

Discovery *Islander*.ca

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

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Ferry Schedules

Campbell River - Quadra Island

Crossing Time: 10 minutes

Leave Quadra Island

6:15 am	3:05 pm
†7:05 am	** 4:00 pm
8:00 am	5:00 pm
9:00 am	5:50 pm
10:00 am	7:00 pm
11:00 am	8:00 pm
12:00 pm	9:00 pm
1:00 pm	10:00 pm
2:00 pm	*11:00 pm

Leave Campbell River

6:40 am	3:30 pm
†7:30 am	4:30 pm
8:30 am	5:25 pm
9:30 am	6:15 pm
**10:30 am	7:30 pm
11:30 am	8:30 pm
12:30 pm	9:30 pm
1:30 pm	10:30 pm
2:30 pm	*11:30 pm

Quadra Island - Cortes Island

Crossing Time: 45 minutes

Leave Quadra Island

† 9:05 am
**11:05 am
1:05 pm
3:05 pm
5:05 pm
6:45 pm

Leave Cortes Island

† 7:50 am
9:50 am
11:50 am
**1:50 pm
3:50 pm
5:50 pm

* - Fridays and Saturdays only. † - Daily except Sundays.
** - Tuesday sailings are for Dangerous Cargo - No passengers.

Avoid Line-Ups

Peak local traffic are during morning and evening commutes. On Monday and Thursday Quadra - CR 9 am sailings, Cortes Island traffic has priority.

For More Information

Pick Up A Copy

of the Guide to the Discovery Islands and the Quadra Island map-brochure



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www.discoveryislands.ca

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Special Announcement...

Quadra CreditUnion enters merger talks with Vancity

Vancouver and Quadra Island, June 30, 2006 – The Board of Directors of Quadra Credit Union announced today that the credit union has signed a Memorandum of Understanding to enter merger discussions with Vancity Credit Union.

The credit unions are considering an innovative partnership approach to mergers. As part of the merger agreement, Quadra would operate as an independent business unit "within" Vancity. Quadra would retain its brand name and presence in the community, as well as a locally-elected partnership board and a management team that would continue to set the direction for the Quadra division.

"We're very pleased to be exploring this exciting opportunity with Vancity," says Steven Halliday, Quadra's General Manager. "Vancity has a reputation for being a very progressive credit union, and are well regarded as both a great employer and a community supporter. We see this as a great way to offer a wider range of competitively-priced products and services to our members while remaining true to our roots as a community-focused financial co-operative."

The credit unions are in the earliest phase of discussions. They will now undertake due diligence and work together to develop a merger proposal to take to Quadra's members later this year.

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MY MARKETS	END
S&P/TSX COMPOSITE INDEX, TSX	
Level:	11,576.20
Change:	+104.51
Change(%):	+0.91%
DOW JONES INDUSTRIAL AVERAGE I. DJI	
Level:	10,959.31
Change:	+160.08
Change(%):	+1.48%
Market data delayed at least 15 minutes.	
MY STOCKS	END
MICROSOFT CORP, MSFT	
Last trade:	23.11
Volume:	30,403,414
Change:	+0.37
Change(%):	+1.63%
NORTEL NETWORKS CORP, T.NT	
Last trade:	2.39
Volume:	3,334,850
Change:	+0.02
Change(%):	+0.84%
Market data delayed at least 15 minutes.	

Internet Banking - Member Direct - www.quadracu.com

Quadra Island branch
657 Harper Rd.
Quathiaski Cove
P.O. Box 190 V0P 1N0
250-285-3327

Cortes Island branch
Sutil Point Rd.
Manson's Landing
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250-935-6617

Banking on the Discovery Islands since 1941



Island Calendar

Submit your event: eMail: news@discoveryislands.ca • fax: 285-2236 • drop-off: 701 Cape Mudge Rd.

The Regulars

- **Every Day** - Quadra Legion - New Hours! Now Open at 3:30 pm until 1:00 am
- **Every Monday** - Badminton, 7:30 Cape Mudge Hall
- **Every Tuesday** - Kalina Folkdancers -QCC, 7:30 to 9:30 pm, Sept.to Apr.
 - Sketching group at Firesign Studio 10 am-12:00 pm
 - Al-anon meeting, 7.30 pm at the Childrens Centre
- **Every Wednesday** -Yoga 9:30 am and 7:00 pm Community Centre
 - Badminton, 7:30 pm Cape Mudge Hall
 - Prime Rib Night at Tsa-Kwa-Luten Lodge 5:00 pm – 8:00 pm
- **Every Thursday** - Prayer Meeting, 7:00pm at Quadra Island Bible Church
 - Rib Night at Tsa-Kwa-Luten Lodge 5:00 pm – 8:00 pm
- **Every Friday** - Yoga 9:30 am and 4:00 pm Community Centre
 - Seafood Dinner with Rod Hadley Jazz Pianist 5:00 pm – 9:30 pm
- **Every Sunday** - Sunday Service QI United Church 10:30
 - Family Worship Service 10:30am Quadra Island Bible Church
 - Buddhist Meditation 10:00 am Upper Realm
- **1st and 3rd Wednesday** - Food Bank 1-2 Community Centre
- **3rd Sunday of Month** - Raw Food Pot Luck 5 - 7pm 285-3827
- **Last Saturday** - Bonus \$50 cash draw or gift certificate. Quadra Legion 6:30 pm

Next Deadline: Monday, July 31st 2006

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.

Day by day

Saturday July 22

- Maria Laffitte - Medieval Spanish trovadora Q.C.C.
7:30 pm Tickets: \$15 in advance and \$20 @ door.

Monday-Friday, July 24-28

-Fiesta Q.I. Bible Church
9:30 am to noon for grades 1-6

Tuesday, August 1

- Water Media Rambles with Dianne Bersea Firesign Studio
9-3 pm 285-3390

Saturday, August 12

- Cops for Cancer Fundraiser Quadra Legion
4 pm

Island Calendar online: www.discoveryislands.ca/news

*Next deadline for the
Discovery
Islander*

July 31st

701 Cape Mudge Rd

news@discoveryislands.ca

On the cover



*Refuge Cove, E. Redonda Is.
Photo by Philip Stone*

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Fri July 21 **Casey Ryder Trio**
Fri July 28 **R-Drive**

Dinner Jazz in Herons

Sun July 23 **Jazz Modus Trio**
Sun July 30 **Blue Monks**



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Office hours: Mon-Thurs 10-4pm
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Publisher/Editor: Philip Stone

Staff Reporter: Tanya Storr

Cartoonist: Bruce Johnstone

Printing: Castle Printing 285-COPY

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Subscriptions available

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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 & must be saved as Word or rtf formats. Please spell check in Canadian English. Sorry no floppies.
- 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 31st



Say your piece: eMail: news@discoveryislands.ca • fax: 285-2236 • drop-off: 701 Cape Mudge Rd.

Is Aquaculture Farming or Industry?

Re: Geoduck update by Mr. Abram, July 7th 2006.

When people buy property and move to rural areas, disputes sometimes occur with farmers and the right to farm. Farming is generally accepted as a way of rural life and disputes are usually settled with some give and take. Shellfish farming, including geoduck, is farming. We are taxed and treated as farmers by any government agency, including Mr. Abram's Regional District.

Although Mr. Abram's views on aquaculture are well known, for Mr. Abram to turn geoduck farming on the sea bottom into "Industrial activity in residential neighborhoods" is a stretch of the imagination and could be interpreted as blatant manipulation by an elected representative.

Whether you agree or not with the present geoduck applications, Mr. Abram's onesided approach is out of line.

Tom Pedersen

Re: Hospitals

We believe most of the people on the North Island prefer to keep our local hospitals and retain, improve and expand the conveniences we have now.

The proposed plan to build a large hospital to serve both Campbell River and Comox [Valley] is not practical. The cost of this facility which would be in the multi-millions of dollars would be better spent on the two existing hospitals.

Both have enough land to enlarge the size of the buildings. In each case there is a helicopter pad in the parking lot, these large areas could be used and the helicopters could land on the roofs of the new buildings. We could increase parking by building multi-level parages. Many hospitals have this.

Both hospitals could have the best of up-to-date equipment which would attract more skilled doctors, nurses and staff. This in turn would enable our local hospitals to treat practically all medical needs.

Sincerely

Richard and Gloria Smith

Two Many Typos!

Dear Editor,

We all make typographical errors from time to time [*Editor's note: I'm already nervous typing this!*] but one has to wonder about the glossy booklet 'Discover Campbell River & Quadra Island', a tourist guide dated 2005/06 and with a beautiful photo cover of boats.

But I wonder who did the proof reading. Or perhaps that should be "why was it not proofread?". A map of Quadra Island and surrounding islands carries these errors:

Sonora Island is spelled "SONARA", Cortes Island becomes "CROTEZ" and that island shows "MASONS LANDING" and "MASONS LANDING PARK"; the name is 'Mansons'.

Quadra Island is hard hit with Heriot Bay shown relocated on the west side of Quadra - and with it goes Quadra Island Kayaks. Both are actually on the opposite side of the island.

This dandy little guide tells you that "Lighthouse tours are offered in spring and summer." The lighthouse has been redundant for several years, and never did give tours. This guide book goes on to say: "When visiting the native village stop by the lighthouse..." actually the distance is several miles on a trail. "The native village" is all but left out, no mention of the heritage church, the totem poles, the 40ft canoe, the old church yard and headstones or the well kept homes and art studios.

Finally a somewhat stupid statement: "You don't need a car to get around. Quadra Island is easily accessible for those travelling on foot." There is no mention of the island's gem - Rebecca Spit; or heriot Bay, the hotel, the stores, the ferry, the marinas, beaches etc...

If you are a visitor reading this, have a happy holiday and try not to misspell Quathiaski.

Hilary Stewart

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Have you thought about your septic tank in the last 3 or 4 years?



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This is an SOS to Save Our Shores

Please bring any concerns & questions you have about Geoduck Farming in the waters surrounding Cortes, to this government information session:

Geoduck Public Information Meeting July 24 (Monday) 6-8 PM at Gorge Hall

Cortes Island's pristine shoreline is being threatened with a 50-acre (21-hectare) Geoduck Farm, starting just south of the Squirrel Cove Red Government Dock, continuing south along the ocean floor towards Seaford Road.

Industrialization of Cortes shorelines could have negative environmental impacts on our treasured gateway to Desolation Sound Marine Park, our newest public beach access for Squirrel Cove via Gnat Road, residential neighbourhoods, eco-tourism businesses, small boat anchoring, existing foreshore oyster leases, and potentially sets a precedent for other sand & gravel beaches.

Our neighbours on Quadra do not support new Geoduck Farming applications on their island. In a recent Discovery Islander poll 95% VOTED NO to the question: 'Do you think aquaculture is appropriate at Open Bay & adjacent to Rebecca Spit?' This local poll was taken AFTER receiving all the Geoduck Facts at their official public information meeting.

Jim Abram, Quadra's Regional Director, recently said, "I have not seen this kind of response on any issue for quite some time." Read more about Quadra's Geoduck concerns, by clicking on the June 23 Back Issue of Discovery Islander Magazine, see pages 13/21/22 at www.discoveryislander.ca

You can help by passing this information onto friends & neighbours.

We hope to see you at this important meeting next Monday.

Sincere Thanks ~

Sandra & Philip Wood

www.discoveryislander.ca



Submit your event: eMail: news@discoveryislands.ca • fax: 285-2236 • drop-off: 701 Cape Mudge Rd.

Goddess Connection

Remembering my Goddess Connection Workshop - Connecting with self and other goddesses for a two day, two night weekend retreat Sept. 15-17 Contact Angela for more details 285-2963 Space is limited please register by August 15th.

Fiesta!

Hey kids, wondering what to do with yourself this summer? Why not party with us at Fiesta! This will be a great time with Bible stories, crafts, music, games and skits at Quadra Island Bible Church. Fiesta runs from 9:30 a.m. till Noon, July 24 - 28. Fiesta is for kids going into grades 1 - 6 and it is FREE. Please pre-register to ensure your spot by calling 285-2020.

Water Media Rambles:

One-day Painting Workshops with Dianne Bersea



Get into water colours and other media and out onto the wonderful beaches and byways of Quadra Island. Dianne Bersea teaches quick techniques to express your vision of eye and heart, and have fun in the process! Ideal for a spontaneous creative pick-me-up; for the experienced or budding artist. August 1 and August 15. Come for one or come for both! At Firesign Art & Design Studio and B&B. \$95 per person, bag lunch. Call 285-3390 or website www.firesignartanddesign.com

This Month @ Explore

Feature Artist Rhonda Richmond's Original pencil drawings will be on exhibit at Explore between July 1st and 31st. Support your local artists, drop in and browse Summer hours daily 10-5pm Sundays 11-4pm

Parents & Tots Summer Fun

It's Water Play Day at Parents & Tots on Thursday, July 27th from 9:30 to noon at Quadra Island Community Centre.

Come splash in the Nemo sprinkler, shower under the water rocket or just experiment with how water moves at the water table. Children under five only please. Admission is free. Please bring a snack to share.



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Click - back in our online poll

Regional Hospital Services should be:

- A) Centralized in Comox Valley
- B) Centralized in Campbell River
- C) Centralized midway
- D) Existing hospitals upgraded
- E) Existing hospitals rebuilt

Cast your Vote at
discoveryislander.ca

ⓐ ⓑ ⓓ ⓔ ⓑ

**read the results
next issue**

Broadway On Quadra

Returning by popular demand noted Broadway playwright, screenwriter, actor, poet and consummate story-teller Larry Maraviglia will perform his one-man-show for the benefit of the Quadra Children's Centre. Last year's performance captivated the entire audience and received a standing ovation! You won't want to miss this fantastic evening! Sunday August 27th at 7 pm in the Quadra Community Centre. Tickets are \$12 at Explore or at the door.

Quilt & Garden Tour '06

The last t's have been crossed and the bills paid and we are delighted to announce that a total of 311 tickets were purchased for the tour. This is an increase over the previous year. A large 'Thank You' is owed to everyone who helped make this a success: the gardeners, quilters, ticket sellers, Tourist Information Booth, On Root, and those who typed and printed the tickets for us. The money raised after expenses will be donated to the Quadra Island Community Centre to go towards the new Children's Playground and the Quadra Quilters Marathon to produce comfort quilts. It is good to live and volunteer in such a supportive community.

The date for next year's Quilt and Garden Tour has been set. It is June 23, 24, 2007. All those of you who are gardeners, while your late spring garden beauty is still fresh in your minds, please think about volunteering to be on the tour. Each year we like to have as many new gardens as possible. A hidden advantage is that it is a great way of getting garden projects that have been languishing, finished. If you are interested in volunteering your garden please contact any member of the Tour committee: Bev Barclay, Ann Doolittle, Shirley Duncan, Susan Enns, Eileen Mackay or Elaine McQuade.

Thought + Feelings = Manifestation

by Rev. Jill Brocklehurst

We live in a Universe which not only has physical laws, but also Spiritual Laws and they are working all the time. No sane person questions the force of gravity. It is working equally on a feather and a boulder, as do all Laws. It is with the knowledge of these Laws and how they work that we can gain greater insight and consciously use these principles to create greater joy and happiness in our life.

If I were to give you a GPS (Global Positioning System) as you depart on a long hike through the vast land and not explain to you how to use it, you would never gain the value from it. A great tool would be at your disposal and although it was operating efficiently and effectively, without understanding you could easily get lost in the woods.

One of the most difficult Laws to accept is the Law of Attraction. Difficult because it demands that we take personal responsibility for all of life as it happens to us. And yet, when understood it is the most freeing principle we have at our disposal. It states:

Everyone automatically attracts to themselves just what they are. Wherever we are, however intolerable the situation may be, we are just where we belong.

We are either attracting or repelling in accord with our mental attitudes. We either identify with lack or with abundance, with love and friendship or with indifference. We cannot keep from attracting into our experience that which corresponds to the sum total of our states of consciousness. Our lives are mirrors peopled with the forms of our own acceptance!

Ok, let's not get too carried away for some of us may move into self punishment for creating the life circumstances we don't enjoy. Our thoughts and beliefs are so complicated we could not begin to unravel the context of our minds to uncover the link of brain processes that have led us to this destination. We are not only subject to our own beliefs and thoughts but also the accumulation of the collective consciousness (the society in which we live) which we accept.

The key is, although thoughts do manifest into our experience, it is the feeling behind the thought that gives it power. Connecting to how we feel is the guidance system built into our humanity to guide us along our journey.

Thoughts cause feelings, and feelings help guide us. The better something makes us feel, the more in alignment we are with our true expression. Feelings are the link to what we are moving toward. What ever it is we are feeling is a perfect reflection of what is in the process of becoming.

Religious Science Centres are teaching organizations and this month at the Centre for Positive Living we will be discussing the basic principles upon which this philosophy is based. Join us Sundays this month to learn more about the Laws that guide our lives, and how we can use them.



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Quadra Seniors- B.C.O.A.P.O.-BR. 91 Early Summer Report-

While our Seniors, and supporters, are busy in the Tourist Information Centre, assisting the many tourists, who like to visit Beautiful Quadra Island, and other areas, in Discovery Islands. Our members have been very busy. Ann Lawrence and Ruth Amiabel, with Martin Amiabel, Past President of the Provincial Board, attended, with much participation, the Prov. B.C.O.A.P.O. Annual Convention in William's Lake, June 11th to 13th. For a break, Ann put the delegates through a quick performance of Armchair Aerobics, which they all enjoyed. Many Resolutions were voted on by over 80 Delegates, from the Province, which will be sent to the Provincial and Federal Govts. The Resolutions dealt with Health, Pensions, Pharmacare, Home Care, Long Term Care, Prov. Parks, and many other important issues.

BOAT TRIPS—In June, 24 Seniors enjoyed a trip to see the many Waterfalls in Toba Inlet, also Pictographs in Homfrey passage, & we went by beautiful, Prie deau Haven, we then enjoyed a visit to Lund for lunch and the Art shop. On July 11th- 12 members, went to visit Texada Island- for a tour given by Rolly Thorpe, of LaFarge's Texada Limestone Quarries. We learned about The History, the running of many machines, and about many staff that work the Quarry, where 1000 barges are sent out every year, to Vancouver, United States, and many other localities, for Cement, Rocks, and other uses like toothpaste, and many other products. Free Tours are given regularly. Many Thanks to Heriot Bay Hotel, for the Island Coast Tours, and a special thanks to Sarah, Hike, Aaron & Shane. for the great service.

On July 22nd, and August 25, more Open Boat trips, With Jack Mar, of Quadra Island Tours.

On July 12th we had a indoor Regional Picnic at Black Creeks Halbe Hall.

On July 30th we are going to Byers at noon for a Pot-Luck Picnic to celebrate Clarence's 90th Birthday, (and still going Strong and climbing ladders).

LOCAL BUSINESSES—Please support the Tourist Booth, and make sure that your visitor information pamphlets Are kept up to date and in sufficient supply.

For Tourist Booth—contact Stephanie Webster-285-3761 Or membership—contact Ruth Amiabel -285-3801 Or David McQuade 285-2627

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Quadra Island Bible Church

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Pastor Roy (Sherree) Zimmerman
1281 West Road
Worship Service: 10:30 am
Bible Study: 9:30 am

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Quadra Island Firewood Cutting

Firewood cutters have been busy as usual around Quadra Island, but some of them have raised the ire of their fellow Islanders.

Several complaints have been received at the Campbell River Forest Service Office regarding problems associated with firewood cutting on Quadra Island. The complaints range from persons cutting significant quantities of firewood on the beaches, without courteous regard for nearby residents, to outright theft of Crown timber by persons cutting down trees for firewood without a permit.



Forest Officers, Bob Smith (L) and Lonn McMartin (R), documenting a scene where several Douglas Fir trees were felled illegally for firewood along Open Bay ML.

Forest Service investigators have inspected several sites where persons have felled trees for firewood; however, permits to fell trees for firewood are almost never given. Dead trees are not to be felled, unless they pose a safety hazard, and then only with proper authorization, since they are valuable for wildlife habitat.

Felling, cutting, damaging or removing Crown timber is an offence under provincial legislation, unless you have authorization in the form of a permit.

Drift logs that are abundant on local beaches is a traditional and popular source of firewood. This activity requires a foreshore firewood permit, and there are rules governing this. In addition to following the legally enforceable rules, care should be taken not to spoil the enjoyment of other beach users or local residents with excessive noise or debris from firewood cutting.

Permits to cut Crown timber and permits to cut firewood on local beaches can be obtained from the Forest Service office in Campbell River. Applications for both types of permits can also be made on-line at, www.for.gov.bc.ca/dcr/.

Quadra Island History Tour

Quadra Island has many intriguing heritage sites, from ancient First Nations rock art to log cabins, mines and an old steam donkey. But, many of these interesting places are hard to find. On August 5 resident historian Jeanette Taylor will lead a Museum at Campbell River day trip down the back roads of Quadra Island.

Taylor, whose books include "River City" and "Exploring Quadra Island," will share a wealth of lively tales and photographs on this bus tour of century-old homesteads, First Nations sites and a defunct gold mine. Highlights will include petroglyphs below Tsa-Kwa-Luten Lodge and several homesteads from the 1880s that are normally open to the public. The tour also includes the remains of the miners, cabins and heavy machinery from Lucky Jim Gold Mine, which had its heyday early last century.

"We'll have lunch at the newly refurbished Heriot Bay Inn," says Taylor, "where I'll tell stories of ghosts, all-night brawls and ladies-of-the-night. When a hotel is over 100 years old it's gathered more than a few colourful experiences."

The \$38.00 registration fee includes the guide and bus transportation on the island, courtesy of The Airporter. The ferry fare and a set menu lunch at \$13 are additional costs. Participants should be prepared for various kinds of weather and a beach ramble over the boulders at Tsa-Kwa-Luten Lodge.

To register or get more information on this and other tours on offer at the Museum at Campbell River call 287-3103

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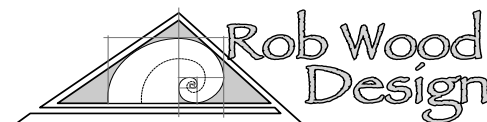
30 years of Laughter & Smiles, Where to Now?

Our volunteer parent co-operative has kept the wonderful Quadra Island PreSchool alive and moving to the rhythm of little feet and much laughter for thirty years now. It has been a joy for many children to develop and grow in an atmosphere of friendship and community. Now the needs of the community are changing and the Preschool is in transition and looking for some guidance from the community.

The old granite Bay School Building that was so lovingly repaired and moved to Heriot Bay (in 1976) to house the Preschool is in need of some new friends. We are looking for fresh ideas and energy for an old but lovely place. We need others interested in using the beautiful space the Preschool offers. The building is under utilized and we are keen to open it up to other kinds of user groups. So, have an idea? Then call Leah at 285-3030

Maria Laffitte Sounds from Medieval Spain

Currently, Maria Laffitte is one of the most important representatives of Spanish medieval music. Laffitte is an authentic trovadora who specializes in singing traditional songs of Catalunya, Spain. She possesses a powerful and magical voice and is also a multi instrumentalist. Laffitte will be accompanied by Jordi Rallo on Tabla, Psalteria and Harmonium and Juan Aguilar on Violin, Mandolin and Guitar. Together they will perform a collection of ballads and instrumentals. This will be a unique concert not to be missed. Laffitte will be playing at the Community Centre on Saturday July 22nd. Concert starts at 7:30 pm and tickets are \$15 in advance or \$20 at the door. Advance tickets can be bought at Hummingbird and Quadra Crafts.



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Interested parties can obtain documentation from the Issuing Office:

British Columbia Ferry Services Inc.
Purchasing Department
12800 Rice Mill Road
Richmond, BC
V6W 1A1
ph: (604) 204-2221
fx: (604) 277-0483
email: linda.borden@bcferries.com

Proposals must be received at the Issuing Office on or before 2:00 pm PDT, August 1, 2006

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On Cortes Island

Say your piece: eMail: news@discoveryislands.ca • fax: 285-2236 • drop-off: 701 Cape Mudge Rd.

Public Input Sought Into Geoduck Farm Application

VICTORIA – A public meeting will be held this month on an application for a sub-tidal geoduck site on Cortes Island.

Residents of Cortes are invited to provide input into the tenure application for the site and the species aquaculture licence between Seaford and Squirrel Cove.

The meeting will be held Monday, July 24 from 6 p.m. to 8 p.m at the Gorge Hall, on Cortes Island

If you can not attend the public session, comments can be provided by calling FrontCounter BC's Nanaimo office at 250 751-7220.

For more information please contact:

Jim Amos
Public Affairs Bureau
Ministry of Agriculture and Lands
Tel: 1-250-387-1693
Cell: 1-250-213-3427

Cortes Island Museum Toba Inlet Waterfall tour with Misty Isles Adventures

The Toba Inlet Waterfalls excursion is July 25th/26th. Cruise into the heartland of the Klahoose people's territory aboard the MISTY ISLES. You'll cruise Desolation Sound en route to Toba Inlet, where the mountains rise straight out of the green glacial inlet and waterfalls thunder down the melting ice fields. Few people have the opportunity to visit this remote and scenic part of the inside coast. Your naturalist guide and skipper, MIKE MOORE will share a wealth of information about the birds, plants and animals that inhabit the inlet.

That night you will stay in Toba Wilderwest Lodge's snug hostel-style cabins or pitch a tent. Near the lodge, which offers a beachside hot tub, is a hike to a stunning waterfall. You will dine on barbecued wild salmon and can enjoy a soak in the hot tub. The fee for this 2 day trip is \$302 per person (includes GST). It covers all meals and cabin accommodation and if you tent it will be \$280 per person. To reserve a space leave a message (250-935-6340) or email cinmas@island.net

Cortes Island (Area I) Regional Director's Report

Brian and I had the pleasure of touring the BC interior for just over a week last month. The weather was reasonably cooperative but we were followed by a thunderstorm through the Slocan Valley. It stalled the most relaxing aspect of our journey. We were not allowed into the Halcyon Hot Springs pools until the lightening was a safe distance. It was however, definitely worth the wait! It had been a number of years since I had traveled to the mainland and it reminded me that we live in a truly beautiful province. On the coast, we like to think we live in paradise but truly we live in paradise province.

Ferry Advisory Committee

I am pleased to announce that the Cortes has five members appointed to the committee. Bertha Jeffrey's, Ted Harrison, John Sprungman, Alois Strannan, and I have all accepted appointments. This is the first time that Cortes has had full representation and reflects the importance of ferry issues to this community. The island will definitely be well represented in the upcoming meetings. I am also pleased to announce that John Sprungman is the newly elected chair of the committee. John brings a wealth of knowledge having served on the committee since its inception. He is enthusiastic and dedicated and has a number of ideas and initiatives he hopes to implement.

Argosy Geoduck Information Meeting

The Integrated Land Management Bureau has scheduled a public information meeting regarding the geoduck application near Squirrel Cove. It will be held on July 24 at the Gorge Hall 6pm-8pm. The community will have an opportunity to learn about geoduck culture in BC and specifically what is proposed in the Squirrel Cove area. After the presentation there will be an opportunity to ask questions. Islanders will have an additional two weeks to submit comments after this meeting. I have been copied on many emails from citizens concerned about this proposal. I appreciate the input—it is an indication of the level of concern that is growing within the community. I understand the Cortes Ecoforestry Society

(CES) is holding a membership appreciation gathering later that evening. The timing of the two events should allow folks the opportunity to partake in both.

Island Events

The Teen Scene held its Grand Opening on Canada Day. It was great to see the space the teens have created for themselves. At the time of the opening they had worked for 8 weeks (with limited resources) to create their own place. I loved the decorating and was intrigued by air hockey. The food was great, too. They also had a fund raising event at Cortes Days last weekend. The makeover concept and wheel of fortune were welcome additions to the festivities.

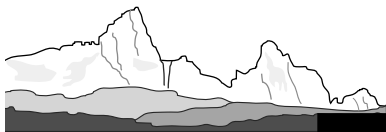
Cortes Days was once again graced by lovely weather. This event always draws a good crowd and this year was no different. The major difference this year was the lack of commercial vendors. The focus this year was to support all the various community fundraisers. The food selection was fabulous as always—burgers, hotdogs, sushi, salads, pizzas and smoothies. Nail, Sail, and Bail is an annual favorite and this year many delighted in the nail driving and log sawing contests. The innovative ideas were entertaining and fun. The afternoon Concert by "Les Maudits" was a treat. Later many gathered at Manson's Hall to dance in the new day to music by "Mr. Completely." Thanks to the many volunteers that make this annual event one of the highlights of the summer season.

I'm looking forward to more upcoming community events— the Arts and Music Festival (July 21 & 22), the launch of the CES calendar (July 29) and the Sand Castle Competition (in August). These plus a truly amazing number of birthdays and anniversary's conspire to make the next six weeks the busiest social time of the year. It's great to have so much to celebrate.

Feel free to contact me at 935-6488 Monday through Friday 9:00 am to 4 pm. If you get the answering machine try my cell phone – 202-6488. You can also email me at brijen@oberon.ark.com anytime.

Enjoy the season.

Jenny Hiebert
Director, Cortes (Area I), CSRD



On the Big Island

Summer Sensation

Summer Tradition - Symphony in the Harbour

The Vancouver Island Symphony presents its 6th Annual Symphony in the Harbour on Saturday, August 5, 2006 at 6 p.m. in Maffeo Sutton Park, downtown Nanaimo. Bass-baritone Shae Apland joins the musicians for sensational summer music. Visit the Noteworthy Kids, Musical Instrument Zoo from 4 ^ 5:50 p.m. Bring a lawn chair or blanket and relax back while enjoying this great FREE family concert by the ocean. Info: 754-0177 or www.viso.bc.ca.

Super Saturdays

Super Saturdays at the Campbell River Art Gallery allow parents and children to create art together. Our next session takes place on July 29th between 1pm and 3pm. Led by local artists; families will create a wacky set of wind chimes using found objects such as wire, cutlery or shells. No registration is necessary as admission is by donation and on a drop-in basis. All materials are supplied.

So round up the kids and have some fun getting creative!

The Filberg Festival 2006 August 4th to 7th - Comox BC

Presenting 140 artisans, 20 food booths, and 40 Canadian entertainment acts

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The Filberg Festival is a family friendly festival presenting four days of entertainment for the whole family. Throughout the Festival weekend, a wide variety of music and entertainment is presented at different venues around the grounds of the Filberg Heritage Lodge & Park in Comox.

Although the Filberg Festival is recognized as the largest juried arts & crafts festival in Western Canada, it has become increasingly well known for its music program over the past few years. The lineup of performers at the Filberg Festival spans the broad spectrum of the Canadian music scene, featuring veteran artists, as well as, the girl next door and the guy down the street.

Our comprehensive children's program is dedicated to children's entertainment and education. Each day of the festival several entertaining children's performers will be featured. In addition, many other activities will be available to keep families busy and contented all day long.

Also featured at the festival is a Living History Exhibit with Emily Carr, Canada's most famous painter and author. Emily (Molly Rahe Newman) will be all set up at her

canvas & wood studio, painting at her easel, and reading and reciting from her written works.

The invited Guest Artist this year is Robert Amos. He has exhibited his work throughout Canada and in Japan and published several books. Robert has painted beautiful pictures of homes in Victoria since 1975. He is a specialist in the field, and has painted every different sort of architecture and interior. Over the years his ability to paint gardens accurately, and to recreate historical settings has given him a unique place in the field. Robert's ability to convey the ambience of a neighbourhood, as seen in his paintings of Victoria communities such as the Cook Street Village, has made his work special.

FRIDAY HIGHLIGHTS - Michael Pickett (Toronto), Tim Williams (Calgary), Dave Goodman (Germany), Paul Pigat (Vancouver), Paul Keim (Courtenay) and host Dave Hoerl (Vancouver) get together for the Blues Panel Concert. Also presenting three top blues bands, Tall Paul and the Brazos Band, The Twisters and Cousin Harley. Plus Roy Forbes, Jack Connolly, Monte Nordstrom and Maria Dunn.

SATURDAY and SUNDAY HIGHLIGHTS - Well known Canadian singer/songwriter Barney Bentall is featured. Plus lively performances from Valle Son and Paradiso Tango. Also presenting their handcrafted songs will be

Todd Butler, Babe Gurr, Allen Dobb and Leslie Alexander. Plus Mary Murphy, the Celtic songstress and Dave Harris, the one man blues band. And JazzTown and Jazz Noir and The Bucca Kings.

MONDAY HIGHLIGHTS - Start the day off with a special performance by Spirit of the West. Followed by bluegrass with Outlaw Social and a dynamic performance by Joseph Pepe Danza & Drum Prayers. And the amazing Great Canadian Songs Concert, hosted each year by Jake Galbraith, complete with very special surprise guests. Plus more.....

CHILDREN'S AREA - The Filberg Festival is well known for the quality entertainment offered to families. Children's performers this year include The Trollsons, Filetta Fish and Meeks Family Circus. Plus more.....

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Halliday's Viewpoint

by Steven Halliday

Bad Behaviour

The news of late is full of interesting bits from around the globe, but the highlight for me was the performance of George Bush at the recent G-8 summit in St. Petersburg, Russia. We had a preview of coming events with his earlier behavior while visiting Germany's Chancellor Angela Merkel, which was great fodder for the pundits. Arriving at the podium with Merkel, Bush made his first statement at their joint press conference - "I'm looking forward to the feast you're going to have tonight. I understand I may have the honour of slicing the pig" (actually, a freshly slain wild boar). A few minutes into the conference, he turns to Merkel and says - "Thank you for having me...looking forward to that pig tonight!" A few minutes later, out of the blue - "I haven't seen that pig yet!" Next he receives the question "Does it concern you that the Beirut airport has been bombed, and do you see a risk of it triggering a wider war?" Bush's reply? "I thought you were going to ask me about the pig." Umm...Earth to George...there's some serious stuff going on here - get your mind off the pig, particularly at a press conference discussing Islamic tensions. Conspiracy theorists should note there was no evidence of a suspicious "bulge" on the back - this was outside of the handler's scope.

But in St. Petersburg, he dazzled with his diction, grace and intellect; most unwittingly caught on tape. He asks his seatmate - China's President Hu - how long it takes him to fly home, and upon being

told 8 hours replies, "You eight hours? Me, too. Russia's a big country and you're a big country." He then turns to a neighbour (after telling a passing waiter... "No, a diet coke - diet coke!") and says, "Takes him eight hours to fly home. Russia's big, and so is China." Then, distracted, we hear "Yo, Blair, what're you doing? You leaving?" This for Tony Blair, to whom he had earlier passed on his wisdom about the current middle east crisis - "...what they need to do is get Syria to get Hezbollah to stop doing this shit, and it's over." Absolutely priceless, and we've come to expect no less from a man some, still, call the leader of the free world. Thanks to AP for the transcripts.

Speaking of Bush, Associated Press reported on July 15th that a US Air Force Lieutenant Colonel was given a two year suspended sentence for felony mischief, and must pay restitution to his victims. The Colonel, formerly Director of Operations for Reserve Forces at Peterson Air Force Base in Colorado Springs, pleaded guilty to vandalizing 13 cars at the Denver airport just prior to the November 2004 elections. Specifically, he blacked out the "support" or "vote for" portion of pro-Bush bumper stickers, and then spray-painted a substitute expletive; which while not disclosed in the article, is readily imaginable. The officer is a decorated combat veteran with over 500 air combat hours in the Gulf War, Bosnia and Kosovo. The 20-year Air Force veteran has submitted his retirement papers. While his method was certainly misguided, one has to salute the Colonel's unique method of self-destructing a career to make a political statement - someday his stance will be applauded.

In other news of veterans, a group of about 30 "yobs" aged between 18 and 30 went on a rampage in Weston-super-Mare, Somerset, UK on July 2nd after spilling out of the pubs following a World Cup soccer match. They descended upon an open-air concert where about 300 elderly audience members were enjoying a concert by the Bristol Redland Wind Band. The thugs entered the concert and kicked footballs and hurled obscenities at the band while terrorizing the audience. But 20 pensioners, many of whom were Second World War vets, established a line of attack and set upon the youths with their walking sticks, and the hooligans retreated in terror. Former RAF pilot Les Brown, 78, a veteran of action in Egypt, said, "We got so fed up with those little toe-rags that some of us decided to stop them." Obviously inspired by the music being played (the theme from "The Great Escape"), the group felt moved to act. "It felt like I was back in the war again," said Brown, "But we were a determined lot. We might be old but these youngsters didn't stand a chance in hell." No doubt - imagine the horror of those drunken boneheads encountering serious resistance to their hitherto excused boorishness - it must have been a sight to see. Courtesy The Telegraph (UK) - July 7/06.

I can never resist stories that illustrate the madness of our society, and this week offered up a plethora to choose from. The hands down winner for selfishness, spite and stupidity must go to Nicholas Bartha, the Manhattan physician who blew up his townhouse (and coincidentally the entire building surrounding it) in a frustrated attempt to commit

suicide while denying his wife the potential proceeds from the sale of the multi-million dollar building. He detailed his concerns and intentions in a lengthy message, presumably hoping for sympathy. No sympathy has thus far been offered to the idiot that destroyed a building in what was initially thought to be a terrorist attack (CNN, Fox, ABC - they all screamed "BOMB!!!"), and injured 11 people, including 5 firefighters, all in the attempt of trying to impress his estranged wife of his machismo. Nice going. (ABC News - July 10/06)

Fire and stupidity is always a bad mixture, and I give you 2 examples. In Magnolia, Delaware, a 50 year old man suffered 3rd degree burns to his face and hands while attempting to light his charcoal barbeque at his home in the Meadowbrook Acres Trailer Park. The lesson he learned from the incident is that using gunpowder as a charcoal starter is a very, very, very bad idea. Police believe that alcohol played a part in the incident (WBOC 16 - July 4/06). Meanwhile, in Dallas, Texas, a room at the Methodist Dallas Medical Center erupted in flames after a patient wearing an oxygen mask attempted to light a cigarette. The patient received serious burns, 100 other patients had to be evacuated and the room in which the man was staying was destroyed, to the point of the medical equipment melting. My first thought was Boy, I hope that hospital had a No Smoking sign in that room, or their going to get their butts sued off. (WFTV 9 July 14/06)

I swear, you just can't make this stuff up.



Business Profile

by Tanya Storr

House Works Plus

Maintaining a home and property is a big responsibility. Multiply that 20 times, and you have a snapshot of what Quadra resident Tami Simard does for a living. Thanks to Tami's business, House Works Plus, summer residents or vacationing islanders can rest easy that their homes and properties are well looked after when they are away.

"I love my job," Tami told me, as we chatted on her deck in Quathiaski Cove. "The people I work for are all so nice. There isn't a day when I don't look forward to going to work."

Tami took over House Works Plus in 2000 from Rick Schnurr and Judy Brooks, who had started the business in 1996 to fill a growing need on the island. Since buying House Works Plus, Tami has steadily built up her clientele.

"I am the eyes and ears for absentee property owners. They're not here, so I do for them everything you would normally do for your own property. I think my clients appreciate the dedication and time I put into it."

Most insurance companies require at least a monthly check on houses that are unoccupied. Tami ensures that all doors and windows are secure, looks for leaks, cleans gutters, picks up debris, and banishes any unwanted furry interlopers, including mice, rats, squirrels, mink, or otters.

In one of the more interesting moments of her job, Tami found herself underneath a house defending herself with a broom from a mother otter. At such times the able assistance of her beagle, Snazzy, is much appreciated.

Tami installed an electric fence around one house to deter some very persistent otters.

"I've seen otters break bits off a concrete



Tami Simard of House Works Plus with her able helper 'Snazzy'.

Photo by Tanya Storr

foundation to get into a house, and one family of otters took up residence in a kayak stored in a basement."

As well as doing regular checks, Tami also visits every home after storms to ensure that the house and property have not sustained any damage.

"Most of the properties I look after are waterfront. I can't count the number of times I've had to save docks or boats from floating away in high winds," Tami said.

Although she tries to avoid going out in extreme conditions, there are occasions when it has been necessary. Tami relies on her husband, Gary, and the services of island trades people to help her with tasks she can't do alone.

"We've dealt with chimneys being blown over, shingles ripped off, trees falling on houses, freezers thawing out—everything that homeowners have to deal with here in the winter has happened to my clients' homes," she recounted.

Tami recalled doing a huge clean-up at many houses after the hurricane-force northwest storm in December of 2001. "That was a big one, and there have been many other significant storms since," she said.

Tami has often followed her intuition and made an extra check on a property that has proved very timely.

"One very windy day I just had a feeling about a particular boat at one of the homes.



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Sure enough, when I got there one rope tying it to the dock had snapped and another rope was about to go. I had to call for backup, as it was blowing so hard I couldn't stand up."

In the summertime, Tami prepares several houses for vacation rentals. This involves cleaning the homes or arranging for cleaning, restocking supplies, doing yard work, greeting guests, picking up garbage and recycling, couriering items and meeting deliveries, and taking care of any special requests or concerns during their stay.

The morning of our interview, Tami received a call from some visitors reporting that the water system at their vacation rental had shut down. She was expecting a call back from one of the local plumbers when I arrived.

"I make it a priority to cultivate good relationships with my clients and with island professionals," she noted. "The plumbers and other trades people are extremely busy, and I always appreciate their assistance."

Tami enjoys meeting visitors from all over the world and sharing information about things to do on the island.

"Vacation rentals are a big trend right now. Many people are opting to rent a home while they are here."

Some homes are in use on and off throughout the year, and others Tami shuts down for the winter with Gary's help. Top to bottom cleaning, including pressure washing, is a big task in the spring.

Most of Tami's clients live in the United States, and she is in regular communication with them by phone and e-mail throughout the year.

"If I notice something that needs repair, I'll let my clients know. Anything I can do myself, I'll do for them. I don't say no—if I can't do it, I'll find someone who can," she said.

Hot tub maintenance, wine cellar inventory and stocking, overseeing construction, taking vehicles for a regular run, interior and exterior painting—Tami has done it all. In fact, she has probably done just about anything related to house and property maintenance one can name.

"I'm a practical, detail-oriented person and a hard worker. The business requires me to be on call 24/7 and I'm constantly checking messages. Sometimes I get calls in the middle of the night when an alarm system goes off, and I get up and meet the police at the house."

Despite the rigorous demands of the job and the unusual hours, Tami loves what she does. She enjoys being her own boss, working in lovely settings and making them look their best, and the fact that no two days are the same.

Most of all, Tami enjoys the people contact. "I enjoy talking to my clients and look forward to seeing them. Some of them have become really good friends."

For more information about House Works Plus, give Tami a call at 285-2642.

The Gift

The gift of life is life. That peaceful natural high feeling, I believe that all creation feels is a most special gift. The feeling of love inside us is a gift.

Today I went for brunch at Herons in the Heriot Bay Inn. Awaiting my order of 'West Coast' eggs benedict, I took a quick walk around the gardens that I've heard Marie from On Root Greenhouse made and Al Bent so lovingly cares for. Well, the gardens at the Heriot Bay Inn and the scenery there is breathtakingly beautiful.

The brunch I ate there was excellent. I then again thought about the gift.

As I drank my freshly squeezed orange juice I gazed over at Heriot Island. I felt so privileged to be a local enjoying this wonderful gift, The gift of life.

by Charlene Cardona

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Pacific Daylight Time

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Friday	09:47	0.8	2.6
	16:59	3.9	12.8
	20:22	3.7	12.1
22	01:50	3.9	12.8
Saturday	10:35	0.7	2.3
	17:38	4.0	13.1
	21:11	3.7	12.1
	22:27	3.7	12.1
	23:51	3.7	12.1
23	02:48	3.9	12.8
Sunday	11:20	0.7	2.3
	18:12	4.0	13.1
	21:50	3.6	11.8
	23:22	3.7	12.1
24	00:52	3.6	11.8
Monday	03:43	3.9	12.8
	11:59	0.7	2.3
	18:43	4.0	13.1
	22:32	3.5	11.5
25	00:11	3.6	11.8
Tuesday	01:39	3.6	11.8
	04:32	3.8	12.5
	12:33	0.8	2.6
	19:13	4.0	13.1
	23:18	3.4	11.2
26	00:55	3.5	11.5
Wednesday	02:20	3.5	11.5
	05:16	3.8	12.5
	12:56	0.9	3.0
	19:44	4.1	13.5
27	00:13	3.3	10.8
Thursday	01:35	3.3	10.8
	02:56	3.3	10.8
	05:59	3.7	12.1
	13:09	1.1	3.6
	20:14	4.1	13.5
28	01:20	3.1	10.2
Friday	02:11	3.1	10.2
	03:28	3.1	10.2
	06:42	3.5	11.5
	13:27	1.3	4.3
	20:44	4.1	13.5
29	03:55	2.9	9.5
Saturday	07:31	3.3	10.8
	13:50	1.6	5.2
	21:12	4.1	13.5
30	04:15	2.6	8.5
Sunday	08:29	3.2	10.5
	14:13	2.0	6.6
	21:36	4.0	13.1
31	04:45	2.3	7.5
Monday	09:44	3.0	9.8
	14:33	2.4	7.9
	21:54	4.0	13.1
01	05:27	2.1	6.9
Tuesday	11:28	3.0	9.8
	14:49	2.8	9.2
	22:07	4.0	13.1
02	06:17	1.8	5.9

ACCOMMODATION

COMPANY COMING? Firesign B&B has Tourism BC approved accommodations for your family and friends in our cozy and comfortable 3-bedroom B&B with separate guest entrance, kitchenette, living room, Internet and cable TV: your friendly home away from home 285-3390. www.firesignbandb.com

For more information on Vacation Accommodation visit: www.quadraisland.ca and www.discoveryislands.ca

REAL ESTATE

2 houses, 4 acres FOR SALE minutes to beach, private, park-like setting, cabin rented out by the night or week. 4 bedroom family home. 285-2054

BUSINESS OPPORTUNITY - CAFE AROMA

Established clientele, Licensed, 1,200 square feet, 2 patios, Internet + wireless, Satellite music connection Fully equipped (list available on request). Easy access to suppliers Located at Village Square, Quadra Island, Unique on Quadra Island 2 minutes from ferry to Campbell River, Room for expansion By appointment only, \$75,000 will consider offers Call Josée 250-285-2404 for more information. For pictures log on to www.quadraisland.ca/real_estate/for_sale/cafe_aroma/

BUYING OR SELLING A HOME OR BUSINESS ON QUADRA ISLAND?

check out the exposure you can get at www.quadraisland.ca/real_estate/ ~1,000 unique visitors a month all looking for real estate on Quadra. Listing packages start at only \$49.95. A must for sales-by-owner and an asset for realtors. Call 285-2234 or email: info@quadraisland.ca for more details.

Discovery Islander Classifieds

Only \$10 per issue (includes GST) Simply drop off your 30 word ad along with cheque or money order at our office: 701 Cape Mudge Rd. or for more info call

285-2234

email news@discoveryislands.ca

www.discoveryislander.ca

STORES

EXPLORE has so many unique gift ideas! Beautiful sweaters, jewelry, Bilz rockfish and a huge selection of Quadra Artist art cards. A great variety of books and CD's, special orders are welcome. Local artists featured monthly. Summer hours Daily 10-5pm Sun 11-4pm

AMPED ON NUTRITION

- Quadra Island's Health Food Store and Deli. We carry vitamins, supplements, alternative groceries and more. Energize yourself with our delicious, organic vegetarian deli delights. Combining what you need with what you want. Open 9-8 every day except closed Sundays 285-3142

HELP WANTED

PRESCHOOL TEACHER -

The Quadra Island Preschool is looking for a new Preschool teacher (many thanks Ann for your wonderful, cheerful self over the last year!). The successful applicant must have their ECE, position is available starting September 1. Please send your resume to: Quadra Island Child Care Society Box 306 Heriot Bay BC V0P 1H0

SERVICES

CAPRENTER FOR HIRE-

No job too big or small. \$18/hr Phone 204-3227

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

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

CUSTOM T-SHIRTS.

Get your logo screened onto T-shirts. Great way to promote your business. Printed right on Quadra by professionals. Call 285-2626 for price list.

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



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

Phone/Fax: 285-2434

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and
therapeutic
massage

HEALING SPA
Quadra Island

Bus. 204-2377

Res. 285-2054



STAY TUNED!
for details
on our
SPIRIT BOARD

Bottle Returns for the Month of July will be Donated to Quadra Island Community Centre

GROCERY

Walcan Local Product
Canned Sockeye
\$3.88 185g

Kellogg's
Raisin Bran
\$4.98 775g

Assorted
Thomas Kemper Sodas
\$7.98 6 packs

Que Pasa
Tortilla Chips
\$2.98 454g

Island Farms
Sour Cream
\$1.98 500ml

Eden Foods ORGANIC
Canned Beans
2 for \$3.00 398ml

DELI

Grimm's
Corned Beef
\$1.28 / 100g

Calamata Olives
98¢ / 100g

Delissio
Frozen Pizzas
\$6.98 12 inch

Ridgeway ORGANIC
Tea Bags
\$3.48 40's

Jumbo
Viva Paper Towels
\$5.88 6 pack

Nuts to You
Almond Butter
\$8.88 500ml

Endangered Species
Chocolate Bars
2 for \$5.00 85g

Assorted
Coca Cola Products
4 for \$5.00 2L

Greek
Salad
\$1.28 / 100g

Fresh Baked
Sausage Rols
88¢ each

BAKERY

Assorted
Donettes
plain, cinnamon, sugar or chocolate
\$1.98 330g

Fresh Baked
Cinnamon Buns
\$1.98 6 pack

Made-In-Store
Garlic Bread - oven ready
2 for \$4.00

Country Harvest
Sunflower Flax Bread
2 for \$4.00 675g

MEAT

Farmer's Best
Prime Rib Steak
\$7.48 lb \$16.49/kg

Fresh - Boneless
Chicken Breast
\$4.98 lb \$10.98/kg

Made-In-Store
Italian Sausage
\$2.98 lb \$6.57/kg

Fresh
Red Snapper Fillets
\$5.98 \$13.18/kg

PRODUCE

B.C. Grown
Blueberries
\$4.98 2 lb clamshell

B.C. Grown ORGANIC
Peaches
\$1.68 lb \$3.70/kg

B.C. Grown
Apricots
\$3.98 1.5L box

B.C. Grown ORGANIC
Broccoli
\$1.48 lb \$3.26/kg

Specials in effect July 23 - 29 while quantities last



Open 7AM - 9PM EVERYDAY!
(Liquor Store opens at 9 am)