



# Discovery Islander.ca



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

# HEDEFINE CONTRACTING

DISCOVERY ISLANDS ROOFING SPECIALISTS

**INSTALLATION / REPAIR  
& MAINTENANCE  
FOR ALL TYPES OF ROOFING**

Custom-Fabricated Sheet Metal

Call Shane Hedefine

**285-2866**

## SORENSEN - MACDONALD ENTERPRISES LTD.

Erik Sorensen mini-excavator

*Need a little digging?  
Give us a call*

285-3906

203-3906 (cell)

## NOLE CREEK SAWMILLS

*Portable Bandsaw Mill*

**We buy logs or standing timber**

**On-site custom milling**

**Kiln dried interior panelling & flooring**

*For a free estimate, call today*

*Greg Hewitt* **285-2762**

"Caring for children for community's sake"



### Preschool Program

**For 2.5 to 5 years**

(Toilet training not required)

### Quadra Kids

**school age program**

**For 6 to 11 years**

**Cost \$3/hour (3 hour min.)**

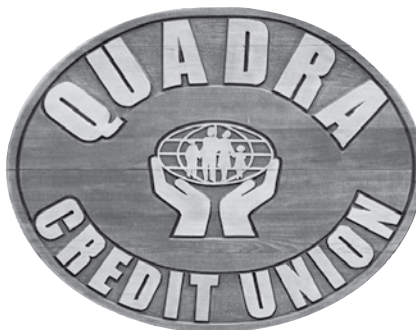
7:30 a.m. to 6:00 p.m.

Monday — Friday

**285-3511**

[www.quadraisland.ca/qcc](http://www.quadraisland.ca/qcc)

**Serving the Discovery Islands since 1941**



**Effective January 18th**  
until the close of 2007 RRSP sales,

**Quadra Credit Union**  
is offering a great rate on our RRSP  
products, as well as RRSP loans as  
low as Prime minus 1%.

Call, click or visit us today  
for more information.

**Deadline is February 29, 2008.**

### Quadra Credit Union is seeking

**Expressions of Interest**  
(EOI) from qualified  
consultants to work with us  
creating a new brand and  
image for the Discovery  
Island's own financial  
cooperative.

Your EOI should include  
details of experience,  
samples of relevant  
completed work, and a  
summary of how you would  
carry out the project.

Qualified consultants should  
submit their EOI by  
**January 31, 2008 to:**  
Steven Halliday  
Quadra Credit Union  
Box 190, Quathiaski Cove,  
BC V0P 1N0  
Fax: 250 285 2225  
Email:  
[shalliday@quadracu.com](mailto:shalliday@quadracu.com)



In addition to providing Curly  
Eastland Scholarships to local  
students, Quadra Credit Union  
supports the Credit Union  
Foundation of BC, which recently  
awarded a scholarship  
to Andree Mellanby.

Andree is shown here receiving her  
scholarship and our congratulations  
from Ruth Rombough, QCU's  
Manager of Member Services.  
Applications for CU Foundation  
scholarships are available year  
round from Margaret Heald  
at our Quadra office.

**Member Direct™**  
[www.quadracu.com](http://www.quadracu.com)

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

Cortes Island branch  
777 Sutil Point Rd.  
Manson's Landing  
P.O. Box 218 V0P 1N0  
250-935-6617





# Island Calendar

**Submit your event:** eMail: [news@discoveryislands.ca](mailto:news@discoveryislands.ca) • fax: 285-2236 • drop-off: 701 Cape Mudge Rd.

## The Regulars

- **Quadra Legion** - Now open Fridays and Saturdays at 4:00pm
- **Every Monday** - Badminton, 7:30 Cape Mudge Hall
  - Parent and Tots 9:30 am - noon Q.C.C.
  - Badminton, 7:30 pm Cape Mudge Hall
- **Every Tuesday** - Smile Makers Kidz Klub Q.I. Bible Church from 2:4 -4:15 pm
  - 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 Children's Centre
- **Every Wednesday** - Moms and Babies 11 am - noon Q.C.C.
  - Community Lunch noon Q.C.C.
- **Every Thursday** - Parent and Tots 9:30 am - noon Q.C.C.
  - Isle Sing 3-4:30 pm Q.C.C. upstairs, use South entrance
  - Prayer Meeting, 7:00pm at Quadra Island Bible Church
  - 7-9:30 PM: Life drawing sessions at Firesign Studio 285-3390
  - Badminton, 7:30 pm Cape Mudge Hall
- **Every Friday** - Free Pool, Darts and Shuffleboard at the Legion 4 pm to 1am
- **Every Saturday** - Legion Meat Draw 5:00pm to 6:30pm
- **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
- Sunday Celebration, Centre for Positive Living - 900 Alder St. C.R. 10:20 - 11:20 am
- **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, January 28<sup>th</sup> 2008**

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.

## 5 Day Forecast from Environment Canada

Wednesday	Wednesday night	Thursday
High 3°C  <b>Drizzle</b>	Low -2°C  <b>Cloudy</b>	High 4°C POP 40%  <b>Chance of showers</b>
Friday	Saturday	Sunday
High 5°C Low -1°C  <b>Cloudy</b>	High 5°C Low 2°C  <b>Periods of rain</b>	High 6°C Low 0°C  <b>Sunny</b>

## Day by day

- Friday, January 18**  
Friday Flicks presents Ten Canoes Q.C.C.  
Rated PG Doors 7:30 - Showtime 7:45 pm
- Saturday, January 19**  
- Chucky Danger Band Q.C.C.  
8:00 pm.
- Monday, January 21**  
- Social Dancing, Q.C.C.  
7 - 8:30pm?
- Friday, January 25**  
- Quadra Sustainable Energy Fair Q.C.C.  
7:30 pm key note speaker, Joe Van Belleghem
- Saturday, January 26**  
- Sustainable Energy Fair - Exhibits & Presentations Q.C.C.  
10 am to 6 pm Sponsored by Sierra Quadra
- Monday, January 28**  
- Social Dancing, Q.C.C.  
7 - 8:30pm?
- Friday, February 1**  
- Friday Flicks presents Amazing Grace Q.C.C.  
Rated PG oors 7:30 - Showtime 7:45 pm
- Wednesday, February 6**  
- Free Money distribution Q.C.C.  
11:30 a.m. to noon
- Saturday, February 16**  
- Silk Road and the Fabulous Chinese Acrobats Q.C.C.  
from China share a performance! 8 pm
- Wednesday, February 20**  
- Free Money distribution Q.C.C.  
11:30 a.m. to noon

Island Calendar online: [www.discoveryislander.ca](http://www.discoveryislander.ca)

*Next deadline for the  
Discovery  
Islander*

**January 28<sup>th</sup>**

**701 Cape Mudge Rd**  
[news@discoveryislands.ca](mailto:news@discoveryislands.ca)

[www.discoveryislander.ca](http://www.discoveryislander.ca)

## On the cover



*And THANKS to you two too!!  
Sonya Thompson and Sandy  
Spearing at the  
Community Centre office.  
Photo: Philip Stone*

**Discovery Islands Realty Ltd.**  
**ISLAND SPECIALISTS**  
**Quadra, Cortes & The Neighbouring Islands**

*Please call  
us for any of  
your real  
estate needs.*



**Nancy Allwarden**  
Quadra & Outer Islands



**Bill Bradshaw**  
Quadra & Outer Islands



**Vicki deBoer**  
Cortes

**[www.discoveryislandsrealty.ca](http://www.discoveryislandsrealty.ca)**  
Quadra 250.285.2800 Cortes 250.935.6716 [islands@island.net](mailto:islands@island.net)

# Discovery Islander

Issue 413 January 18<sup>th</sup>, 2008

Published bi-weekly and distributed free throughout the Discovery Islands by:

Discovery Islands media & publishing

PO Box 280 Quathiaski Cove,

B.C. V0P 1N0

Tel.: 250 285-2234 Fax: 250 285-2236

701 Cape Mudge Rd.

Office hours: Mon-Thurs 10-4pm

email: [news@discoveryislands.ca](mailto:news@discoveryislands.ca)

Publisher/Editor: Philip Stone

Staff Reporter: Tanya Storr

Printing: Castle Printing 285-3695

© Discovery Islander 2008 All Rights Reserved

Opinions expressed in this magazine are those of the contributors and do not represent the views of the publisher.

Agreement # 1408585



Printed on recycled paper



Discovery Islands  
Media and Publishing

## Subscriptions available

\$30.00\* for 6 months

\$50.00\* for 12 months (\* includes GST)

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, January 28<sup>th</sup>



# Island Forum

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

## Subject: Quadra Island Petition/RCMP

### Dear Editor:

As a past resident and Police Officer on Quadra Island, I found it extremely disheartening to hear of a current petition presently being circulated. It is my understanding, and please forgive me if I misquote, that the RCMP on Quadra Island have been harassing various people from and around the community.

We may all have our opinions to what "harassment" is. However, when someone is carrying out the very job they are being paid to do, that should hardly be considered harassment. IF it is someone's demeanor while carrying out their job, then why would that not be addressed right away. The RCMP provides several ways for the public to report such things and not just via the RCMP, but also an independent Public Complaints Commission. Does this not seem logical to seek the reason or source of the so called harassment, rather than complain and embellish the truth to other persons willing to listen, until it has festered into what seems to be going on now.

Then to add more fuel, a notice being posted about the RCMP's conduct in the community and the Sections quoted from the RCMP Act. Again, I ask, why would the person(s) posting such an item, not seek information from the source or both sides prior to such a posting? I am pretty sure we are all taught at a very early age, there are two sides to each story. Prior to the petition or posting of the RCMP Act, I would love to have heard from people about their "stories" of harassment. My first words would have been, "Did you speak to the person"? I will be shocked to hear from those who say they actually went and spoke with Cpl. Rick FRASER or any of the other officers about how they felt they were mistreated or harassed. If you are buying something from a store that is useless, do you not speak to the store about the problem? It is the same basic life skill principle, is it not?

Myself and family have been very fortunate to live on Quadra Island. We have made many friends and have always been treated very well. In any community, there are going to be "issues", but in no way would I have expected this type of reaction from some of the community members on Quadra Island. Obviously police work is not easy, I am sure you will all agree. Yes, we are the ones who signed up for the job and can not hold anyone

else accountable but ourselves. Having said that, we are the ones who come to your house or your business when you call for help. We are the ones who arrive on the scenes of horrific car accidents, assaults, violent crimes against children the elderly and everyone else in between. It is a shame, that in return you have not taken the time to seek out those who perform these unselfish duties, to try to understand where they are coming from. Perhaps that late night road check bothered you, a slight inconvenience of mere minutes. But did you ever stop to think of a late night road check that has saved someone's life. An abduction, an assault, or that impaired driver that wasn't checked and later something terrible has happened. This is what we do, try to help people and be in the right place at the right time. In no way have I, or the people I have had the honour to work beside go out intentionally to harass people. Please do not fall into that trap and believe that is our intention.

I am scheduled to return to Quadra Island this summer. I am looking very forward to it because I know what a great community Quadra is. I am very confident in the RCMP Members I will get to work with, as I am every bit as confident in the job they ALL have been doing.

Kindest regards,

Craig PETERSON

### Dear Islanders,

Amidst the general concern surrounding the RCMP at large, I would like to direct islanders' attention to what's happening in our own backyards.

A real lack of understanding of island life, is occurring. I reside here because of the peace and quality of life that can be found here.

Yet the powers that be, in the form of kids not long out of high school seem to have no concept of this inherent tranquility.

# Re: Quadra Island Petition/RCMP

Dear Craig,

Thank you for the letter to the editor and the news of your return to Quadra Island. Although I did not get to know you well during your previous tenure on the Island it is my understanding that many who did recall your presence in the community both professionally and as a community member with favour.

As it happens I was the person who posted the extract from the RCMP Act in the community and also passed a copy along to one of the constables currently serving at the detachment.

I did so because I felt I had heard enough anecdotes concerning the Quadra Island RCMP, and the mounting petition to have it investigated, that I became curious as to what is the acceptable civilized benchmark of behaviour of the public's protectors toward their charges?

Upon reading the RCMP Act which governs the operation and behaviour of the force I concluded that there are clauses in that act which specifically state that RCMP members treat the public with 'courtesy' and 'respect', that are not being honoured by some members of the Quadra Island RCMP detachment.

As the law is the guiding rule of our society it was clear the the public needed to be reminded of their expectations and the RCMP of their duty.

I also have become concerned that what today is being seen as a lack of respect has all the hallmarks of

I strongly believe that 'Canada's finest' are completely out of touch with our community weilding outrageous fines for trivial reasons.

A dangerous situation is unfolding, a division between the people and the authorities is being created. Divide and conquer perhaps?

I just hope the next 'kids on the block' will have studied theiur geography and realize that this isn't East Vancouver and we can return to a less authoritarian regime.

- name withheld by request

something that tomorrow could easily turn violent and someone on either side of the situation is going to get hurt or worse.

That this matter has been 'festering' for sometime is indeed unfortunate. But now a problem has been recognized we have the opportunity to fix it. As incoming detachment commander and a respected, returning officer there is obviously high expectations that you will be able to join with the community in returning respect to the relationship and re-establishing trust between the RCMP and a large segment of the Discovery Islands community.

How that is to come about is up to you and your members but I would suggest that the result is a change in behaviour in the future, not spending energy inquiring into the past. The cycle of bullying and silence is fact of human behaviour and the reluctance of individuals to come forward alone are entirely understandable.

The public does not necessarily have the confidence that reporting incidents to any given member's superior will result in a satisfactory resolution when it is perceived that there is a culture of this type of behaviour throughout the force. This is presumably why the nation has arrived at a point where an office such as the Police Public Complaints Commissioner has been struck.

Rather than chastise community members for not coming forward before I think you and your colleagues might take note of the fact that the incidents referred to are numerous and serious enough to have gathered such weight of opinion within the community that such a petition *has* been struck and attempt to resolve the matter from there.

In closing I think I echo many islanders in hoping that you are returning to Quadra Island with a view to helping see a change in the culture that has prevailed within the Quadra RCMP detachment of late and working on repairing the breach of trust that is perceived to have occurred.

Quadra Islanders along with all Canadians hope that we can place our trust in a force that is upheld as an iconic part of our country, one that we can all be proud of, the RCMP members included.

Yours  
Philip Stone

## Two Boys Stone Masonry



Frank Doherty  
ph. 250 285 3811

**Building In  
Natural Stone**

twoboysstonemasonry@hotmail.com  
Box 254 Heriot Bay B.C. V0P1H0

## Peace of Mind

property management

Custom Designed  
Inspections & Service

Indoor & outdoor  
maintenance

Small repairs & contracting

We look after boats too!

**Paul Ryan**  
**250-285-3896**  
pryan@island.net



Heidi@QuadraIslandRealEstate.com

**Heidi Ridgway**  
Your Resident Quadra Island Realtor

ROYAL LEPAGE

Advance Realty

For professionalism  
and integrity Call me!

**285-2217**



**Waterfront Acre-**

Older cabin with great rental income  
connected to the sewer with a drilled well.

**Only \$241,000!**

www.QuadraIslandRealEstate.com



To the Editor  
Discovery Islander,

## Re: B.C. Ferries New “Straggler” Rules

B.C. Ferries recently advised us that there would be new rules regarding the boarding of both vehicle and foot passengers, and in particular on the Quadra Island - Campbell River route. I am led to understand that the reasoning for these rules was to “ensure an accurate passenger count..... more efficient fuel consumption..... and show respect to our customers who arrive on time”.

It is to the issue of “respect” that I address these comments to the Administrators/Management/Rule Makers at B.C. Ferries: Many of Quadra Island’s children attend extra-curricular activities in Campbell River after regular school hours, as we obviously do not have the facilities for the majority of these activities on-Island. It stands to reason then, that many if not most of these children do not necessarily have rides from these activities to the ferry terminal, and therefore must walk (or recently, run) to catch the ferry home. For those involved in school sports activities it seems to be particularly difficult, as many of the sports programs do not seem to end until shortly before the next ferry is scheduled to leave.

It is uncomfortable enough for parents who have children walking in the dark along busy roads to get to the ferry, but it is particularly galling when my rain-soaked, panting 13 year old runs from Phoenix School to catch the 6:15 p.m. ferry, arrives 4 minutes before sailing time (according to CBC Radio time), finds the ramp down and the vehicle gate up, yet is refused access to board.

He is then forced to wait alone, wet and hungry, until the 7:30 p.m. ferry departs. Yes, he will certainly dry off, and no, he won’t starve to death, nonetheless, I have to question the wisdom of rules that appear punitive rather than proactive.

I wish to make it very clear that my argument is not with the crew, who have no choice but to follow the mandate they are given, but rather with the fact that it seems we are continuously paying more money for less services.

Perhaps the “Rule Makers” at B.C. Ferries would care to make a similar run under the same circumstances and see if they in any way feel respected while sitting in the terminal in their wet underwear digging for crumbs in their backpack.

Not feeling the least bit respected,

Karen A. Lakberg

## Time for dog bylaws?

Dear Editor:

I am writing in response to Pal Horvath’s letter regarding the responsibilities of dog owners. I have been a dog owner all of my adult life. I agree with Mr. Horvath wholeheartedly, and I was delighted to read his very forthright letter.

I have experienced many of the difficulties that Mr. Horvath describes when walking my two small dogs, both of whom are leashed or contained in a fenced yard. I have always believed that I was responsible for my dogs’ actions, and that if I could not absolutely depend on them to be obedient to my commands at all times and under all circumstances, I had to keep them leashed. I have terriers, and while I have spent many hours training them, they have very well developed ideas of their own. I know this about them. As their owner, it is my responsibility to know about them and act accordingly. They are both absolutely friendly toward people, but I call it “offensively friendly,” because despite training they jump all over anyone they encounter, and, as their owner, I feel I have a responsibility to protect other people from their displays of “affection.”

In my experience the majority of Quadra dogs who are walked off-leash are well behaved, often very well-trained, and they have earned the right to their freedom. The exceptions are numerous enough to spoil things for all.

I want to offer another viewpoint to the owners of aggressive dogs. Your dog when running free on a trail, for example, might come around a corner to encounter a dog much like him. In such an instance your dog has a very good chance of being terrified, maimed or killed. Have you been a responsible owner if you allow this to happen to your dog? How can you guarantee that it won’t if you are not in control of your dog?

My dogs and I have also been alarmed by large dogs riding in the backs of pick-up trucks who lunge and bark as they pass pedestrians. I have had the same experience when riding horses along the side of the road. I have seen children terrified while riding their bikes.

Mr. Horvath is correct in stating that there are no bylaws on Quadra that protect people from vicious or just incredibly annoying dogs who lack supervision. Children and adults have been bitten, dogs who were leashed and not aggressive have been attacked, and in Sharon Brereton’s case, killed, because of the unwillingness of the owners to assume any responsibility for their dogs. Perhaps we need to take some political action to create a bylaw.

Maureen Mather

## Salmon Farm Debate continues...

Dear Editor,

I would like to respond to Brad Hallam’s response to my letters on fish farms. I agree with what Brad says re Gary Stoner’s contention that logging, mining, and fishing have had no negative impact on wild salmon stocks. They have all been disastrous in their own way, but does that mean that we should now permit open net farms to continue to put further pressure on our wild salmon stocks? Surely we should learn from past mistakes and take action today to solve today’s problems.

As far as salmon escapes are concerned, salmon ‘escapes’ are self reported and two years ago the industry claimed to have lost 16 salmon – yeah right!

Alaskan salmon ranching is not the same as farming, as the animals spend the vast majority of their lives competing for food in the wild and are not depositing the refuse of pellets in one spot, nor are they cramped in nets as adults at the same time that migrating smolts are passing by to reach the ocean.

Land based farming uses grains which are renewable. They are not eating more protein than they produce and the source of the protein is not pelagic fisheries that poor people in developing countries need for sustenance. We are essentially robbing poor countries of valuable food that we consider to have no commercial value in order to produce a high end product for the rich developed world. How sustainable is that?

I acknowledge that the destruction of the east coast cod stocks was due to over fishing and indeed it has been replaced with aquaculture, but is that the model we should follow? Should we destroy our wild stocks as salmon farming is enabling right now so that we can replace it with aquaculture? I think not!

I would just like to add:

“The Campbell government is resistant to improvements in the aquaculture industry. It is no secret that the fish farm industry is a big donor to the BC Liberal party. During their first term in office over \$200,000 was donated. They are more interested in satisfying the needs of their big donors than in protecting our environment. It’s time for BC to move towards doing fish farming better. Closed containment systems would be good for the industry, good for the environment, and good for the wild stocks.”

Roberta Robson

# MLA's Report

by Claire Trevena

The New Year is always a time for a fresh start, for resolutions to be made and plans to be put in action.

I am sure that if you ask most people what they would like in the coming year, they would say among other things they hope for a good education for their children, steady work at a good wage, a clean environment, good health care. These are the foundations for a decent society, a society that we should expect in the North Island and in B.C. It is wrong that these are not the realities for everyone.

My goal for 2008 is that the communities in the North Island, and throughout BC, have hope once more. Hope that there can be equality of opportunity for everyone in BC.

I would like people to see a BC where child care is available, accessible and affordable for every family who needs it. Thousands of families would benefit directly by the provision and the ability of people to get back to work knowing their children are in good hands would mean a huge boost to the economy.

Our society also would benefit from stability in the education system. We've seen the Campbell Liberals change the rules time and again, including part the way through the school year. With stability and a funding system based on schools and community needs not just student numbers.

For students who graduate, 2008 should be the year to hope that the apprenticeship system is rebuilt and that a student grant system be considered to encourage our best and brightest to train and stay in our communities.

I want working people to be able to expect wages that that allow them to live without worrying whether they should pay the rent or buy groceries, without having to hold two or three jobs or rely on food banks. I would like women to have the hope that there will get equal pay for work of equal value. And I would like those

[www.discoveryislander.ca](http://www.discoveryislander.ca)

who have suffered a workplace injury to have their belief they are entitled to fair compensation for life confirmed.

This year many of us hope the government and management of BC Ferries realize that ferries are a part of BC's highway system not cruise ships and make fares reflect this fact.

All our North Island communities must be hoping that 2008 gives them access to resources; unlike now where there's a near monopoly of a few forest companies. Let's hope that our logs, harvested from our Crown lands, are processed in our communities creating jobs for our families.

I would hope that in 2008 we all radically change our approach to climate change where polluters are penalized and green initiatives rewarded.

I would like people to have hope that 2008 will see our publicly funded health care system entrenched and high quality healthcare is enhanced in our communities through our existing hospital structure.

And our seniors should be able to hope for a retirement and old age which is dignified, where they can stay in their homes with support from care workers.

There are hundreds of people in our communities, and thousands across the province, who are marginalized and have lived without hope for too long. We need to provide hope for them too starting with a welfare cheque they can live on and a clean safe place to sleep.

We need hope for a better future and we need the commitment to translate that hope into reality. What I hope for in 2008 is that working together, we begin to rebuild a good society.

I am happy to meet with constituents at my Campbell River or Port McNeill office: I can be contacted by phone on 1 250 287 5100 or 1 866 387 5100 or by email at [Claire.trevena.mla@leg.bc.ca](mailto:Claire.trevena.mla@leg.bc.ca)

## Internet Service Options

The two common Internet access options for Quadra Island are compared in the accompanying schedule. Availability of services at a specific location is a final delimiter of choice.

Cable access may be more available across the Island, as ADSL is limited to distance from the "Central Office" (CO), the telephone facilities just up from the school, and perhaps from a CO extender in the Gowland Harbour area. Telus doesn't recommend service beyond about two miles from the CO.

Anecdotally, my location is exactly three miles from the CO,

and my installation is capable of 4Mbps service, while my delivered 3.0 Mbps Quality of Service is typically 99%. The signal loss on my Telus service is rated at 61 decibels loss, with the Telus "cut-off" for service availability being 63 decibels, yet my Internet service is not degraded. I would think that acceptable ADSL Internet access could be available at twice my distance (six miles or more?), as long as the line for ADSL is allocated only for that service beyond the Telus demarcation terminal (aka "Dark" ADSL).

Ted Conover.

ISP Service	ADSL	Cable
Provider	Telus	GICable
Quality of Service	99%	0% to 50%
Internet access	Open	Restricted
Price /mo.	\$35.95	\$39.95
Installation	Free	\$50.00
Internet access device	Free	\$60
Access equipment	new Gateway	used Modem
Device Protocols	Current	Obsolete
Ethernet connections	Four	One
Special offers	Yes	None
Download speed	3.0 Mbps	512Kb /website
Upload speed	640 Kbps	not described
Usage /mo	60 GB	6 GB
Personal Web space	100 MB	10 MB
Email with Webmail	5 accounts	7 accounts
Email type	POP/IMAP	not described
Dynamic IP addresses	2	2
Dial-up roaming /mo.	20 hours	not available

### A Unified Voice for the Islands' Business Community



### JOIN TODAY

- Forum for Island businesses.
- Coordinating island promotion.
- Low annual membership dues

#### FOR MEMBERSHIP INFO

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

D.I.C.C. c/o Box 190, Quathiaski Cove, BC V0P 1N0

Call 1-866-285-2724 or eMail [chamber@discoveryislands.ca](mailto:chamber@discoveryislands.ca)



### Advertising Information

## Now Available.

[www.DiscoveryIslands.ca/Advertising](http://www.DiscoveryIslands.ca/Advertising)

## Explore is Closed

A big thank you to all who came out on Saturday and supported Explore's final sale. You left me with much less to pack up! I am grateful for all your support over the past 6 years as manager, as is Mo for his time spent at the helm.

Thank you to all our amazing artists and their contribution to the beauty and uniqueness of Explore. I will truly miss my daily interactions with all of you, however times they are a changing. Rick and I now own Kenwood Designs and we will once again work side by side running our business together.

I am forever grateful to Christine and Terry who owned Explore and trusted me to build the business as my own. Quadra truly is an amazing Community. See you Wednesdays at the Community Lunch.

Love and Light

Kelly Maddison



- Handbuilt Guitars
- CNC Machining
- Carved Signs

**Richard Pielou**  
**285-2065**  
 Fax: 285-2045  
 1-888-558-2065

1861 Hyacinthe Bay Rd  
 Box 47 • Heriot Bay BC V0P 1H0  
[rpielou@telus.net](mailto:rpielou@telus.net)



**Fax: 285-2679**    [ctom@castleprinting.ca](mailto:ctom@castleprinting.ca)

**Business Cards • Letterhead  
 Envelopes • Continuous Forms  
 Cheques • Invoices • Brochures**

**Phone 285-3695**

**BEARD CONSTRUCTION**

**Complete Construction Services**  
**Serving North Island & Discovery Islands**



**Gov't Certified Journeyman Carpenters**  
**Renovations, Additions, Residential**  
**Commercial, Project Management**

**Matt Knoedler 285-2754**  
 email: [heatherknoedler@telus.net](mailto:heatherknoedler@telus.net)

## From our School Board Trustee

by Helen Moats

Last year, while attending the 25th anniversary of Penfield School, I was deeply moved by the story of a 100% visually impaired Grade 5 student, a relative newcomer to Campbell River, whose grandparents expressed their heartfelt gratitude for the reception she had received in her new school. On that day, she was part of the celebration program, and when her turn came, I watched as one student moved chairs and another guided her to the piano where she played a spirited rag. Students and adults alike were captivated, and I reflected that her presence in that school had brought a gift to everyone, the gift of living and working alongside someone who was "differently-abled". In the children's lives, this experience will build understanding and compassion, not only of the blind, but of people with many kinds of differences. This binding force of schools, the bringing together of children with diverse backgrounds, capabilities, and personalities, is a powerful argument for public education.

As envisioned by our Canadian ancestors, public education is the single most important factor in creating equal opportunities for children. Unlike the locally funded educational system of our southern neighbours, ours is funded equitably, if not equally, by the provincial government. Broadly speaking, the basic grant received for each B.C. student is the same, whether s/he lives in West Vancouver or Terrace. Result? Unlike the US, we do not create "have" and "have-not" districts through a flawed funding formula; on the contrary, we work to equalize the chances for children from all economic and social backgrounds.

Public schools offer a vast array of learning opportunities in both curriculum and program delivery style. Focussing on primary skills of literacy and numeracy, they also offer up-to-date technology, opportunities for creative endeavours such as art, music, and

drama, courses in practical skills such as IT, media, woodwork, metalwork, sewing, foods, career and personal counselling, and many other learning options. Schools value health, and are becoming increasingly aware of the importance of physical activity and good eating habits. They offer programs for a wide spectrum of capabilities, from French Immersion and gifted and enriched programs to individual support for struggling students. In School District 72, programs such as Elm Street, eblend, and Continuing Education meet the needs of students who, for whatever reasons, are unable to attend school on a regular schedule.

Public schools employ highly skilled staff who are experienced and knowledgeable in psychology, educational theory, and curriculum; they are paid a decent and well-deserved salary for the many years they've invested in their own educations, and for the commitment, time, and energy that teaching children day-in and day-out requires of them.

Through Parent Advisory Committees and School Planning Councils, public schools welcome the involvement, input, and support of parents and family. They are our public institutions for our children, and as such, are a central part of our communities. There, children of all races, religions, socio-economic backgrounds, gender-orientations, abilities and disabilities have the opportunity to experience the realities of other children, in a setting that works to help them understand and manage differences. There, adults can do the same.

Maintaining the effectiveness and viability of public education is a matter of pressing importance. Without it, we risk becoming an isolated, fractured society; with it, we have the hope of living together co-operatively and constructively, with all that that implies. Indeed, public education brightens the future for all of us.

Helen Moats

**Blaine Smith Painting & Contracting**

*Serving all your residential and commercial needs.*

- painting • finishing • tiling
- decks • drywall • flooring • renovations

**You name it I do it!**

20 years painting experience Seniors discount available

**p. (250) 285-3045 c. (250) 202-6299**





# News and Events

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

## Quadra Climbing Wall Open

The Quadra Vertical Climbing wall will be open January thru April every Sunday from 3 - 5 pm, except for March 16 and 30.

The drop in fee is \$5 and gets you a harness, belay instruction and lots of encouragement! If you are interested in volunteering or otherwise becoming involved (or donating used climbing shoes) Contact Matthew at 285-2543 for more info.

## Time for Lunch

Quadra Island's Community Lunch has started up again. Mark every Wednesday on your calendar and come to the Community Centre at noon to meet your neighbours and eat a delicious meal.

The lunch will happen weekly on Wednesdays through to next spring. If you already know how special this occasion is, bring a friend who doesn't know about it yet. The more the merrier. The lunch is supported by a donation box, and is made possible by many generous volunteers.

## Aerobics

Enjoy a refreshing, well rounded body workout with Marion.

Low impact cardio, strength training upper and lower body, core conditioning and stretching to the beat of great music. Improve your fitness. Get more energy and be part of a fun group class.

Everyone welcome. Suitable for beginners. Classes are Mondays and Thursdays from 6:00- 7:30pm at the Community Centre.

7:00- 7:30pm will be focused on stretching and relaxation. Drop in \$ 7 incl. stretching. For more information call Marion at 285 2895

[www.discoveryislander.ca](http://www.discoveryislander.ca)

## Quadra Island Runners

Sundays at 8 am. Meet at the junction of Heriot Bay Road and Rebecca Spit Road. Anyone welcome!

## Quadra Legion

Quadra Legion Lounge open Friday and Saturday at 4:00pm. Complimentary pool tables, darts and shuffleboard. Meat draws support Quadra Island based nonprofit organizations every Saturday 5:00pm to 6:30pm. New and established members with guests welcome. See you at the Legion!

## HBI Announces Revised Hours for Herons

Hérons at the Heriot Bay Inn is closed as of January 7th until the spring of 2008. Thanks to all islanders for your patronage, and see you in the spring! The HBI Pub remains open seven days a week, serving meals noon--8pm.

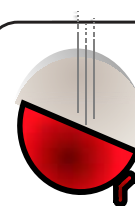
## Save Stamps for S.P.C.A.

Have some stamps from recent presents arriving? Now and at any time the SPCA is asking for people to collect and donate stamps to help raise money for the SPCA's activities. International stamps have the most value but any postage stamp is welcome. Local donations of stamps can be mailed to Daphne Young at post office box 457 in Quathiaski Cove.

Robert Evans  
Fine Woodworking

202 - 9478

Experienced shipwright with expertise in fine woodworking looking for small home renovation projects



Q-Beans  
Coffee

Only organically grown, fair-trade coffee. Kiosk opens at 6:00 a.m. daily at the Q-Cove ferry terminal.



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





**Reach for new heights in 2008 with the Falcon All-in-One Ladder!**

**It's a 5' to 9' step ladder and a 11' to 19' extension ladder.**

**Only \$249.00**

Store Hours: Mon-Sat 8:00 - 5:00 • Sun 10:00 - 4:00

**Ph: 285-3221 Cortes Toll Free: 1-877-585-3221** Fax: 1-866-509-8928

Delivery to Cortes 4 days a week.

**Makita**

**Taskmaster Series**

**Nutro Choice**

**Task**

**National**

**Cloverdale**

**JM**  
Johns Manville  
Formaldehyde Free



# HERIOT BAY

100% Locally owned and operated

# TRU VALUE FOODS

January 18 - 31 2008 While Quantities Last

## GROCERY

Mexi Snax

**Tortilla Chips**

ORGANIC  
**\$2.98**  
255g

Simply Natural  
**Yellow Mustard**

ORGANIC  
**\$2.28**  
250ml

Rizopia  
Brown Rice

**\$2.98**  
454g

Pring  
Select

Nature's Path - Weil

**Fruit & Nut Bars**

ORGANIC  
2 **\$3.00**  
for 45g

Simply Natural  
**Pasta Sauces**

ORGANIC  
**\$3.88**  
739ml

Food for Life  
Brown Rice  
**Bread**

**\$4.98**  
680g

Swiss K  
Chee

Kiju

**Juice Boxes**

ORGANIC  
**\$2.48**  
3x 250ml

OFB - Raw

**Energy Bars**

ORGANIC  
2 **\$3.00**  
for 50g

Sharwoods  
**Sauces**

**\$3.98**  
395ml

Ideal Swe  
Mapl  
Syrup

Mary's  
Gourmet

**Crackers**

ORGANIC  
**\$4.48**  
184g

Cocoa Camino  
Pure Baking  
**Cocoa**

ORGANIC  
**\$5.98**  
224g

Capricorn - Salt  
**Licorice**

**\$2.98**  
200g

Assorted  
Shak  
& Ba

## PRODUCE

The Buck's  
are the Best!!!

Buck Brand  
Sweet Large Navel

**Oranges**

**\$1.28**  
/ lb \$2.82/kg

Happy Planet  
100% Fruit

**Juices**

2 **\$5.00**  
for 325ml

California - Driscoll  
**Raspberries**

**\$2.98**  
5 oz

California  
**Broccoli**

**\$1.48**  
lb \$3.26/kg

D'Anjou

**Pears**

**88¢**  
lb \$1.94/kg

Earthbound Farms  
**Baby Carrots**

2 **\$3.00**  
for 1 lb Bag

## BULK

ORGANIC

**Pitted Prunes**

**\$1.48**  
/ 100g

Sweet & Salty  
**Nut Mix**

**68¢**  
/ 100g

Panda - Natural  
**Licorice**

**\$1.88**  
/ 100g

Unsalted  
**Almonds**

**\$1.68**  
/ 100g

Dan D Pak

**Ginger**

Chunks or Slices  
**\$1.98**  
200g

Assorted  
**Granolas**

**68¢**  
/ 100g

Bottle Returns in January will be Donated to the Quadra Emergency Program

Winter Hours - Fri





# Visit our interactive web site on the GumBoot

gles  
2 for \$5.00  
200g

night  
ses \$3.48  
170g

ets  
le \$4.98  
250ml

ke  
\$1.98  
142-192g

Glad - Force Flex  
Garbage Bags \$7.98  
28s

Kellogg's  
Fun Pac Cereal \$3.48  
210g

Assorted  
Ristorante Pizzas \$4.88  
325-390g

Stoned Wheat  
Thins \$3.48  
600g

## MEAT

Farmer's Best  
Prime Rib Steaks \$6.48  
/ lb  
\$14.29/kg

Farmer's Best - Extra Lean  
Ground Beef \$3.28  
/ lb  
\$7.23/kg

Fresh Whole  
Frying Chickens \$1.98  
/ lb  
\$4.37/kg

Schneiders  
Chicken Wings \$9.88  
908g  
Hot, BBQ or Honey Garlic

Antibiotic & Hormone Free  
Bonein

Pork Loin  
Roasts \$2.98  
/ lb  
\$6.57/kg

Freybe  
European  
Weiners \$3.98  
375g

## BAKERY

La Collina  
Butter Almond Ameretti  
Cookies \$2.48  
4 pack

Freshly Baked  
In-Store  
All Butter  
Croissants 2 for \$1.50

Indian Life  
Naan Breads \$1.98  
500g

La Collina  
Biscotti  
Chocolate Pistachio  
or Orange Almond \$5.98  
12 pack

Cream Filled  
Chocolate  
Long Johns 2 for \$1.50

D'Italiano Thick Slice  
Breads 2 for \$5.00  
675g  
Original, Whole Wheat  
or Seeded

## DELI

Come in  
for Lunch!  
Jumbo  
Hot Dogs  
with the works!  
2 for \$3.00

Jumbo  
Chili Cheese  
Hot Dogs 2 for \$4.00

Start Your Day  
Off Right!  
Breakfast  
Wraps

Freybe's  
Sun Dried Tomato  
Turkey Breast 2 for \$2.98

Potato Salad  
with Egg 78¢  
/100g

\$2.98  
Each

- Sat. 7 am - 9 pm Sun.-Thurs. 7 am - 8 pm



285-2436

# Thank you!

Thank you Kent from the Heriot Bay Store and Gord from Quadra Foods for donations of hot chocolate and hot dogs.

The New Year's Swim was a success with everyone enjoying a free hot drink and hot dog.

Happy New Year  
Everyone!

Maya and Sally

## HUMMINGBIRD OFFICE & ART SUPPLY



All Your Office  
School & Art  
Supply Needs

Faxing

Colour & B/W Photocopying

Mon-Fri 9 to 5 Sat 10-4

Tel: 285-3334 • Fax: 285-3331

## Green Urban Planner to Speak at Fair

David Rousseau of Archemy Consulting Ltd. will be one of the presenters at the Quadra Sustainable Energy Fair. His talk titled "Putting it all together at the Community Level" is scheduled for 5:15 on Saturday, January 26th.

Archemy Consulting is an environmental consulting company specializing in green buildings, green urban planning and related programs and education. They have worked in Canada, the US and China.

David is trained in engineering, environmental studies, architecture, urban planning and toxicology. He has decades of experience with healthy buildings, advanced energy efficiency, water and waste recycling systems, green materials and construction. David has guided the design of landmark green projects and led the development of green building performance assessment tools and programs for municipalities and the private sector. As well he is the author of books titled "Environmental by Design" and "Healthy Design".

David's presentation will show examples of communities that have adopted strong social, ecological and economic sustainability

standards in Canada and Europe. Included in his talk will be illustrations of the integration of renewable energy systems into buildings.

This topic should be the ideal wrap up to the Fair, which commences on Friday night at 7:30 pm with green developer, Joe Van Belleghem and continues on Saturday with presentations and exhibits ranging from greywater recycling to home energy audits.

An insert in today's Discovery Islander gives all the details about this event. See you at the Fair! Organized by Sierra Quadra

# Chucky Danger Band

Chucky Danger Band is a Canadian indie rock group that is generating a major buzz on Canada's pop/rock scene. This talented foursome is bringing a carefully crafted blend of original music and a visual live show to the Quadra Community Centre on Saturday, January 19th, 2008 at 8:00 pm. The fourth in a series of top-quality performances sponsored by the Quadra Island Recreation Society's Cultural Committee, Chucky Danger Band will entertain all ages of music lovers. Tickets are \$10 per person.

Chucky Danger Band was formed in Belfast, Prince Edward Island in 2004 by 21 year-old lead singer, songwriter and acoustic guitarist John MacPhee. He is joined by brother Rob MacPhee on vocals and bass, Colin Buchanan on lead guitar, and David MacDonald on drums and percussion. The magical sound of two brothers singing in harmony, combining their vocal and songwriting prowess invites us into the world of a young person growing up in the 21st century. There are songs of hope, humour, angst, love and inner struggle all written with a lyrical sensibility and melodic texture that touches everyone.



Chucky Danger Band's 2004 release of "Sweet Symphony" sent their music to radio stations across the country and soon after they were asked to record for CBC's Atlantic Airwaves. Their first full length CD "Colour" won "Entertainer of the Year" at the 2005 PEI Music Awards. At the 2006 East Coast Music Awards, they received "Pop Recording of the Year," for their EP "6-pack." In 2007, they received three nominations at the East Coast Music Awards: Group Recording of the Year, Single of the Year ("Marching Machine") and Rock Recording of the Year. They have just released their second self-titled CD.

The wide appeal of the Chucky Danger Band effortlessly crosses generation lines, so come one, come all to hear another great performance on Quadra Island. Tickets are \$10 and are available at the usual outlets: Hummingbird Office and Art Supply in the Cove, Quadra Crafts in Heriot Bay, and at the Music Plant in Campbell River. For more information, please call 285 3245 or 285-3560.

## Excavating Services

Specializing in Building Construction Projects

a division of

Jtoelle Construction Ltd.



Midsize Kubota with thumb and blade  
11 ton Cat for larger projects



Operated By Dave Hodge  
285 2964

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



## Quadra Rec Yoga Classes

With Sue Beattie Friday morning, 9 - 11, Stretch, strength and long relaxation. No prior experience required.

January 18th to February 22nd, \$67/6 Weeks. Drop-ins \$12/session

Thursday Morning 7:30 - 9 AM Explore breath as a an important element of your own health and healing. Please pre-register. If less than 4 registrants, the class will be cancelled.

January 17th to February 21nd, \$70/6 Weeks - NO DROP-IN's

Call Sue Beattie 285 2948 or email suebeatt@telus.net to preregister.

**Campbell River Family Services  
presents:**

## Cooperative Problem Solving With Children

Date : Thursday , Jan 31, 2008

Time : 6:30 pm – 8:30 pm

Location : Quadra Children's Centre

Cost : Free !

Registration : phone 287-2421 to register

This 2 hour workshop will offer parents and caregivers some new skills for building an atmosphere of mutual respect and cooperation within the family or childcare setting.

- Learn to avoid power struggles
- Learn to empower children while maintaining your own power
- Learn to teach your children to respect and care for others.
- Help your children learn valuable life skills such as expressing feelings appropriately, being assertive, and making decisions.

This workshop is most suited to parents and caregivers of school –aged children.

## Quadra Circle Social Dancing

Building on the the success and enjoyment of the series of lessons in Oct/Nov, Quadra Circle is pleased to announce that a second set is starting in January at the Quadra Community Centre from 7:00pm – 8:30pm. The emphasis will again be geared to beginners, but also will serve as a refresher for others. Elements of swing, two-step, Latin, jive, country and ballroom will be covered. The emphasis is on enjoyment and feeling comfortable on the dance floor – social dancing. All adult couples are invited to join us. Admission is by donation. For further information contact Barry or Sharon at 3144, or David & Elaine McQuade at 2627.

## Start the New Year in Balance!

**Yoga Workshop Sat. Jan. 26**

**"Balance and Harmony in Yoga"**

9 a.m.-12:30 \$45.00

Join us at West Road Yoga as we welcome Vicky Catchpole. In this workshop we will seek to find balance and harmony by observing the mid-line of the body in a variety of poses.

Vicky is a certified Iyengar Yoga teacher who has been teaching in the Comox Valley for over 20 years. She owns The Yoga Studio on Rosewall in Courtenay where she and fellow teachers enjoy sharing their passion for yoga.

Please register no later than Sat. Jan.19

by email [anntoelle@yahoo.ca](mailto:anntoelle@yahoo.ca) or leave message for Ann at 285-3783

West Road Yoga studio is located upstairs at 680 Industrial Way.

## Quadra Island Harbour Authority Dinghies

The Heriot Bay wharf has been a spot where many people have decided to store their dinghies. We are trying to put some order to the wharf and need to know who owns these boats. We, therefore, request that anyone who has a dinghy at any of our facilities please come and register that boat with Dawn Ross, QIHA manager. As of February 29 any unregistered dinghy will be removed. Dinghy storage on the wharf is free to anyone who is mooring at the wharf. Dinghy storage rates are \$2.70/foot for those who do not have larger vessels at the wharf. We ask that each dinghy has legible name or means of identification. Harbour users should be reminded that dinghies and tenders that are tied alongside and that prevent larger vessels from rafting will be either moved or charged extra for that usage.

## No Oil Tank In Heriot Bay

The used oil tank has been removed from Heriot Bay. The tank developed a leak, spilled some oil and created a liability for the Harbour Authority. We ask that no one leave their used oil at the wharf as we have no means to dispose of it. Used oil can be disposed of at Canadian Tire in Campbell River.

We would like to remind our patrons that the wharf is not nor ever was designed to be a storage facility for anything other than boats. We need to keep the wharves clear and clean for safety issues, so we would like to remind you to clear your clutter from the wharf.

## ALL CLEAR SEPTIC SERVICE

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



SAVE costly drain field repairs by having your septic tank pumped out before trouble attacks!

Call Mel Doak **285-3561**

[www.discoveryislander.ca](http://www.discoveryislander.ca)

## G. ROY DAHLNAS EXCAVATING LTD.

- EXCAVATING • TRUCKING • SAND
- GRAVEL • TOP SOIL • DRAIN ROCK
- ROAD CRUSH • WELL CASINGS



### Niko's Fusion

### Sushi Bar & Grill

Fully Licensed

Village Square Q. Cove  
Reservations / Take-Out

Call today and make a reservation!  
**285-2355**

## Quadra Island Quilt and Garden Tour

June 21st and 22nd, 2008

It is time to think about long summer evenings and the garden you can see in your mind's eye as you peruse seed catalogues. It is looking so great that you would like to share it with some friends and neighbours and help your community at the same time. Why not offer your garden for the Quadra Island Quilt and Garden Tour? Each year we aim to have around 10 gardens in which quilters can display their quilts and gardeners their special gardens. No garden is too small or too large. Although we do include some gardens that have been on the tour in previous years, we try to get as many new gardens as possible. Every garden is in a constant state of change as plants grow, trees mature and we find more blank spaces that are crying out for that special plant. It is also a great incentive to get that special project finished. Recently the majority of the gardens in the tour have been in the Heriot Bay area although we have it on good authority that there are some wonderful gardens in the south end. Proceeds from the tour go to support the Quadra Quilters Marathon and a project (yet to be decided on) at the Community Centre. If you are interested in participating, please contact Eileen Mackay at 285 3194.

## Winter Yoga With Ann Toelle

### Five-Week Yoga Session

Starts January 22 through February 21, 2008, Tuesdays and Thursdays 9 a.m. to 10:30. Cost \$115 for 10 classes over 5 weeks.

Everyone welcome! To register phone Ann at 285-3783

### Drop In Yoga

Starts January 22 through February 21, 2008, Tuesdays and Wednesdays 5:30 - 7:00 p.m. Cost \$12. Students \$10. Everyone welcome! "West Road Yoga" upstairs at 680 Industrial Way.

These traditional Hatha Yoga classes will give you a foundation of basic standing, sitting, inverted and relaxation poses. A precision oriented method; this yoga seeks to develop flexibility, strength, stamina and concentration in a balanced way.

My Yoga Teacher Training is ongoing with a Certified Iyengar Teacher in Seattle. Come feel your energy strength and health!

## Oyster Growers Seek Better Prices

Cortes Island oyster growers are seeking better prices for their product and believe the future of their industry depends on it!

As one source sees it, 'Our young people are looking elsewhere for their livelihood, and our highly productive farms are being converted to other, more lucrative ventures, or are being allowed to remain fallow.'

See the full feature article online at: [www.cortesoysters.ca](http://www.cortesoysters.ca) for more details.

## Qigong Workshop

Come and experience the essence of qigong with this workshop - Qigong for health and vitality.

A series of simple movement exercises co-ordinated with breathing to strengthen the internal organs and improve health by revitalizing the body, mind and spirit.

The workshop is at the Quadra Community Centre in Room 3. Please use the south entrance. Saturday January 19th between 10 am and 3 pm (lunch 12-1).

Cost is \$50. To pre-register or for more information call Denise at 285-3743. All fitness levels are welcome.

## Forgiveness - Accepting the Past

### Meditation Retreat with Robert Beatty

Forgiveness is an active process that requires intention, training and practice. The Buddha observed that we perpetuate suffering by clenching our fist around the burning coal of hatred. It is not helpful to forgive and forget. Instead we forgive and remember with wisdom and compassion, thus empowering skilful action and creating both inner and outer peace. This non-residential, silent retreat will offer instruction, sitting and walking meditation and Dharma talks. Robert Beatty has been a Vipassana practitioner since 1972. He has studied in Burma, India and North America and is the founder and guiding teacher of the Portland Insight Meditation Community. Registration is \$50.00 plus Dana. Fri. Feb. 01 - 7:00 to 9:00 p.m., Sat. Feb 02 - 9:00 to 5:00 & 7:00 to 9:00 p.m., Sun. Feb. 03 - 9:00 to 4:30. at Quadra Community Centre.

Information/registration contact Don McEachern at 250 285 2193 or [dmceach@telus.net](mailto:dmceach@telus.net)

## Free Wood

Free wood is still happening. Phone Steve Moore at

285-3323 for an appointment. We can meet you where

the wood piles are and load up your vehicle. If you don't have a vehicle, arrangements can be made. Looks like we may have enough wood to last until late February (depending, of course, on demand) So place your order now. So far our main customers have been single parents, elders on a fixed income, low-income new residents and folks out of work at the present time. Generally speaking, people who can afford to buy wood don't use this service. But if there is a need, give us a call and warmth is on the way.

## Printmaker, Perrin Sparks Tidemark Art Show

"With a Little Help from my Friends" showcases the work of Quadra portrait painter and printmaker, Perrin Sparks. Some 30, primarily life-sized, pastel and oil paintings of her friends and neighbors along with intaglio etchings make up this, her first, one-woman show in Campbell River at the Tidemark Theatre Lobby.

After 25 years of a career in surgical illustration, with 'red for the arteries, blue for the veins, I needed to break out and tell my own story. " Since moving to Quadra Island in 2005, Perri has finally had the opportunity to paint full-time and pursue her interest in non-toxic printmaking techniques. She and her husband converted an indoor squash court on the banks of Village Bay Lake into Lake Haven Atelier and Art Retreat where students come to study and paint with Perri.

Show dates: January 4-February 4. Artist's Reception: Sunday, January 13th, 2:00 PM to 4:00 PM The Tidemark Theatre Lobby, Campbell River, BC

## Free Money

Free money is available from 11:30 a.m. to noon just before the community lunch on Wednesday, February 6th and Wednesday February 20th. If you're short of cash, drop in.

The community lunch, the food bank and free money are all happening on the above mentioned days.

Many thanks to the kind unknown donor who deposited \$500 in the Free Money Association account at the Quadra Credit Union. Again, every cent of that donation goes to Quadra Islanders who are temporarily in need of cash. For more info, call Steve Moore at 285-3323.



## QUADRA CIRCLE – Social Dancing

Building on the the success and enjoyment of the series of lessons in Oct/Nov, Quadra Circle is pleased to announce that a second set is starting in January . Once again Barry and Sharon Hatelt have agreed to host 6 classes starting on Monday January 21st. These will take place at the Quadra Community Centre in the main hall from 7:00pm – 8:30pm. The emphasis will again be geared to beginners, but also will serve as a refresher for those couples who may not have danced for a little while. Elements of swing, two-step, Latin, jive, country and ballroom will be covered. The emphasis is on enjoyment and feeling comfortable on the dance floor – social dancing. All adult couples are invited to join us. Admission is by donation.

For further information contact Barry or Sharon at 3144, or David & Elaine McQuade at 2627.

## Friday Flicks Tonight! Ten Canoes

Rated PG

January 18th , 2008. QCC

Doors 7:30 - Showtime 7:45

adm: \$5.00 - \$4.00 stu/snr

Aboriginal culture in Australia has rarely been represented on screen — and then, only within the context of whites. TEN CANOES changes that. It /opens on a day, about 1,000 years ago, as ten tribesmen go out to build canoes for the annual goose-egg harvest. / Among them is young Dayindi, who fancies one of the wives of tribal elder Minygululu. The men tell jokes and gossip, and Minygululu tells Dayindi a story of their ancestors.

Different modes of storytelling, and its various effects, are at the heart of this rich, wise and unique collaboration between filmmaker Rolf de Heer and the Aboriginal community of Ramingining in Australia's Northern Territory.

Opening with sweeping vistas of the Arnhem Land wetlands, 'Ten Canoes' develops a nesting set of stories. Black and white photography, explicitly modeled on anthropological archives, casts an otherworldly spell from the past. The mythological tale unfolds in colour.

"The story is handled with the same relaxed assurance the hunters bring to the construction of their canoes. It's a pleasing, organic process underlined by the narrator's note that 'this story is growing into a large tree now, with branches everywhere.'" (Time Out London)

## Next At Friday Flicks Amazing Grace

Rated PG

Feb 1st, 2008.

Same time, same place, same price.

We first meet William Wilberforce, the impassioned British parliamentarian who led the crusade to end the slave trade, in 1797. He is disillusioned by the guilt of a great failure – his inability to pass legislation abolishing slavery despite ten years of leading the charge. At every turn the old guard, who safeguarded the slave trade and funnelled the spoils into the pockets of the nations most powerful politicians, sabotaged Wilberforce's campaign. It took another eight years of work before the law was passed.

You don't win that kind of victory by being a layabout, and Wilberforce was a guy who worked tirelessly through chronic illness and medication-induced fuzziness.

The film is filled with English actors, veterans and relative newcomers alike. Albert Finney, in a rough cloth tunic, plays Wilberforce's mentor John Newton, a former slave-ship captain who recognized his sins and became an Evangelical pastor who composed the hymn "Amazing Grace." Michael Gambon is Sir Charles Fox, the abolitionists' most respected supporter. Ciaran Hinds shows up as a bewigged Parliament baddie; Toby Jones, a pale, powdered and toady duke. The luminous Romola Garai plays Barbara Spooner, the civic-minded young woman who becomes Wilberforce's wife; the Senegalese musician Youssou N'Dour, in his acting debut, is the eloquent Ouladah Equiano, a former slave who bought his own freedom, and whose story helped move Wilberforce to action. Iain Gruffudd plays Wilberforce with a mix of earthiness, drive and reserved soulfulness.

Amazing Grace, an openhearted and enthusiastic film, is an ode to William Wilberforce but also a tribute to the brave and simple act of declaring one's values and taking action. Contrary to popular belief, hippies didn't invent activism: The long, proud tradition of striving for social and political change stretches way back. It is a fascinating look at a time, and a man worth remembering.



## Quadra Circle

The Quadra Circle

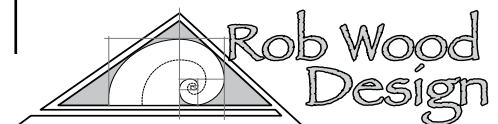
group meets this coming Monday, January 21st at the Community Centre. From 10:30 to 11:00 am Annie Strong will be leading Temple Tai Chi exercises in Room 3, followed by a short business meeting in



Room 1 from 11:00 am to noon. We all then adjourn to the main hall for a 'bring your own lunch' and to socialize. This, in turn, is followed by table tennis, the bridge group and whatever else takes our fancy, until 2:00pm.

The Circle was formed in September of last year and presently has a membership of over 50. The Circle is open to all adult Quadra Islanders and is also a committee of Quadra Island Recreation Centre. The purposes behind starting this group originally were threefold: participation in a variety of enjoyable activities; service to the community; [the frozen meals programme is just the start], and lifelong learning. To these three has been added a fourth 'string' – a thrust towards providing affordable accommodation for seniors on Quadra. All of these goals are works in progress. An invitation is extended to anyone interested to check us out! More information is detailed on page 5 in the recently published Winter – Spring Programme of the Quadra Island Recreation Society.

A reminder to couples interested in the social dance sessions hosted by the Circle, and led by Barry and Sharon Hatelt , these also commence on Monday 21st January from 7:00 – 8:30 pm and will continue for the following 5 Mondays. These lessons are intended primarily for beginners or as a refresher to couples who may not have enjoyed social dancing for some time. The idea behind this session is to make couples, even absolute beginners, feel comfortable on the dance floor. Dancing includes elements of swing, jive, ballroom and western or wherever the group wishes to go. Admission is by donation.



### Design for Healthy Living

Helping to build dreams in the Discovery Islands since 1978

- Site analysis
- Design assistance
- Energy conservation
- Handcrafted drawings

**287-1945 or 287-6313**

[quintano@island.net](mailto:quintano@island.net)

view my portfolio online  
[www.island.net/~robwood](http://www.island.net/~robwood)

# Letter from Quadra's (retiring) Fire Chief

## Dear Quadra Islanders:

For more than 17 years I have been a volunteer with the Quadra Island Volunteer Fire Department. For the last 8 years or so I have also served as Fire Chief of the Department. I am writing to all of you now to tell you that it is time to hang up my boots – I am retiring from both of these roles. As many of you know, I also have a full-time career and business as a consulting engineer.

As the demands of the Chief's job have grown, and knowing that they will continue to do so, I've realized that I can no longer offer the amount of time and energy that is needed to do this position justice. So it is time for me to step aside and let someone new lead the Department into the future.

When I informed the Trustees of the South Quadra Fire Protection District of my decision to retire, I suggested to them that it was time for the Department to consider making the job of Fire Chief a full-time position, or nearly so. They have taken this under consideration. I have also offered them my help in ensuring a smooth transition to new leadership.

I want to thank all of those people on Quadra (and in Campbell River and elsewhere), that have supported me over the years in this position, and to assure you that you are still in good hands – the men and women of the QIVFD are second to none!

I am leaving the Department proud of what I have been able to accomplish while I was there, and of the level of service that we have been able to provide to you, the people of Quadra Island.

During my time as Chief, we have conceived, designed, built, and occupied a brand

new #1 Fire Hall, at a very economical cost, that is the envy of many fire departments. This hall is located on a large parcel of land, deeded to the Department for free by the Province (after much effort!) that will provide room for the upcoming ambulance station as well as future growth in emergency services and possibly other public uses.

We have put in service a new state-of-the-art rapid-response foam pumper; fully re-equipped with modern turnout gear and breathing apparatus, upgraded our pagers, and improved radio communications immensely. We have added several significant permanent water supplies and begun planning others. We have added to our arsenal the modern tools of thermal imaging and AED's, upgraded the "Jaws of Life", and improved our inventory of more mundane items such as fire hoses, generators, tools, and training aids.

We have participated in Emergency Planning for our area. We have managed to consistently and effectively plan our capital needs, tightly manage operational spending, and stay debt-free.

And above all, we have safely maintained a solid group of volunteers; well-trained, well-equipped, motivated and dedicated to your safety and protection. As I leave this fine group of people to spend more time on other things, I would like to sincerely thank each of them, present and past members, for their contributions and the support that they have provided to me in doing my job in the best way that I could.

Once again, thanks!

Sincerely;

Murray Johnson  
Fire Chief (Ret.)

# Ferry Report

## Everything Takes More Time and Effort...

by John Sprungman, Chair, Ferry Advisory Committee

Construction of the Quathiaski Cove terminal building is expected to begin late this month after a delay to redesign the bathrooms and the water system which will also supply the Harbour Authority facilities.

Rob Seitz, the project manager for BC Ferries, said the plans are currently out for pricing with the same contractor who built the Alert Bay terminal building last year.

He said construction is estimated to occur through late June. Jane King, Manager of Sales and Community Relations, said there is "a provision to put on an extra terminal attendant when needed during the construction phase."

One lane in the terminal lot will be closed during construction, which will require greater use of the lanes on the hill.

The Harbour Authority has cooperated with BC Ferries in the use of its access to provide for vehicles and buses dropping off and picking up foot passengers.

\*\*\*\*\*

The latest word from BCF's Chief Financial Officer Rob Clarke is that the new smart cards will not replace the ticket books before May due to the time it will take to get all the infrastructure in place. The Heriot Bay terminal is one of five in the system which need electronic equipment linked back to BC Ferries' computer system to allow for the use of the cards.

Clarke said BC Ferries was trying to get approval from Revenue Canada to do a partial rollout of the cards on at least some routes to accommodate ferry users who want to take advantage of the federal government's tax break for those who commute to work on the ferries but couldn't satisfy the requirements without a fully functional record-keeping system.

\*\*\*\*\*

Representatives of the coast's 12 Ferry Advisory Committees will be meeting with Ministry of Transportation officials in Nanaimo January 25 to discuss, among other things, formalizing the FAC Chairs group as an advisory board to the ministry on ferry issues.

We had three meetings last year with the same ministry officials, including one session attended by Transportation Minister Kevin Falcon. So far we have been unable to persuade them to increase the service fee the provincial government pays BC Ferries to make up the difference between costs and fare revenue. As a result, our fares have risen substantially over the last four years and will continue to do so.

However, we have been asking a lot of questions of BC Ferries and the Ferry Commissioner and have learned a lot about how the financial structure works. Both Clarke and BCF President and CEO David Hahn have been very supportive of the FAC Chairs working together and meeting with management, the Commissioner and government.

I believe we had a significant influence on how the smart cards will work, and, though it may just be wishful thinking going into a new year, I have hopes that our ongoing scrutiny and questioning of the data we receive will produce some other positive results.

Jenny Hiebert, the Cortes Regional Director and a member of the Campbell River-Quadra-Cortes FAC, will be attending the Jan. 25 session in my place. I'll be away until early March.

Any concerns regarding ferry service should be directed to Jane King at (250) 890-7879 or (250) 702-0525 or to members of the FAC:

Campbell River - Mary Storry.

Quadra - Jim Abram, Bob Brown, Connie Burns, Terry Hooper and Gerry Hornby.

Cortes - Ted Harrison, Jenny Hiebert, Bertha Jeffery and Alois Stranan.

# FREE Early Learning Program for Quadra Kids!

by Lisa Scalapino

Coordinator Understanding  
the Early Years

Who would have thought a sand-filled stocking dipped in paint could be used to expose a child to the wonders of gravity, color, science and art? "I'm not sure I would have come up with that one!" laughs Sandy Spearing, Quadra Community Centre coordinator.

Sandy goes on to explain that a recent Building Blocks Action Committee grant submitted by the Community Centre has made possible a new partnership with the Children's Centre. Children's Centre staff come every Monday to the Parent and Tot drop-in program to provide early learning activities for young children.

"Parents are delighted," observes Parent and Tot coordinator Jenny Olson. "I didn't know my daughter was so into painting!" explains one mom as she watches Barb Lee, Quadra Children's Centre Early Child Educator explore paint with sponges, rakes and balloons. "For me as a mom who didn't specialize in early childhood development, I get more ideas by watching what happens here," adds yet another parent. "Last week, Barb brought streamers and let the kids unroll them all over the floor. The kids loved it!"

While parents are enchanted, their preschoolers are actively learning. "The first step in early learning is for children to immerse themselves in the medium," explains Dee Conley, Director of the Quadra Children's Centre. "They need to rub it, splash it, squish it. This is how they figure out what it is. Before children can make a shape, or write their name, they need to have this sensual experience and explore. In fact," adds Conley, "if children haven't had this

opportunity, you will see them go back and create it when they reach Kindergarten – it's like a prerequisite to school-based learning."

Research on early brain development underscores Conley's point. At its peak, the young child's brain creates an astonishing two million new connections every second. But all this early brain development is heavily dependent on a child's environment. Children whose environments allow them lots of opportunities to learn through their five senses and by interacting with others will develop more neural connections than children whose early life is dominated by TV and computer. That is why skilled early childhood educators offer many opportunities to play with water, sand, paint, clay.



How can a busy parent find out more about this FREE program? Parents can just drop into the Quadra Community Centre's Parent and Tot program Mondays and Thursdays 9:30 am- Noon, or contact Parent and Tot coordinator, Jenny Olson at 285-3089, or call

the Community Centre at 285-3243.

Understanding the Early Years is funded by Human Resources and Social Development Canada, [www.hrsdc.ca](http://www.hrsdc.ca). Contact Lisa Scalapino at 285-2314, [ueylisa@gicable.com](mailto:ueylisa@gicable.com).

## NOTICE OF PARCEL TAX ROLL REVIEW PANEL

### Electoral Area "J" Streetlighting Service

The Comox Strathcona Regional District has prepared the 2008 parcel tax assessment roll as required by Section 202 of the Community Charter. Owners of properties located in the service areas may view the roll at the regional district office in Courtenay during regular office hours.

The parcel tax roll review panel will meet on February 11, 2008 at 9:00 a.m. in the board room of the Comox Strathcona Regional District, located at 550B Comox Road, Courtenay, B.C. to hear requests that the roll be amended.

**In order for a request to be considered by the panel, it must be in writing and received at the above address at least 48 hours prior to the sitting of the parcel tax roll review panel.**

Enquiries can be made by calling Mary MacDonald, recording secretary at 334-6033.

Beth Dunlop  
Collector  
Comox Strathcona Regional District  
600 Comox Road  
Courtenay, B.C. V9N 3P6







# Halliday's Viewpoint

by Steven Halliday

## Web Droppings

The first couple of weeks of 2008 have unfolded without any really nasty surprises, at least as at the 14th. Today's paper of choice, the Globe and Mail, is headlining BC's humungous fourteen billion dollar infrastructure investment (also known as borrowing binge) program in transit; the CIBC is admitting that some very ill-advised investment's sudden devaluation requires a \$3 billion equity infusion funded by foreign capital; and oh, yes, we can't overlook the momentous news that the Smurf's celebrated their 50th birthday. Here in the Discovery Islands the talk is centred on one subject primarily – the weather. Bleak, wet, sodden, dark, dank...pick your own label but the simple truth is that the weather this winter has in fact been awful for some time now, and yours truly is starting to get very excited about seeing some warm, white sand beaches in the near future. In the meantime I'd like to share some snippets from around the web that might brighten your day somewhat, interspersed with some unattributed points to ponder, which I believe were sourced in the warped cranium of comedian Steven Wright.

I went for a walk last night, and my kids asked me how long I'd be gone. I said, "The whole time."

Global warming or not, we are definitely seeing some rather extended periods of chilly weather in North America. In Florida, long Canada's closest winter escape hatch, the mercury has been dancing around levels more appropriate to Wisconsin and has had the obvious effect on the state's primary industries. Fruit growers are ice-riming their crops to prevent total devastation, Home Depot is seeing a run on what was normally an obligatory stock of home heating related materials, and the sky is raining lizards. It seems that pedestrians in Key Biscayne are being cautioned to keep an eye skyward when walking under tree canopies to avoid possible injury by raining reptiles. According to a January 4/08 WFTV report, non-native iguana's (pets that were adrift or no longer wanted by their owners) are being felled by the cold snap, due to the fact that they enter a semi-comatose state when the temperature falls below 40 degrees Fahrenheit. Once comatose, they lose their grip on the high tree branches where they hang out and...well, fall down. Iguanas can grow up to six feet long, by the way, so imagine your

surprise to have a very cold and stiff 50-pound reptile falling on your head. I've heard of raining cats and dogs, but iguanas?

"War doesn't determine who's right, just who's left."

While on the subject of animals, I read recently (Reuters – January 10/08) of a watch-bird in Massachusetts whose prompt actions restricted the store's owners loss to \$15 in petty cash during a break-in. Merlin, a seven-year-old macaw, was on duty in his owner's pet shop when the perpetrators broke in early in the morning of January 10th. "When he hears someone come into the building, or the puppies get riled up or whatever, he'll start calling for Rhonda" (his previous owner), according to store manager Lori Ottman. Merlin apparently started screaming for Rhonda, fooling the robbers into thinking that someone was in the store, and prompting their hasty retreat. Macaws are a highly intelligent variety of parrot noted for their ability to mimic human speech. Too bad we can't train bald eagles to mimic speech – they'd certainly make great watch-birds, but with their capacity for damage it would only be proper to give intruders fair warning. Hmmh...maybe not – why ruin the fun for the eagle?

"Last night I played a blank audio tape at full blast. The mime next door went nuts."

And then there is Dingo. Dingo, a 3 year old Labrador weighing 40 kilos, exhibited signs that prompted his owner to fear the worst. Dingo was brought to the vet in Salzkammergut, Austria "unable to stand up on his four paws and reeking of a beer hall" according to the Oberoesterreichische Nachrichten. Veterinarian Karl Hofbauer stated "the dog had dreadful wind and was diarrheic, and vomiting a lot" – blood tests revealed Dingo had a blood alcohol reading of 1.6%. When confronted, the owner plead innocence, and further investigation turned up the facts – it seems Dingo had found and devoured half a kilo of fresh yeast dough in his owner's kitchen, and internal fermentation eventually rendered Dingo stone drunk, and very sick. Happily, Dingo is alive, well and on the wagon once again.

"Since light travels faster than sound, isn't that why some people appear bright until you hear them speak?"

Christmas celebrations got a little out of hand at the US research station located at McMurdo Base, Antarctica. McMurdo, home to about 1,000 US scientists and staff in peak summer months, saw a very exuberant Christmas celebration this year. One male worker had to be flown out to Christchurch, New Zealand with a broken jaw after a drunken brawl; an alcohol impaired female worker was severely disciplined after doing a "Smoky and the Bandit" routine involving a base fire truck; meanwhile "Santa" was accused of multiple complaints of "inappropriate touching" during the festivities. Only the brawler has been canned to date. No word yet on what they plan for Xmas 2008 festivities at McMurdo – 2007 will be tough to top.

"If a person with multiple personalities threatens suicide is that considered a hostage situation?"

Jane Hambleton is being called the meanest mother on the planet, but she doesn't care. Hambleton recently placed this ad in her hometown Des Moines, Iowa newspaper: "Olds 1999 Intrigue. Totally uncool parents who obviously don't love teenage son, selling his car. Only driven for three weeks before snoopy mom who needs to get a life found booze under front seat. \$3,700/offers. Call meanest mom on the planet." She has had over 70 calls from people congratulating her, and so far only one critic... her son, who is "very, very unhappy" and swears the booze was a friend's. Mom believes her son, but decided against mercy – she says she set 2 inviolate rules when they purchased the car for him – "No booze, and always keep it locked". True to her word, the car has been sold. Seriously tough love, indeed.

"I went to a restaurant that serves "breakfast at any time", so I ordered French Toast, during the Renaissance."

And to close, included in this year's crop of Darwin Award winners (so-named for people who improve the gene pool by removing themselves from it, is the Illinois man who won a game of chicken, by staying on the tracks the longest in the path of an oncoming train. For obvious reasons, he was unable to collect his winnings.

"If olive oil comes from olives, where does baby oil come from?" Check back in two weeks for a return to normality.

# Classifieds

## VACATIONS

**YOGA HOLIDAY IN MEXICO** Take a Yoga Holiday in Mexico this winter with Brenda Dempsey. Yoga, Meditation & Qi Kung will inspire your days followed by beach & town excursions in sunny La Manzanilla, Jalisco, a quiet little fishing village about 3 hours south of Puerto Vallarta on the west coast of Mexico. Phone 285-3054 or [www.brendadempsey.com](http://www.brendadempsey.com).

## 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](http://www.firesignbandb.com)

## GARAGE SALES

**GET THE WORD OUT** About your garage sale. Classified ads in the D.I. are just \$10 an issue and appear in over 2,000 copies every two weeks. Call 285-2234 for more details.

# LOOKING

for an affordable way to advertise?

This ad size  
only \$35  
per issue

call 285-2234  
or email:  
[news@discoveryislands.ca](mailto:news@discoveryislands.ca)  
for more info

[www.discoveryislander.ca](http://www.discoveryislander.ca)

## NEW SERVICES

### FERNBANK SAWMILL

Custom cutting at your place or mine on a state-of-the-art Woodmizer mill. We cut everything from beams to siding. Call Gerry Cote: 285-3651

### PHYSIOTHERAPY

Saturday January 19th, 2008. Physiotherapist Darcy Lawley from Campbell River is pleased to announce physiotherapy service on Quadra Island, at Dr. Kellerhals office. To book an appointment for January 19th, or for more information call (250) 830-7197. Email: [darcylawley@hotmail.com](mailto:darcylawley@hotmail.com)

## SERVICES

**Q-COVE APPLIANCE REPAIR** We are now a full service appliance repair facility for all of your domestic appliance needs at affordable rates. We are a new and used parts depot for all appliances and carry a good selection of quality rebuilt appliances. All come with one-year warranty on parts and labour. Free delivery for most of Quadra. Call 285-3425 or cell 202-3425

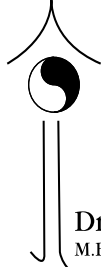
## FOR RENT

Large executive house overlooking Gowland Harbour, 3 bedrooms, 2 1/2 baths, wraparound deck. Very private, 5 min to Village & ferry. Min 1 year lease. Not suitable for sml children. \$1500. per mo. 250-298-0618 (Victoria)

## STORES

**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 10:00 am - 6 pm every day except closed Sundays and Mondays 285-3142

## ACUPUNCTURE



Herbs & Nutrition.  
Free consultation.  
Sliding scale for treatment  
(\$50 > \$20)

Dr. Eileen Sowerby  
M.B. Ch.B. M.A. D.T.C.M.  
**Phone/Fax: 285-2434**

## The Paint Lady



Colour Consultation  
Interior Painting  
Homes and offices large & small  
Faux Finish Professional  
Italian plaster to non-toxic glazes  
for walls and furniture  
Murals Large & Small  
For homes, nurseries, cafés

**285-3896**  
tidy • friendly • fast  
[www.faux.ca](http://www.faux.ca)

## Honey Sun Massage

specializing in the beautiful experience of

Traditional  
Hawaiian  
Lomi Lomi  
Massage

Sunday Dennis  
**Phone: 285-3197**

certified by Auntie Margaret & Nancy Kahalewai

## Yellow Dog Trading Company

Bulk Foods & Baking Supplies

Open Mon. - Fri.  
10 am - 5 pm

Saturday 10 am - 5 pm

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

Gerry & Barbara

**285-2867**

In Q-Cove's 'Old Yellow Dog' Plaza

## M&W Custom Tile

Quality with Integrity

- Ceramic • Porcelain •
- Marble • Slate Tiles •

Commercial and residential installation  
Floors, showers, back splashes  
steam rooms, tub surrounds.

Waterproof shower systems available

Free estimates call Michael  
at 203-9810 or 285-2904

## Island Tides

Pacific Standard Time (+8)

For Quathiaski Cove

January 18 - February 1

18	02:46	3.8	12.5
Friday	05:13	3.7	12.1
	11:31	4.4	14.4
	20:27	0.8	2.6
19	03:41	4.1	13.5
Saturday	06:47	3.9	12.8
	12:27	4.3	14.1
	21:17	0.6	2.0
20	04:23	4.2	13.8
Sunday	07:55	3.9	12.8
	13:33	4.3	14.1
	22:06	0.5	1.6
21	05:00	4.3	14.1
Monday	08:49	3.8	12.5
	11:00	3.9	12.8
	14:37	4.3	14.1
	22:52	0.5	1.6
22	05:35	4.4	14.4
Tuesday	09:41	3.7	12.1
	11:12	3.7	12.1
	12:14	3.7	12.1
	15:35	4.2	13.8
	23:33	0.6	2.0
23	06:09	4.4	14.4
Wednesday	10:41	3.5	11.5
	11:39	3.5	11.5
	13:06	3.5	11.5
	16:29	4.1	13.5
24	00:05	0.8	2.6
Thursday	06:43	4.4	14.4
	13:53	3.2	10.5
	17:21	3.9	12.8
25	00:24	1.1	3.6
Friday	07:15	4.5	14.8
	14:39	2.9	9.5
	18:15	3.7	12.1
26	00:41	1.5	4.9
Saturday	07:48	4.4	14.4
	15:22	2.6	8.5
	19:15	3.4	11.2
27	01:04	1.9	6.2
Sunday	08:19	4.4	14.4
	16:05	2.4	7.9
	20:30	3.2	10.5
28	01:29	2.4	7.9
Monday	08:48	4.3	14.1
	16:48	2.1	6.9
	22:05	3.1	10.2
29	01:50	2.9	9.5
Tuesday	09:13	4.2	13.8
	17:32	1.9	6.2
30	00:18	3.3	10.8
Wednesday	01:02	3.3	10.8
	09:30	4.1	13.5
	18:19	1.7	5.6
31	09:37	4.0	13.1
Thursday	19:07	1.6	5.2
01	04:00	3.8	12.5
Friday	05:52	3.8	12.5

# Thank you

to the following people and organizations who have helped with the community lunch at the Community Centre on Wednesdays at noon.

Your generosity of spirit is what makes this community so great!



**BUYERS:** Linda Bielby and Anne Wilson  
**Volunteer co-ordination:** Wayne Langman

## SOUP COOKS

Anne Gregg	Jane Hamilton
Karen Gair	Garnet Kehn
Anne Wilson	Pal Horvath
Susan Enns	Lynda Bell
Giselle Uzzell	Rick and Brianne
Elena Mason	Jane West
Irene Dicaire	Sara Williams

## PREP COOKS

Muriel Black	Hilary Hansen
Judy Hughes	Gerti Kaminski
Anne Gregg	Dora May Wray
Karen Gair	Lynda Bell
Jenny Hooper	Stacey Bell
Louella Baker	Lorraine Hoegl
Ken Roxburgh	

## BREAD BAKERS

Linda Bielby	Joyce Sheppard
Sioux Hartle	

## SERVERS

Roy Zimmerman	Lynda Bell
---------------	------------

## DESSERT BAKERS

Bev Barclay	Marian McMeekin
Edith Mueller	Lloyd McIlwain
Anita Fraser	Trudy Parkyn
Karen Gair	John Parkyn
Eileen Mackay	Eileen Sowerby
Heather Kellerhals	Teresa Tate

## LAUNDRY

Kathy Jeletzky of The Quadra Clothesline

## DISHWASHERS

Anita Fraser	Patti George	Julie Mellanby
Barry Calverley	Doug Dobbie	Sue Beattie
Frank Sheran	Kevin Callaghan	Linda Unterthiner
Heather Kellerhals	Alison Chafekar	Dale Rolfsen
Vinay Chafekar	David Bains	Gloria Rolfsen

## SET UP/TAKE DOWN

John Parkyn	Hannah Rohan	Adriana Martin
Steve Moore	Stacey Bell	Al Beattie
Garnet Kehn	Phillippe Desquieu	John Barclay
Derrick Glendinning		

## MUSIC

Eileen Sowerby	Winn Goldstraw
Carrie Bridges	Joyce Sheppard and her band

Thank you to Heriot Bay Inn and chef, Brad White, Heriot Bay Store, Audrey's Organics and Camp Homewood for wonderful support for our Christmas Dinner.

Sadly, we will miss our long time volunteer, Trudy Parkyn whose beautiful spirit brightened the day. Trudy passed away in December.

Betty Toelle	Heriot Bay Store
Joy Bird	Marie Wood
Gerti Kaminski	Sioux Hartle
Alison Chafekar	Jenny Hooper
Muriel McKay	Vibeke Pedersen
Jeanine Newton	

And thank you to anyone who's name was missed!

