Greetings Quadra Islanders!

At my last workshop, a student suggested that I spend a little time telling you about who I am, my life's work and my vision for this new chapter on my life here on Quadra. So here goes:

My name is Catriona O'Curry. I am an Irish woman who has lived in North America since 1986. My family is still in Europe: Ireland, France, Spain, and England. I miss them, but not the hectic urban lives they lead!

I met my husband, Bob Harris, twelve years ago while training to become a Family Therapist. After a few years of being friends and colleagues, we decided to try this thing called love and, in spite of our 18 years difference, we have made it work!

While on a camping trip in the Methow Valley a few years ago, I was lying in a hammock watching the river flow (as Bob Dylan used to say) when I said: "Let's move to Quadra!"

Although it appeared to be my idea to emigrate and move here, sometimes I wonder if Bob hypnotized me.... ("You waaaaant to move to Quadra Islaaaaand with me but you won't rememmmmmber that I suggested this.")!!!

I am very happy that we made this move. We are so incredibly lucky to live here.

In terms of what I hope to do, here is my picture: I love to facilitate groups of all kinds: Support groups, classes and workshops. I am especially passionate about passing on my experience in Energy work. I have blended Cranio Sacral therapy with the work of Barbara Brennan, Shamanism, Reiki and other modalities. I want to pass these skills along to as many people as possible. I believe that by helping people to trust their intuition, everyone can learn some simple but effective healing techniques which can be directly applied to their lives.

I think that encouraging kids to develop these innate skills will be important for their future. I plan on doing more Hands on Healing workshops roughly once a month at the Community Centre. How about the third Saturday of each month? I have booked room 3 for Saturday, April 23rd from 4 to 8 pm. For my individual sessions, I use a sweet little cabin on our property that is also perfect for groups.

Please feel free to call me with your suggestions or questions. My work phone is: 285 2776.

Enjoy the rest of Spring Break!

Catriona

### Proposed Cortes Island Aquaculture Zoning Bylaw

# OPEN HOUSE

**SATURDAY, APRIL 9, 2005**

**Manson's Community Hall 983 Beasley Road, Manson's Landing, BC**

**Drop in times from 11:00 a.m. to 2:00 p.m.**

You are invited to review the proposed aquaculture bylaw for Cortes Island with RDCS staff. Please drop by to learn about the proposed aquaculture bylaw for Cortes and get information prior to the public hearing.

PLEASE NOTE: This is an information session only and is NOT a Public Hearing.

Please visit [www.rdc.bc.ca](http://www.rdc.bc.ca) for a copy of the proposed aquaculture bylaw, map, definitions, and summary chart of the proposed zoning changes. Or visit the Manson's Hall, Manson's Landing to view a reference copy of the proposed materials or the Regional District office, 600 Comox Road, Courtenay, BC, Monday to Friday, 8:30 a.m. to 4:30 p.m.

For more information, contact: Lisa Berg, Planning Technician  
Community Planning Services, Regional District of Comox-Strathcona, 600 Comox Road, Courtenay, BC V9N 3P6  
Phone (250) 334-6000 Fax (250) 334-8156 Toll Free in area code (250) 1-800-331-6007

A Public Hearing for the aquaculture bylaw will be held on April 16, 2005 starting at 11:00 a.m. at the Manson's Landing Hall.



## Legion News

Casino Night last Saturday was awesome!! We raised \$2,500 to help Ruth Henkel in her battle with cancer. Many, many thanks go out to our decorating committee (wow, the place looked great!); to all who donated decorations, food and /or prize money; to the members of the Quadra Fire Dept. who dealt blackjack and ran the roulette wheel; to the many other volunteers who helped out with whatever, whenever; to our bar staff who kept up with it all; and especially to all you Quadra folks who came out to participate in the fun and games. This was our best Casino Night ever! We all wish you well for the future Ruth.

KENNY SHAW is coming to the Legion on Friday April 22. This will be a great night of musical entertainment and adult humour - there are no 'sacred cows' with this chap! We saw him recently in Port Alice and laughed so hard we wished we'd been wearing Depends!! There will be a Pot Luck dinner at 6:30 pm - show time is 8:00 pm. Tickets are \$15 each be sure to get your early. They are on sale at the Legion and at People's Drug Mart. Kenny will also be doing a children's show at 2:00 pm that day and the kids show will be a freebie.

OUR THANKS to Dr. Rudi Unterthiner and to Bell's Bay Fishing Ltd. for sponsoring our February and March \$50 cash draws. The next cash draw will be made Saturday, April 30th courtesy of A.J. Contractors - more chances to win on this one as April has five Saturdays!

CONGRATULATIONS to our Men's Darts team of Ken Binnersley, Ken McGuffie, Steve Mitchell and Rick Maddison. They placed first in the Legion's Zone Darts play-downs and third at Legion Provincial play-downs in Chilliwack. Great darts guys!

BOOKS FOR TEENS - The Padre at Vernon Cadet Camp is requesting pocketbooks suitable for teenage boys and girls. If you have any to spare, call Barb at 285-2258 to arrange pickup or delivery.

KATHIE WELLARD, our local marathoner, will be doing the Great Walk from Gold River to Tahsis on June 4. She has graciously offered to donate her pledge proceeds to the Quadra Legion. So, folks, when someone asks you to sign her pledge sheet, please be as generous as possible. We will be able to use the funds for ourselves, e.g.: the building or equipment. Thank you Kathie we really appreciate your thoughtfulness and support.

ARE YOU a Canadian citizen or a Commonwealth subject? Are you a person of good character? If so the you are eligible to become a Legion member. A family tie to military service is no longer a membership requirement. Membership applications are available at the bar or call our Membership Chairperson Barb McDonald at 285-2258. All applications must be sponsored by two voting members in good standing.

## 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.

## Quadra Island Garden Club

Chasing Spring around the World would be a very exciting project for any gardener. David Tarrant Public Relations and Program Coordinator from the UBC Botanical Gardens has done just that with his latest project, a 13 episode TV series for Home and Garden Television. Mr. Tarrant hosted CBC TV's popular national Canadian Gardener for seventeen years. He is an author (four books) and Fellow of the Garden Writers Association of America. He will give a talk and slide show on the 'Joy of Gardening' Monday April 11, 7 pm at the Community Centre. Quadra Island Garden Club is very fortunate to present a highly respected horticultural expert for the special April meeting.

Along with the special guest, each April we offer a huge plant sale to share local plants and earn money to sponsor the lecturers. If you have plants to bring for this sale please plant them into pots, and label if possible. While April is blooming, this is the last meeting of the Garden Club til September. The Club goes dormant for the summer. Think about joining us this fall to learn and share with other gardeners. Sorry no memberships will be available at the April 11 meeting. Cost at the door will be \$10 unless you are a member.



**Office Hours:**  
Monday 1-6 pm Wednesday, Friday 9-6pm  
Every other Saturday 9-12 pm

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## Quadra Island Conservancy A.G.M.

Thursday, April 14, 2005 at 7.30 pm  
In the Community Hall, room 3, upstairs, back door.

### On the Agenda

Annual report, Financial report, Chairman,s report, .Elections.  
Special mention of new Agreement with Timber West, the Beavers,  
Protection of Heron Colonies and Wetlands on Quadra.  
Fund-raising.

**When is  
that workshop?**

**Where is  
the last D.I.?**

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to submit?**

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- fax: 250 285-2236
- mail: Box 280, Quathiaski Cove VOP 1N0
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see page 23 for details**

**Next deadline  
Monday, April 11th 7pm**

## **Chamber Elects New Board Sets Goals**

At the Discovery Islands Chamber of Commerce Annual General Meeting on March 14 a new slate of executive board members and council were nominated and acclaimed: Susan Wilson continues at the helm with a second term as president, Matt James as vice-president and Carol Ann Terreberry who has been a board member since the chamber was formed stays on to look after the books as treasurer. Philip Stone after 7 years on the exec. stepped down as secretary and joined Jack Mar and new members: Lynden McMartin (Taku Resort), Bernie DesLauriers (HBI) and Terryl Bertagnolli as board members at large. The position of secretary will be revolved on a meeting by meeting basis.

The Chamber of Commerce continues to be goal oriented and will be setting its annual and longer-term goals at its next meeting April 11, 7:30 pm at the Yak Shak Heriot Bay. The chamber is proud to add that its membership is now over 60 island businesses. Membership fees are affordable and include the full benefit packages offered by the BC Chamber of Commerce.

## **Farmers Market & Bazaar**

Spring has sprung & it's time to start thinking about the Farmers Market & Bazaar again! Who knows what treasures will be found there! We look forward to welcoming back old friends and meeting new!

The Market takes place on every Saturday Between May 7 & Sept. 24, 10 AM - 2 PM, behind the Quadra Credit Union in Quathiaski Cove. Set-up starts at 8 AM (NO early birds, please!), and the set-up fee is still a low, low \$4.00 for adults and \$1.00 for kids! Due to the extremely limited space we have available, all vendors must be residents of Quadra & the Outer Islands.

Parking for Market customers is off Green Road - the Credit Union parking lot is for the use of thier customers only, while doing business at the Credit Union. Please - NO FERRY PARKING on Saturday either before or during market hours.

This year we have to ask that you please do not bring your dog to the Market. We have received numerous complaints from both market visitors & vendors about the doggies, both leashed & unleashed, so we're going to have to bow to the majority and discourage canine presence. Thank you for yuor cooperation in this matter.

For more information, please contact: Dalyce 285-3180, Pauline 28-2076, or Linda 285-3952.

## **Small Voices**

(Philippines)

**April 1st Q.C.C.**

Doors 7:30 - Showtime 7:45

Adm: \$4.50 - \$3.50 stu/snr

Young and vibrant Melinda graduates from Teacher College and, instead of taking her mother's advice to emigrate to a better life in America, travels to a the provinces to teach at a remote, rural school. Immediately she comes face to face with all the challenges inherent in village life. Extreme poverty, rebel warfare and apathy have each taken their toll.

She tries to unite the community and bring hope into their lives through music, and encourages a group of singers to enter a choral contest. Her modest project becomes a momentous task of fighting parents and scraping together resources for costumes and travel.

At the first screening of the film, director Gil Portes spoke with passion about his love for writing and telling stories. His own experience as a child in a rural school, as well as his daughter's experiences as a rural teacher gave him a lot of material to work with. He wrote *Small Voices* four years ago, but had difficulty was finding funding. The Dept of Education in the Philippines did not want to see their school system in a bad light. When he finally persuaded a non-gov't educational organization to fund it, it was all systems go.

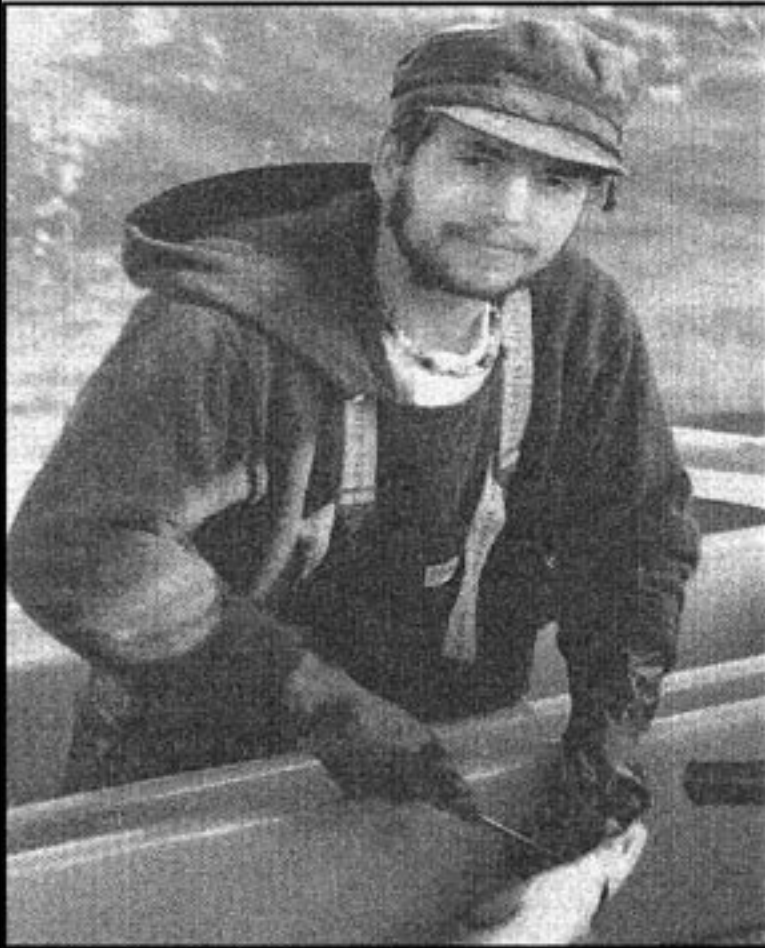
True to its title, *Small Voices* is a humble plea from a nation seldom seen on the big screen. It has the simplicity of a fable, within a portrait of rural Philippine life and a seriously hobbled public-education system. It is a well-known plot line that, in the Philippines, makes a bold statement through its strong female hero and willingness to broach important issues amid a film industry known for mindless melodrama and violence. *Small Voices* also touches on some tough subjects and the setting, acting and presentation of these subjects bring an authentic, documentary sensibility to *Small Voices* that reinforces its deeper message.

*Small Voices* brings an especially personal message to Quadra Islanders whose fundraising work has supported rural communities in the Northern Philippines for twelve years. This movie will bring us a glimpse of what life in those communities looks like.

This is the last Flick of the season. Thanks to all you movie enthusiasts for making both the fall and winter series fun and successful.

(Review references: Georgia Straight, Talking Pictures, Jam! Movies.)

# REWARD



**Joe SKOGAN** went missing on May 01, 2004 after being involved in an altercation at a house party on Quadra Island. He was last seen approximately 6:30 AM on May 1st walking back to the house party after being dropped off by a taxi.

The family is offering a \$25,000 reward for information leading to the location of the body of **JOE SKOGAN**.



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## Quadra/Philippines Connection News

During the past 11 years Quadra has supported a total of 5 village preschool/daycare programs in remote areas of the northern Philippines, mainly through the proceeds from our annual giant garage sale. Each preschool program receives financial support for a 5 year period, after which time they are required to secure local funding. This has been the case for the programs of Paligatto, Ipil and Mabato daycares which continue to exist and thrive. At present, Quadra continues to support 2 preschools in the villages of Nambaran and Lacnog in the northern part of Luzon province. Because of the generosity of Quadra Islanders and the huge success of the last giant garage sale, we had a surplus of funds that enabled us to not only send Christmas bonuses to IAT teachers and staff in the Philippines, but also to make donations to our own local daycare and preschool centers. The following is an accounting for funds raised and dispersed by the Quadra/Philippines Connection for the the year 2004. INCOME Surplus from the year 2003 including dividends \$ 501.94 Farmeris Market donations (thanks Dan!) 68.32 2004 Giant Garage Sale 4666.30

TOTAL 5236.56

EXPENDITURES Sponsorship of Lacnog and Nambaran Daycares for 2005 \$ 2500.00 Christmas bonuses to IAT daycare teachers and staff 600.00 General donation to IAT 400.00 Donation to Quadra Childrens Center 500.00 Donation to Quadra Island Child Care Society 200.00

TOTAL 4200.00

SURPLUS FOR 2005 \$1036.56

### Thank-you again Quadra Islanders,

for caring and sharing! The following is a letter and greetings from Elena Dangani, teacher of the Lacnog daycare. Dear Carol and Quadra Island Community, Greetings of peace and love to all. How are you there? I hope everything is fine. Regarding the daycare children, they are enjoying coming

to school each day. You know, last October during the Childrens Day celebrations, we (the Lacnog daycare) came in 8th in a draw and telli contest out of 29 participants. I hope that next year we might even receive first or second place. The parents have been very supportive to me. They come and give some advice to the children and help out in many ways, including cleaning our outdoor area. Right now it is rice harvesting time, so people are working in the fields and are very busy. On Saturday and Sundays I try to earn extra money in addition to the incentive I receive from you because my family has no rice to harvest this year. My incentive is our only income so I am very thankful for the IAT program and for your big support. I look forward to hearing from you and send wishes for a fruitful new year to all there. Very truly yours,

Elena Dangani

## QUADRA SENIORS— BR.91-B.C.O.A.P.O.

We have all had a nice Easter. On Apr. 6, 2005 We will have our Easter Party. Most of the members Attended Jean Carefoot's "Celebration if Life," at Rebecca Spit—Thanks to all who helped. A" Special Thanks" to our Regional Director Jim Abram, chairman and Comox Strathcona Regional Board—who supported our Seniors work in the Island Tourist Booth by giving us a Grant to assist, us in our endeavour in 2005. "Theatre and Boat trips" are being planned. to find out more come, to our monthly meetings, at the Royal Canadian Legion 1st Wed in Apr., May, & June- at 10:00a.m Book browse & chat 10:30a.m entertainment and meeting, & lunch. All seniors Welcome Young & Experienced For membership & Computer Club call Cliff @ 285-2646 Tai-Chi—Annie 285-2885—Carpet Bowling Chris -285-2207 Sun. Spit Walks call Peter 285-3237 Vi Chamney is planning to have a Pot-Luck 7 p.m & Dance—8 p.m —Fri. May 13/05 for her daughter Sue who is 50 & is a member, and always helps her mom, come to our meetings. Please try to come, to the Royal Canadian Legion, for Sues 50th, (one of our young Seniors).

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## Relationships

by Rev. Jill Brocklehurst

Science of Mind® teaches we are always in choice. Who we choose to be in any given situation and how we move forward in our life is not driven by some outside force. We react to life in direct alignment with who we think we are and the beliefs that we hold true. Improving the quality of our life is not done by what we do on the outside but how we nurture our inside.

I was inspired by an article written by a colleague in Religious Science, Rev. Walt Brewer. He says:

Wherever we currently are in our life journey, we are in many different relationships at the same time. In some, we are following an individual who inspires us, helps us define reality and may be blazing a trail we desire to emulate. In other relationships we are working together to define a collective reality. And in yet others we are the leaders, inspiring others and blazing the trail for them to pursue.

The key isn't about in which role we find ourselves, but in realizing we each have within us all the qualities that we often look for in others. Often we wisely move from one role to another, satisfying our needs in any given situation. We use our innate abilities to complete our chosen commitments.

A leader cannot lead without support from the followers and the followers need a leader to help them move forward. The reason we are drawn to follow or emulate others is that they are already expressing what we are ready to express in ourselves. If we didn't possess the quality already we wouldn't recognize it in somebody else.

We each are leading ourselves and others by how we are choosing to live our life and how we are defining reality. Take a minute to consider who you are following and who are you leading.

Where are you going together? If it's still where you want to go, press on the gas. If it's no longer of interest to you, reclaim that energy and redirect it into a new direction.

## Season Finale Concert - Beethoven Recital

At 7pm on Sunday April 10th the Quadra Island Recreation Society Cultural Committee presents the final classical concert of the 2004/2005 season, and it is definitely one not to be missed.

Andrew Dawes, Violin, and Jane Coop, Piano, will be playing three of Beethoven's wonderful Violin Sonatas. Their recording of these works for the "Skylark" label in 2000 was nominated for a Juno Award and selected by Opus magazine as the duo recording of the year.

Described by the Ottawa Citizen as "one of the most distinguished violinists Canada has ever produced", Mr. Dawes has had a remarkable career as recitalist, chamber musician and soloist. As a founding member of the Oxford String Quartet he performed over 2000 concerts in more than 25 countries from 1965 to 1991. Since 1992 he has been a professor at the University of British Columbia. In 1995 he took a leave of absence from UBC to play first violin with the Tokyo String Quartet, and later gave concerts in China. He has served as a jury member for major String Quartet competitions as well as being the chairman of the Banff International String Quartet Competition jury since 1989.

Jane Coop, whose major teachers were Anton Kuerti and Leon Fleisher, has given recitals in North America, Britain, Europe, Russia, China and Japan and appeared as soloist with some of the world's major orchestras under such eminent conductors as John Eliot Gardiner, Andrew Davis, Rudolph Barshai and Mario Bernardi. She is a professor of Piano and Chamber Music at the University of British Columbia and has collaborated with many of Canada's leading musicians.

The Quadra Island Recreation Centre provides an ideal environment for Chamber music; a small venue with good acoustics, a wonderful opportunity to hear a pair of world-class musicians playing some of the greatest music for this combination of instruments.

Tickets are \$17 in advance, \$20 at the door, available at the Music Plant in Campbell River, Hummingbird Office & Art Supply in Quathiaski Cove, and Quadra Crafts in Heriot Bay. Children under 16 are admitted free when accompanied by an adult.



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## Walk For The Elimination of Racism



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10:00 am - Face Painting

11:00 am - Short Walk commences

12:00 pm - Opening remarks and refreshments

12:30 pm - Kids on the Block Puppet Show

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## "Imago Dei" group to start on Quadra

by John Walton

For many people, religion has become a dirty word, and understandably. But if you examine your own experience, I think you'll agree that faith does not cause the offence so much as its misinterpretation, abuse and manipulation by us mere mortals. Especially by those who think they're not quite as mere as others. Disillusionment with what we have seen historically, and in the present, often leads to the baby getting thrown out with the bath water, or at least, abandoned in the tub whilst we search for answers to so many questions that life inevitably deals us. Or perhaps worse, we give up the search, to pursue distractions, in an attempt to give life a sense of purpose. No matter how we try to stimulate or dull our senses, the fact is that life is sometimes extremely good, sometimes extremely painful, and most of the time somewhere between the two.

In the mid-nineties, before I moved to Quadra, after many years of dabbling in different philosophies, including a significant brush with fundamental Christians, I came to a conclusion. I knew I did not want to be a Christian, but I felt the bible was my best choice for a guide to live by, and set out to learn the "rules". A friend recommended a church that he thought would interest me, and one Sunday morning, I plucked up courage and attended a service. Entering with some trepidation and ready to fend off any enthusiastic "name taggers", I was surprised to feel welcomed with casual warmth and interest. The service was intellectually stimulating and the contemporary worship, moving. After the service I explained to the pastor that I did not want to be a Christian but asked if he could recommend someone to teach me the rules.

The following Thursday, I attended a "seekers group", the first of what was to be many evenings, of thought provoking discussion over coffee and cookies with a melting pot of individuals who have become good friends. I never felt pressure, or that I was a "project to be fixed." I always felt welcome and frankly, a sincere love I had not experienced before. My questions and comments were always handled with respect and patience. The answers, and the example set by our hosts, gave me much more than I had bargained for. They helped make God a real presence in my life. Rather than a book of rules, I gained access anywhere, anytime to the

Ultimate Counselor.

The bible says, "He will give you the desires of your heart" (Ps 37-4). That is, He will give you the desires, which means some of your present desires may change to ones that are more life affirming, leading to joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control. Patience? I argued, sometimes vehemently, every Thursday evening for two years before I was able to move beyond my intellect, and what I perceived as the rule book, to a much deeper understanding, and ultimately, a sincere commitment to faith in Christ. An inner transformation that starts the process of outer transformation.

I know I will continue to do some things right and some things I'll goof up. Sometimes I will bless people and sometimes I'll offend them, but with that commitment, I chose to change or, to use one of the most misunderstood and misused words in our faith, repent. To repent is rooted in the Greek word, "metanoia", which means to change direction. The alternative to change in the words of Brian Tracey, a motivational speaker, is this, "if you keep doing what you are doing, you'll get more of what you've got."

Two and a half years ago, the host/facilitators of the group I attended, founded "Imago Dei", a community drawn to Christ. It's purpose is to encourage a deeper spirituality in your life, to help you recognize and welcome God's transforming work in your life, and to encourage a growing faith towards the life God is calling you to live in this world. I feel inspired to start an associate group here. For more information, you can leave your name and telephone number at 285-2958. We will meet once a week on Sunday afternoons to discuss the dynamics of spiritual life from a Christian perspective in a home environment where seekers can feel accepted and free to express their present spiritual beliefs and even their difficulties with accepting the dogmas of Christianity. We will include time for prayer and worship and discuss topical issues of everyday life to see how we can apply faith to our own circumstances. For those of you with existing faith commitments, you may want to consider this as a complementary group for mutual inspiration and encouragement. **Join us for our first meeting Sunday April 3rd.**

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## Surge Narrows Community News

Bring and Buy Bake Sale & Plant Sale  
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Island

Soup and buns! Buy your lunch. Garden  
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All donations to be at the school  
by noon Wed. All funds raised will be  
shared between Surge Narrows Community  
Association & Surge School.

We hope to see you there!

## PUBLIC NOTICE

Trail users please note that there  
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## Notice of Meeting

### Campbell River/Quadra/Cortes Island Ferry Advisory Committee

Thursday, April 7, 2005, 11:00 a.m. - 2:30 p.m.  
Quadra Community Hall

The Campbell River/Quadra/Cortes Islands Ferry Advisory Committee is holding a meeting as noted above. Members of the public are welcome to attend. If you have any questions you wish to raise with the committee or with BC Ferries, please bring these to the attention of a committee member prior to the meeting. If you wish to address the committee, please provide advance notice to the meeting Chair, noted below.

Agenda items for this meeting include:

- Quathiaski Cove terminal update
- Emergency transportation
- Loading procedures
- Summer overloads

Minutes of committee meetings will be posted on the BC Ferries website at [www.bcferries.com](http://www.bcferries.com).

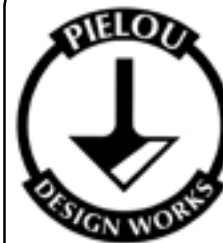
The following persons may be contacted as members of your ferry advisory committee:

Campbell River	Les Lengyel	(250) 923-8200
Quadra Island	Michael Stahnke	(250) 285-2830
Cortes Island	Ralph Nursall	(250) 935-6620

The meeting Chair is:

Gary Leitch, telephone (250) 978-1186, e-mail [gary.leitch@bcferries.com](mailto:gary.leitch@bcferries.com).

For more information, contact one of the committee members (above) or Ann Carpenter, Communications Manager, Tel. (250) 890-7879, [ann.carpenter@bcferries.com](mailto:ann.carpenter@bcferries.com).

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## Quadra's Annual Beach Clean-up: More Than Aesthetics

Has anyone ever asked what happens to the plastic bottles, ropes, wrappers, trays, containers and bags that wash up on our beaches? Richard Thompson, a marine biologist from the University of Plymouth in England, pondered this question.

And his subsequent research is providing worrisome answers that make plastic litter much worse than aesthetic blight.

The combination of the hard shoreline and the action of waves grinds the plastic into microscopic particles and fibres. These tiny fragments, which Thompson is presently measuring to only 20 microns (20 millionth of a metre), become part of the beaches and seabeds. From here they invade the marine ecology, clogging the breathing apparatus of invertebrates, entering the digestive systems of other marine animals, and passing toxins up the food chain to humans.

Plastics are derived from the ethylene gas in petroleum and are inherently poisonous. This is why plastics should not be heated or burned. Indeed, plastics whenever possible, should be recycled. And they should never become the litter of terrestrial or marine environments.

Aside from the inherent toxicity of the plastics themselves, various additives make them even more unhealthy. For example, some of these additives called thalade esters, are so chemically similar to animal hormones that they can enter body systems and cause gender-alterations in animals of all species. For humans, some of these additives (called zeno-estrogens because they mimic estrogen) can cause hermaphroditism, hormonal malfunction, development abnormalities and low sperm count in males.

Because plastics are oil-based, they have an inherent aversion to water. This increases their longevity in the oceans they can take from 100 to 1,000 years to eventually break down into their harmless components. But this oil-base character also means they attract other fat-soluble materials already in the oceans, essentially becoming chemical 'magnets' that concentrate, transport and then release other toxins into the food chain.

Plastics are not in short supply. Produced in the millions of tonnes per year, they have become an essential and common component of modern civilization.

Unfortunately, this also means they are often treated with casual indifference

and are discarded at a whim without regard for the consequences. A US study calculates that 46,000 pieces of plastic litter every square mile of ocean, and over 100,000 marine animals die annually from entanglement in discarded bags, harnesses, netting and ropes.

Plastics that stay where they are intended, said Richard Thompson, are not the problem. It's the plastics that are treated as 'disposable' which cause the pollution.

They can be found on the beaches in some countries by the tonnes, huge grinding rows of coloured detritus that are being churned by waves into another toxic ingredient to assault our health and the biological well-being of the planet. We do not want or need a toxic sand of micro-particles that is virtually uncollectible and persists for as long as a millennium.

We can easily avoid such a problem merely by being responsible for the plastics we use. Somehow, we have to understand that planet Earth is round, that all its systems are round, and that there is no such place as somewhere else. Without an 'away' where we can discard things, everything eventually comes back to us in one form or another. It would be more than ironic if the convenience of disposable plastics returned to haunt us in ways we had never intended. But, unless we change our ways, we could end up eating the plastics we throw away.

Quadra Island's Annual Beach Clean-up, sponsored by the local Sierra Club as an Earth Day activity, provides a fairly accurate indication of the amount and kinds of plastics that are thrown away to end up on our local beaches. Each year, islanders are easily able to collect enough garbage, almost entirely plastics, to fill to the brim two large tandem gravel trucks.

This year's Beach Clean-up will take place on Sunday, April 24th, from 10:00 am to 3:00 pm. As usual, collection headquarter will be at Rebecca Spit. Material gathered from any Quadra beaches can be brought to this central location or will be collected from advertised sites around the island. The next Discovery Islander will provide more specifics. Please help us make Quadra healthier and more beautiful.

Ray Grigg for Sierra Quadra

## Smooth Edge & Friends

Kent O'Neill, Diana McKerracher, Lois Taylor, Duffy Frank and Mo Davenport in concert at the Quadra Island Community Centre, Saturday April 9, 2005 at 8 pm.

Tickets at the door are \$12 and in advance from Hummingbird Office and Art Supply, Quadra Crafts and the Music Plant (Campbell River) \$10.

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## Comox-Strathcona

### NOTICE OF REGIONAL DISTRICT MEETING

Notice is hereby given that the Board of the Regional District of Comox-Strathcona invites the public to attend a Committee of the Whole meeting to be held on: Tuesday, April 26, 2005 at the RDC-S Board Room 550B Comox Road Courtenay, B.C.

commencing at 9:00 a.m.

For the presentation of the following reports, pursuant to Section 167 of the Community Charter:

- a) the Year 2004 Audited Financial Statements, and
- b) the Year 2004 Report of Director Remuneration and expenses

A copy of these reports is available for public inspection at the RDC-S office located at 600 Comox Road, Courtenay, BC

Any questions or inquiries regarding this meeting should be directed to:

Beth Dunlop, CGA  
Manager of Financial Services  
Telephone: 334.6000  
or toll free 1.800.331.6007

## Vancouver Island Nursing Grads To Get VIHA Job Offers

VICTORIA—The Vancouver Island Health Authority (VIHA) today announced its commitment to offer full-time employment to all 2005 registered nurse graduates (BScN) from Vancouver Island post-secondary institutions.

"VIHA has traditionally had an excellent hire/retention rate for Vancouver Island educated nurses, for example last year we hired 85 per cent of University of Victoria nursing graduates," said John Johnston, Vice President of Human Resources for the Vancouver Island Health Authority. "VIHA is providing further stability and support for nurses starting their careers by offering this year's nursing graduates stable, full-time employment opportunities."

The new nurses will be able to apply for jobs in acute care sites, seniors' health, mental health and addiction settings and public health units throughout the diverse geographic areas served by VIHA.

The commitment to hire these nurses is one component in VIHA's overall, long-term strategy to recruit and retain health care professionals. This strategy also includes the undergraduate nurse employment program for third and fourth-year nursing students, introduction of nurse practitioners, and

expanded nurse education for specialty departments, such as intensive care, operating and emergency rooms, mental health and special care nurseries.

As part of the plan, as VIHA starts to offer full-time opportunities to new BScN graduates from Vancouver Island, full-time opportunities will be offered to existing VIHA staff, in accordance with the collective agreement.

"I spent the morning with the NIC 4th year Nursing class a couple of months back and I know most of them would like the opportunity to stay on the Island," said North Island MLA Rod Visser. "I was very impressed with the quality of these students and their grasp of the issues. Patients on the island are going to be very well served."

Vancouver Island has three education programs for registered nurses: Camosun College transfer program to the University of Victoria (UVIC), Malaspina University College and North Island College. Collectively, 175 students are expected to graduate from these programs this spring: 91 from UVIC, 60 from Malaspina and 24 from North Island College.

VIHA has over 16,000 staff, including approximately 5,000 registered nurses.

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# Island Forum

## A Message From the Outgoing Green Party Candidate

Dear Islanders,

Four years, less a few months ago, Discovery Islanders honoured me and the Green Party of BC by turning out to vote 'Green' in record numbers. We almost swept the polls and averaged 50% of the total vote here in the Islands. Immediately after the election, I rushed back into the job of running my business and trying to be a responsible employer. Looking back on it, I'd like to say again "Thanks" to all of you believed in me.

Had I been elected, I would have gone to the legislature to speak up for the

things most of you and I believe in. Many of the ideas I learned about successful communities and successful economies, I learned from Discovery Islanders. The successful economic models of Quadra and Cortes Islands provided me with the insight to carry that vision to the rest of the North Island during the election campaign. Afterwards, I was again honoured to be selected as the Policy Chair of the provincial Green Party and I had an active role in developing many of the sustainable policies that form

the basis of how the Green Party would govern if elected.

The North Island in general, with the exception of Quadra and Cortes, continues to languish under a Liberal government. Under the NDP, both Sayward and Tahsis were reduced to little more than points on a map when the big forest corporations pulled out. The NDP did nothing. Port Alice faces a similar demise as it loses its pulp mill. Yet the Liberals do little or nothing. Would the big forest companies have pulled out of those towns under a Green government? Probably. It is not the role of government to interfere with business. But it is the role of government to be responsible to communities not corporations in how forest lands are tenured and managed. If the aforesaid communities, surrounded by productive forests could control surrounding lands through local control of forest tenures and open markets, there would be the basis for a long term sustainable local forest economy. This is where previous governments have failed these communities and where a Green Government would not.

Our healthcare system is failing and both the NDP and the Liberals appear clueless as to what to do. Our citizens are living much longer these days putting an additional strain the healthcare system. In addition, medicine now has an expensive treatment for nearly every disease you can think of. Healthcare expenditures have grown to a staggering 40% of the provincial budget and there are still long waiting lists for critical surgeries and treatments as well as a shortage of long term care beds. The Liberal slashing of unionized healthcare workers, wages did little but to hurt our lowest paid healthcare workers most of them women. The Greens have a well-researched plan to decentralize healthcare and streamline costs but even that won't be enough. The Greens have the courage to say that maintaining high quality public healthcare is going to cost more. We either face that fact, or watch our beloved system become private, something Canadians don't want and something a Green government would never tolerate.

### B.C.'s Crucial Vote

This May brings a vital election for BC. After four years of a heartless, mean-spirited government, we have the opportunity to choose something different.

We have the chance to vote to put care back into our communities; to rebuild our education system; to stop the privatization of our healthcare system, our Hydro and our ferries; to build strong vibrant economies; to properly defend our environment.

To do that, we need to defeat the sitting Liberal MLA. And that can only be done by voting NDP.

I have been campaigning for the NDP since last summer – first for the nomination and now as the candidate for North Island.

People on Quadra, on Cortes, and around the North Island, have given me strong support. I am humbled by it and thank you all for your trust and commitment. I believe it happened because we found common ground about our society and communities.

Now we need to work together to ensure our views prevail on election day.

Gordon Campbell's Liberals are clearly hoping voters will forget what has happened over the last four years: the increase in user fees, in charges, the deterioration of our public services, slashing of legal aid, starvation of funding to women's centres, changes that compromise the future of the environment.

They hope that we don't realize that the only ones who have benefited have been their corporate buddies – not our communities.

And now they are doling out millions of dollars in projects and advertising trying to bribe us with our own money as we head towards the election.

But people want more than one-off, pre-election handouts. These don't bring our ferries back from the brink of privatization; these don't keep BC Hydro in our hands. These don't give us good class sizes for our kids. These don't provide sustained homecare for our seniors.

Most people don't want election bribes. People on Quadra, like people across the North Island, want to see our communities become strong and sustainable.

They want to make sure that their children have the opportunity and access to the best possible education; they want to make sure there's affordable housing; they want to make sure there is meaningful leadership on environmental issues; and that there are jobs so people can stay and bring up their families in their communities.

This is what we are fighting for on May 17th. And it is a fight. Because if the Liberals win we will not recognize this province at the end of another four years. It will be degraded socially, environmentally and economically.

We are fighting for a vision for our province, for our communities. We are fighting to restore our social safety net, to make sure the most vulnerable in our society are protected, and to bring care back into our communities.

We are fighting for the future of the North Island and of all B.C.

Claire Trevena

Forestry and healthcare are two key areas of concern to North Islanders but the Green Party of BC also has highly developed policies on Education, Energy, Agriculture, First Nations treaties, electoral reform, and more. Somebody asked me recently, "I hear you're not an environmental party any more?" In fact, our environmental policies haven't changed in some years. What has changed is that we now have highly developed policies in most other areas. What voters told us was, we like what you stand for and we believe in you but if you want us to put you in power, you have to move beyond simply being a single issue party. And that is what we have done.

The Liberals continue to be a party of big business. The NDP continues to be a party of labour. If you want to know what either of these parties will do if elected, the best way is to just look back at their previous terms and expect the more of the same. The Green Party is a party of sustainability: Sustainable healthcare, sustainable forestry, sustainable fisheries, sustainable energy, sustainable environment, sustainable economy. Claire Trevena, your new NDP Candidate left the Green Party because in her words she felt Greens were "too fiscally conservative" for her. I am not embarrassed to say that I am fiscally conservative. Greens believe in a sustainable economy which means we, like most of you, can not spend more than we earn and that means- balanced budgets- and that is a fundamental difference between the Green Party and the NDP.

As you may have heard by now, I will not be running in the up-coming election. Instead Quadra's own, Philip Stone will be your candidate and I fully endorse him. Philip and I have had a long term business relationship and friendship. Now we are working closely together on the political front and he has already toured most communities in the North Island. Philip needs your help and support and I would ask you to please get behind him as you did me.

If you are struggling with past party allegiances just **take a look at the strength of Philip as a candidate on his own merit. Look at the work he has already done in our community and the positive effect his work has had on the economic and social make-up of the Discovery Islands and the North Island as a whole.**

You can reach Philip at: 285-2234 or try his cell: 203-8827 or drop into the Discovery Islander office at 701 Cape Mudge Rd. Mon-Thurs 10-4 when he's not out on the road!

Sincerely Yours,  
Ralph Keller

# An Ecoforester's Nightmare: Genetically Engineered Trees

ATTN: George Sirk  
Cortes Regional Director  
Comox Strathcona Regional District  
3901 Stamboul Ave  
Victoria, BC V8P 4L1

It appears that the Canadian government's propensity for aligning themselves with corporate agendas is about to reach an absurdly nightmarish peak. The proposed amendments to the Canadian Plant Breeders' Rights Act would have far-reaching tentacles into our oceans, forests, farms and even our personal gardens.

We are being lead to believe that genetically engineered (GE) trees are ameliorating local and global environmental conditions for the greater good. Although GE trees do not pose the same immediate health concerns as genetically modified food crops, they are thought to have a greater impact directly on natural forests and the health of our environment. The following are some of the ways our government is rationalizing research and promotion of GE trees:

- to slow the progress of climate change and mitigate the effects of mercury vapours in the atmosphere caused by fossil fuels and medical waste [plastic] incineration; faster growing trees sequester more carbon than old or slower growing trees;
- to produce wood that is easier to pulp by reducing a tree's natural lignin content thereby requiring less chlorine and toxic chemical input in the paper-making process;
- to develop trees that will kill their insect predators; and
- to develop trees which are herbicide resistant and can tolerate broad-spectrum herbicides.

From an ecological perspective, GE tree plantations are in direct opposition to Cortes Island's ecoforestry initiatives. Trees produce enormous amounts of wind-blown pollen which can travel hundreds of miles. They also rely on genetic dispersal through seeds. The proposed legislative changes would result in the contamination of what are now thriving and diverse forests. Eventually, here on Cortes, we could see mutant trees that would grow at unparalleled rates, consume tremendous quantities of water, kill target and non-target insects, and

compete with and crowd out native tree and understory species. The scenario would be further devastating if cross-pollination occurred with 'Terminator' trees which are unable to flower or reproduce. There is an inherent instability in the genome of GE trees; contamination with the 'Terminator' stock would mean our forests would lose their bees, butterflies, moths, birds and squirrels, just to name a few. GE tree plantations have huge implications for the delicate ecological balance of forest ecosystems.

With an incubus-like nature, the proposed legislative changes have hastily passed their public input period. Yet, Cortesians and residents of the Comox-Strathcona area do have a voice in calling for our District to become a GE Free Zone as did the Powell River District. CES has written a letter in support of this initiative, and encourages you to do the same.

Coreen Boucher  
Office Manager  
Cortes Ecoforestry Society

## Dear Editor,

Were it not the height of income tax season and my busiest time of year, I would be addressing vituperative letters to Rogers Communication, Sears Canada, Bon Appetite magazine and the Better Business Bureau. Instead, I will settle for this head's up to my friends and neighbours.

I recently received a short note from Rogers Communications (with whom I have no dealings whatsoever) instructing me that if I did not notify them by April 15, they would automatically renew my subscription to Bon Appetit magazine on my Sears Canada card.

One would think they had learned the Canadian take on negative billing from their fiasco in Vancouver not that long ago, where they were forced by consumer complaints to back down.

Now, when stress levels are high and I need indulgences the most, I am forced on principle to give up two. A subscription to a magazine I enjoy, and buying things I can't afford on a credit card that charges me 28.8%.

Pamela Vallee CGA

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

Opinions & endorsements expressed herein are those of the contributors and do not represent the views of the publishers. If you would like to see an alternative point of view represented...submit something yourself. We reserve the right to edit for space and content.

**Next deadline 7pm Monday, April 11<sup>th</sup> 2005**

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### Dear Editor,

re: Vagina Monologues

I was recently moved by the power and conviction of all the women who participated in the 'Vagina Monologues'. Bringing awareness to our community clearly demonstrated to me the need for ongoing change in the way women and men relate.

Respect and kindness must begin to replace contempt and violence. The first step in ending the cycle of this violence enacted by men towards women and girls was highlighted through the courageous efforts of the women from our community who dedicated their time and resources, shedding much needed light on this disturbing social issue.

I urge all of us here on Quadra Island to give a moment of thought to all girls and women who have experienced first hand this oppression and both physical and emotional pain. The responsibility of changing stereotypical attitudes, approaches in dealing with differences and stresses between women and men must be felt and demonstrated through our hearts and shown to our children in our homes.

I would like to express my gratitude to each woman who through their commitment and participation in the 'Vagina Monologues' touched my heart deeply.

From now until the end of 2005, 10% of all sales in my shop in the Upper Realm will be donated to the Campbell River Women's Centre.

Sincerely

Paul Bishop

### Dear Editor,

I would like, on behalf of the Stewards of the Quadra Conservancy, to bring a few things to the attention of our original members and contributors to the purchase of the Morte Lake property in 1990. At the same time I would like to draw in all those who came to Quadra since then, have not seen Morte Lake yet, do not know about the Conservancy or would like to know what this organisation is all about.

The Conservancy is an incorporated society with charitable status. Our Annual General Meeting is coming up April 14th. This is a great opportunity for you all, even those with the slightest interest, to come and hear about what we are all about, how we function, what we do and do not do, and especially how we look after our and your Morte Lake property and, with other islanders, after the forests around the lake. We have reached a satisfactory new agreement with Timber West that is of interest to all of you. We have not reached an agreement with a developer on Schooner Road to protect herons and frogs, unfortunately. At all times we make a serious effort to stay apolitical and environmentally responsible.

In order to maintain this "instrument", which the Conservancy really is, we need your participation. We have built up a great deal of expertise in the writing of covenants and we have developed close relationships with sister organisations. We yearly write to our original off-island donors in Campbell River, B.C., Canada and the U's. to keep them up to date. We would like to bring you up to date as well. So we urge you to come

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and attend our A.G.M. on April 14th, at 7.30 p.m. There you will, I am sure, hear matters of interest. You may even get stimulated to get involved. We would like to see the younger generation join us, as it all very much involves their future.

As we mention to the off-islanders, financial contributions are most welcome. If any of you wish to contribute some money please do so, so that we can run this society in the black. We would really welcome this and send you a tax receipt.

Hope to see you all at the A.G.M. Thursday, April 14th, 7.30 p.m. Community Centre, upstairs, back entrance!.

Dirk van der Minne for "the Stewards"



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by **Steven Halliday**

On March 17<sup>th</sup> I had the pleasure of attending a presentation by Rex Murphy, acclaimed Canadian commentator, columnist and author. Part of a lecture series sponsored by Camosun College, Murphy's 45-minute talk and Q & A session afterward was everything I expected and more. Murphy is a lot shorter than I had imagined, but I've heard television cameras have that effect, and his serious countenance was often graced with a smile – something you will rarely if ever see on his CBC appearances.

But when he spoke there was no mistaking that Rex was in the room, and he delivered a masterly analysis of his subject, unbroken by any hesitation or confusion of thought but occasionally interrupted by a cough, as Mr. Murphy had the flu.

The subject of his talk was Canada, or rather his impressions of who we are as a country. Murphy is passionate about Canada, and pointed out that we live in what is arguably the finest, richest nation in the world. The fact that we have been able to build a nation without the usual pre-ambls such as war, revolution or civil rebellion is an achievement few nations can boast, and Murphy theorizes that this has had some impact on our collective national psyche. Canadians, he argues, have some difficulty in explaining to others just exactly what we are all about, as no Canadian leader has ever enunciated a definition of Canada. He decries the current crop of Canadian politicians as lacklustre, unimaginative and uninspiring, as well as incapable of stringing together coherent thoughts beyond a television sound bite. Murphy laced his talk with quotes from the speeches of Winston Churchill and Abraham Lincoln, both of whom were able to set in print their vision of what their country represented to the rest of the world, as well as what their citizens should understand to be their heritage and their destiny. Canada, unfortunately, has yet to produce someone with the sheer force of personality, intelligence, charisma and imagination to help Canadians understand who we are.

Since his talk, I have been wrestling with the question of what is Canada? Ken Wiwa, writing in the *Globe and Mail* (July 1, 2003)

# C, eh, N, eh, D, eh

thinks "Canadians are an ambivalent lot: one minute they're peacekeepers, next minute they punch the hell out of each other on the ice rink". Or how about Marshal McLuhan – "Canada is the only country in the world that knows how to live without an identity". Even Robin Williams has an opinion – "Canada is like a loft apartment...over a really great party!" In researching this column I noted that without fail every site referred to the fact that Canadians seem bereft of an identity – we know what we would like to be, but not who we are or what we represent. The polling firm EKOS recently surveyed Canadians with the following question – If you were Prime Minister and had to pick overall goals for Canada to achieve by 2010, which would you choose? In descending order, 66% picked the best quality of life in the world, 64% chose best health care system, 62% would seek the lowest child poverty rate, 57% want the best educated population in the world, and 50% would seek to eliminate public debt. The lowest response generated was regarding achieving the highest standard of living, which only 30% saw as a priority. This poll speaks volumes about Canadians, and the results surprise me not at all. It also lends credence to Margaret Wente's (an American born columnist for the *Globe and Mail*) opinion – "What defines Canada best? It must be the lurking fear that somewhere, somehow, you might have offended someone." What do Canadians want? We want to be the nicest people in the nicest place on the planet – that is today's Canadian identity. And you know what...there's absolutely nothing wrong with that.

Another common theme I discovered was that being pro-Canadian does not mean anti-American, which seems to be how Canadian patriotism is sometimes regarded. Canadians are a self-deprecating lot, a trait not normally found south of the border. We also tend to be humble, again a very un-American (or un-British/French/Italian...what have you) quality. The rest of the world likes to poke fun at us, and we take it in stride, often getting just a big as laugh out of it. But we can get in our own as well, as this unattributed joke demonstrates. On the 6<sup>th</sup> day, God turns to Gabriel and said – "Today I am going to create a land called Canada, filled with natural beauty. It will have tall majestic mountains, beautiful lakes and vast forests, and high cliffs and sandy beaches. There shall be an abundance of all manner of fish and game,

and I shall make the land rich in oil so as to make the inhabitants prosperous. I shall call these inhabitants Canadians, and they shall be known as the friendliest people on the earth." Gabriel responded "But Lord, don't you think you are being too generous to these Canadians?"

"Not really," replied God, "just wait and see the neighbours I'm giving them."

George Harrison was a big fan of Canada, so much so that he wrote a song about us. Unfortunately it was written for the Monty Python comedy troupe, and is called "The Lumberjack Song". Anyone who has seen the skit (ex-Python Eric Idle includes it in his travelling live show) cannot help but laugh, and that's one thing we Canadians do well – we laugh a lot. We may not know precisely who we are or what we represent, but damn it we're a good-humoured bunch. We produce comedians by the bushel...you only have to look to Stephen Leacock, Rich Little, Second City, Kids in the Hall, Mike Myers, Jim Carrey...I think you get my drift. While we may not be able to define ourselves as a nation, the rest of the world probably has a better definition of "Canadian" than we do. We're no angels, that's for sure. We consume more energy per capita than any other nation on earth, but that's because we're Canadian – the rest of the world understands we live in a cold place, ergo the need to burn more energy. We can assuage our conscience in the knowledge we are a net energy exporter, but we'll still feel bad about it anyway. That's Canadian.

On that note, I'll leave you with a Murphy approved joke. A Cessna 152 (two seater) crashed into a cemetery in Newfoundland, and the ensuing headline in the *St. John Telegraph* read "Canada's Worst Air Disaster". It was reported that, according to Newfoundland Search and Rescue, over 825 bodies had been recovered but officials confirm they will continue searching into the evening. Or better yet, the only Murphy quote I retained from the evening – "Jean Chretien made two great decisions while in office – first to keep Canadian troops out of Iraq, and the second was to resign".

I've come to the conclusion that we're indescribable, mainly because nothing like Canada has existed before. We're Canadians, and that's probably all anyone needs to know.



# Island Report

## BC Ferries Presents Master Concept Plan for Q Cove

by Tanya Storr

**B**C Ferries staff held an open house at QCC on March 23 to present their new master concept plan for the Quathiaski Cove terminal. Approximately 30 islanders came out to see the plan and voice their concerns and suggestions.

After residents had a chance to view the displays, BC Ferries staff Gary Leitch (Manager of Stakeholder Relations and Public Consultation) and Erinn Cousins (Business Manager of Strategic and Corporate Planning) gave a presentation to explain the details.

They stated that the plan was developed following consultation with the regional district, local ferry advisory committee, Cape Mudge band, Department of Fisheries and Oceans, and the Quathiaski Cove Harbour Authority.

The plan seeks to accommodate the functional needs of the Quathiaski Cove terminal over the next 20 years. Some of its key components include constructing an additional holding lane on the hill with space for 23 vehicles, building a heated washroom/waiting building, upgrading the foot passenger shelter on the trestle, and constructing a shelter in the pick-up/drop-off area.

One of the plan's most controversial aspects is a proposed P.A. system that would

allow the crew to communicate with cars as far away as the holding lanes on the hill. Several Quathiaski Cove residents spoke up in opposition to the P.A. system, citing concerns over noise pollution.

Jock Palmer, senior captain for the Quadra-Campbell River route, admitted the P.A. system was his idea, but he intended it to be for emergency use only. When asked to define emergencies, Palmer said they could include instances when the ferry is delayed in Campbell River and the crew wants to communicate with passengers waiting in Quathiaski Cove.

The P.A. system could also be used to alert vehicles approaching the ferry if there was only one vehicle space left and the ambulance was coming. This would apply in the evenings when there is no parking lot attendant on duty.

Quathiaski Cove resident Susan Trayler said she feels installing a P.A. system to communicate with passengers is akin to using a bulldozer to swat a fly.

"The P.A. system would be hugely invasive for area residents. The ferry is often delayed due to overloads in the summer, so the potential for regular use of the P.A. system is a real concern. We can already hear the safety announcement from our garden, and that's meant to be heard onboard



An artist's rendering of the BC Ferries waiting room proposed for Quathiaski Cove.

only. There are other ways the crew could communicate with passengers waiting in the Cove," she said.

Susan suggested posting the Campbell River ticket booth phone number at the Q Cove terminal for passengers to call for updates if the ferry is delayed. Other suggestions included installing a direct phone line to the ticket booth or other information number, erecting an electronic sign like the ones used on the highways, and/or posting a radio station frequency for BC Ferries travel info.

Ted Conover stated that there is a need for better foot and bicycle passenger access to the terminal.



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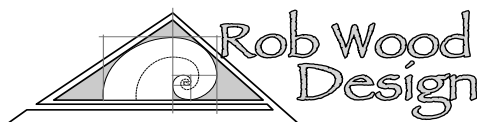
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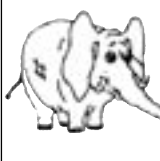
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"There is no provision in this plan that I can see for sidewalks for pedestrian and bicycle traffic up Quathiaski Cove Road. There is also a safety issue with the traffic coming out of the parking lot—that's an accident waiting to happen."

Ted suggested a traffic light controlled by the ferry crew or parking lot attendant could be a solution to the traffic issue.

"The ferry traffic could get the green light and fully unload before the cars come out of the parking lot."

Arne Liseth predicted that BC Ferries' usage projections are not high enough. "If the tourists show up in the numbers anticipated, the additional holding lane won't provide enough space."

Erinn Cousins replied that BC Ferries will revisit the plan if traffic grows in a way that staff haven't anticipated. Gordon Nettleton, Marine Superintendent for Inter-Island Services North, added that they could also look at using a different vessel or implementing schedule changes.

Jock Palmer acknowledged that several cars are left behind during peak periods, but noted that overall utilization of our ferry is only 60%.

Other concerns raised included the expense of the terminal upgrade, in particular the cost of building the stylish waiting building proposed in the plan. One resident asked if fares will be increased to fund this "chalet". The rough estimate for the terminal upgrade is \$1 million.

Foot passengers typically arrive at the ferry fairly last minute, islanders told the BC Ferries representatives, and leave the terminal directly after disembarking. Questions were raised about the need for the new waiting building.

"BC Ferries is making it standard to have a handicapped accessible waiting room/washroom area at all terminals," Erinn Cousins stated.

Len Wolfe, owner/operator of Dockers coffee stand, presently located behind the washrooms



Erinn Cousins, BC Ferries Business Manager of Strategic and Corporate Planning, chatting with Murray Abercrombie about the Quathiaski Cove Master Plan Concept. photo: Tanya Storr

at the Q Cove Terminal, is worried about what will happen to his business when the new building is erected.

He voiced his concerns to the BC Ferries staff, who said they are considering allowing room for retail space in the building and could try to arrange a lease arrangement with him.

When asked why BC Ferries isn't planning to build in conjunction with the Q Cove Harbour Authority, who also intend to construct a building, Cousins replied that BC Ferries can't fund capital projects on land "that is not our own."

Islanders were invited to fill out and submit comment forms. BC Ferries staff stated that they will take the suggestions from the open house back to the planning table. They will post a summary of the comments received in the *Discovery Islander* and will keep the local Ferry Advisory Committee apprised of the plan.

After the master concept plan is finalized, it will go to the BC Ferries executive for approval in principle. The project then goes before a budget committee for specific approval. BC Ferries hopes to start construction in November 2005.

Long-term plans for the Q Cove terminal include replacing the trestle in 2012. "At that time we'll look at constructing a two-lane trestle, ramp, and marine structure upgrades," confirmed Cousins.

[www.jtoelle.com](http://www.jtoelle.com)

## Custom Homebuilding

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## Commercial • Residential

Industrial Shop & Warehouse Space for rent or lease

**John Toelle 285-3783**  
**Kent O'Neill 285-2551**

# Classifieds

## FOR SALE

**Bed Chesterfield** Colonial Style, excellent cond. Brown-tan orange. \$100. **Yamaha organ** \$1500 OBO. Daphne - 285-3842

**Honeybee Pollen.** Nature's Multi-Vitamin. Gathered exclusively on Quadra Island. 300g tubs \$15 call Virginia at 285-2654

**Honey** Pure, unpasteurized fireweed honey from local beekeepers Fred and Roger Link at 633 Cape Mudge Road. Available in bulk buckets and beautiful gift jars. We will also fill your own containers. Please call Linda Link at 285-3759

**2 gas lawn mowers** Husqvarna 56H heavy duty with grass catcher. MTD Lawnflite 4.5hp almost new. Both are high end machines in excellent condition \$150 each Call Don at 285-3864

## WANTED

**Used Piano** for home on Quadra Island. Please call 403-239-5825 in Calgary.

**Alaskan 48" chainsaw mill.** ph John 285-2958

Looking to purchase a **small acreage** (2 to 10 acres) to call home on Quadra Island. Prefer natural setting with arable land for small garden. Please email wildroots@sprint.ca or call (604) 904 4423.

Family of 4 **looking for a long term rental** in the comox valley...Anywhere from comox to quadra! We would like a 3 to 4 bedroom house on 1+ acres. We have great references. This rental is needed no later than august ... But we are willing to move asap. Please call Marieca @ 250-282-3394 or email marieca@marieca41@hotmail.Com.

## HELP WANTED

Expanding business requires **permanent part time** (15 hrs avg) **office/bookkeeping assistant** (including payroll). Hrs are flexible. Office is on Quadra. Salary based on experience. Simply Accounting experience preferred. Resume reply to Administrator, Box 425, Heriot Bay BC V0P 1H0

## 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

**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

**Alterations, Hems and Zippers:** available at the Quadra Clothesline. Phone Kathi at 285-3854 or 203-9607 for appointment. Coin op daily 6:30 am - 8:30 pm. Large capacity washers, floor mats, comforters and sleeping bags.

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

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

## 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

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**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

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Herbs & Nutrition.  
Free consultation.  
Sliding scale for treatment  
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## Discovery Islander

Put your business  
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Only \$12.00\* per issue.

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\*GST extra

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for an affordable  
way to advertise?  
This ad - only \$12  
call 285-2234  
for more info

## Island Tides

### For Quathiaski Cove

#### APRIL 1-14

1	0402	12.1	3.7
FR	0740	12.6	3.8
	1555	3.4	1.0
2	0019	13.2	4.0
SA	0655	11.9	3.6
	0825	12.0	3.7
	1712	3.6	1.1
3	0218	13.4	4.1
SU	0933	11.3	3.4
	1113	11.4	3.5
	1937	3.8	1.2
4	0302	13.6	4.1
MO	1020	10.4	3.2
	1325	11.3	3.4
	2042	4.0	1.2
5	0338	13.7	4.2
TU	1102	9.4	2.9
	1445	11.6	3.5
	2134	4.5	1.4
6	0410	13.9	4.2
WE	1141	8.2	2.5
	1549	12.0	3.7
	2217	5.3	1.6
7	0440	13.9	4.2
TH	1218	6.9	2.1
	1647	12.3	3.8
	2245	6.4	2.0
8	0508	14.0	4.3
FR	1252	5.7	1.7
	1745	12.5	3.8
	2310	7.6	2.3
9	0536	14.0	4.3
SA	1322	4.6	1.4
	1844	12.7	3.9
	2345	7.6	2.3
10	0603	13.8	4.2
SU	1346	3.9	1.2
	1944	12.8	3.9
11	0030	9.8	3.0
MO	0629	13.5	4.1
	1401	3.5	1.1
	2044	12.9	3.9
12	0159	10.7	3.3
TU	0653	13.0	4.0
	1427	3.4	1.0
	2343	13.0	4.0
13	0313	11.3	3.4
WE	0710	12.5	3.8
	1504	3.7	1.1
	2244	13.0	4.0
14	0422	11.7	3.6

TIMES ARE STANDARD TIME

# HERIOT BAY STORE

## Spring has Sprung!

### Bottle Return Donations in April to the Climbing Wall

Specials For April 3-9 While Supplies Last

#### GROCERY

**Kettle Chips** **\$1.69**  
150g

**Assorted Ocean Spray Juices** **\$3.99**  
1.89L

**Classico Pasta Sauces** **\$2.99**  
270-700ml

**Kellogg's Jumbo Vector Cereal** **\$6.49**  
850g

**Assorted Snowcrest Frozen Fruit** **\$3.99**  
600g

**Ultra Sunlight Dish Soap** **\$2.19**  
625ml

#### PRODUCE

**California Organic Oranges** **69¢**  
lb  
\$1.52/kg

**B.C. Hothouse Gold Label Tomatoes** **\$1.99**  
lb  
\$4.39/kg

**B.C. Hothouse Red, Yellow & Orange Peppers** **\$2.99**  
\$6.59/kg

#### MEAT

**\*Farmer's Best\* New York Striploin Steak** **\$7.99**  
lb  
\$17.61/kg

**Freybe Canadian Back Bacon** **\$1.99**  
each  
300g packs

**Bone-In, Fresh Chicken Breasts** **\$3.49**  
lb  
\$7.69/kg

#### DELI/BAKERY ITEMS

**Baldersons Aged Cheddar** **\$1.49**  
100g

**Freybe Sandwich Ham** **99¢**  
100g

**Homestyle Brownies** **\$2.49**  
300g

Open Every Day Until 8pm

