

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

www.discoveryislands.ca/news





by Steven Halliday

One of the happiest moments of my life occurred in the summer of 1974 when I got my first car. One of the sadder moments in my life occurred shortly thereafter. When I took the car to our local Chevron station (where I got a 10% discount thanks to Dad's being an employee) and filled 'er up. '69 Ford Fairlane's had big gas tanks, and I'm sure the total came to at least \$25. That was a good chunk of my disposable income at the time, and a couple of years later (at the tail-end of the OPEC Oil Crunch) I, like many at the time, downsized dramatically to a Honda Civic. Good thing, too, because gas prices were to steadily rise from late 1977 until March of 1981, when gas prices peaked at around 90% higher than they were in the mid 1970's. Great car, that Honda. I drove it for several years, on and off the roads between Williams Lake and Whitehorse. Then I, again like many of us, having totally forgotten about high gas prices, went for the big Chevy 4 by 4 in 1984. However, since about 1997 vehicles around the Halliday homestead have trended smaller, now comprising a small Ford pickup and, of course, a Honda.

Though it wasn't gas prices that drove our most recent vehicle purchase decisions, today's gas prices make me glad we made the choices we did. If you think gas prices rose rapidly in the past, give your head another shake. In 1995, a litre of gas cost an average of \$0.57, according to the Ontario Ministry of Energy website. Today's (September 7/05) price, according to that same website, is \$1.35 per litre, or a 10 year increase of 137%. However, the majority of that price increase has occurred in the last 12 months. Prices were stable from 1994 through 1996, then rose slowly but steadily from 1997 through early 2004. That's when the price at the pump really started to climb, and of course the last 6 months have seen the most rapid increases of all, with prices rising some 78% since February 2005.

Rising fuel prices impact literally

Black Gold

every element of your life. Period. I won't detail the various uses of crude and how it reaches into virtually everything associated with so-called modern living, but a moments thought will show you that between fuels, plastics, transportation, fertilizers and even food products...oil is the king of the economic heap. And while we moan at the rising cost of gasoline, there is a tremendous amount of downstream costs that haven't hit us yet. Only a few industries can get away with fuel surcharges, and in most cases surcharging does not reflect the true cumulative cost increase they (and all other industries) will soon pass along to consumers.

But fuel costs hit very close to home for almost everybody, be it gas for your car, oil for your furnace, propane...you name it. People that must commute any distance at all can't help but notice that it costs damn near twice as much to fill the tank compared to not too many months ago. If you happen to drive a relatively new vehicle (say mid-1990's forward) your engine is much more efficient than previous models, but if your vehicle is a full-size domestically manufactured truck or car the gain in efficiency is largely offset by higher weight and additional amenities (air conditioning and power accessories are almost always standard features today). Just look at the newer model pickup trucks – they are taller, wider and bulkier than ever. Unfortunately, alternative energy vehicles are few in number, high in price and limited to small sedans.

The big question for most is how high will prices go, and for how long? Much is being made of the impact of Hurricane Katrina on fuel supplies, and the resulting increase in pump prices. But the foundation of the problem was laid long before that cataclysmic event, and in theory the impact of those refinery and pipeline problems should be limited to US markets. Prices are rising globally – prices in Europe are over double those in North America. The Christian Science Monitor (August 26/05) noted that unleaded gas in Amsterdam cost \$7.13 per gallon, versus an average of \$2.61 in the USA. We curse our governments for taxing us to death on fuel, but in Europe taxation has long been a method of reducing vehicle use - the average European consumes about 296 litres per year, versus

1,624 in the US. European manufacturers have responded with better fuel efficiency in their cars. Light-duty North American models average 21.6 miles per gallon, while European models average 32.1 mpg. It's little wonder that Daimler-Chrysler's "Smart" car is becoming so popular – you can travel about 700 kilometres on \$28 worth of gas (today's price).

If \$25 for a fill-up 30 years ago was a shocker, \$80 to fill up my Ford Ranger is equally disturbing. 30 years ago we figured the future would bring either energy efficient or alternatively powered vehicles, and we could kiss OPEC goodbye. Well, we gained some efficiency, and we are making headway on alternative fuels, but OPEC still has the power over fuel supplies. Canada is far more self-sufficient in energy supplies than we were back in the 1970's, but it is still the same old dirty crude oil. Listening to BBC the other day, an energy economist opined that we have no significant problems meeting today's demand for oil with existing supplies and reserves, and he projects no problem meeting growing needs for the next 50 years. But he qualified his position by saying that 50 years was about it – if we don't develop a replacement for oil we are in deep trouble.

In 1961, US President John F. Kennedy made a speech about space exploration, responding to the successes of the USSR in their space program. "We choose to go to the moon and to do other things, not because they are easy but because they are hard", and he then asked Congress to appropriate the then massive sum of \$22 billion to start the project. 8 years later the USA landed 2 men on the moon. It is long past time that the same determination is applied to finding a cheap, clean and abundant replacement for oil. Our lifestyle, our economy and our environment demand it.

In the meantime, until there is a collective will to make it happen, you might want to re-consider your driving habits and the wheels in which you choose to cruise. Global demand for crude oil and its by-products is growing dramatically. Unfortunately, prices for everything are going to keep rising, far faster than our incomes. In more ways than one it's starting to look like the 70's all over again.



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 CRTV 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 CRTV 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, 7:00pm 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** Bible Study all Ages - Quadra Island Bible Church 9:45 am
-- Sunday Service QI United Church 10:30
- Positive Living Celebration, 10:30am Community Centre
- Family Worship Service 10:30am 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
- Buddhist Meditation 10:00 am Upper Realm
- **2nd Sunday of Every Month** - Praise and Worship Time, Q.I. Bible Church 7:00 pm

Next Deadline: Monday, September 26 2005

Sept. 16, Friday

-Kiki Pinto, 8pm

QCC

Sept. 17, Saturday

Dance Band - 9pm

Legion

Sept. 18, Sunday

-Giant Garage Sale 10-2

Sept. 23, Friday

Friday Flicks The Story of Weeping Camels

QCC

Sept. 24, Saturday

-Pot Luck & Slave Auction 6:45, 7:30

Legion

Sept 25, Sunday

Art Demonstrations 1 -3

Grasshopper Gallery

Haig Brown House Festival

Campbellton

Sept 26 -29

Dianne Bersea Art of the Study

Firesign B&B

Oct. 3-7

Bill Adams

Firesign B&B

Oct. 8, Friday

Djokic/Jalbert

QCC

Oct. 17 -21

Jeannie Krabbendam

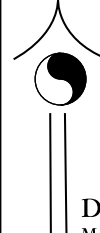
Firesign B&B

Dear George



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On the cover



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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, September 26



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

Our Seniors had a great summer. We went on many excursions. Starting in the Spring, we had Chemanius Theatre outings planned by Shirley Duncan. Our Boat trip to Texada Island, for the Regional meeting, was cancelled due to bad weather. Twelve members enjoyed a boat excursion to Mittlenatch Island in April. We walked around on the trails and saw many wildflowers, including chocolate lilies. We also visited the blinds and the driftwood cabin where naturalists stay to help protect beautiful Mittlenatch. On board ship, we circled the island enjoying the many waterfowl. The Sea Lions were barking their heads off. We had a very successful provincial convention in June, which we hosted with the tremendous help of all the community. In July we travelled in 2 boats (24) members, & guests, to Blind Channel Lodge where we spent 3 hrs at the Richters Lodge. We went on walks and enjoyed a nice lunch. Every one was amazed at the artwork created by Mother Richter, who has now passed on. Many people walked to the old cedar tree, where they read a plaque in memory of Mrs. Richter. On August 12 we went to visit Cortes. We saw Sharkspit North Marina Isle, then toodled to Gorge Harbor to see the many amazing Aborigine Pictographs. We stopped for snacks, and a visit. Then back on board with Rusty the Capt., we went to Manson's Landing and enjoyed a walk around the lovely Lagoon and met other people to chat with, and saw many nice yachts. We then travelled to Squirrel Cove where we visited the shops, and enjoyed our lunch. We also went by Twin Islands where the Queen and family stayed. A beautiful big lodge. The last boattrip for the summer was with Jack Mar of Quadra tours, where 7 members enjoyed an open boat trip to Breton Islands. They were accompanied by a Diver who brought up treasures from the deep - which was very interesting. They also enjoyed a hearty snack of fruit, prawns, etc. and they all want to do it again next year. Thanks to all for your consideration and kindness. Our Sept. 7th Picnic on the Spit was great except one Senior was injured in a fall, and is now recovering. (Like Martin always states, imagine, if everything fell up instead of down.) In the games—the best nail drivers were- Hanne Plouffe and Dave Smith(flyer). The best balloon(waterfilled) catchers- Vi Wheeler & Chris Dyson –Win Goldstraw

& Lloyd McIlwain –Vi Gamache & Eleanor Kane. The Boot in the bucket—Eleanor Kane 1st- Ruth Amiabel & Hanne Moss -2nd Frank Smirfitt & Dave Smith –tied for 1st for the men Bocce winners were—Ken Duncan & Hanne Moss Win Goldstraw (97) yrs. & partner We all had a delicious pot-luck lunch, and enjoyed the lovely weather.

Our next meeting will be on Wed. Oct. 5th, At 10:00am. This will be our Fall Fair. Bring your produce & baking, hobbies- and your Harvest Hat. First Pressing will play music—see you all there.' (Flu Shots are cancelled at the Legion for Nov 2nd. New clinics at Quadra Community Centre –Nov. 9th and 16th-12 noon to 2 p:m)

Wed. at Legion—10:00am Tai-chi 10:30am Carpet Bowling 1:00pm—armchair exercises "Welcome to all Young and Experienced Seniors" for membership—contact Cliff Hand 923-5814 or Ruth Amiabel 285-3801

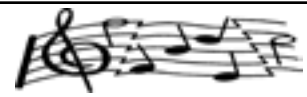


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2005 GENERAL LOCAL ELECTIONS NOTICE OF NOMINATION

Public Notice is given to the Electors of School District No. 72 (Campbell River) that a General Local Election will be held on SATURDAY, NOVEMBER 19, 2005 to elect the following for a three (3) year term (December 2005 to December 2008):

GREATER CAMPBELL RIVER AREAFIVE (5) Trustees
SAYWARD VALLEY AREAONE (1) Trustee
QUADRA & OUTLYING ISLANDS AREASONE (1) Trustee

NOMINATIONS for qualified candidates will be received during the following times by the Chief Election Officer located at Campbell River City Hall, 301 St. Ann's Road, Campbell River, BC:

9:00 a.m. to 4:30 p.m. Tuesday, October 4th, 2005
8:30 a.m. to 4:30 p.m. Monday to Friday,
excluding holidays, from
October 5th to October 13th, 2005
8:30 a.m. to 4:00 p.m. Friday, October 14th, 2005

Nominations for qualified candidates will also be received at the Village of Sayward Office located at 601 Kelsey Way, Sayward, BC.

QUALIFICATIONS FOR OFFICE

A person is qualified to be nominated, elected and to hold office as a Trustee of School District No. 72 if they meet the following criteria:

- Canadian citizen;
- 18 years of age or older;
- resident of British Columbia for at least 6 months immediately before the day nomination papers are filed; and
- not disqualified by the School Act or any other enactment from voting in an election in British Columbia or from being nominated for, being elected to, or holding office.

NO NOMINATIONS WILL BE ACCEPTED AFTER 4:00 P.M., FRIDAY, OCTOBER 14, 2005

Those persons unable to deliver nominations in person may mail them or otherwise have them delivered or sent by facsimile transmission to the Attention of the Chief Election Officer by the October 14, 2005 deadline to 286-5760. If sent by facsimile, the original must be received by October 18, 2005 at 4:30 p.m.

NOMINATION DOCUMENTS are available at Campbell River City Hall, 301 St. Ann's Road, Campbell River, BC (Telephone 286-5705 or 286-5707) during business hours: 8:30 a.m.—4:30 p.m. Mon.—Fri. (excluding public holidays) and the Village of Sayward Office, 601 Kelsey Way, Sayward, BC (Telephone 282-5512).

INTERESTED PERSONS can obtain further information by contacting: W.T. (Bill) Halstead, Chief Election Officer, Ph: 286-5705, Fax: 286-5760, e-mail: bill.halstead@campbellriver.ca or Kaylene Simmons, Deputy Chief Election Officer, Ph: 286-5707, Fax 286-5760, e-mail: kaylene.simmons@campbellriver.ca

W. T. Halstead
Chief Election Officer

Deep Forest High Mountain

Music of the Andes & Amazon



An evening with famed Andean musician Kike Pinto. For 30 years Kike has studied & collected rare indigenous instruments from around the world. Kike will be performing with these instruments, some of which have never been heard by the western world, and then share some of incredible stories that accompany them. The evening shall conclude exponentially with a collaboration of talented musicians sharing the stage in

what might be described as a multi-layered tapestry of global fusion, revolving around a solid core of ethnic sensibility.

Friday Sept. 16th Quadra Island Community Center 970 West Rd. 8pm

Info: Orion 285 2562/Tickets \$12 advanced / \$15 at the door. Family rate available.

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2005 GENERAL LOCAL ELECTIONS

NOTICE OF NOMINATION

Public Notice is given to the Electors of the Regional District of Comox-Strathcona that a General Local Election will be held on Saturday, November 19, 2005 to elect the following for a three year term (December 2005 to December 2008):

AREA		OFFICE
Electoral Area 'A'	Baynes Sound	Director
Electoral Area 'B'	Lazo North	Director
Electoral Area 'C'	Puntledge-Black Creek	Director
Electoral Area 'D'	Oyster Bay-Buttle Lake	Director
Electoral Area 'G'	Kyuquot-Nootka	Director
Electoral Area 'H'	Sayward-Bloedel	Director
Electoral Area 'I'	Cortes	Director
Electoral Area 'J'	Discovery Islands-Mainland Inlets	Director
Electoral Area 'K'	Denman-Hornby Islands	Director

Nominations for qualified candidates will be received during the following times at the office of the Chief Election Officer located at the Regional District of Comox-Strathcona, 600 Comox Road, Courtenay, B.C.

9:00 a.m. to 4:30 p.m.	Tuesday, October 4 th , 2005
8:30 a.m. to 4:30 p.m.	Monday to Friday, excluding holidays, from October 5 th to October 13 th , 2005
8:30 a.m. to 4:00 p.m.	Friday, October 14 th , 2005

Nominations for qualified candidates will also be received during the above-noted times at the offices of the City of Campbell River, the Village of Gold River, the Village of Sayward, the Village of Tahsis and the Village of Zeballos.

QUALIFICATIONS FOR OFFICE

A person is qualified to be nominated, elected and to hold office as a member of local government if they meet the following criteria:

- Canadian citizen;
- 18 years of age or older;
- resident of British Columbia for at least 6 months immediately before the day nomination papers are filed; and
- not disqualified by the Local Government Act or any other enactment from voting in an election in British Columbia or from being nominated for, being elected to, or holding office.

Nomination documents are available at the Regional District offices, 600 Comox Road, Courtenay, B.C. (Telephone 334-6000 or toll free 1-800-331-6007) during regular business hours.

NO NOMINATIONS WILL BE ACCEPTED AFTER 4:00 P.M., FRIDAY, OCTOBER 14th, 2005

Barbra Randall
Chief Election Officer

News & Events

Art Demonstrations at Meeting the Muse Art Show

Grasshopper Gallery, Quadra Island

Sunday, September 25, 1 - 3 pm.

Visit with Cortes Island artists, Meinsje Vlaming, Dianne Bersea and Jodi Forster as they demonstrate & discuss their creative techniques at this special event. Discover how Meinsje builds her dolls on an armature, animating their features and limbs. Follow Dianne's artistic process from watercolor study and the value of observation to finished art work. Learn the challenges and unique properties of hide casting as Jodi shares her unusual approach. Call 250-935-6719 for demonstration info. Main art show continues until October 2. Call 250-285-3136 for Gallery hours and information.



Buddhist Meditation

The Sunday morning Buddhist meditation group has started up again. A 25 minute meditation is usually followed by reading and discussion from Thich Nhat Hanh's book called *The Heart of the Buddha's Teaching*. However, two members of our group recently returned from a 5 day retreat with Thich Nhat Hanh in Quebec with an interesting audio tape dealing with "Watering the Positive Seeds" of consciousness.

All are invited to attend. It's free, although a small donation is requested to pay for the room rental. Time is 10 a.m., every Sunday morning in the Upper Realm of Q. Cove. Call Danielle or Steve for more info at 285-3323

Giant Garage sale

Come join us for the Quadra Philippines Connection's 11th annual Giant Garage Sale this Sunday, September 18th from 10am until 2 pm at the Quadra Community Center. Your generosity through donations and purchases will directly benefit the children of the Lacnog and Nambaran communities in the northern Philippines by supporting their preschool programs for one more year. Due to the success of last year's event, we would again like to offer a wide array of clothing, books, toys, furniture, appliances, tools, household goods and other miscellaneous items all by donation.

Plan to participate in this rewarding community event that has become a Quadra tradition. There is still time to drop-off donations at the community center on Saturday, September 17th from 10 until 3pm. Feel free to help sort through goods and gain a sneak preview into various treasures that will be available the next day. See you there!

Film on Iraq War

On Saturday, September 24, there are international peace demonstrations against the U.S. War on Iraq. All across Canada, the U.S., Asia and the Middle East, the peace marchers will be calling for the withdrawal of U.S. Troops from Iraq. Vancouver and Victoria are having marches as well. Log on at stopthewar@sympatico.ca or StopWar.ca for more information.

In Canada, an additional demand is to "Let War Resisters Stay." 15 U.S. soldiers and their families are seeking refugee status in Canada. Most have been to Iraq and are now resisting being sent back again. So far, the Canadian government has not granted them safe haven in Canada but has been in "no hurry" to deport them back to the U.S. war machine or a U.S. three year prison term. On Quadra, Quadra Action for Peace will be showing an anti-war documentary film called "Uncovered: The War on Iraq" by Robert Greenwald. This is a feature length indictment of the U.S. government's case that led the U.S. into war. The Christian Science Monitor says the film contains "an astounding array of facts...viewing is

mandatory. Time Magazine calls it "a sober and devastating critique of Bush's foreign policy."

Cost is \$4 at the door. Time is 7:30 p.m. Tuesday Night, September 27 in room 1 (downstairs) in the Quadra Community Centre. Call Steve Moore at 285-3323 for more information.

This is the first in a series of Tuesday night films. See the Quadra Recreation Society Fall Program for upcoming films.

Quadra Vertical News

With the end of summer and the coming of fall rain, now is the time to be turning your thoughts and rock climbing shoes to our new recreation centre climbing wall. Drop in time for adults will be Thursday evenings between 7 and 9 pm, starting September 15 on through December 15. Family fun sessions will be on Sunday afternoons from 2 to 4, starting September 25, through December 11. Exceptions to this are - Sundays, October 2, and November 20 when there is a conflict with other Quadra Rec Centre events. All drop in sessions are \$5. - per session. Where can you find such a bargain, considering all equipment and belay instruction are included? But ... this will only be possible if we have more people willing to take a new belay instruction course scheduled for this fall. It's fun, it's easy and takes only a few hours to feel at home with the ropes. Then volunteer an hour here and there on a Thursday evening or a Sunday afternoon. Besides eventually acquiring a nifty, new Quadra Vertical Tshirt which are currently being designed, there are some definite advantages to becoming a certified belayer. Join the Quadra Vertical club and hear all about them. As a club there are a whole range of activities that we would like to get into - summer outings to local crags, fun rappelling, possible film nights ... Any further ideas that you might have as to how Quadra Vertical should operate would be welcome. As the new kid on the block we are just feeling our way. Many thanks to Matt James, Gabe Aston and Karin Mann for volunteering their time over the last few months and making the summer program possible. Last session in August saw 12 kids coming over from Campbell River and having a ball on the wall. For any further information phone Matt at 2201, Heather at 3570 or Karin at 2432

The Quadra Island Recreation Society

is pleased to announce the first concert of the 2005-2006 Season, to be held on Saturday October 8th at 8:00pm. It features Denise Djokic on the cello, and David Jalbert on Piano.

One of the most exciting talents of her generation, cellist Denise Jalbert has thrilled audiences worldwide with the youthful vigour, confidence and passion of her playing. Having already performed with all of Canada's major orchestras and many major orchestras internationally, she has become a renowned and much sought after soloist. Denise was a featured performer at the 2002 Grammy Awards, and in 2003 won an East Coast Music Award for her critically acclaimed debut CD on the Sony Classical label. She has garnered many other awards including the grand prize of the Irving M. Klein International String competition in 1998, and has been named by Mclean's magazine as one of "25 young Canadians who are changing our world". Denise's love of chamber music has brought her to festivals such as Caramoor, Ottawa, Parry Sound and Ravinia, and her performances are heard frequently on CBC and NPR radio.



David Jalbert at 26 years of age is already gaining recognition as one of Canada's most remarkable pianists. A national and international prizewinner, he boasts a wide-ranging repertoire and a very warm and communicative style which has been hailed by critics and audiences alike in several countries: "Jalbert dazzles with skill, style and taste" (Toronto Star) and: "Jalbert once again impressed as a deeply musical pianist" (Cleveland Plain Dealer). He is an equally accomplished chamber musician, and enjoys a long-standing partnership with Denise Djokic. David Jalbert holds degrees from the Juillard School, Université de Montreal and the Glenn Gould Professional School and has recorded for Endeavour Classics and Sony Classical.

They are to play sonatas by Johannes Brahms, Francis Poulenc, and Sergei Prokofiev, and a piece entitled "Bringing the Tiger Down from the Mountain" by Canadian composer Alexina Louie.

The concert is to be held at the Quadra Island Community Centre at 8:pm on Saturday Oct 8th. Advance tickets are \$17.00, available at the usual outlets: Quadra Crafts (Heriot Bay), Hummingbird Office and Art Supply (Quathiaski Cove), and The Music Plant (619-11th Ave., Campbell River). Tickets at the door are \$20.00. Youths under 16 are admitted free when accompanied by an adult.

Friday Flicks Starts Sept 23

Step out of the mundane every other Friday night this fall with a scintillating line up of films brought to you by Quadra Recreation Society's film club, Friday Flicks. These films, circulated by the Toronto Film Festival, are guaranteed to get you thinking and feeling.

The season launches on Sept 23 with "The Story of the Weeping Camels." This semi-documentary film captures real events in the course of a loosely planned journey by camel across the Gobi Desert. It was directed by Byambasuren Davaa of Mongolia and Italian-born Luigi Falorni, who take us across the desert with a nomadic Mongolian family for whom everything depends upon the health and happiness of their camels.

Georgia Strait magazine gave "Weeping Camels" a thumbs up when the film was released last summer. "There isn't a dull moment in it," said Ken Eisner of the Straight, "for lovers of music, the human voice, ethnography, wild locations, rich colours -- and those strange creatures that look like they escaped from prehistoric times and yet have eyes that seem capable of peering into the future."

Mark your calendar for all the films this fall, which include Sept 23 "The Story of the Weeping Camels"; Oct 7 "Wilby Wonderful"; Oct 21 "Travellers and Magicians"; Nov 4 "Bright Young Things"; Nov 18 "Resenstrasse"; and Dec 2 "Turtles Can Fly."

Films start at 7:30 p.m. at the Quadra Island Community Centre on West Road. Come early to enjoy delicious snacks and designer coffees at the Friday Flicks coffee bar.

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To get a pre-order price list or more information, CONTACT: Josee McMorran @ (250) 935-0055, E-mail livingsoul@uniserve.com, or Box 121, Manson's Landing, Cortes Island, B.C. V0P 1K0, or pick-up a copy from Amped on Nutrition, or from the bulletin board at the Heriot Bay Mall, Quadra Foods, The Village Square, or on the Ferry to C.R.

I will be @ the Saturday Farmer's Market on Quadra, September 24 to offer last years remaining items at a 30% to 50% discount. Please don't hesitate to call with any questions that you have, or to ask for help in placing your order.



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Sail into the heart of Desolation Sound on September 17 with Misty Isles Adventures, on a historic sites trip arranged by the Cortes Museum. Desolation Sound, much of it in a marine park, offers some of the most spectacular mountain scenery on this part of the coast. It also is the focal point of some of the area's most fascinating maritime history, as the anchorage for British and Spanish explorers who charted this area in the late 1700s. Tour guides Mike Moore, skipper and naturalist, and historian Jeanette Taylor will provide background highlights on the Age of Exploration and the rich marine features of the area, from the birds and mammals to the dramatic topography.

The scenic beauty of Desolation Sound attracts hundreds of cruisers throughout the summer months, but by September it has returned to a quiet backwater. "We'll have the place pretty much to ourselves," says Mike Moore of Misty Isles, "to explore and enjoy." Mike promises a leisurely exploration of the region, to savour the dramatic mountain scenery, with stops at places mentioned in the journals of Spanish and British explorers. Moore and Taylor will also talk about ancient First Nations use of the region and make stops at one or more rock art sites.

Weather permitting, the tour will also include a stop at the quaint community of Refuge Cove on Redonda Island and a shore stop at Melanie Cove, where British explorers found an "extensive deserted village" built atop a perpendicular rock cliff. The houses, fronted by a platform overhanging the rock, were only accessible by climbing up through an ingenious timber frame structure.

Participants will take the 8:30 am Quadra Island ferry to reach the 9:05 Cortes Island ferry. The tour departs from Cortes Bay at 10:30 and returns in time for the 5:50 return ferry to Quadra Island. The cost for this full day tour is \$90 (includes GST). Bring a lunch, all weather clothing, cameras, binoculars, sunscreen and water shoes or gumboots for shore walks. For more information call the Cortes Island Museum at 250-935-6340 or e-mail cimas@island.net.

Certified Tour Guide Training

In preparation for 2006 and the arrival of scheduled Cruise Ships, Bold Point Centre for Ecotourism Training brings to Campbell River and Vancouver Island, the opportunity to obtain professional training as a Tour Guide. Participants will be learning the skills required of those who give Walking Tours; act as Step-on-Guides, Driver Guides, Marine and Site Guides. Training sessions begin October 8, 2005.

Course objectives are taken from the Canadian Tourism Human Resources "emerit" occupational standards. Training consists of 5 modules, spread between 45 hours of classroom time and 45 hours of practice time. Field training will include time developing possible tour routes: 2 - 4 hour walking tours, Step-on-Guiding for bus or marine tours extending over 6 - 8 hours. Significant hours will be spent learning verbal and non verbal communication skills, plus working with those having disabilities. Participants can look forward to becoming B.Ed. CPHI Bold Point Centre for Ecotourism Training Box 348, Heriot Bay, B.C. VOP 1H0 EMAIL: bph@connected.bc.ca 250 285 2272

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Island Forum

Depots Monthly?! I didn't get it. Despots monthly I would have got. I wouldn't have laughed, but I would have got it. Maybe you people should think about reading your own paper before you print it

Love Mom ps. get your hair cut

Beautiful weather and 28 GREAT TENNIS PLAYERS from Quadra gathered at the courts for this event.

The quality of the tennis was compared with the U.S open grand slam tournament !!!!! Then the friendship AND the compassion during the matches and off the court was unbelievable !!!!

Bay Phillips and Harry Schmidt were the winners in the A-division. Runners-up were Sam Fell and Murray Garland.

The B-trophy went to Doris Nymann and Gary Colter, who got Rita Vitringa and Joel Bridle scrambling for shots !!! (Rita and Joel were replacing injured players Connie Oldroyd and Gary Falck, who were playing a great match before the injury struck them)

The third trophy (the fun one, donated by April Point) was presented by Ken Roxburgh to Rita Vitringa and Shawn O'Connor, who wore a different colour-coordinated outfit for every match!!!!

Wonderful food was brought by everybody, and we had chef-cook Shawn O'Connor making pancakes for breakfast and superb salmon and burgers on the BBQ for dinner. Thanks go again to our sponsors: April Point Resort, Okanagan Springs, Doris Nymann's Company (Jonassen and Co.), Aboriginal Journey's and Norske Canada Social Club.

See you all again at the Spring Tournament in 2006!!!!

Ken and Rita.

Dear Editor:

As a concerned citizen, I think that the HBI should not have extended hours. There are other issues to deal with first. They include fights and rowdiness when people are leaving at closing time, unsupervised drinking in the parking lot, and overcrowding on the deck and pub (80 seats inside and 20 on deck according to license).

I also wish to express my disbelief that the HBI management doesn't address complaints adequately. This is an example of one complaint: I had my car vandalized. I left several messages at the bar, restaurant, and front desk for the manager to contact me. When I got no response, I notified the Liquor Control Board (which made out a report) and the RCMP. For doing so I was barred.

Warren Freeborn

CC: Liquor Control Board

The Vancouver Island Regional Library Board is launching a postcard campaign to encourage residents to ask the Department of Canadian Heritage to sustain the Library Book Rate at an affordable level for libraries.

Starting in September, a postcard will be available in all VIRL locations for customers to send to Liza Frulla, Minister of Canadian Heritage. The postcard asks the Minister to "ensure that the Library Book Rate is sustained with no increases and that it is expanded to include all library materials formats."

"We're still concerned that the upcoming negotiations will result in a significant increase to the rate, which would affect our library's budget and ability to provide other critical services," said Nooral Ahmed, Chair of the VIRL Board.

"We'd also like to see the book rate updated from its original 1939 mandate to include materials relevant in the new informational age. For example, audio-books, books on CD, DVDs and musical CDs are not currently included in the rate."

The VIRL Board says the library book rate is critical to providing literacy and life-long learning resources to customers to ensure success in today's knowledge-based economy.

"In 2004, over 16,000 VIRL customers petitioned local MPs to the save the library book rate. We still need our communities' support to ensure library services are not affected by changes to the rate and we're asking everyone to take a moment to support the effort," adds Ahmed.

Pick up a postcard at your local VIRL branch or click on "About VIRL" at www.virl.bc.ca for more information about how you can help.

VIRL shares its materials among 37 branches located in a service area constituting one-tenth of the province of British Columbia.

For more information, please contact:

Nooral Ahmed, Chair Vancouver Island Regional Library Board

250-338-9854

Email:

ahmed@island.net





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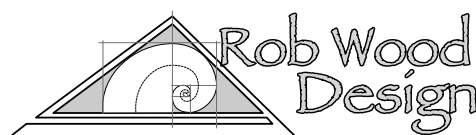
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Logging Bird Cove Creek

(A letter to Island Timberlands of Brascan Ltd. Concerning the plans to log Bird Cove Creek without an adequate leave strip. This creek is a Coho bearing stream for which Federal funds have already been invested for its maintenance, enhancement and protection.)

Dear Mr. Ray Baick,

I am writing in response to plans of Island timberlands to log the main tributary of Bird Cove Creek, on Lot 21, Read Island, without an adequate leave strip. Bird Cove Creek is near the pristine Chum and Coho stream that drains into Evans Bay on Read Island. Fine spawning beds in the upper reached of the creek create ideal spawning habitat for Coho, earning it status by Department of Fisheries and Oceans as a medium priority Wild Indicator stream. Almost the entire creek remains below tree canopy that provides vital shade, food, cover and high water quality for fish. In 1990 the Surge Narrows Community raised \$70,000 to purchase, from Raven Lumber, 20 acres surrounding the Coho spawning channel on Lot 309. Active salmon enhancement occurred on the creek from 1987 through the 1990's and annual stream cleaning continues to the present. The salmon lifecycle and characteristics of a healthy stream are regularly taught in the Read Island School, and the students raise Coho fry to release into the stream every spring. As a kid I walked the creek every fall, removing branches from blow downs, and helping to catch brood stock. I picked dead eggs from incubation tanks in the winter and rescued Coho fry from dying pools in the summer. In 2003 I was part of a Camosun College Environmental technology project that mapped and surveyed Bird Cove Creek and submitted all collected data to both Department and Fisheries and Oceans, and the Ministry of sustainable resource Management. The Surge Narrows Community has put hours of time and hard work into maintaining this stream, and feel proud every fall when they see salmon jumping in the bay and bumping their way up the creek. Logging it with no leave strip will destroy the salmon run. The steep ravine wall to the creek will be subject to major erosion, filling spawning beds and pool habitat with silt. When silt infills the spaces in spawning gravel, oxygen can no longer be delivered to eggs and alevins. Since Bird Cove Creek is a low flow stream, it dries significantly during summer months, therefore, Coho fry depend on pool habitat to survive. With no canopy to provide shade, water temperature will rise, lowering its dissolved oxygen content. There will be no cover for fish from predation, or to provide insects and organic materials for food.

The aesthetic and spiritual; importance of the stream to the community can only be compared to by the importance of a unique and valuable resource. Salmon fishing brings significant profit to Vancouver Island. A healthy fishery goes hand in hand with healthy forestry. As one of the next generation feeling the exhaustion of our resources it scares me that forestry and fishery management is regressing. Instead of learning from our mistakes and planning for the long term, we continue to act irresponsible and leave nothing to pass for the next generation. The lack of precaution in management has resulted in the loss of many more jobs than conservation ever could. There is no monetary amount that can equal the value of Bird Cove Creek.

In the early 1980's the Ministry of Forests set aside a Creek and Road reserve to which the



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community park on Lot 309 connected. A few years later MacMillan Bloedel Ltd. agreed to a creek logging set back on their privately owned Lot 21 which consisted of a 30 m wide strip on the East side of Bird voice creek and all the land bounded by the creek and the public road on the West side. Thus the entire stream was protected due to investments made by the government, the community and MacMillan Bloedel. This land changed hands to Weyerhaeuser, who honoured the agreement to keep it as a stream reserve and now Brascan Ltd. has ownership. As a member of the Surge Narrows community I would like to ask Brascan and Island Timberlands to also honour MacMillan Bloedel's previous agreement and maintain the stream reserve on Lot 21. It would allow Island Timberlands the opportunity to demonstrate its ability to work in partnership with community and the environment that would be more valuable to the company than the small volume of profitable timber available on this section of land. Thank you for your time and consideration. Eve Flager

For Sale: EDGE Board Shops

Dear Customers, EDGE Board Shops are now for sale, so kids go beg your parents for this one for Christmas! I would like to thank everyone who has made EDGE Board Shop a successful business over these past five years. I have accepted a job in New York City and will be sad to say good bye to EDGE Board Shop and my friends on Quadra and Cortes Islands.

Last day of business for Quadra Board Shop will be Oct.22/05. Cortes Board Shop dates to be announced. Special thank you to everyone on my staff and team over the years.

Thank you to everyone who helped me with the demos, jams and fashion show.

And to everyone who supports skateboarding - keep on rolling! For more information regarding sale of EDGE Board Shop Contact Amanda 285-3926

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Island Report

Letz Sing: Fun and Relaxation through Song

by Tanya Storr

Walking towards the south entrance of the Quadra Community Centre on the evening of August 25, I could hear the harmonious sound of many voices raised in song. Resonating out of the upstairs windows, the song beckoned across the parking lot. Not wanting to break the spell, I climbed the stairs quietly, staying outside the door until the singing ended.

"There are lots of new voices here today. This is great," said Letz Sing director Tina Erickson to the group of 18 singers as I walked in the room. Little did I know, before the end of the session I'd be joining in.



Letz Sing is a community choir that brings people together simply for the joy of singing. Songs are taught in the oral tradition of call and response, and there are no auditions or performances.

Campbell River resident Tina Erickson directs three Letz Sing groups: on Quadra, in Black Creek, and in Comox. Each term the three groups join together for a Sunday afternoon to enjoy the full force of their voices raised in song.

Letz Sing is based on the Getting' Higher Choir in Victoria, a diverse group of some three hundred singers who are re-discovering the joy of singing. According to The Gettin' Higher Choir's website, the aim is to re-integrate singing into the daily routines of life.

"We sing for the pure joy and pleasure it gives us, in an atmosphere that is fun, relaxed, and accepting," the website reads.

Listening to the Letz Sing group work on their next number, 'The Italian Song', the link between singing and having fun was obvious.

Belting out the various Italian-inspired words that make up the lyrics—such as "mozzarella", "pepperoni", and "pizza pie"—Letz Sing members were encouraged to ham it up with elaborate arm gestures and facial expressions. The song ended in a crescendo immediately followed by much laughter.

After a couple more songs, the choir took a well-earned break and I had the chance to chat with the director. Tina took her training with Shivon Robinsong and Denis Donnelly, co-directors of the Gettin' Higher Choir.

"Shivon and Denis did their first leadership workshop with 16 of us last year, and we've all gone on to start our own choirs. Letz Sing is part of a growing force of voices on the coast. This type of choir is creating a bigger singing community," Tina said.

She added that a number of participants in all three of her groups have never sung before.

"It's quite liberating for them. All voices are welcome in this choir."

Members of the Quadra chapter of Letz Sing span a wide range of ages, from young adults to 80 years old. Some are experienced and also sing with Quadra Singers, while others are trying group singing for the first time.

"Letz Sing started on Quadra last November and we sang through the winter. We've had two drop-ins this summer for people to try it out," said Maureen McArdell, a founding member.

One of the differences I noticed between this and more traditional choirs is that the group members stood in a circle or walked around while singing, rather than standing in rows. This arrangement added to the relaxed ambiance in the room.

"We can look at each other and connect, which you can't do in rows," said Maureen.

New member Julie Watson agreed. "It feels great to walk while you're singing," she said.

Soon the group was back singing again, this time a peace chant blending elements from Buddhist, Hindu, Jewish, and Christian traditions. Joining their voices in a beautiful a capella 3-part harmony (low, medium, and high), the singers walked around and filled the space with sound.

"Our repertoire consists of songs from many cultures, traditional and new, from a diversity of traditions and inspiration," Tina said later. "The reason the songs are easy to teach and learn is because they have been sung this way for so long."

The final song of the session was the traditional American hymn, 'I've Got Peace Like a River'. Although the last time I remember singing in public was in elementary school, I was persuaded to add my voice to the mix. Group singing was contagious. By the end of the song, I had to admit that this was fun.

Afterwards, choir members told me why they like being a part of Letz Sing.

"For me it's feeling joyful. It goes through your whole body and you can still feel it the next day," said Maureen McArdell.

Hilary Stewart, who designed the Letz Sing logo, said she wouldn't miss the sessions for the world. "I really look forward to it and find myself singing for hours afterwards. Somehow it binds people together, and yet we're all so different."

Responding to a question about the health benefits of singing, Tina said although there are all sorts of perspectives on why singing is helpful, she just knows "singing makes you feel good."

Letz Sing takes place on Mondays from 2–3:30 p.m. at the Quadra Community Centre. Contact Tina at 923-7709 or letzsing@crcn.net for more information.



Quadra Recreation Society update

By now you have the Fall Recreation Brochure in hand and hopefully have chosen classes and events for you and your family, s enjoyment. If you've lost your copy, come by the Community Centre and get another.

This year Halloween falls on a Monday, not on a weekend, as it has for the last 3 years, therefore, high school students may be available to help out. It would be fun to resurrect the "haunted house" and add and change the "Halloween Fun Night" event, but, hey, we need people who want to see it all happen. Do we have some parents who want to spear head this? How about some older teens? We have a whole new generation of kidlings who will be excited by anything creative that happens, but we need help. Monday October 3 is the meeting date. Please phone and we will decide on a convenient time. Sandy @ QCC 285 3243 8 a.m.to 2 p.m. Monday-Friday.

Sandra Spearing

The Band

Whether I go to the farmer's market as a vendor or a shopper, I have always considered it a social event. You can visit with friends and neighbours, you can see the display of talent, or you can just avail yourself to all the treats. One treat, that I can't seem to get enough of listening to, is the band, First Pressing. The music can be heard throughout the market. It contributes to the atmosphere and makes my enjoyment of the market complete. I have even been known to dance around the market to the music of the band. I know there is a time and place for dancing and the farmer's market might not be the place. For those of you who have more restraint, the First Pressing does play for dances. I have attended them and their music is nostalgic and "sweet" as Conner, my grandson would say.

The Haig-Brown Festival will be held on Sunday September 25th in Campbellton. This annual festival is a must for all nature lovers and fishing enthusiasts. A series of exciting events are offered during the day including guided river walks and property tours, stewardship and book displays, games, crafts, music, fly fishing demonstrations and stewardship awards. The event strives to raise awareness of conservation, literature, humanities, ethics, activism and fishing.

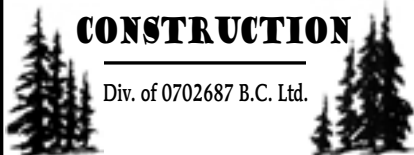
The date also coincides with International Rivers Day which fosters solidarity amongst international organizations focusing on water-related issues while promoting core values associated with sustainability, conservation, and stewardship activities. Visitors to the festival will no doubt appreciate the extent to which the Campbell River contributes to the quality of life in this community.

For more information contact the Haig-Brown House at 286-6646 or e-mail hbcamp@telus.net.

Art Classes at CR Art Gallery

For 4 - 7 year olds on Wednesdays at 3:30: painting, drawing and craft. Children aged 7 - 12 on Tues and Thurs afternoons at 3:30: papier mache, acrylic painting, clay sculpting, mixed media painting, drawing and crafts. All children's classes are instructed by Krista Lawrence. Classes are instructed by skilled artists and offered in a variety of time slots. For more info about classes and exhibitions call 287-2261 or art.gallery@crn.net.

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Notation of Application for Crown Land

The Regional District of Comox-Strathcona has applied to acquire approximately 1 hectare of Provincial Crown land located on east side of Quadra Island in the vicinity of Raven Bay on Hoskyn Channel for use as a park. As part of the above park purchase, the Regional District is also seeking a licence of occupation for the foreshore at Raven Bay.



Written comments concerning these applications should be directed to Land and Water BC at 501-345 Wallace Street, Nanaimo, B.C. V9R 5B6. Comments will be received by LWBC until October 21, 2005. Quote Files: 1412707 & 1412708. Visit www.lwbc.bc.ca under Current Land Applications for more information.

Be advised that any response to this advertisement will be considered part of the public record.

Doc Com

Is Keyboard the Opposite of Larboard?

It is a geek urban legend that the most frequently asked question tech support people hear is, "Where is the 'any key'." You know the drill; you're doing something and then are told to press "any key". Computers are so literal about everything, so why isn't there an "any key"?

In the distant computer past, when DOS ruled, it was usual for each program to have its own set of key commands. One might have had two or three templates—narrow strips of cardboard that would sit on the keyboard above the function keys: one for Word Perfect, one for Lotus 1-2-3, etc. Arranged in columns over the corresponding function keys was the cheat sheet showing the functions you could perform by pressing a combination of Alt or Ctrl or Shift plus the particular function key. For instance, to save a file in Word Perfect you pressed the F7 Key; in Lotus 1-2-3 you first pressed the / and then the letter 's' and so on. You could end up with a Rolodex of templates and have to flip to the appropriate one when you changed programs. When you learned a sufficient number of functions with their key presses, you could move along quite quickly—no need to take your hands off the keyboard. But oh, the learning curve!

As much as politically correct geeks like to sneer at Microsoft, Mr. Gates has enforced a uniformity of command structure that makes learning to operate a new program less onerous. Chances are that when you open different applications, you will see a similar menu across the top; File, Edit, View, Help appear on almost every Windows program. Of course, the mouse makes choosing functions easy: just place the cursor at your target and click to make things happen. When you click on File, for instance, you will see Open, Save, Print, Exit down that menu list; aim the cursor at your selection and click. However, too much mouse clicking can give you what I call rodent elbow (like tennis elbow and just as uncomfortable). Not only will learning some key commands relieve the pain, but also it is generally faster than using the mouse.

There are many web references to keyboard shortcuts as a quick Google search will show but here are two:

www.bilbo.com/shortcut.html for Windows 95 and 98 and

<http://www.computerhope.com/shortcut.htm> (with more key combos than you ever wanted to know about). It helps to print the list for reference later.

The few that I use most often and find particularly handy can generally be found in the menu to the right of the item they refer to. Look at a program's menu under File and you'll probably see next to Open, Ctrl + O. Next time you want to open a file, instead of reaching for the mouse and clicking File, Open, just press the Ctrl key and the letter O to display the file list.

CTRL+z—undo: reverse mistakes

CTRL+a—select all

CTRL+c—copy the selected item(s) to the clipboard

CTRL+v—paste the copied item(s) to the cursor's locations

CTRL+s—save the file you're working on (very useful when the wind blows and you may lose your work due to a power blip)

Want to minimize all open programs and display the desktop? Press the Windows key (the one with the flying window between the Ctrl and Alt keys) plus the D.

Press the Windows key alone to pop up the program menu, or the Windows key plus the E to display Windows Explorer (My Computer) for quick access to your computer's drives and files.

Alt+F4--shut down the active program (hit this combo repeatedly and Windows will want to shut down).

P.S. A link to Mac keyboard shortcuts:

<http://docs.info.apple.com/article.html?artnum=75459>

Questions, comments, suggestions? Email: mattmart@connected.bc.ca or 285-2431

Matt & Etta Martinelli operate ENERT Computer Services @ 655 Cape Mudge Rd.



LYMOZEEN Not a Stretch

As soon as I arrived I could tell it wasn't going to be your standard night at the HBI. It could have been the teenagers outside waiting to get a glimpse of their buddies on stage or maybe it was the parents inside proudly getting ready to brag about their son's ability to rock the place. But before LYMOZEEN hit the stage we were in for another pleasant surprise as another group of teenagers, who's name I can't recall, came out in full force with a bass player and drummer who barely looked 12 or 13 making up a tight rhythm section for a guitar player who soloed behind his neck. These kids played some solid instrumental versions of Rush, Led Zeppelin and Jet, just to name a few.

Then came LYMOZEEN. From the opening chord of Ozzy Osbourne's Over the Mountain straight into Van Halen's Unchained, these kids could rock with the best of them. Through Heavy Metalized covers of Eddie Cochran, Elvis Presley, Roy Orbison and CCR to Ozzy's Mr. Crowley (which featured a guitar solo that would have made Randy Rhodes proud) it was plain to see these three fourteen year old boys were playing a selection of music they loved and that their parents had probably grown up listening to. After a blistering version of Black Sabbath's Paranoid, the boys smoked through an encore of Aerosmith's Sweet Emotion before wrapping it up with a Van Halen version of You really Got Me Going.

Upon talking to Callum Jackman, Gordon Rothwell and Bricker Tabish outside after the show, I realized that all three were just down to earth kids with a passion for classic Heavy metal music. All in all, LYMOZEEN rocked the HBI last Friday night. Hopefully not for the last time.

Cu Pb



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A Stand for Love

by Jill Brocklehurst

As time goes on and I get older and wiser, I realize life is not about the outer circumstances happening to me. Every event in life is an opportunity to reflect on the person I am. When I am conscious of this I tend to react less and think more. In my youth, elders would advise me to listen more and talk less (who me?) or at least count to ten before speaking. Today, the wisdom of these words has far deeper meaning than ever before.

Relationships are the field that bear witness to the truth of our inner thoughts, feelings and beliefs. It is in relationship that we are offered the opportunity to reflect on who we are, like it or not. The trick is to discover whether conflict is about us or about the other involved. Our tendency is to think it is always about them and seek to change the other in order to make our life better. This isn't the way to happiness. We may find a person offensive by their actions or words. It is in this moment the internal question can be asked, "What do I need to know about me in this circumstance?"

What might be discovered is a tendency to be affiliated with individuals whom are abusive. A thorough self examination may uncover a feeling of worthlessness or maybe not. Perhaps we have a desire to help the helpless as it makes us feel important and useful. All our relations serves us in some way for if they didn't we would choose something else.

Science of Mind® teaches basic spiritual principles that ask us to become conscious about the choices we make. If we are all connected through One Spiritual Universe then all life is a reflection of self. Love, as the basic principle of the Universe is always moving us towards the highest and best. When we come from a stance in love, great things unfold in miraculous ways. We can ask the question, "What would love do in this circumstance?," and learn more about who we really are. As a growing appreciation for our unique expression unfolds, happiness becomes the prevailing experience outwardly and inward.

I know this is true not only for me but for each and every one of us. Celebrate your life with us, Sundays 10:30 AM at the Community Centre.

LEGION NEWS

DANCE NIGHT! Sat., Sept. 17. We'll have a live band starting at 9:00 p.m. Come along to the Legion with your friends & boogie up a storm!

SLAVE /SERVICE AUCTION!! You won't want to miss this - Sat., Sept. 24 at the Legion & you don't have to be a Legion member to get in on this night of family fun. Can you cook? clean? garden? baby-sit? do handyman chores? wash cars? anything? everything? Then offer your expertise/talent as a slave (no age restriction). Do you need someone to do any of these things for you? Then come & make a bid for a slave's services or for one of the donated items. We can guarantee this will be good for a lot of laughs! The event is planned as a fundraiser to help the Quadra Legion pay down its debt, so let's have a great turnout from one & all. Oh yes, everything kicks off with a family potluck dinner at 6:30 p.m., auction begins at 7:30 p.m. (minors must leave by 9:00 p.m.) To make a donation, contact Frank Schwagly (285-2455), Debbie Richards @ the Legion (285-3121) or Shane Hogg @ Peoples Drug Mart.

2 0 0 6
MEMBERSHIP CARDS are now available at the bar. Sorry, but we have had to eliminate the Seniors discount on dues. Before Dec.1, dues for all members are \$33.00. Be an "Early Bird" - come to the Legion & get your 2006 card now.

DARTS, DARTS, DARTS. The Pub League for men & women (open to all) will be starting shortly. If you want to play or spare, call Don McGuffie (for the men's league) at 285-3116 or Bette Binnersley (for the women's league) at 285-3574. Are there any dart players on the Island who would like a regular "in house" night of

darts at the Legion? Call Barb at 285-2258. We'll start a list of interested players then go from there.

L & D SEMINAR: If you have ever wanted to know how the Legion works or why it works the way it does, come to the Bi-Zone Leadership & Development seminar at the Courtenay Legion, 367 Cliffe Ave., on Sat., Sept. 24 (from 1:00-4:30 p.m.) & Sun., Sept. 25 (from 9:00 a.m.-1:00 p.m.). No matter how long you have been a Legion member, you will learn something new or have your memory jogged about something you have forgotten. Facilitators will include the Legion's Provincial President & Secretary. Topics will range from Legion matters to provincial government regulations. Dry stuff? Well, we've been there, done that & found the presentations to be interesting, informative & always good for a few chuckles. Plus you will get to exchange ideas with other Legion members from Nanaimo to Alert Bay. Want more info? Call Barb at 285-2258.

P.S. If you're "not yourself today", enjoy it while you can!

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Every Tuesday 7 - 10 pm

September 20 Bourbon Street
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Erik & Wendy Sorensen

It Could Have Happened

Alice's dream about walking on glass was suddenly interrupted when she woke up to find a very tired woman standing at the bottom of her bed jabbing a fork into her foot. "What the hell do you think you're doing?" said Alice pulling her feet up underneath her.

"You don't recognize me do you? I'm Elizabeth Sanklin. You probably remember me as Beth Wenders. I'm married now. Or I was. Cobb's dead now...probably your fault. You still don't know do you. I'm the first character you created. You were seven. On the last page you killed my dog. Other nine year old girls are writing about princes or horses or soccer games... you wrote about girls like me and their dead dogs."

"We were all supposed to come. All the people you have written about. All of us losers. There were hundreds of us at the beginning. It was going to be our triumph, but they all found a reason not to come. Everyone except me. I guess you hadn't perfected your characters at seven. All of them losers like me. All of them living uncomplaining lives of desperation. Can't you ever write a happy ending? Would it have killed you to make one of your characters happy?"

"In one hour I'll be 67 and then I'm going to kill you so you can't write about us anymore. It's too late for me and the others but I'm doing this for the ones you haven't written yet. It's going to be my birthday present to myself. You're smiling. Do you think someone will rescue you. Go ahead dial 911. What are you going to tell them that a figment of your imagination is just about to put a fork through your.... Oh, what's happening to me?"

Alice Munro waited until the woman had almost completely disappeared and then said, "the story didn't end with the dog. It ends with: Elizabeth disappeared shortly before her 67 birthday and was never seen again. Even at seven I had the touch." Alice then pulled her hair shirt a little tighter around herself, snuggled down and resumed her dream of walking on glass... more pleasant dreams of joylessness and despair



by Sadan Blu

SUPPORT YOUR LOCAL LEGION!

This letter is an appeal to the residents of Quadra Island to come out & support your local Legion. The Legion puts a good deal of money back into the community by way of donations to the school lunch program, the Quadra Food Bank, the hospital & the D.A.R.E. program to name just a few. For quite some time now the Legion has been struggling financially &, with all the rising costs, it is becoming more difficult to remain solvent.

The Legion needs your help - now! All Islanders are invited to come to the Legion on Sat. Sept. 24 for a family Potluck Dinner (6:45 p.m.) to be followed by a Slave/Service Auction (7:30 p.m.). We need you all to come out & support the Auction, but we also need donation of auctionable items & - in particular - people willing to be "sold" as slaves. Any donation is appreciated from an hour's baby-sitting to a car wash & anything beyond. We want this to be a fun family evening. Children are welcome until 9:00 p.m. Anyone wishing to make a donation should contact Frank Schwagly (285-2455), Debbie Richards at the Legion (285-3121) or Shane Hogg at Peoples Drug Mart.

Come one, Quadra Islanders - help keep your Legion alive & functioning in the community! In advance, thank you for coming on board with your support. See you there!

Frank Schwagly, Legion Secretary/Volunteer



Classifieds

Wanted

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

Art Demonstrations

Sunday, September 25, 1 - 3 pm.
Meinsje Vlaming, Dianne Bersea and Jodi Forster demonstrate & discuss their creative techniques - sculptural doll making, watercolour studies & hide casting at Meeting the Muse art show, Grasshopper Gallery, Quadra Island. Main show continues until October 2. 935-6719 or Gallery 285-3136.

22' Aluminums boat/Eagle Craft. Enclosed cabinw/heaters, etc. Crewboat style, seats 6, perfect for working crew or island hoping For more info & price - 250-830-1528

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Yoga Classes

- \$10 Drop-In or Register
Classes are held in Room 3 at the Quadra Community Center:
Mondays, 4:00 ~ 5:30PM, starting September 19th for 10 weeks, \$70/ 10 classes
Wednesdays, 9:30 ~ 11:30AM, starting September 21st for 5 weeks, \$40/ 5 classes

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 & comfortable 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>

Waggin' Tails

is up and running! Give your pet a little TLC while you're away. Available for daily and overnight pet care 7 days a week.

Contact Michael at 285-2367 for details.

AMPED ON NUTRITION

- Quadra Island's health food store. Need help investigating your health concerns - we have great books to browse through, quality vitamins, minerals and supplements homeopathic remedies, bulk foods and alternative groceries. Open 11-7, closed Sun. 'tel 285-3142

FOR SALE

Topcliff Farm has apples for sale. Different varieties \$2/lb. We also have a juice press. Bring your own apples and we will juice them 50/50
Call 285-2343

Dimensional Luber Fir - 285-3778

For Sale: 5.7 acres, end Spruce Drive, from Cedar Drive, Smiths Road, forested, mixture of Fir, Hemlock, Alder, relatively level, gentle slope to the west, borders on 40-acre grazing property, dug well, once approved for septic field. Sign on tree. Info at 285-3727 or <http://mypage.uniserve>.

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3 year term: 9%, 9.5%, 10%
5 year term: 11%, 11.5%, 12%
Phone: Barbara Buffington
250-935-6383

Island Tides

For Quathiaski Cove

September 3 - September 16

D	T	F	M
17	4:12 11:06 17:33 23:00	12.9 3.8 13.8 8.2	3.9 1.2 4.2 2.5
18	5:08 11:34 18:03	13.0 4.8 14.0	4.0 1.5 4.3
19	1:27 6:05 12:01 18:32	6.8 12.8 6.1 14.0	2.1 3.9 1.9 4.3
20	2:03 7:07 12:33 19:02	5.6 12.5 7.5 13.9	1.7 3.8 2.3 4.2
21	2:36 8:17 13:14 19:31	5.6 12.3 9.0 13.6	1.7 3.8 2.7 4.1
22	3:08 9:32 14:17 20:00	4.1 12.2 10.3 13.1	1.3 3.7 3.1 4.0
23	3:44 10:47 16:07 20:25	4.0 12.3 11.2 12.5	1.2 3.8 3.4 3.8
24	4:30 12:14 17:44 20:38	4.2 12.5 11.6 11.9	1.3 3.8 3.5 3.6
25	5:31 14:06	4.6 12.8	1.4 3.9
26	6:42 14:57	4.9 13.0	1.5 4.0
27	7:45 15:28 23:13	5.1 13.0 10.4	1.6 4.0 3.2
28	1:15 8:37 15:49 23:23	10.6 5.2 13.0 10.0	3.2 1.6 4.0 3.1
29	2:28 9:22 16:11 23:39	10.9 5.4 13.0 9.5	3.3 1.6 4.0 2.9
30	3:22 10:01 16:34 23:57	11.2 5.6 12.9 8.8	3.4 1.7 3.9 2.7

TIMES IN DAYLIGHT SAVING

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Quadra Elementary Parent Advisory Committee

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Jumbo **\$8.98**
Honey Nut Cheerios 1.3Kg

Campbell's **\$1.99**
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BC Hothouse **\$5.00**
Compari Tomatoes 454g

California **\$1.88**
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Seedless Grapes \$4.15/kg

MEAT

Farmers Best
Eye of Round **\$3.99**
Steak lb
\$8.80/kg

Whole **\$1.99**
Frying lb
Chicken \$4.39/kg

Antibiotic & Hormone Free **\$2.99**
Pork Shoulder lb
Boneless Butt Roast \$6.59/kg

DELI/BAKERY ITEMS

Assorted **\$1.79**
Baguettes ea

Cinnamon **\$2.99**
Buns 6Pk

Black **88¢**
Forest 100g
Ham

Bulk **99¢**
Spinach Dip 100g

