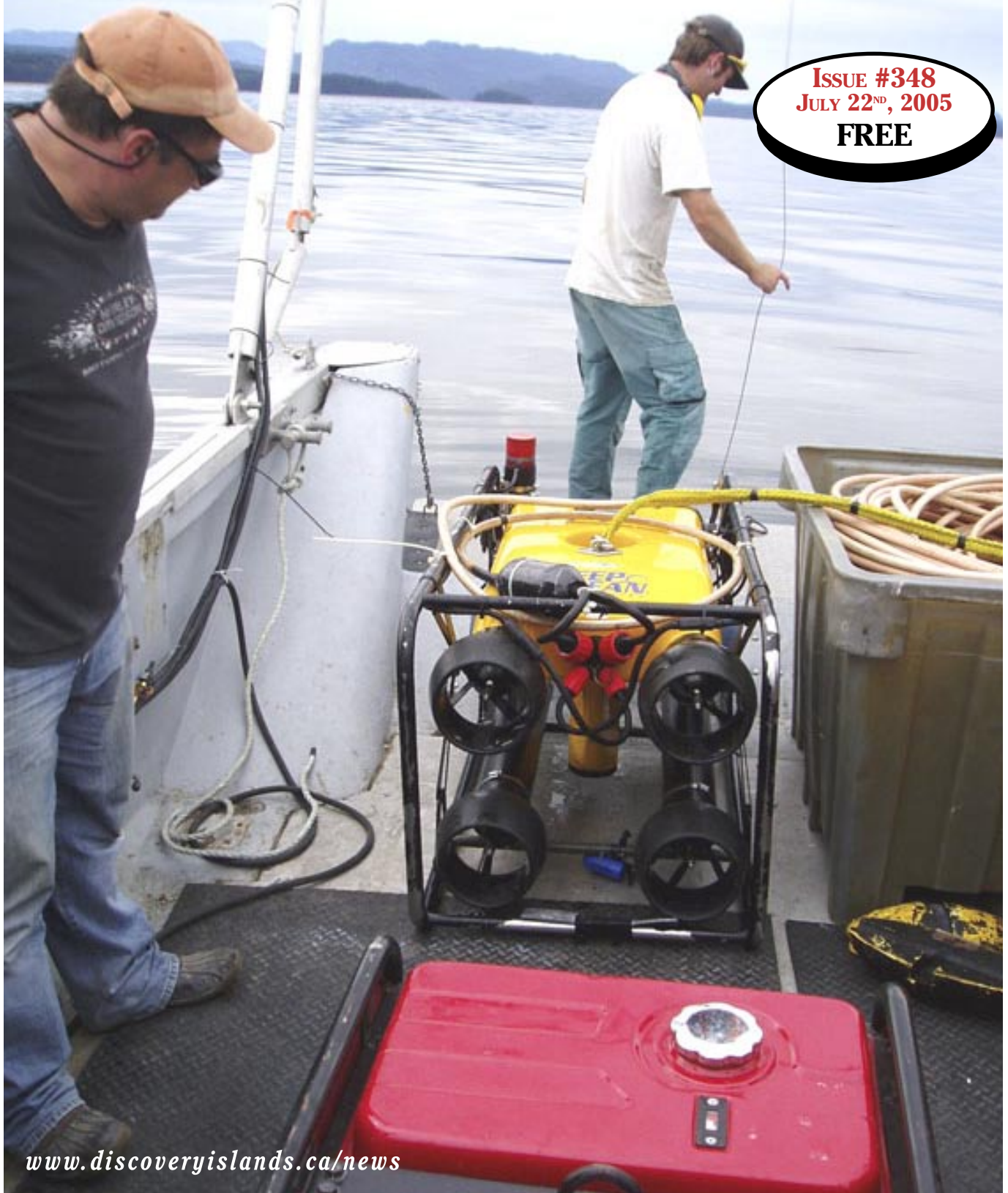


Discovery Islander

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

**ISSUE #348
JULY 22ND, 2005
FREE**



www.discoveryislands.ca/news

Fine Cuisine an Unexpected Treat at Squirrel Cove

Every summer we look forward to boating to beautiful Desolation Sound and making a stop at Squirrel Cove on Cortes Island, where we take care of our laundry, pick up propane, have showers, grab a couple of bottles of wine and stock up at the General Store.

Cortes Island is a large island between Quadra and Redonda Island in the amazingly beautiful Desolation Sound. Squirrel Cove is on the east coast and looks out to the magnificent mountains of Desolation Sound and the Mainland. It is a quick 30 minute trip by boat from Lund or 45 minutes from Campbell River. On a sunny day, nothing could be finer than to travel these waters with seals and eagles.

This year we were in for a delightful surprise. The Cove Restaurant, situated right on the waterfront in Squirrel Cove, has hired a new chef and we enjoyed an excellent dinner equal to any that we have had in the finest of restaurants. Chef Peter Scott has created a tantalizing menu that both delights the palette and nourishes the body. Local and organic products are featured, so the menu offers an array of seafood that includes prawns, oysters, halibut and salmon and local veggies and salad greens. Because buffalo is such a 'clean' protein, Peter has included it in several of the entrees.

We started with Prawn and Scallop Cakes in a mirin-ginger mayonnaise and Assorted Seafood with chipotle chilli to accompany our martinis. The unique mingling of condiments, herbs and relishes with these fresh tastes resulted in pure pleasure. The following organic Field Greens Salad with feta cheese and chilli spiced mixed nuts was equally sensational. The entrees, perfectly cooked halibut on risotto rice served with kalamata olives & shallot relish and vegetables and grilled Buffalo loin strip served with marinated oregano mushrooms and marinated root vegetables were superb. A full bar venue of beers & wines complemented each item on the menu.

As we sat on the deck looking out at the unbelievable beauty all around, finishing a wonderful bottle of wine, we felt like we were at the edge of the world—nothing out there but ocean, green mountains, birds and silence accompanied by a fantastic dinner. Although satiated, the desserts were too hard to resist; homemade blueberry Cheesecake and chocolate Eruption Cake along with a couple of organic cappuccinos was the perfect ending to a wonderful evening.

The Cove Restaurant is open every day from 11:30 to 8:00 pm and serves Sunday Brunch. Reservations can be made at 250.935.6350 and their entire menu is on their website at www.cortesisland.com/squirrelcove.

Carla Gallagher on the Delphina



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Join us this Sunday July 24th for a free sunset tour to celebrate our new name.
Please call to reserve 285-3627

Free sunset tour for locals

We're still at the Yak Shack in beautiful Heriot Bay. Stop by to say hello.



Island Calendar

Day by day

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** - "Vision" Rev. Jill Brocklehurst on CRTC 9:30 PM
- Yoga 9 am and 7:30 pm Community Centre
- **Every Tuesday** - Kalina Folkdancers -QCC, 7:30 to 9:30 pm, Sept.to Apr.
- "Vision" Rev. Jill Brocklehurst on CRTC 11:30 AM and 4:30 PM
- **Every Wednesday** -Yoga 4 pm and 7:30 pm Community Centre
- **Every Thursday** - Motorcycle Club meet 5pm Heriot Bay Inn Pub
- Prayer Meeting, 7:30pm at Quadra Island Bible Church
- Mo's Jam 9 pm Heriot Bay Inn Pub
- **Every Friday** -Live dance music 8:30 pm Heriot Bay Inn Pub
-Seafood dinner & Ron Hadley piano -Tsa-Kwa-Luten
- Yoga 9 am and 7:30 pm Community Centre
- **2nd Friday of Every Month** - Yak Shack 2 Upper Realm 7:30 p.m.
- **Every Saturday** - Farmers' Market and Bazaar 10am-2pm behind QCU
-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
-- Sunday Service QI United Church 10:30 am
- Positive Living Celebration, 10:30am Community Centre
- Worship Service 11:00am Quadra Island Bible Church
- 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, July 4th 2005



July 13 - Aug 19

-Summer Recreation for kidz

Community Centre

July 22, Friday

-Twango

Aroma Cafe

July 23, Saturday

-Cultural Demonstration

Tsa-Kwa-Luten

-Glenn Wildes

Heriot Bay Inn

July 26, Tuesday

-Blue Monks

April Point

July 27, Wednesday

-Cultural Demonstration

Tsa-Kwa-Luten

July 29, Friday

Shirley Locks

Heriot Bay Inn

July 30, Saturday

-Nick & Nebula

Heriot Bay Inn

-Up Your Inlet 7:30

Aroma Cafe

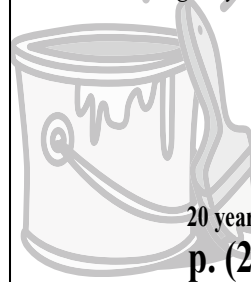
July 31, Sunday

-OAP Byers Picnic 11 am

Byers by the beach

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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



Mike Mortensen and crew member, Todd Cook launching ROV used to locate missing airplane

Tanya Storr

B.A. English

Freelance Writing
& Editing

285-3937

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Discovery Islander

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

#348 July 22nd, 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, July 18th

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**Over 400 visitors this month already
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The Lightning Path

Throughout Mesoamerica the spiritual path of Quetzalcoatl/Kukulcan incorporates the mythological image of the Feathered Serpent. It derives from a "myth of eternal return", one that has inspired passionate creativity in a vast number of people, for centuries.

It is in the spirit of the Feathered Serpent tradition of peaceful, artistic co-creativity that Teresa Wild and I have embarked on a painter's quest to reveal the mythological terrain of what we call The Lightning Path. Since January of this year, we have ritually co-created a painting at the time of the New Moon each month. Our paintings have been created in direct attunement to both a hieroglyph and number drawn from the Mayan Sacred Calendar (Tzolkin) designated for each Moon cycle. Our completed works will be on display at the Old Schoolhouse Art Gallery on Cortes Island, August 19-23.

Included in the exhibition will be a ceremonial opening celebration on the evening of the Full Moon, Friday, August 19 at 7 PM sharp. The following evening at 7 PM, we will be showing a weeMovie documenting our painting process throughout the full series of nine paintings on display. Discussion to follow. At 7 PM on the final night of the show (Tuesday), we will deliver a multi-media overview of The Lightning Path.

A selection of Lightning Path prints, cards and jewelry will be available at the gallery during the exhibition. Also included will be a Lightning Path lunar calendar for the current year and a calendar for the new lunar year beginning January 30, 2006.

Visit our website at www.lightningpath.net for more information or call us at 250 935 0091 or 250 336 2070.

Please join us for this very special moment on The Lightning Path. Everyone welcome!

The Old Schoolhouse Art Gallery is in Whaletown, Cortes Island on Carrington Bay Road. Phone: 935 6339.



BCP 45 undergoing major restoration work at the Maritime Heritage Centre, Campbell River. Photo by Tanya Storr.

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News & Events

Cancer Study

There is a group of people on Quadra focusing on cancer identification. Have you or any family member had cancer within last ten years while living on Quadra? *Amped on Nutrition* is looking for names and phone numbers for this study. Please come out and support this project

Barbara 285-3142

Everyone is invited to a Coffee House celebrating the first issue of "Up Your Inlet," a journal of island culture & dialogue. A free issue of "Up Your Inlet" is available to all who attend this groundbreaking magical cultural event. The event will include poetry & short story readings from Quadra & Cortes authors as well as folk & reggae music. Quadra's own "Smokey," a songwriter, singer, and guitar player, will open the evening with some original songs and old time favorites. Smokey is not particularly friendly with the ruling classes of North America, so expect some radical lyrics. Shirley Locks and a Bear or two will bring us some Bob Marley and Peter Tosh tunes as well as some home-grown original island reggae music.

Many Quadra & Cortes authors & readers & artists have been working very hard to create this first issue of "Up Your Inlet." Mimi, Aldo, Chris, Luise, Annette, Steve, Michelle, Elise, Dana and countless other contributors have made this coming event possible.

So, come on out Saturday night, July 30 at the Aroma Cafe at 7:30 p.m. and support island culture. Come early for a seat. There is a \$5 cover to compensate the performers (believe it or not, on these islands, poets get paid) and assist the future publication of the journal. Children under 12 are free. Desserts, tea, speciality coffee, beer & wine are available. Tourists and campers are welcome to check out this original event celebrating local island artists. This is an acoustic event, so bring your keen listening ears. And there will be plenty of time for socializing between sets. Call Steve at 285-3323 for more information.

TONIGHT! A passionate evening of music with Twango....an acoustic Gypsy Jazz Trio from Victoria (solo guitar, rhythm guitar, acoustic bass) that will magically mesmerize you and keep you craving more. This will be a wonderful musical treat for everyone. If you missed Twango last year when they performed on Quadra, then come and join us at AROMA CAFE.

Friday July 22nd (TONIGHT)

8-10 pm Tickets \$10 at the door

For information call 285-3197

Home Grown Island Music

Something very exciting is happening on Quadra & Cortes Islands. There are now four, and maybe more, music groups that are playing mostly home grown absolutely original music.

On Cortes, the All Girl Band, a reggae & rock band, have created some beautiful lyrics & music reflecting a social justice perspective with a clear feminist point of view. For example, they have a laid back smooth rocker song which is for gender equality in the work place. The Funk Force Five, a rocking Cortes funk music band, also has original lyrics with a very danceable beat. Both bands have appeared at the Heriot Bay Inn & may be coming back in late Summer or early Fall.

On Quadra, the Milton Road jazz trio has come up with some mellow jazz riffs and penetrating lyrics about love & relationships & island life. You can catch them at the Heriot Bay Inn on the Sunday Dinner jazz nights or at April Point on some of the Tuesday Jazz nights. Finally, Shirley Locks and the Three Bears, a home grown original reggae band which plays mostly composed by Shirley and Steve, like "Sue Me" and "Quadra Reggae." Their next gig is at the Heriot Bay Inn on Friday Night, July 29th.

How wonderful it is to hear new songs created by our very own island artists. It's a very exciting emerging trend in local island culture. And one that you'll hear more about in the up & coming issue of "Up Your Inlet," a journal of island culture & dialogue.

Benefit for Quadra Children's Centre, August 21, 2005 8:00pm at the Quadra Community Centre.

Please plan to spend an evening with Larry Maraviglia. New Broadway Playwright, Hollywood screenwriter, Poet and Actor Larry Maraviglia will perform a one man show featuring works by Thurber, Shakespeare, Oscar Wilde, Cole Porter and many others. Proceeds will be donated to the Quadra Children's Centre. Tickets \$12.00 in advance/\$15.00 at the door, Available at Explore and Quadra Children's Centre.

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Farmers Market

The Quadra Island Farmers Market & Bazaar takes place each Saturday (rain or shine!) from May through the end of September 10 AM-2 PM, behind the Quadra Credit Union. Set-up begins at 8 AM - no early birds, please! The fee for setting up is still a low, low \$4.00 for adults and \$1.00 for kids. Due to extremely limited space, all vendors must be residents of Quadra & the Outer Islands.

Food vendors are more than welcome! We should like to remind you that there is to be no food preparation on site, and suggest that food vendors contact the Health Authority at 287-2818 in order to make themselves aware of any regulations they may have.

Please leave your dog at home. Due to numerous complaints, we have bowed to the majority and are really discouraging dog presence at the Market. Thank you for your cooperation in this matter. Parking for Market customers is off Green Road - the Credit Union parking lot is for the use of their customers, while doing business at the Credit Union.

While many of you have been using the Market parking area for ferry parking during the week, we must ask that you please cease this practise. This is privately held land, and the owners have been gracious enough to allow us to use it for Market parking on Saturdays. However, their intention was never to have this turned into a full time public lot, and due to garbage & maintenance difficulties have decided that Ferry parking must stop. Please make alternative parking arrangements.

For more information, regarding the Market, please call: Dalyce 285-3180, Pauline 285-2076 or Linda 285-3952.



Island Report

QISES Continues Drought-Proofing Work Quadra Salmon Get a Helping Hand by Tanya Storr

Summer is finally here and with it the hotter temperatures long anticipated. Dry conditions can be tough on young salmon, who rely on in-stream pools to survive in the summertime. With this in mind, the Quadra Island Salmon Enhancement Society (QISES) is continuing its drought-proofing project initiated last summer.

“Although summer is getting a late start this year, drier summer conditions are expected to be the norm in the years to come,” said QISES manager Laurie Bowles. “Many streams, like Hyacinthe Creek, dry up in hot summers.”

The main goal of the drought-proofing project is to create more pools and summer water for young salmon. The crew are installing log structures and boulders in island streams to encourage pool formation.

During the winter, turbulent water in the creeks will swirl over and behind the structures, creating a scouring or digging effect that forms deep pools. Drought-proofing work is being done in Granite Bay and Hyacinthe Creeks and at Village Bay Lakes.

“These are all coho streams. Coho spend a full year in freshwater after they are born, so it is very important for them to have in-stream habitat,” Laurie explained.

Laurie pointed out that the forest has reached an age where it is contributing wood to the streams already, and the drought-proofing project is adding to the natural process.

“When we are working in a stream, we want to replicate the natural scene.”

Quadra creeks provide spawning habitat for chum, coho, and a remnant population of sockeye. No substantial numbers of pinks have been recorded for 11 years



QISES manager Laurie Bowles working on drought-proofing project in Granite Bay Creek. Photo by Tanya Storr.

due to dry conditions in late summer/early fall. Despite the dedicated enhancement efforts on the island over the past 16 years, salmon populations have been declining.

Laurie noted that dry creek beds are one of the major threats to their survival. “Maintaining water in the streams is essential for the well being of juvenile coho and for mature salmon returning to their spawning grounds.”

I visited the drought-proofing project site on Granite Bay Creek on July 11, and found crew members Laurie, Grant Hayden, and Luna Loiseau-Tremblay hard at work creating in-stream structures. Grant’s nephew, Ethan, visiting from Comox, was assisting.

With the help of Grant’s skidder parked on the side of the road, long cables, blocks, and winches, the crew was reinforcing a log structure they installed last summer which did not stay intact during the winter water flows.

“Having to rebuild some of our structures is all part of the process,” said Laurie. “You can never quite figure out Mother Nature.”

Upstream a short distance, Grant pointed out a structure the crew built last summer that has proven to be a major success. The ends of two logs were anchored in the stream bottom in July 2004, with their top ends secured to trees on the bank. Over the winter, more logs jammed into the structure, enhancing the scouring effect.

“This structure caused the creek to gouge out a beautiful pool,” observed Grant.

As well as causing scouring, the logs provide a safe place for young salmon and returning salmon to shelter. They are also a source of food, as insects and vegetation drop off the wood into the water.

“The structures serve a variety of purposes for different fish at different times of the year,” Laurie said.

Luna pointed out a juvenile coho approximately five centimetres long in one of the pools. It had positioned itself under a floating stick for cover. Before long we were all spotting tiny fish.

Luna is home for the summer from the University of Victoria. She has a Diploma in Natural Resource Management and is now working on her biology degree. Luna



Grant Hayden points out drought-proofing structure placed in Granite Bay Creek in 2004. Photo by Tanya Storr.

was hired by QISES on a student grant from HRSDC, and is very pleased to be working on the project.

"It's great to be getting the work experience. Not many of my friends in the program found a summer job in the field. And it's really nice that this one is on Quadra," she said.

Laurie said the student grant program has been a great fit for QISES.

"It's perfect for us. We were hoping to find a summer student on the island."

Other funding for the project has helped with wages and allowed QISES to purchase equipment, including a chainsaw winch capable of pulling up to 8,000 pounds. Donors include the Pacific Salmon Foundation, Vancouver Foundation, Department of Fisheries and Oceans, and Regional District.

Laurie said the countless volunteer hours invested by Grant Hayden, a director of QISES, have been a tremendous boost to the project. His skidder and other equipment are invaluable as the crew manoeuvre the heavy logs into place in the streams.

"The work Grant has done over the past two years is far above and beyond the call of duty," Laurie said.

Other donors of materials or time include

Roy Dahlnas, Jerry Benner, TimberWest, Eric Sorenson, the Biro's, and QISES volunteers.

The crew plans to work on Hyacinthe Creek next, and is also collecting data on water levels at Village Bay Lakes.

"The Village Bay outflow creek has not had enough water in it for the past two summers, so we are looking at using a low water augmentation structure to try to keep lake levels higher. We would release the water when the spawning fish are returning," Laurie stated.

Water levels in Village Bay Lakes fluctuate approximately three to four feet over the course of the year, Laurie went on to say, and QISES' intent would be to increase the low summer levels by one foot.

The society will seek feedback from DFO and the public before proceeding with the low water augmentation structure. The structures could also be installed at the outflows of Two Mile, Little Morte, and Mud Lakes. They have been used successfully in 12 locations in BC to date.

QISES is looking for volunteers to help with the drought-proofing project. For more information, call Laurie at 285-2957 or e-mail todspond@island.net

Marlena's Salon



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Missing Airplane has been located!

After several months of intensive search for the missing DeHavilland Beaver Aircraft, a crew of technicians and volunteers discovered the wreckage in over 250 metres off the East side of Quadra Island Thursday, July 14th. An overwhelming feeling of joy and sadness filled our hearts. "We could barely contain our tears". We had found what we were looking for! A relief that soon there would be closure for the families. Months of determination and surmounted obstacles had finally paid off.

With anticipation the crew crammed into the small boat's cabin, all eyes glued to the monitor that displayed the images from the ROV. At over 250metres of water, the images were unbelievably clear. The last four months had introduced us to the latest technology in underwater imaging. Several hits on the sonar had brought hope many times only to find out that our targets were sunken logs. This was our newest hit, recorded in late June. The image was different but we refused to get excited. Our equipment had broken down and would take time to repair. We needed more sophisticated technology in order to reach it. Mike Mortensen from International Underwater Surveyors (IUS) had contacted us months before and was now on standby. He would bring out his equipment if we had a sure target, but he too had trouble with his equipment. Finally on Thursday everything came together. Everyone was ready and we set out for the location in early afternoon. It was absolutely perfect. The weather was hot and sunny, the waters were flat calm, even the tide played on our side. Mike's crew carefully launched the ROV and we began staring at the screen silently.

Suddenly there it was! A bit of debris strewn on the ocean's floor...laying in the mud a broken pontoon and what we were looking for...the Airplane with the call sign in plain view. We circled the wreckage in silence...recording images. We needed to bring proof back to the surface. There were no longer doubts in our minds...we had found it! Shivers ran through our spine.... We called Kevin, the brother who tirelessly had spearheaded this whole search, and happily reported the news.

Determination and tenacity had brought results. Although we were discouraged many times and the financial burden was taking its toll, we couldn't give up. The technology and expertise brought from all over had allowed us to continue. The time spent searching and the volunteers' efforts were absolutely amazing. The endless days walking the beaches and the countless visits to the witnesses who patiently repeated



Team of technicians, volunteers and divers enjoying a moment of pride after discovery



Glenn Dennis and Mike Mortensen preparing data on the way to the location

their story over and over made it all possible. We thank you all! It was your support that allowed the families to continue believing. You contributed in a small way but made a big difference in the end result.

Mapping of the site will soon begin before we move into the next step, "The Recovery of the Aircraft". A massive undertaking that has to be executed with absolute care. The proper technology for the salvaging is readily available here in BC if only the proper agencies would agree to help. Financial help was an issue while searching but we didn't give up. The team will simply continue on with the same determination to get our answers.

We Thank all who supported us in our efforts.....We never gave up, believed in ourselves and found it!

Lily Langevin

Don't Forget

You can check in with the activities of the Quadra Community Association online at:
www.quadraisland.ca/community_association

Next deadline for the
**Discovery
Islander**

August 1st

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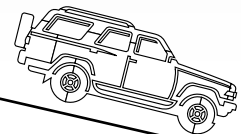
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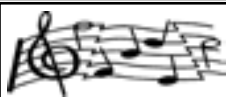


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The Way a Wizard Walks Part II

by Rev. Jill Brocklehurst

Why is it that we are drawn to the west coast shores to observe the wickedness of nature in all its majesty? The water becomes waves that threaten the shoreline in attempts to devour the land's form. In a crescendo, water splashes to a towering height and roars in overtures that smoother any other sound. Something draws us in to explore, perhaps the depths of our own raging consciousness. And thus we set out on an adventure

Let me build a home on solid ground in the presence of my truth. A meeting place between the raging storm and the quiet centre of my mind. Let me find my truth that I may live a more rich and empowered life and build bridges from the unseen to the seen. Often when we explore the dark side we get lost. Invariably this doesn't last for long as we are met with pleasant surprises along the way

The tide is rising and it starts to rain. I can't seem to find my way back to the comfort of my home. Lost on the rugged shore I comb the thick forest for an opening, a promise of a trail. There it is! I see what looks like an animal bed under a fallen tree. I climb into the enclosure and look up. Erosion between the trees reveals evidence of past travellers. I climb higher. Remnants of a child's fort and yet the forest is still thick. I move on

It is a vast rugged wilderness and they carve platforms between rocks and ancient cedar trees to build homes where one can experience in safety, the ragging shoreline. Rusty gravel trucks, dual wheel 3/4 tons and the screeching of the cement truck brakes in the distance reel my conscious back to civilization. Sidewalks, bicycle lanes, grass lawns and rhododendrons fill my mind and the experience of me, the coast and the storm become a distant memory.

This is the way of the wizard. All exists in the present moment and the wizard is aware of every detail as they pass through experience. It is in this presence where our greatest power exists. How many of us cling to past events and allow them to define our current experience? The wizard knows that the wild nature within is waiting to experience each event as if for the very first time.

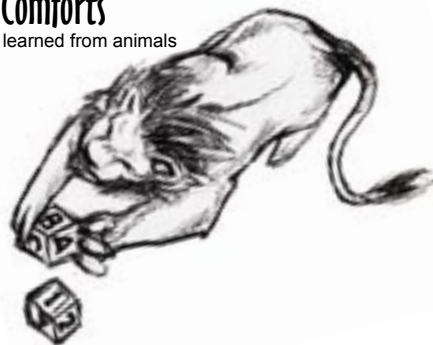
Our attraction to nature and the ocean is only a reminder of the deep wild nature that resides within. Spirit is always beckoning, luring us forward to reveal our truth, our divine hidden nature. Each one of us is unique on this path and our creative choice in demonstrating is our way of the wizard. Respect your mystery and pursue it ruthlessly.

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Island Forum

RIGHT AND WRONG

Paul Martin recently said that when it comes to people's rights, "a right (IS) is a right." He sounds much like his predecessor who said: "A proof (IS) is a proof and when you have a good proof it's because it's proven."

Well gun owners have rights and the Martin Liberals are squandering them every time we turn around. I am not just talking about the \$2-billion gun registry.

Many people in this country have permits for 12/6 class firearms. They are no longer able to take them to a rifle range to target shoot because they are no longer allowed to transport them.

These guns were legally purchased by people who have no criminal records. The Martin Liberals took away their right to transport their property making their property worthless. I guess "a right (IS) is a right," but we have "a good proof" that the Martin government (IS) is only interested in some rights not all rights.

Dingus Norris

Heriot Bay, B.C.

EDITOR: Right on. [not this one]

'Write on' . .

Anne McClellan: "not all rights are absolute"

translation: WE have the right to limit YOUR rights . .

With apologies to Dingus Norris, who penned the original . .

Len Miller

The Vigil Aunties



Keeping tabs on
Big Brother

Quadra Rec's Cultural Committee

would like to present a huge musical bouquet to all the volunteers who stepped up to the task of helping to present a fun and successful 2004 -2005 season. Beginning with the Australian Bendigo Youth Choir, and ending with the Juggling Jollies, we cruised through a season of magic and delight: Cantabile, Arrogant Worms, Coop and Dawes, McDades, Aliqua, and Alcan String Quartet.

Big thanks go to our technical crew: George Murdoch, Tony Simard, and Jaron Fox; general support and co-ordinator of the wonderful juggling festival: Laura Appleton-Jones; our generous hospitality folks: Chris and Margaret Rose, Susan Wilson at Harbour House B&B, Annabelle Cameron at Belhaven B&B, Rob and Diana McKerracher, Jocelyn and Bill Reekie, Mary and Gavin McIntosh, and all the folks who billeted Bendigo; our "house" co-ordinator: Carol Woolsey; concession co-ordinator: Marie Sheran; Layout/ Design computer gal: Heather Vanderest; accountant: Wendy Richardson; and the people who come when called: Hannah Lewandowski, Gwen and Paul Puddy, Mary Ellen Wilkins, Sue Rose, Linda Lessard and Celeste, Shirley Wallace, Dan Bingham, Joyce Baker, Maru Jolar, Viveke Pederson, Shannon van Orden, Anita Shankar, Pat Lowes, and Gail Robinson. Thanks to our ticket sellers, Quadra Crafts, Hummingbird, and The Music Plant and their owners Heidi, Lois, and Doug. To those who baked for the concession, and to Aroma Cafe for supplying coffee, thank you. To Sandi Spearing and Rob Simpson and the Quadra Rec Board of Directors, we appreciate your co-operation and support.

And finally, to those who supported us financially: our wonderful audiences, Regional District Area J and Jim Abram, BC Arts Council, Heritage Canada, and last, Walcan, who sponsored our delightful "Walcan for Alcan" school concert with Alcan String Quartet.

Every piece is a part of the whole; we couldn't succeed year after year without everyone's contribution.

Sincerely, Helen Moats and Hilda van Orden

Salmon BBQ Great Success

Thank you to the great many people who attended the salmon barbecue sponsored by the Quadra United Church at Cape Mudge last weekend. The event was well attended and our financial goals were met. Thanks go to Shirley Locks and her bear (Steve Moore), to Judy O'Dell and Vernon Price and Dancers who provided us with entertainment. Also, many thanks, to the Cape Mudge Band Recreation Committee who donated many hours of their time in preparing the feast. The silent auction was also a great success and many thanks to those who donated goods and services.



Reply to Dog Attacks reply:

Regarding Mark Oijen's reply to my dog attacks letter in June. Mark, you must be confusing me with someone else. I have never ridden my bicycle two abreast with anyone ('tandem' as you put it), nor have I ever ridden in a manner dangerous to motorists or others. I agree that cyclists must take care on the roads. We all need refreshers in driving, and in cycling, and in many other things we do that might cause harm to others. Our laws are there for a reason, to protect us all, and those laws should be respected.

So, Mark, in future if you have a bone to pick, don't dog the wrong person about it. I mean, your bitch about cyclists is fair, but your letter sounds as if you're blaming me personally. You see, my bark is in fact worse than my bike.

Greg Ross

Doc Com

Unwanted email is called spam, and the Hormel company which makes the ersatz meat product of the same name, is somewhat offended that the name of their unique meat concoction has stuck to one of the major Internet annoyances. If you've ever eaten that particular meat concoction, you know how appropriate the name is for both.

Spam (junk email) is more easily got than got rid of. Most of the time it seems that just checking your email is an excuse for a spam attack. Door to door salespeople or telemarketers you can always turn away at the phone or front door, but spammers think they should have access to your computer. No one is immune, not even the Apple folk. We get a steady stream of enticements to enhance various body parts, sell cheap pharmaceuticals, notify about lottery winnings, or cut us in on some Nigerian's Swiss bank account. The more malicious spammers realistically pretend to be verifying your bank account and need to know the details of the account (i.e. Your credit card number, password, and other private information) in order to protect you.

There are a few things you can do to cut down on the obnoxious traffic.

Treat your email address as you would an unlisted phone: give it out only when absolutely necessary. But also, get a free email account (e.g. Hotmail or Yahoo or Google mail) for everything else. Do you feel compelled to answer an online survey, or ask for information on a shopping site, or sign up for one of those alumni services that track your school buddies? Use your other email address instead of your main one.

Use webmail to preview the contents of your mailbox before you start your email program. Tame cousin Susie who sends you several high resolution pictures of her poodle puppy which take a half hour each to download. Particularly, if you have a slower (dialup) access you can go to www.mail2web.com, enter your full email address and password to get a list of messages currently in your mailbox. Check for the obvious junk (and maybe the poodle pics) and delete them before you go back to your email program to collect the remaining messages. To keep up with your mail when travelling webmail is also very handy; don't delete the messages you want to retrieve

later into your email program. As well as mail2web, it's very likely that your provider has its own webmail area: check out your provider's site: e.g., www.telus.net; www.uniserve.com, www.island.net, etc.

Getting rid of the Viagra, lip enhancement, lottery winning and Nigerian scammers takes some effort and if someone has come up with a sure fire way to absolutely sort the weevils from the good stuff, I'd like to hear about it. There are programs which will filter according to certain key words (viagra, lottery, sex, and such like), but these also sometimes block messages that you would like to receive. Spammers use fake addresses, so filtering by email address doesn't always quite do the trick. However, if you want to try this in Outlook Express go to Tools, Message rules, Add and enter the email address you want to block (works for cousin Susie and her poodles) to see if your obnoxious traffic slows.

In extreme cases, you can call the tech support of your ISP and get them to block certain messages, or in the worst case, to change your email address (which will keep things clean for a while).

I have been using a (free) email program: Thunderbird which has a fairly effective junk mail blocker. Download at www.mozilla.org, install the program and it will transfer your account settings and import your mail folders. Then go into the junk mail controls and begin to train it to recognize incoming junk. This works for about 75% of the spam I get.

If you're truly annoyed and want to stir things up a bit, you can complain, if you know where and how to complain. You will need to trace the message by interpreting the

email header (the source of the message). Go here <http://combat.uxn.com/tracing.html> and print out the page. To view the header in Outlook Express, right click on the message, go to Properties, click Details, and then click Message source.

Apologies for the typos in the last column (missing apostrophes mainly), which were the result of a file attachment getting some parts lost in translation. More about attachments and translating file formats next time.

Questions, comments suggestions. Email: mattmart@connected.bc.ca or 285-2431. Matt & Etta Martinelli operate ENERT Computer Support @655 Cape Mudge Rd.

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by Steven Halliday

"If money is not thy servant, it will be thy master. The covetous man cannot properly be said to possess wealth, as that it may be said to possess him". So wrote Sir Francis Bacon some 400 years ago regarding greed. Greed (and I speak here of greed for money, not power or fame...just mucho dinero) is rampant across this planet, and no doubt has been for some time. Actually, it has been around forever, but never before has the flaunting of one's greed become so commonplace in society. There has been plenty of debate regarding the impact of greed, with some associating greed with innovation and efficiency (think Gordon Gecko in Oliver Stone's film *Wall Street* – "*Greed is good...*"). Others feel greed is a sickness, causing the especially greedy to discard all moral restraints in his or her pursuit of the almighty buck. One would think there is a healthy balance of greed and humility, though it is a relatively rare individual that reaches it.

The headlines today are full of stories about people's greed. We see Bernie Ebbers break down in tears after getting 25 years for fraud, the penalty for stealing hundreds of millions worth of shareholder's money from Worldcom. Ebbers was famous for flaunting wealth, including throwing a party for his wife's birthday (shuttling guests from all over the globe to a European location) complete with toga clad human statues and an ice sculpture of Michelangelo's David that peed vodka. On the company tab, of course. But he cried innocent until the end, oblivious to his own manic greed.

As a completely different example we have Philip Purcell, until recently the chief executive of investment bank Morgan Stanley. After a bitter battle with the board he left with a departure bonus of \$42.7 million. But that's not all. He'll also collect on some \$35 million in stock options, plus receive a retirement

The Allure of Greed

benefit in a lump sum of \$11 million. In addition, according to the *New York Times* "He is getting medical benefits, \$250,000 in lieu of other benefits, and an office and administrative and secretarial expenses every year for the rest of his life. In addition Morgan Stanley will make \$250,000 in charitable donations a year in his name." Of course Mr Purcell did nothing illegal to make all of this money, and based upon his prior salary it is not entirely out of line by today's somewhat warped standards. And then there is Purcell's buddy and Morgan Stanley EVP Stephen Crawford. He sided with Purcell during the battle for control, but was still offered a new 2-year employment contract that paid at least \$16 million per year. However, if he chose to resign for any reason before August 3, 2005 he will be paid the entire \$32 million as a settlement. Crawford resigned on July 11th. Who wouldn't? Good deal for him, great deal for Purcell, lousy deal for shareholders of Morgan Stanley. By the way, the stock of Morgan Stanley is down about 39% from its 2000 peak – got to love those golden parachutes.

I worked in the investment sales business for a short time, and met plenty of greedy people working in the same office. In fact, out of the 15 or so salespeople I worked with, one has spent time behind bars for fraud, and it looks like another is about to suffer the same fate. The former decided to accelerate his get-rich-by-35 plan (police produced a hand-written list that included the very crime for which he was convicted) by burning down his own home and collecting on the insurance. Unfortunately he set himself on fire in the attempt. Meanwhile, the latter was a real up and comer in the office at the time I worked there – nobody worked harder to be top salesperson than this guy. Now this was in the late 1980's, and the markets were red hot, and everyone was getting greedier by the day. That's when I got out. Over the years I had heard the fellow was doing well, but I forgot about him years ago...until last week, when his picture and name were plastered everywhere in connection with a very suspicious investment scheme. Ian Thow is obviously a very greedy man, and

he loves to flaunt his wealth. He could have made a very handsome living in an honest fashion, as he was an excellent salesman, but no. He had to have the \$6 million Victoria waterfront home, the yacht, the fancy plane. Though he yet to be charged criminally, investors are suing for millions, so it is clear he is finished in the business and is suffering a very public humiliation.

"I know of no country where love of money has such a grip on men's hearts or where stronger scorn is expressed at the theory of permanent equality of property" wrote Alexander de Tocqueville in his book *Democracy in America*, a record of his impressions during a nine-month journey across America in 1831. Since then, however, most countries have adopted similar attitudes toward individual wealth. In North America, the rich have gotten much richer while the middle class and poor have gotten poorer. Nowhere is this so obvious as in executive compensation. The AFL-CIO published an analysis of executive pay trends that is quite disturbing. In 1980 the average US CEO earned about 40 times what the average worker made. In 2003 that ratio had changed to about 300:1. In Canada the ratio for 2003 was 88:1. In 2003, the average worker (US or Canadian) saw a paycheque increase of about 2.2%, while the US CEO's saw their cheques go up by an average of 12% and their Canadian counterparts made 8.3% more money. This trend has been growing since the 1980's and shows no sign of abating.

Greed is a funny thing, as it can create great things and it can create horror. Wars are often started by greed, yet the greed of a single person can lead them to do amazing things. Kids from very poor backgrounds are driven to succeed by greed – they want the stuff that everyone else, and then some. But there is a point where greed becomes nasty, and people cross ethical, moral and criminal boundaries to achieve their aims. Leave it to Gandhi to put it in simple terms – "*Earth provides enough to satisfy every man's need, but not every man's greed*". That sounds about right to me.



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Dreaming Workshop

Herbal guru, Don Ollsin, from Victoria, is on Quadra in August and will be hosting a workshop on the Art of Dreaming. Don, who is the author of Pathways to Healing, A Guide to herbs, Ayurveda, and Dreambody and Shamanism is a herbalist and awareness facilitator. He has studied and practiced awareness techniques for over 35 years and apprenticed with mystics in India and North America. Don is an experienced teacher who engages and involves participants in their learning process in a deep and meaningful way. The dreaming workshop will be focusing on a persons' awareness between dreamtime and dreamland. Don will help others explore how it affects our reality. The workshop is on August 13 and 14. Call Janice at 285-2240 for more information.

Karst

A significant milestone for cave and karst management in British Columbia was marked recently – the BC Government announced its first proposed karst order.

I've mounted a Proposed Karst Order FAQ web site at the following location: <http://www.island.net/~subterra/FAQ.htm>

The draft order identifies categories of karst resource features for the Campbell River Forest District.

Pursuant to Section 5 of the Government Actions Regulation of the Forest and Range Practices Act, the order identifies the following surface or subsurface elements of a karst system as resource features wherever they are found within the forest district:

- Caves
- Surface karst features (including swallets and karst springs)
- Very high or high vulnerability karst terrain

The order is expected to be made legally effective on or about August 15,

2005. Other coastal BC forest districts with karst resources could follow with similar orders.

The significance of the karst order cannot be overstated. Without this order, there is presently no specific legal requirement to protect or manage karst resources under the new results-based forest practices regime. With the order, implementation of a karst management system will in effect no longer be discretionary: it will be compulsory and results-driven. The order is the "missing link" referred to in the paper entitled "The Next Step for Karst Management in British Columbia: Transition to a Results-based Forest Practices Framework". [Please send me an email request if you wish to receive a PDF version of this May 2005 paper.]

The categories of karst features and karst terrains identified by the order will be subject to the legal practice requirement of not damaging them or rendering them ineffective wherever they are encountered in the forest district. There are provisions for significant fines and other penalties if they are found to be damaged or rendered ineffective.

The draft order can be downloaded from:
ftp://ftp.for.gov.bc.ca/DCR/external/publish/GAR_consultation

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Kids Art

Beat mid-summer boredom with the Campbell River Public Art Gallery children's summer art program. Designed for children aged 7-12, this class is a great way for children to learn about art, cultivate their talent and have a fun and rewarding summer. Alice Malthouse, a talented young artist, who has just completed her second year in the Visual Arts program at the University of Victoria, will instruct the



classes. String and fabric art classes, are sure to excite your kids by allowing them to meet others who share their interests and to make something fun together. Do not worry about skill level; Malthouse makes it seem easy with her simple instruction and enthusiastic attitude. Class sizes are small so your children get the attention they need to learn and grow artistically, but sign up quick because space is limited.

Fabulous Fabric Fun runs August 2nd -5th. In this class art and fabric meet to produce a ton of fun. Malthouse helps kids to make two new articles of clothing to add to their closets, using tie-dye and paint children will learn to design and construct their very own fabulous new t-shirts to take home and funky slippers made of felt! But that's not all: In this cloth crazy class kids will also paint a giant mural on cloth, which will be put on display in the gallery's lobby display case. Malthouse's classes are very popular and fill up fast so get signed up early.

From August 16th - 19th Malthouse overcomes children's mid-summer boredom. Based on the current exhibition in the gallery, kids will create line drawings using yarn in „Strings and Things%. Through short

discussions, lessons and copying based on work that is in the gallery students will learn how current artists have pushed traditional artistic barriers and transformed art into what it is today. Also children will play with an unusual medium to fashion creatures out of colourful telephone wire. Malthouse guarantees that students will leave this class with a passion for art and a smile on their face.

The gallery also offers a teen class pop art and culture from August 2nd ^ 4th. Teens will

explore their own popular culture and use it to make meaningful works of art. Students will paint, sculpt, and draw trendy pieces of art in a variety of mediums inspired by sports, movie clips and a variety of music. This class is a great way for teens to refine their artistic skills, meet new people and have fun.

Other skill building classes coming up are Delectably Divine Drawing August 23rd-26th and Larger Than Life: A Twist on Mural Art, August 30th - September 2nd. For children aged 4-7 the gallery also offers an exciting venture into using nature to create art in, Nature Art: Creating Art With Natural Materials August 9th-11,th taught by Rhea Laube, a Campbell Riverite and a University of Victoria fourth year student.

Drop by the Gallery for a copy of the entire summer schedule of the children's summer programs for ages 7-12. Summer programs for children 4-7 years are also available. Registration can now be done in person or over the phone by calling 287-2261.

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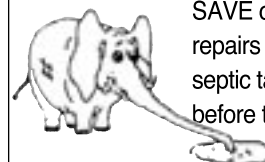
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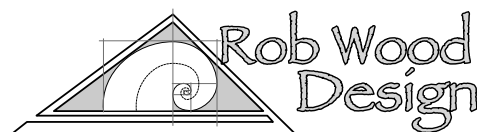


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It Could Have Happened

Have you seen Elvis on the Ferry? Are aliens hovering over Mansons Landing? Are submarines patrolling through Surge? Taking inspiration from last issue's column by Peter Gregg, we have decided to add our own National Inquirer style feature. All you have to do is write in to us (500 words or less) and tell us about something that didn't happen but might have.....sort of. We will donate \$10 to the charity of your choice in your name. Here's a couple of examples to get you started

Tragedy on Read Island Read's most famous water witch, Walter Dowser, drowned last Thursday. "We were walking along the beach and he picked up a forked stick and it dragged him into the lake. I guess he had too much sap on his hands and he couldn't let go. When his sister, Broom Hilda, heard the news she said, "I'm not surprised I don't know how many times as a kid we had to fish him out of the toilet." His memorial was on June 31. His wife Glinda sang a moving rendition of Cry Me a River. The family asked for donations of bottled water in lieu of flowers.

"I thought the ad said Vulcan pot-luck," said a battered and bruised Star Trek fan from his hospital bed in Campbell River. The 6' 4" 120 lb. computer salesman from the store formerly known as Radio Shack, who had dressed up as a Klingon warrior for the occasion, did wonder why no-one else at the pot-luck was in costume, but he said the other people didn't react to him until he opened the pot to reveal his roast Targ (pig).

An organizer of the raw foods/vegan pot-luck said it didn't matter if he thought it was a Vulcan pot-luck as Vulcans are supposed to be vegetarians anyway.

"They kept hitting me on the head. I think they wanted to turn me into a vegetable and then they could eat me. For a group of vegetarians they were pretty handy with their sporks."

"We didn't find it too strange that he was dressed up as a Klingon after all some of the people there were dressed as Liberals and the coffee he brought with him was great. Many of our members thought the roast pig was a deliberate insult and they were justifiably upset. There were strong words spoken and he was asked in no uncertain terms to leave but I don't think anyone hit him as he claimed. Most of his injuries came when his faser (potato gun) misfired, hit him in the head and knocked him down the stairs and into the roses that the Garden Club had left behind. Oh, if I may, I'd like to say something to our members. To whomever ate the flower arrangements: please pay Sprigs in Bloom for them. They were just on loan and not part of the menu."

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SEARS
CATALOGUE
SHOPPING



Makita
PORTER CABLE
DeWALT

DELTA
National
Cloverdale
JM
Formaldehyde Free

Looking for a Tent?

We've got'em from 10'x10' to 160' x 200'

Store Hours: Mon-Sat 8:00 - 5:00 • Sun 10:00 - 4:00
Ph: 285-3221 Cortes Toll Free: 1-877-585-3221 Fax: 285-3701
630 Noble Rd

Classifieds

Wanted

I am a very cute and fun 6 year old girl looking for a playmate around the Stuart Island area. We have a boat and can come to you. If you want to play please call my Mom @ 287-0440.

April Point Resort and Spa requires a Night Auditor. Bookkeeping, Squirrel or In Control experience an asset. Contact Joel at 285-2222

Wanted: 1 or more acres of undeveloped or partially developed land on the eastern side of Quadra Island - most preferably near Open Bay, Shellalligin Trail and the Breton Islands. Need not be for immediate sale, looking to purchase within next five years and would definitely consider a pre-purchase agreement or reverse mortgage option. Please e-mail Islandlife@mac.com or phone 923-3797 - thanks.

RENTALS

Small office for rent
Central location, good rate
call 2852626

Industrial shop and warehouse **space for rent.** RV and boat storage also available. 285-3783

Ocean View House for Rent Available July 1
Rent: \$875. 3 bedroom Schooner Rd home, 2 baths, heating Electric and wood backup. Wanting long term, non-smoking, quiet tenants.

250-339-2323

Online search Google:
Schooner Heights

Don't worry if you forgot to put your ad in here this issue. We'll be back in a couple of weeks and you can do it then

SERVICES

Two Boys Stone Masonry
Specializing in stone arches, interior features, walls, exterior facades, driveway pillars, stone walls, fireplaces. New to Quadra Island keen to get to work! Call 285-3811 or email: twoboysstonemasonry@hotmail.com

Summer Yoga at QCC

\$35/Any 6 classes or \$10 drop-in.

Monday 7:30 - 9:00 pm

Wednesday 4:00-5:30 pm

July 11 - 27, Aug 8 - 24

Call Sue at 285-2948

Email suebeatt@telus.net

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**

COMPANY COMING?

FIRESIGN B&B has 3 cozy & cool bedrooms, separate guest entrance, kitchenette & living room with space to relax...a true home away from home. Full breakfast, near hiking, beach, ferry. Your hosts: Nanci & Tracy 285-3390 <http://www.firesignartanddesign.com>

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Quality Computer Systems
delivered & setup in your home/office.



Service, Repairs,
System Cleanup
Parts, Upgrades,
Software & Internet Hookup

mattmart@connected.bc.ca

Call: 285-2431

655 Cape
Mudge Rd

Yellow Dog Trading Company

Bulk Foods & Baking Supplies

Open Mon. - Fri.

11 am - 5 pm

Saturday 10 am - 5 pm

Buy as much as you want,
or as little as you need.

285-2867

Walk or drive around behind
Q-Cove's 'Old Yellow Dog' Plaza

RRSP's

How would you like to
earn a better return
on your RRSP's PLUS a
bonus paid outside your
RRSP?

\$25,000 Minimum

Call Barbara Buffington
250-935-6383

The Paint Lady Brighten Up Your Winter!

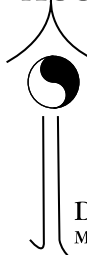


Spruce up your house,
guest room or cabin.
I do wallpaper removal,
interior painting, decorative
painting and fabulous
faux finishes

285-3896

tidy • friendly • fast

ACUPUNCTURE



Herbs & Nutrition.
Free consultation.
Sliding scale for
treatment
(\$40 - \$20)

Dr. Eileen Sowerby
M.B. Ch.B. M.A. D.T.C.M.

Phone/Fax: 285-2434

Island Tides

For Quathiaski Cove

July 8 - JULY 21

D	T	FT	M
23	0:01	11.0	3.4
	5:50	13.4	3.1
	13:23	1.5	0.5
	20:19	13.9	4.2
24	3:06	10.3	3.1
	6:49	12.7	3.9
	13:58	2.6	0.8
	20:56	14.1	4.3
25	4:07	9.0	2.7
	7:54	11.7	3.6
	14:31	4.2	1.3
	21:32	14.2	4.3
26	5:03	7.7	2.3
	9:11	10.8	3.3
	15:04	6.0	1.8
	22:07	13.9	4.2
27	5:57	6.4	2.0
	10:50	10.2	2.0
	15:42	7.9	2.4
	22:41	13.9	4.2
28	6:52	5.3	1.6
	12:41	10.4	3.2
	16:32	9.6	2.9
	23:16	13.5	4.1
29	7:45	4.5	1.4
	14:51	11.2	3.4
	17:44	10.9	3.3
	23:53	13.5	4.0
30	8:36	3.9	1.2
	16:11	12.2	3.7
	19:12	11.7	3.6
31	00:33	12.6	3.8
	9:23	3.5	1.1
	16:56	12.8	3.9
	21:31	12.0	3.7
1	1:23	12.3	3.8
	10:08	3.3	1.0
	17:30	13.0	4.0
2	00:02	12.0	3.7
	10:50	3.1	0.9
	17:58	13.1	4.0
	21:36	11.9	3.6
3	3:13	12.2	3.7
	11:28	3.0	0.9
	18:22	13.1	4.0
	22:12	11.6	3.5
4	1:21	11.7	3.6
	4:01	12.3	3.8
	12:01	3.1	0.9
	18:48	13.1	4.0
	22:53	11.2	3.4
5	1:48	11.4	3.5
	4:44	12.3	3.8
	12:26	3.2	1.0
	19:16	13.1	4.0
	23:38	10.8	3.3

TIMES IN DAYLIGHT STANDARD

HERIOT BAY STORE

NEW SUMMER HOURS

Sunday thru Thursday 9 am - 8 pm
Friday and Saturday 9 am - 9 pm

Specials For July 24 - July 30 While Supplies Last

GROCERY

Popsicles **\$4.98**
24 Pk

Kraft Dinner **\$.99**
200-225g

Kettle Chips **\$1.68**
150g

Bulls Eye **\$2.98**
425ml

Barbecue Sauces

Powerade Frozen Juices **\$.98**
355ml

Vitasoy Soy Beverage **\$1.99**
946ml

PRODUCE

BC Hothouse Living Butter Lettuce **\$1.29**
ea

Earthbound **2/\$5**

Organic Romaine Hearts

California Organic Strawberries **\$3.49**
lb

MEAT

Farmer's Best
Sirloin Tip Roast **\$3.99**
lb
\$8.80/kg

Fresh Chicken Thighs **\$1.69**
lb
\$3.73/kg

Freybe Skinless Smokies **\$4.99**
450g

DELI/BAKERY ITEMS

Baguettes **\$1.49**
French, Focaccia or Whole Wheat
354g

Assorted cream cheese sticks **2/\$1.00**
87g

Old Nippy Cheese **\$1.59**
100g

Beef Sausage Rolls **2/\$1.98**
110g

