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Island Calendar

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

_	The Regulars	
Quadra Legion - Nov	v Open Fridays & Saturdays	at 3:30 pm until 1:00 am
• Every Tuesday - Kal - Sketching	dminton, 7:30 Cape Mudg ina Folkdancers -QCC, 7:3 group at Firesign Studio 1 reeting, 7.30 pm at the Ch	30 to 9:30 pm, Sept.to Apr. 10 am-12:00 pm
• Every Wednesday -	Badminton, 7:30 pm Cap	e Mudge Hall
• Every Thursday - Pr	ayer Meeting, 7:00pm at	Quadra Island Bible Church
- 7-9:30 PM	: Life drawing sessions at F	iresign Studio 285-3390
• Every Friday - Free I 1:00am	Pool, Darts and Shuffleboar	rd at the Legion 4:00pm to
• Every Saturday - Leg	gion Meat Draw 5:00pm to	o 6:30pm
- Family Wo - Buddhist I	Meditation 10:00 am Upp	uadra Island Bible Church
	sday - Food Bank 1-2 Cor	ů.
	1th - Raw Food Pot Luck 5	
		cate. Quadra Legion 6:30 pm
,	dline: Monday, Aug	· • ·
	om 🕪 Environme	
Wednesday	Wednesday night	Thursday
High 294C	2 cow ise	High 23*C
Sunny	A few clouds	Showers
Friday	Saturday	Sunday
Low 14°C	High 19*C Low 14*C	High 19°C Low 14°C

Where can you find...

Showers

Showers

Quadra Island - weather, tides, coming events, news accommodations, Google™, Yahoo™, webmail, links to local businesses and societies?

www.quadraisland.ca



Day by day	,
For the month of August -"Lost & Found" Collages by Cathleen Thom	DRAW Gallery
Saturday, August 18 - Mother Mother 9pm Doors open at 8pm	Quadra Legion
Saturday, August 25 - Open House 11:30 am after the shareholders meeting at	Quadra Golf Course 10 am.
Friday, August 31 - Blues Jam and Poetry Slam 7:30 to 9:30 p.m.	Aroma Cafe
Saturday, September 1 - April Point Reunion Cocktail Reception 6 pm on tickets \$25	April Point www.aprilpointreunion.com
- Buffet Dinner & Jazz Berry Jam 5:30 to 8 p.m.	Legion Hall
Sunday, September 2 - Dinner & Jazz Berry Jam 6:30 to 9:30 p.m	HBI
Friday, September 21 - David Hickey's Crystal Journey 12:30 pm – 2:30 pm. Tickets are \$15 in advance	Tsa-Kwa-Luten Lodge ce; \$20 at the door.

Island Calendar online: www.discoveryislands.ca/news

Island Calendar is a list of <u>on island events</u>. Please submit separately for the **Island Calendar** and **News & Events** or indicate in your submission if you would like your event placed in both. **ollowing 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 notfor-profit items will be given priority. Thank you.

Byline:

'Food for Thought' on page 15 is Copyright 2007 Cecelia Valeriote, Cecelia can be reached at: cecelia@dill.ca



Showers



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Call 250 285-2234 for details

Submission Guidelines

Items for publication are welcomed on subjects of interest to the Discovery Islands community. Please help us by following these guidelines:

· Please print handwritten material clearly.

 Electronic items sent by email & 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, August 27th



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

Dear Editor:

A letter in your last edition besmirching a local taxi driver caught my interest. I have to say the situation P. Lane describes seems too ridiculous to believe, and I'm sure there's more to this story. But more important is the point that I have observed Quadra's only taxi shuttling preschoolers here and there without expectation of payment and even making pro bono trips to deliver teenagers home in the middle of the night out of concern for their safety. I'm also aware of far too many situations where so-called customers have bilked the company by bailing without payment at the end of a trip. Thorns? No way. Make that kudos to these folks, and thank goodness we still have them.

Denis Thievin

Q-Beans Coffee

Dear Editor,

After reading our M.L.A.'s report (Claire Trevena) on how the B.C. Liberals have such a disregard for the populace, I decided to find out on the computer what's really going on.

Am I upset to find out they have a modern highway to Vancouver Island all mapped out which will eliminate four ferry routes? Looks like they've had it with B.C. Ferries. Aging fleet, the Queen of the North sinking, the pretense of sham meetings with the public

with this phony public/private coporation just to make a little more money. We want a highway (a la B.C. Ferries)? We'll have one is the thinking.

This modern route with off ramps will go up the Harrison Lake Corridor, down into Powell River, the road never climbing above 3,000 ft. for easy winter driving. Over to Cortes, ships pass underneath i suppose.

As an engineering marvel and 8th wonderof-the-world people will flock for the driveby scenery. An immense tourist draw after the Olympics has gone. And the cost is only half what the Olympics will be apparently. With real estate development the money made will be astounding.

And Mr. Hahn, for his sufferings. will be given the job of Toll-master, for this will be a toll route.

B.C. always loves a new highway as an election gambit is the political answer.

Finding this out has ruined my summer. As I've hacked into official documents I'll sign off on a pseudonym.

Mr. Nosey Parker

Read Island

PS: My apologies to anyone who reads this letter for the bad news.





News and Events

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

Paint Out in September

Bill Adams, Victoria-based painter and set designer, returns to Quadra Island to lead a plein air painting weekend September 7-9 as part of the International Plein Air Painters' Worldwide Paint Out. The workshop begins with a reception and introduction to Bill and his art on Friday evening at Firesign, and moves to the scenic beaches of Quadra Island on Saturday and Sunday. Everyone is welcome to see the results on Sunday afternoon-look for us at Rebecca Spit! Discounts for locals. For more information, contact Nanci 285-3390, www.firesignartanddesign.com

At the Legion

Quadra Legion Lounge open Tuesday, Friday, Saturday at 4:00pm. Check out Taste & Sea Catering! Meat draws support Quadra Island based non-profit organizations on Saturday's 5:00pm to 6:30pm. New and established members with guests welcome. See you at the Legion!



Torch for Rights

A Global Human Rights Torch Relay (HRTR), inspired by the Olympic torch, was lit in Greece on Thursday 9 August and will travel around the world to put human rights on the agenda in the lead up to the 2008 Beijing Olympics.Please visit www.humanrightstorch.org

Aerobics with Marion

...continues through the summer, Mondays 6pm-7:30pm at the Community Centre.

A complete body work out with cardio, floor work, weight training and stretching, to the beat of great music. Suitable for all fitness levels.

7pm-7:30pm is focused on stretching and relaxation. Aerobics drop in \$5. Aerobics and stretching drop in \$7

Please call Marion if you have more questions 285 2895

Items For Publication

Every issue I receive an email or phone call from someone inquiring about how to submit an editorial item or advertisement for the Discovery Islander. All editorial items promoting events and news of an informative or non-profit nature are free. Business messages and for profit items are charged depending on the space they take up. All rates and other info is available at www.discoveryislander. ca or call 285-2234

Links to tides & marine weather and much, much more... www.quadraisland.ca



Saturday, August 18th 9PM, Doors open 8PM Tickets \$10 \$12. at Door Lasqueti's own Rick Waines to open. Expect a sold-out event Tickets and CDs going fast at Book Bonanza At-The-Cove and The

Music Plant.

More info: www. mothermothersite.com or 250-285-3665





Freelance Writing

www.guadrateventures.com

Crystal Journey

David Hickey and his Crystal Journey will be performing at Tsa-Kwa-Luten on Friday, September 21, 2007 from 12:30 pm - 2:30 pm. Tickets are \$15/per person in advance; \$20/person at the door. Tickets are available at Explore Gallery, Quadra Crafts & as well as at Tsa-Kwa-Luten front desk.

David's intention with this performance is to bring more awareness to the need of & right of more respect & honour for the World's First Nations' Peoples and the issues and crises facing current and future generations of all peoples. He believes now is the time for us to realise our common ground - Mother Earth and all Her inhabitants. A time to celebrate our commonalities, our connectedness, our Oneness!

David has been touring Canada coast to coast performing concerts at various venues, hospices, hospitals, support groups, conventions as well as private and group healing sessions.

The intent of the performance is to create beautiful improvised, meditative and healing music. Each of David's performances are totally improvised and unique. The music attracts a full range of listeners. The concerts are in two sets, each lasting about an hour.

This performance will be a most incredible opportunity for a very fine experience for everyone!

Movies under the stars

Residents and visitors are invited to a unique outdoor cinema experience, taking place at the Rotary Bowl at the Comox Strathcona Regional District's (CSRD) exhibition grounds on the last three Wednesdays in August.

Projected onto a large screen, the community's first-ever "Movies under the stars" event will feature Spiderman 3 on Wednesday, August 15 followed by Shrek 3 on the 22nd, and Pirates of the Caribbean 3 on the final night August 29.

Weather permitting, pre-show entertainment starts at 8:00 pm and admission is only \$2.00 per person or \$5.00 per family. People are encouraged to bring blankets or lawn chairs and the children are welcome to dress in costume to match the movie theme. The Orca swimming club will be setting up a fund raising concession with a variety of different movie snacks.

John Goodwin, CSRD's assistant manager of operations, wants to encourage the community to use the grounds in different capacities. "This is just one of several event options that were explored for this venue," said Goodwin. "We are excited about this opportunity to provide families with a fun night out.'

Additional sponsorship for this special event comes from 98.9 Jet FM, Courtenay Canadian Tire and Sound Advice. For further information

visit www.comoxstrathcona.ca or call 334-6000.

Quadra Island Seniors, BR. 91 B.C.O.A.P.O.

One issue that is number one, on the list, of concerns, is, "Why?, must our Seniors, when needing temporary or permanent, placement, be always sent south on Vancouver Island, very rarely, around Campbell River, where they can be visited easily, by their friends and families, so the change can be more accepting. What a shock to a Senior that is placed, in a home or hospital, and they do not know a soul. Is this how the governments should treat their former taxpayers.?

Our Tourist Booth has been a Beehive of activity, as usual. Labor Day will be the final week-end, for tourists.

EXCURSIONS-

Aug. 24th-10:30 a:m- Yak Shack Neptune's Doorstep Open Boat Tour with Jack Mar & Diver. Call - Ruth 3801

Aug. 29th-8:00 a:m ferry and a drive to Gold River to board the Uchuck 111 to Nootka Sound and Friendly Cove. Historian Bryan Symes will guide us on walks, in Maquinna's village area.- Ph. Ruth 3801 Sept. 5,6,&7-Board the Lady Rose at Port Alberni, cruise to Tofino- tour the Banfield Marine Station. Call Hilda—3458.

Oct . 1st-Trip by Bus from Campbell River to Victoria, 800 a:m ferry, tour the Titanic Exib. and visit I-Max theatre, return from Vic. At 4: p:m \$25.00 Bus—need to fill a 47 seat bus-age is no object-Call Ruth soon 285-3801

Quadra Seniors Br. 91 - Annual Picnic Sept. 12th at Rebecca Spit 10:00 a:m Pot-Luck-games and prizes-Bring a chair and your own dishes and utensils "Come all Seniors Young and Experienced."

To join our Happy Gang, who care about the Happiness of Seniors. Call --Treas.-Cliff Hand- 923-5814- Pres.-Bob Brown-285-2907 Sec.-Len Lamb-- 285-3354

April Point: Our Life and Times

If you were a past employee of the Petersen family at April Point until 1997, you are cordially invited to a Cocktail Reception Reunion on Saturday, September 1, 2007 at the April Point Lodge on Quadra Island with doors (and open arms) at 6:00 pm - tickets are \$25 per person.

Ticket money goes toward the rental of the banquet Room, appetizer platters and power point misc. rentals. Cash bar only from the beautiful April Point Lounge.

For reception tickets, make your cheque or money order payable to AP Reunion 2007 and mail to PO Box 178, Quathiaski Cove, BC V0P 1N0 Once payment is received tickets will be mailed to you so remember to include your contact information including mailing address.

On Sunday, September 2 pack a picnic and bring out the whjole family for a BYO BBQ at Rebecca Spit from noon - 4 pm absolutely free. Play games, walk the Spit or have a quiet chat - your choice.

Come and share your memories and stories. see friends you haven't seen in years. Please spread the word, it's truly and event where 'the more the merrier'!!!

Please join us to visit, reconnect and reminisce. www.aprilpointreunion. com

Quadra Singers Resumes in Fall!!!

Quadra Singers in pleased to announce that we will be up and singing in the fall. We are changing practice nights to Thursday so that we can have John Montgomery as our director, with Hellen Moats and Joyce Baker on piano. This is a community choir (with no auditions). We start in September learning and perfecting seasonal music, which culminates in a wonderful Christmas concert in December.

Mark Thursdays on your calendar! More info to follow, or call Nancy @ 285-3800 for mor info.

Mother Mother

Mother Mother at the Legion Saturday, August 18, 9PM. Doors open at 8PM.

Lasqueti's own Rick Waines to open. This is a welcome stopover for the band before they resume touring. Hear great new tunes. We expect a soldout event. Tickets selling fast for \$10.00 at Book Bonanza At-the-Cove and the Music Plant. Pick up Touch Up \$14.99..."CD of theWeek "One Brilliant, Catchy Debut" Toronto Globe & Mail... "A Breezy Mix of Power Pop Songs" Boston Globe ... more info:

www.mothermothersite.com

A Unified Voice for the Islands' Business Community



Quadra Farmers' Market

The Quadra Island Farmers' Market welcomes everyone to this year's Community Market. The market takes place every Saturday rain or shine, from May through until September between 10 am and 2 pm, located behind the Quadra Credit Union in Quathiaski Cove.

The new managers of the market are Carmen, Susan and Alma and we would like to welcome back all our regular vendors as well as any new ones who would like to join in. We will continue with a first come first serve basis and the gate will open at 8 am precisely for your setup. The fee for vendors will increase to \$5.00 this year. The fee for children under 16 will remain at \$1.00. Community and charitable organizations are not charged a table fee for their participation.

Market parking is accessed from Green Road, please use it and encourage others to do the same as the main Credit Union parking lot is for their business customers only.

If you are a visitor on Quadra Island please feel welcome to come and visit our market between 10 am and 2 pm and perhaps you'll find a great souvenir of Quadra to take back home.

We strongly discourage dogs at the market so if you have no choice and must bring your dog, it will have to be on a leash at all times. Your market managers will monitor this on your behalf.

Any questions or concerns can be discussed with either Carmen at 286-9808 Susan at 285-3934 or Alma at 285-3521. See you all at the market!

Golf Course Open House

Join us for an open house at the Quadra Golf Course Saturday, August 25th at 11:30 am after the shareholders meeting at 10 am.

We will have an information booth and the board of directors. will be available to answer any questions you might have in regard to this project.

The driving range will be open with mats and free balls. Number 7 hole 150 yard, par 3 over the pond will be playable.

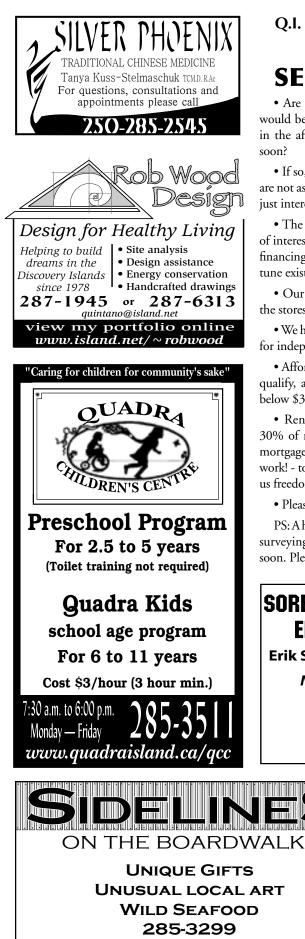
There will be a walking tour of the first 9 holes.

If you are not a golfer we encourage you to come out and give it a try, some of our experienced Quadra golfers will be available to assist you. Any proceeds from this event will go to establishing a youth golf club.

Food and drinks will be available. if you have any questions in regard to this event feel free to call Rod Clark at 285-3849







COME AND DROP IN AT THE QUATHIASKI COVE HARBOUR NEXT TO THE FERRY TERMINAL

Q.I. Senior's Housing Society CALLING SENIORS NOW!

• Are you a Quadra senior (55+ yrs) who would be interested in applying for residence in the affordable housing we hope to build soon?

• If so, please let us know who you are. We are not asking for a committment at this stage, just interest.

• The Society now needs to establish a list of interested seniors in order to procure more financing, to encourage donations and to finetune existing plans with actual future renters.

• Our one acre of land is in Q-Cove, near the stores.

• We have a permit to build 8 units designed for independent living (with modifications).

• Affordability is not strictly defined yet. To qualify, annual household income would be below \$30,000 p.a. (approx.)

• Rents would hopefully be well below 30% of monthly income, depending on the mortgage we need to carry. We will pray - and work! - to be mortgage free, as this would give us freedom to set rents as we see fit.

• Please contact Riki Vogt at 285-2640

PS: A housing needs assessment questionnaire surveying **ALL Islanders** will be circulating soon. Please watch for it!

SORENSEN - MACDONALD ENTERPRISES LTD.

Erik Sorensen mini-excavator

Need a little digging? Give us a call

> 285-3906 203-3906 (cell)

Struggling with Meal Preparation?

Many elderly, ill and special-needs people struggle with the preparation of nutritious meals. Sometimes this need is only temporary, such as during an illness or after an accident, while other times it is a more long-term need. In most larger communities, people have fairly easy access to a wellorganized "Meals on Wheels" program that delivers hot, prepared meals to people's doorsteps for a relatively small fee of somewhere between 4 and 5 dollars. These community programs are made possible by volunteer drivers and low-cost, but nutritious meals as well as some provincial money.

Quadra Circle has organized a mealson-wheels type of program that we hope will meet the needs of some people on Quadra. We do not have provincial, financial support at this time, and we cannot provide hot meals; however, we have arranged for a supply of nutritious, frozen meals that are of very high quality. We also have some volunteers willing to make sure that people in need of meals have access to them. The cost is \$4.25 per meal. The meals are prepared in a licensed, commercial kitchen in Campbell River, and there is considerable variety in the menu. The frozen meals will be available for sale weekly at the Community Lunch at the QCC on Wednesdays starting on Sept. 19. If you would prefer not to wait until then, and would like to purchase some meals right away, please phone Karen Gair at 285-3064 to make arrangements.

Also, if you would like to get involved as a volunteer in this program, Karen would be happy to hear from you.



8

Save The Library Book Rate

Private Members Bill Protects Special Library Mailing Rate

The Vancouver Island Regional Library (VIRL) is petitioning the House of Commons to support Private Member's Bill C-458 and the protection of Canada's libraries' access to a special postal rate for mailing books. VIRL is asking customers to support the bill by signing a petition in their local branches to go to their MP or by visiting us online at www.virl.bc.ca and sending an email to their MP.

APRIL POINT: Our Life and Times

If you were a past employee of the Peterson Family at April Point, you are cordially invited to a Cocktail Reception Reunion on Saturday, September 1, 2007 at April Point Lodge, 6pm - 1am. Tickets are \$25pp. We thank all of those travelling quite a distance and who have already registered. Please remember this is not a drop in or pay at the door affair --we need a head count so that food may be prepared accordingly.& Your ticket money goes for the rental of Lodge room , misc. video rental , delicious appetizer trays with cash bar only in the beautiful April Point Lounge.

For reception tickets, make your cheque or money order payable to AP Reunion 2007 and mail to PO Box 178, Quathiaski Cove, Quadra Island, BC VOP 1N0. Once payment is received, tickets will be mailed to your included contact address information.

On Sunday, September 2, pack a picnic and bring out the family for a BBQ at Rebecca Spit from noon - 4pm, absolutely free. Play games, walk the Spit or have a quiet chat - your choice. Come and share your memories and stories. See friends you haven t seen in years. Please join us to Visit, Reconnect & Reminisce www.aprilpointreunion.com

News From Q.I. Medical Clinic

We are open Monday-Friday 10:00 am to noon and 1pm to 5pm. Daily walk-in clinic hours are 3:30-5:00pm Monthly Saturday am clinics. Call 285-3540 for appointments.

Dr. Jennifer Vester-Cohen is working for the months of August and September.

Greetings from Quadra Singers,

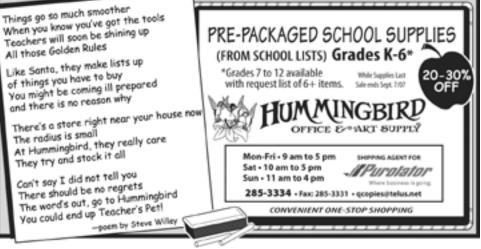
Singers will resume in the fall on Thursday evenings in September. More info to follow.

I have been following the Music here in the lower mainland. It has been wonderful by and large, but I had an experience at the Mission Folk Festival that got me thinking. An ordinary looking man got up on stage and sang a wonderful rendition of "The Northwest Passage" by Stan Rogers. He is from the Powell River choir, which won a competition and went to Europe. He was very excited to introduce Stan Rogers to Europe.

This of course got me thinking of Quadra Singers, and our ongoing desire for more men in the chioir, and the age old dillema, how to encourage men to participate in our community choir. To this end I am asking men who love to sing in the shower, or the car, or on the stages of Quadra and Vancouver Island ,to come out and make a contribution to our choir.

Quadra Singers has been many things over the years. We have ranged from an enjoyable community choir, to a rather brilliant sounding choral ensemble. This Fall we will have the accompaniament, and direction to be rather brilliant, all we need are some more voices, especially Tenor and Base.

If you would like to come and learn about music and singing with others, if you want to come and benefit from being in a choir, or if you want to come and share your expertise, please call Nancy @204-2755, and let me know if you are interested.Feel free to leave a message and I will call you back.











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Cathleen Thom at DRAW Gallery

"Lost & Found" Opens on Friday August 3rd with the artist's reception 5—8pm. This exhibit will continue until August 25th at Drawing Room Art Works, DRAW Gallery. Working in layers, concealing and revealing, Cathleen has discovered a real beauty in found objects. Using rusty metal, fragments of writing, paint and layers of semitransparent paper - these delicate collages evoke a sense of melancholy, nostalgia, energy and secrets. Gallery is open Thurs thru Sat 12 - 6pm. Gallery is located on Quadra Island at Village Square, in rear - follow the signs. Drop by and see the show next time you are at the Square. Everyone is welcome. www.drawgallery.com.

Quadra Island Medical Clinic

Open Monday to Friday 10 a.m. - noon, 1 p.m. - 5 p.m. Daily Walk-in Clinic 3:30 - 5 p.m.

Monthly Saturday a.m. Clinics

For Appointments - 285-3540



More Island Forum

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

Making Crowns from Thorns

Dear Editor,

P. Lane wrote to you telling a story of a Quadra Taxi driver that was false. When P. Lane talked to the driver, the day in question, it was explained that the trip log of the day proved that the taxi was not even in the vicinity at the time the 15 yr. old claims to have been picked up. Perhaps the 15 yr. old young man was mistaken about where he spent his money and how he ended up at the skatepark instead of where he was supposed to be. Sound suspicious?

Don't ever lay a trip on me about serving my community P. Lane! Our community knows how dedicated their taxi is in providing safe transportation for their youth, 24 hours a day. Many parents have opened charge accounts for their teenagers after realizing that the kids will call the taxi to get them from a party or somewhere that they shouldn't be, instead of calling home, or worse yet, going with a drunk driver.

Kindergarten children have memorized our number knowing that the taxi is always there for them day or night. The elderly know to call us to drive by their house when they hear noises in the middle of the night. others have us watch their homes while they're away on business of holidays. We help the handicapped, we search for lost pets, donate to community events and support organizations like the Children's Centre, R.C. Legion #154, Quadra Elementary, the O.A.P.O., and Q.I. Volunteer Fire Department.

I tried to reach P. Lane, after reading the slanderous story, and the phone number is unlisted, typical eh? I invite P. Lane to phone me. My home phone is 285-2028; or my cell: 830-3900, or the taxi is 205-0505. Better still, I invite P. Lane to my home at 601 Heriot Bay Road and then we can meet face to face. I'll show P. Lane the trip log to understand the false claims. Please bring the 15 yr. old young man with you so you may both meet the driver - our dearly beloved and trusted school bus driver for over 20 years. Keep those thorns coming - we're making crowns.

D-Jay Keim Owner-operator, Quadra Taxi and Tours

www.discoveryislander.ca

Quadra-Philippines Connection News

START SAVING NOW for the 13th annual fund-raising giant garage sale to be held at the Quadra community center on September 23rd. DROP-OFF centers around the island for your donations will be available beginning September 1st and will be advertised in the next islander.

We will be accepting your CLEAN, SALEABLE donations in GOOD WORKING ORDER. This year WE WILL NOT be accepting any SKIS, ENCYCLOPEDIAS, NATIONAL GEOGRAPHICS or COMPUTERS. Please note that computers can now be taken to the Campbell River Bottle Depot on Willow Street for recycling free of charge.

A recent e-mail from Sisan Paut, coordinator of IAT in the Philippines tells us that the first two daycares receiving Quadra's support over a decade ago (Paligatto and Mabato) continue to thrive with local government support. Juliet Guyao and Josepha Maduli continue to be the dedicated teachers of these programs and send us their greetings and best wishes. The accompanying photo was recently taken of the Nambaran preschool which Quadra continues to sponsor.

The following is a recent letter from Catherine Mamaril, teacher of the Nambaran preschool.

Dear Quadra Island,

Good day! I am extending to you my million, million thanks for your continuous assistance for the past 3 years as well as for the next couple of years to come. You are doing so much for our indigent children of Kalinga whose parents could not otherwise afford to send them to school.

This time of year the Philippines is very hot since it is summer. There is no rain and farmers were not able to plow their fields in time for plantation. Water from irrigation is not enough to supply the farms of the farmers and that is why we are so in need of rain. We hope by the end of July there will be rain!

At the end of March I graduated 25 pupils and am happy to inform you that they were able to read and write before going into grade 1. Reading is a major problem in this area of the Philippines and one of the big challenges for children in the public school. With your assistance, this IAT supported preschool is a big help both socially and academically in preparing them for going to school.

I am proud to inform you that the children from past years who have come from our preschool are not behind and are able to follow grade 1 and 2 work, even though they belong to a simple barrio preschool. In fact, several of them are even on the honor roll!

This year will be the 4th year of operation of this IAT supported preschool in Nambaran. New classes began June 18th and I have 23 students - ten boys and 13 girls. These children are a mixed age group. Some are older than 5 years since they have not had the opportunity to go to school until now.

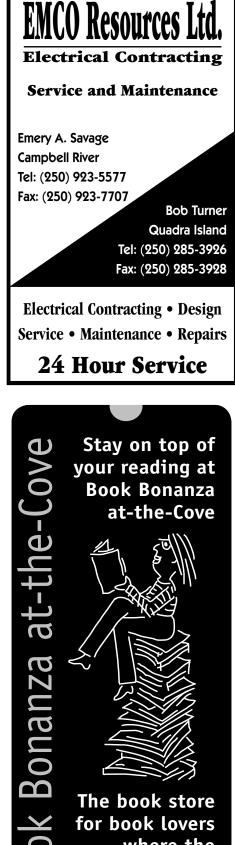
I am hoping to prepare them for the next grades over the next couple of months so they will be able to join children their own age in a school near by. This is the way of education in the rural areas here. I will be writing you again with the progress of my multi-age class.

Again thanks a million for your kindness and concern for our children in the Philippines.

Very Truly Yours, Catherine Mamaril Daycare worker

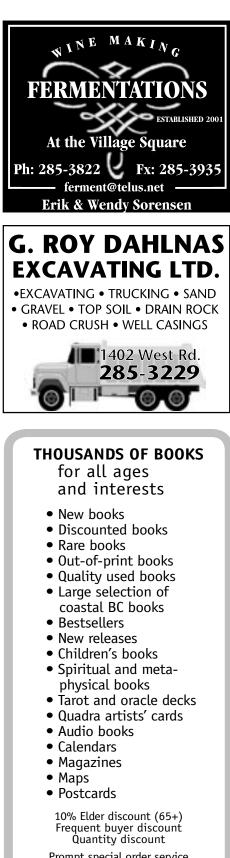


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New Exhibits at C.R. Art Gallery

Campbell River Art Gallery staff and volunteers invite you to join them for the opening for two exhibitions on August 17 at 7:00 pm. "Come out and meet the artists," says Gallery director Jeanette Taylor. "It really adds to your enjoyment and understanding of the work to hear their perspective and opening remarks."

The show opening in the main gallery, entitled Peripherally Yours, features large-scale oil paintings by Campbell River artist Juanita Labine. Her canvasses are loaded with narrative and the colourful tales therein demand your attention and thought. Some have a mythic quality, with grotesque beings in a state of transmogrification. Others present a dreamlike state of fractured metaphors. No matter the means, Labine's compelling paintings both intrigue and unsettle the viewer.

Each painting is a personal exploration of Labine's life experiences and emotions, released through her meditation practice into an articulate new form. She also explores universal themes of political correctness, dependency, alienation and media sensationalism.

George Littlechild, who served as guest curator for this exhibition, is intrigued by the blend of high realism and an altered state in her paintings. "Unreal, imagined scenarios present themselves," says Littlechild. "Imagine yourself at a fun house,

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carnival or local fair - in a place filled with absurdities, wished lives and good intentions."

Juanita grew up in Ontario and has lived on Quadra Island for many years. Art has always been the ruling force in her life, inspired and encouraged by her mother and grandfather, both of whom were artists. Juanita also draws inspiration from the work of artists like Ivan Albright, Francis Bacon, Francisco Goya and contemporary Mexican artist Sergio Garvel.

An exhibition by Eliza Au of Richmond also opens on August 17. Au, who works in geometrically arranged ceramics, explores the relationship between art and infinity. According to Au, art is represented in the cycles of life, DNA patterns and mathematical forms. To reflect this affinity she creates small, repeated ceramic pieces, which she assembles into wreaths. The wreaths are set on the floor, where the viewer looks down into their flowerlike centers.

Au has an impressive background of professional training and exhibitions. She has studied art across North America, from Vancouver's Emily Carr college to the Nova Scotia College of Art and Design, the University of Regina and the Rhode Island School of Design. She was recently featured as the artist in residence at the Contemporary Crafts Gallery in Oregon and has enrolled in a Masters in Fine

> Art program in New York.

"People will also enjoy the work of Campbell River artist Dawn Bencze," says Gallery curator Manon Staiger. "Her watercolour paintings, on exhibition in our satellite cases, have tremendous depth and feeling." Bencze was recently awarded acceptance into the Federation of Canadian Artists and her pieces have won several awards in juried exhibitions.

Peripherally Yours by Juanita Labine continues until Sept 21 and Wreath/Wreathe by Eliza Au continues until November 2. Bencze's work remains on exhibition until September 10. The Gallery is open Monday to Saturday, 10:00 to 5:00 p.m. through August and from 12:00 to 5:00, Monday to Saturday in September. Call 250-287-2261 or e-mail <mailto:curator@crartgallery. ca>curator@crartgallery.ca for more information on these exhibitions or the gallery's upcoming fall classes and workshops. Campbell River Art Gallery is located in the center of town, in Tyee Plaza, at 1235 Shoppers Row.



FOOD FOR THOUGHT

Two weeks ago, my daughter and I traveled to Kelowna to visit my son. We stayed at Joyce House, a lovely B&B a block from the lake. Some of our time was spent sitting on the front porch chatting with our hosts. One of our conversations was about special food requests by guests. Most of my host's requests, she said, came from people with a "wheat allergy". She had never looked into what wheat allergies actually were, but simply went to the store and bought a packaged bag of gluten-free flour. She had few requests for wheat free breakfasts so the cost wasn't a deterrent and she was happy to have a simple solution to offering her guests what they needed.

I have customers who come into my store and they too are having company who require wheat free grains or flours. They don't know if their guests have an allergy or intolerance to wheat or to gluten. They simply want to feed their company food that isn't going to make them sick or uncomfortable. So, here's what I learned about allergies to wheat and gluten.

A wheat allergy and an allergy to gluten are two different conditions. From what I've read, a true wheat allergy is relatively uncommon. The allergy is more prevalent in certain groups like those in the baking industry. Wheat allergy is responsible for occupational asthma in 30% of individuals in that industry. There are 4 main groups of proteins in wheat. The majority of allergic reactions to wheat involve 2 specific protein groups. On the other hand, an intolerance to gluten involves a different protein group found not only in wheat but also in oats, barley, rye, triticale, spelt and kamut. This intolerance to gluten is called celiac disease and is an hereditary disorder of the immune system. Celiac disease is one of the commonest life-long disorders in Western countries.

The reaction to gluten differs from a wheat allergy. An allergic reaction to wheat has the same symptoms as other allergic food reactions: swelling, itching or irritation of the mouth or throat, hives, skin irritation, nasal congestion, cramps, nausea or vomiting. These usually occur minutes or hours after ingesting wheat. When a person with a gluten intolerance eats food containing the protein gluten, the immune system responds by damaging the part of the small intestine that absorbs nutrients. This can lead to diarrhea, weight loss and eventually malnutrition. Celiac disease is frequently underdiagnosed, particularly in adults who present less serious symptoms than the above. However, there are blood tests that can be used to determine if one has celiac disease.

Fortunately, there are other grains and flours available to those who require a gluten free diet: amaranth, rice, buckwheat, corn, millet, quinoa, potato flour, soy flour, chickpea flour and fava bean flour. As well, a myriad of gluten free recipes can be found on the Internet. No one needs to sacrifice the pleasure of freshly made muffins, breads , waffles or main dishes.



Greg Hewitt 285-2762



AFTER THE FIRE (or flood, or storm)...

What kind of assistance is offered through the ESS volunteers? ESS (Emergency Social Services) volunteers will help you to assess your immediate needs and assist you to access food, clothing, and shelter. If you are not covered by insurance, or it is not readily or reasonably accessible, funding from the Provincial Emergency Program (PEP) will cover certain short-term costs including food, lodging, and clothing. Emotional support and family reunification services will also be made available during this difficult time. We need volunteers. Please call Judy at 285-2150 or Sue at 285-3795.

26 WEEKS TO FAMILY EMERGENCY PREPAREDNESS - Week 3:

Stock your kit with several varieties of packaged foods, canned meats and dried fruit. Include a manual can opener. If needed, include infant supplies including disposable diapers, disposable bottles, formula, etc. Plan for at least a 3-day supply of food for each family member. (Some agencies are now recommending stocking up to a 1-week supply.)



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

Cadara forana o ortoo forana					
Crossing Time: 45 minutes					
Leave Quadra Island	Leave Cortes Island				
† 9:05 am	† 7:50 am				
**11:05 am	9:50 am				
1:05 pm	11:50 am				
3:05 pm	**1:50 pm				
5:05 pm	3:50 pm				
6:45 pm	5:50 pm				
* Fridaye and Saturdaye only + Daily except Sundaye					

* - 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.

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Halliday's Viewpoint

by Steven Halliday

Sub Prime Performance

n researching this article, I checked out several economic sites looking for commentary regarding the US sub-prime mortgage market, which, as you know if you follow economic news at all, is being blamed primarily for the market and credit jitters that reverberated through global exchanges the week ending August 12, 2007. The best commentary, though somewhat dated (and therefore somewhat prescient) was out of Quebec's Desjardins Group, the umbrella organization serving the Caisse Populaire (Credit Union) movement in eastern Canada. Dated July 13, 2007, the piece is headed "Worries linked to sub prime loans are resurfacing"; the author points out "The mortgage lending problems in the US once again put some investors in a bad mood, and the major credit rating agencies stated their intention of lowering the credit ratings of certain mortgage-backed securities. At the same time, oil surpassed \$US73 per barrel." During the week of August 6th, sub-prime backed securities (mortgages with very weak underlying security due to high lending ratios compared to income and security value - bundled up and sold as investment quality) bit the markets hard, particularly after BNP Paribas, a large French bank, announced it was suspending redemptions of 3 of its US mortgage-backed funds, due to the collapsing value of the market. This led to market frenzy requiring the intervention of several Central Banks, pushing billions of dollars in liquidity to the system, and thereby alleviating the expected crunch. But BNP Paribas, Deutsche Bank and Commerzbank (both of Germany) are still stuck with some very bad investments, and many analysts are now wondering how widespread the exposure actually is. Meanwhile, those of us with some money in the markets are wondering what to do in the face of the markets extreme volatility.

I last wrote about sub-prime lending back in September 2006 (The Party's Over - DI #378), and at that time I pointed out - "But here in BC, a slowdown in the US real estate market will surely affect us directly... US pressure on Coastal real estate prices is likely ending for now." As I write this, we have a growing inventory of unsold properties bearing prices that were predicated by a hot, rising market that no longer exists - take a look at the real estate flyer out of Campbell River; even a cursory count shows the number of listings has been steadily rising, indicative of longer marketing time. Sales on the islands have also slowed considerably from prior years, and fortunately, to this point anyway, that is the only direct impact on our regional economy, though one could argue the drop in US visitors to the region could also be partly blamed on the unfolding economic crisis south of the border. The August 4th issue of The Economist contained an article titled "Abandon Ship" which pointed out "...the dire situation in America's housing market cautions against a too sanguine view of the latest credit events. There, the deadly combination of loose lending practises and higher interest rates has created a prolonged, and ever-deepening, bust. Residential construction has plunged and house prices have fallen. Mortgage defaults have soared, particularly among the least credit-worthy sub prime borrowers. Homeowners who took out mortgages at cheap introductory rates face sharply higher payments as these loans reset. There have been plenty of financial market casualties. The latest was American Home Mortgage Investment, a largish lender which this week said it would no longer fund home loans." Interestingly, the present European bank troubles are mainly due to the collapse of HomeBanc Corp, a major US mortgage lender who filed for bankruptcy protection on August 10th.

The absence of liquidity in global markets had already started becoming evident prior to the BNP Paribas announcement causing a general sell-off, requiring Central banks to pump billions of dollars of reserve cash into the markets. The Age, an Australian paper, reported on August 11, 2007 it had confirmed the infusion of approximately \$CDN9 billion by the Japanese Central Bank; the European Central Bank threw in \$CDN138 billion, the US Federal Reserve another \$CDN25 billion- even the Australian Central Bank coughed up \$4 billion or so. This does a lot to calm anxious investors, but as the same article points out "the central bank's intervention was designed to comfort investors, but could have the opposite effect: confirmation that the central banks believed there was a problem could make investors twitchy." In my own view, one of the precipitating factors in last weeks market jitters was the announcement on August 7th that the Federal Open Market Committee of the US Federal Reserve had decided to keep the federal funds target rate at 5.25%, rather than raise rates as most economic indicators strongly suggest. Unfortunately, the Fed realizes that the overdue rise in interest rates will only exacerbate the problems in the already collapsing US housing market, and no one, from the White House to the Federal Reserve Board, wants to be associated with any such thing. So the problem will stretch itself even further as certain heads burrow deeper in the sand, while in the meantime the American economy sinks further into recessionary territory.

There are plenty of rocks and shoals facing all modern economies, many of which are created by forces largely external to one's domestic economy – the miracle of globalization. But so much of the planet's economy is tied to the USA that everyone is vulnerable to any

slowdown from that one economy - Canada obviously, China and Japan as well, and exports to the US from the EU have been growing strongly for years. All will suffer as the US economy contracts and spending dries up - consumer spending, that is. In spite of trillion dollar debt, and half that again in current account deficits, the USA will spend almost \$US623 billion, on its military alone - \$482 billion in regular defence expenditures (including \$30 billion in "black" budget items - no accounting is required or provided) plus another \$141 billion in supplemental spending on the wars in Iraq and Afghanistan. By way of comparison, Canada's 2007 Federal budget calls for TOTAL expenditures of \$CDN233 billion (defence accounting for \$17 billion), while our federal debt total is \$469 billion. China is reportedly spending \$65 billion on defence this year, Russia some \$32 billion. In the face of shrinking revenues (courtesy Bush tax cuts), higher oil prices (\$US72/barrel at time of writing) and necessarily higher interest rates, it is sheer madness to believe the present level of American military expenditures can continue, not without bankrupting the nation. But that is exactly the signal the Bush administration is sending out - no changes are planned on the balance of their watch.

Even non-economist Gwynne Dyer noted the potential impacts of the US sub prime markets in a column dated July 29, 2007 on an entirely unrelated subject - "Oil: \$100 a Barrel - or \$200?" He points out the shrinking US dollar, as related to oil prices which are almost always priced in US dollars, actually hurts US consumers the most - "The oil exporters spend most of their income in other currencies, so from their point of view the recent surge in oil prices only restores the purchasing power they lost over the past 2 years due to the US dollar's slide." Further, Asian - mainly Chinese and Indian - thirst for oil is growing at an alarming rate, prompting Goldman Sachs, the giant US brokerage, to predict \$100/barrel oil by 2009. He closes the article with typical Dyerian gloom ... "If the American mortgage crisis does not tumble the global economy into a recession (my italics), Asian demand will go on growing until the oil price does it. At \$100 a barrel if we're lucky - or via a detour through \$200 if Dick Cheney decides to attack Iran." Will the American mortgage crisis precipitate a global recession? Until recently, I wouldn't have thought so. But given the current crisis is only one symptom of many, oft repeated here, my recommendation is best prepare for the worst.

Constant attention to your portfolios would be in order as this new chapter unfolds, and rising interest rates in the medium term are almost a given...even without \$100 a barrel oil.



by Tanya Storr

Piñata Exhibit Full of Creative Delights

here can you see a rotund green dragon with very short legs, a highly expressive cat in many shades of blue, and a fully rigged sailboat called 'The Buckley' all in one place? The answer: at Quadra Community Centre's Piñata Exhibit. Hurry in—this colourful display of islanders' creativity ends on August 20!

Sioux Hartle, who came up with the idea for the exhibit, has been a fan of piñatas for many years. Her family has made them a birthday tradition, designing each piñata to suit the person's interests. On a recent trip to Mexico, Sioux was inspired by the piñatas hanging everywhere.

"It seems everything is a reason for a celebration in Mexico. If they're not having a party, they're getting ready for one. Piñatas are all over the place. They're bright, colourful, and the life of the party. We saw traditional piñatas and commercial ones—even a Bart Simpson piñata," she said.

Sioux thought it would be interesting to hold piñata workshops and then an exhibit of the creations. The concept evolved into a fundraiser for the QCC children's playground. Viewers are invited to make a donation when voting on their favourite piñatas, and some of the piñatas are on offer in the exhibit's silent auction.

On July 16 a group of 30 islanders of a wide range of ages gathered to construct their piñatas. Although several steps are involved, making a piñata is not difficult.

First, you cut or tear newspaper into strips or small squares. After running these through a flour and water paste, you apply the resulting papiermâché to your armature (usually an inflated balloon or shape made from cardboard). You then smooth out any wrinkles, let it dry, and apply more papiermâché. Sioux warned that drying a balloon armature in the oven or the sun is not recommended!

Cecilia Valeriote of Yellow Dog Trading Company supplied the flour for the construction workshop. Three days after the first workshop, the participants came back to decorate their piñatas.

With many materials at hand, including paint, tissue paper, cloth, and string, the piñata artists were able to fully express their creativity. Workshop participant Elena Mason shared her knowledge of piñata techniques and brought supplies.

Sioux pointed out that piñatas sometimes seem to have minds of their own. She and her daughter, Hannah, started to make an octopus with help from friends. After they attached the first two legs, "a ballerina started asserting her desire to be recognised." They complied, and, as the description card in front of the ballerina reads, "she seems very happy to be here."

All of the piñatas have a hole in them, so they can be filled with candy or other surprises. The custom is to hit the piñata with a bat or stick until they break, showering those beneath with treats.

"Most of the kids who made a piñata couldn't wait, understandably. They wanted to take them home, fill them up, and break them right away. A special thank you goes to those who loaned us their piñatas for the month-long exhibit," said Sioux.

Hanging in a row over the stage, the exhibit's 20 piñatas come to life against the black backdrop. The eclectic cast of characters includes a rainbow, strawberry, Mexican gourd, Alienoid, blueberry, traditional piñata in red and white for Canada



Sioux Hartle admires the dragon, one of many colourful creations in Quadra Community Centre's Piñata Exhibit. Photo by Tanya Storr.

Day, and several members of the animal kingdom including a poisonous fish, octopus, beaver, spider, and hummingbird and flower.

"The neat thing about making piñatas is it's an art form that can accommodate any personality. They can be flamboyant, precise, wacky, or contoured. Anything goes. You don't need training—just imagination and flour!" Sioux observed.

One 8-year-old girl was concerned that she wouldn't want to hit and break her piñata if it



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was beautiful. She compromised by creating "a parasitic alien slug that can infiltrate your brain for up to three days, before having to return to its Yerk lurking pond."

Reading the stories behind each piñata is part of the fun. Viewers are asked to vote for their favourites in these categories: Most Magical, Most Outrageous, Most Structurally Complex, My Favourite Children's Piñata, and My Favourite Overall Piñata.

Quadra resident Pat Carpenter dropped by to see the exhibit while I was there. She taught a papier-mâché class at the Campbell River Art Gallery this summer, and was impressed with the scope and creativity of the piñatas at QCC.

"There is so much diversity in this exhibit—it's very inspiring," Pat observed.

Sioux said the exhibit has attracted island visitors as well. A mother and daughter from Maple Ridge stopped in to enjoy the piñatas while we were chatting.

"We wanted something tourists could be involved in. People who are visiting appreciate being able to support the community directly. It makes them feel more connected," Sioux said.

She hopes the piñata exhibit will become an annual event, with even more islanders involved next year.

"I'd like to see everybody getting involved—from kids to construction



call 285-2234 or email: news@discovervislands.ca for more info workers to seniors. We have so much talent on the island. People are already talking about the piñatas they'd like to make next year."

Quadra Community Centre's Piñata Exhibit is open Monday – Friday from 10 a.m. – 2 p.m. and Saturdays from noon – 2 p.m. until August 20. On Saturday, August 18, there will be a piñata open house from 4:30 p.m. – 8:30 p.m. with home baked desserts for sale.

"Eat a dessert, vote for your favourite piñatas, and/or make a bid on a piñata in the silent auction," said Sioux.

All funds raised by the exhibit go to the QCC children's playground. For more information, contact QCC at 285-3243.

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It seems the cans have taken control of the island's recycling bins, multiplying at an alarming rate. The can bin fills up in record time rather than keeping pace with other recyclables. The time has come to...

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Date	-	m	ft.	
17 Friday	03:36 08:23 13:39 20:42	2.3 3.3 2.3 4.0	7.5 10.8 7.5 13.1	
18 Saturday	03:51 09:36 14:03 20:59	2.0 3.2 2.7 3.9	6.6 10.5 8.9 12.8	
19 Sunday	04:26 11:02 14:16 21:10	1.9 3.2 3.0 3.9	6.2 10.5 9.8 12.8	
20 Monday	05:14 12:42 14:11 21:24	1.7 3.3 3.3 3.9	5.6 10.8 10.8 12.8	
21 Tuesday	06:13 16:26 17:40 21:48	1.6 3.6 3.5 3.8	5.2 11.8 11.5 12.5	
22 Wednesda	07:18 y16:31 19:08 22:21	1.5 3.7 3.6 3.8	4.9 12.1 11.8 12.5	
23 Thursday	08:17 16:27 20:05 23:08	1.3 3.8 3.6 3.7	4.3 12.5 11.8 12.1	
24 Friday	09:09 16:39 20:45	1.2 3.9 3.5	3.9 12.8 11.5	
25 Saturday	00:55 09:56 17:03 21:19	3.7 1.1 3.9 3.4	12.1 3.6 12.8 11.2	
26 Sunday	02:44 10:37 17:30 21:55	3.8 1.0 3.9 3.3	12.5 3.3 12.8 10.8	
27 Monday	03:45 11:12 17:57 22:38	3.9 0.9 4.0 3.0	12.8 3.0 13.1 9.8	
28 Tuesday	04:38 11:37 18:24 23:28	3.9 1.0 4.0 2.7	12.8 3.3 13.1 8.9	
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Island Tides

19:42

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14.1

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Labour Day Weekend Hours:

Please mark your calendar for the upcoming Labour Day weekend. Both QCU branches will be closed on Saturday, September 1st and Monday, September 3rd.Both branches will re-open 9:30 am Tuesday the 4th.

All the convenience of a Member*Card*® – plus peace of mind at no additional cost! Get your Member*Card*® today.

MORE HOURS INFORMATION:

With a view to continually providing our members with the extraordinary member service they have come to expect, and our ongoing development of new products and services, please note that both the Quadra Island and Cortes Island branches of Quadra Credit Union will be closed on September 11, 2007 to enable us to hold a Staff Development Day.

Although our branches will be closed, all electronic services such as Telephone banking, Internet banking and ATM services will be available that day. We appreciate the continued support of our members and thank you for your understanding for this important and necessary one-day closure.

MARKET JITTERS?

There is a great deal of uncertainty in the marketplace today, with major wings in the stock market and Central Bankers are under pressure to adjust interest rates. Therefore we have extended the deadline for our special short-term redeemable deposit. Cashable after 30 days, this 90 day product pays 3.75%. Offer expires August 31, 2007.

Anxious about your valuables??



We have several vacant Medium safety deposit boxes available at our Quadra branch. They are approximately 2" x 5" x 22", and are suitable for documents and small items.

Rent yours now and we'll waive the rent for the rest of the year! Sorry, Quadra branch only, and no bicycles allowed!

Member Direct[™] www.quadracu.com

Quadra Island branch 657 Harper Rd. Quathiaski Cove P.O. Box 190 VOP 1N0 250-285-3327 Cortes Island branch Sutil Point Rd. Manson's Landing P.O. Box 218 VOP 1N0 250-935-6617