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held it's 66th

**Annual General Meeting
on May 14, 2008 at the
Royal Canadian Legion.**

An election for new Directors
resulted in our welcoming new Directors
Betty Doak and Carol MacRae.

Returning to the Board
after an absence of some years
is Jeanne Stoppard.

The Credit Union honoured
retiring Director Ellen Russell
for over 20 years of service
with words of thanks and a small gift.

The Annual Report for 2007
is available for pickup at our offices,
or can be downloaded in PDF format at
www.quadracu.com.

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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** - Now open Fridays and Saturdays at 4:00pm
- **Every Monday** - Parent and Tots 9:30 am - noon Q.C.C.
- Quadra Circle Social Dancing, 7:00 - 8:30 pm
- **Every Tuesday** - Kalina Folkdancers -QCC, 7:30 to 9:30 pm, Sept. to Apr.
- Al-anon meeting, 7.30 pm at the Children's Centre
- **Every Wednesday** - Moms and Babes 11 am - noon Q.C.C.
- Life Drawing Sessions with model at Firesign Studio 7-9:30 pm
Call Nanci 285-3390
- **Every Thursday** - Parent and Tots 9:30 am - noon Q.C.C.
- Prayer Meeting, 7:00pm at Quadra Island Bible Church
- Jam Session Quadra Legion 8 pm
- **Every Friday** - Free Pool, Darts and Shuffleboard at the Legion 4 pm to 1am
- **Every Saturday** - Farmers' Market 10 am - 2 pm behind Quadra Credit Union
- Legion Meat Draw 5:00pm to 6:30pm
- **Every Sunday** - Sunday Service QI United Church 11:00 am (Sept.-June)
- 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

This Month

- 'DARLING BUDS OF MAY' Spring Group Show - DRAW Gallery

Next Deadline: Monday, June 2nd 2008

Fri	Sat	Sun	Mon
			
21°C 15°C	23°C 11°C	22°C 12°C 40%	24°C 13°C

For links to the latest weather, tides, currents and marine weather forecast log on to www.Quadraland.ca

*Next deadline for the
Discovery
Islander*

June 2nd

701 Cape Mudge Rd
news@discoveryislands.ca

On the cover



*May Pole dancing (2006), see
last issue for May Day schedule
photo: Philip Stone*

Day by day

Friday, May 23

- Cortes Sustainability Speaker Night
7-9 pm
Mansons Hall
Cortes Island

Saturday, May 24

- Quadra Island May Day!!!
parade starts at 10 am see page 16 DI 421 for full schedule

- Cortes Sustainability Home Show
10-4 pm
Mansons Hall
Cortes Island

- Opal Blue with Blues Pianist Mark Eikeland
5 to 8 pm
April Point

Thursday, May 29

- Fighting Fraud Seminar
7 pm presented by Quadra Credit Union and the Bank of Canada
Q.C.C.

Thursday, June 5

- 'Bambulance' by Design For Development Society
6:30 pm
Q.C.C.

Saturday & Sunday, June 7 & 8

-Quadra Island Studio Tour
Various Locations

Saturday, June 7

-Seniors' Housing Steak Dinner Fundraiser
6:30 pm
Quadra Legion

Saturday, June 14

- Cortes Island 11th Annual Garden Tour
9:30 to 4:30 pm.
Cortes Island
various locations

- QI Salmon Enhancement Soc. Dinner & Auction
6:30 pm
Tsa-Kwa-Luten Lodge

Island Calendar online: www.discoveryislander.ca

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.



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Discovery Islander

Issue 422 May 23rd, 2008

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Submission Guidelines

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

- Please print handwritten material clearly.
- Electronic items sent by email & must be saved as Word or rtf formats. Please spell check in Canadian English. Sorry no floppies.
- No MS Publisher, WordPerfect files or graphics in Word files please. Send imported graphics separately.
- Please use the title of the item as email subject & send multiple items in separate emails.
- Please don't send original irreplaceable material, make a trip to a copier first!!
- Please remember to caption & credit photos and artwork. Don't write on the back of photos use labels or Postits™.

While every effort is made to include all items submitted, errors and accidental omissions do occur and the Discovery Islander should be only one part of your publicity efforts.

Next Deadline

7 pm. Monday, June 2nd



Island Forum

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

Dear Editor:

I'd like to respond to David Cox's battle cry of the jam tarts. I applaud David's feisty stand and his support of market food vendors. I'm sure a lot of people agree that strict regulation for health and safety can be prohibitive to improving and expanding local community food production, selling and sharing – things we may all need to do more of in the future. However, in the case of Farmer's Market food vending, the situation is not as dire as many people believe.

When Island Climate Action Network (I CAN) members began their work on creating a food directory for Quadra Island, they spoke extensively with Environmental Health Officer, John Hillis. In their conversations he stressed frequently that Vancouver Island Health Authority (VIHA) supports local markets and wants them to be vibrant. VIHA understands that market food products are prepared in home kitchens. They will not inspect home kitchens for approval.

A great many people suffer from Government Bureaucracy Phobia. I count myself as one among them and often throw my hands up in alarm when I encounter forms and applications. Inevitably the language is officious. Statements made to legally protect the government body often sound threatening to the average person. And frequently, clarity is lacking. In the Guidelines for Sale of Lower Risk Foods, for example, it's not clear if it's essential to submit an application for approval. However, the form is simple and the process, painless, so one might as well.

The three main things to remember are:

1. VIHA's guidelines for selling non-potentially hazardous foods (such as jams, buns and fruit pies) are "recommendations" geared to inform vendors about appropriate practises for sanitation in food handling, storage, transportation and vending.

2. For higher risk foods (essentially dairy or egg-based products and other proteins), the guidelines state that, "Generally, vendors should not sell foods that are considered higher risk unless approved to do so by the local Environmental Health Officer." Higher risk foods are "in a form or state which is capable of supporting growth of disease causing microorganisms, or the production of toxins." There are specific guidelines for holding temperatures for these foods.

3. VIHA is not looking to bust markets. All investigations are complaint based.

The guidelines can be viewed at: www.vch.ca/environmental/docs/food/2007_04_Guidelines-Sale_of_Foods_Temporary_Food_Markets.pdf

There is more to explore here to clarify the protocols and determine what is recommended and what is mandatory. It may be worthwhile for Farmer's Market organizers and vendors to invite John Hillis to the Island for a presentation on food vending, something he voiced interest in doing. In the meantime, I hope we will see more people at the market with their delicious home-baked wares.

Annette Yourk for I CAN

To the Editor,

So, let me get this straight? Emergency Services gets a call in the middle of the night because someone is about to have a baby and needs to get to the hospital in Campbell River. They contact the unit chief for BC Ambulance Services to arrange for an ambulance and try to contact the night watchman for BC Ferries to arrange for an emergency sailing. (this has happened several thousand times in the past without incident) They are not able to contact the watchman. So, now what? Never mind why, now what? We have a medical emergency! Are you telling me that there is no backup systyem in place?

There is a phone on the ferry which is in service when it is docked in Q Cove. Granted, the watchman may have been off on his rounds and not present where the phone was located. Someone should have gone down to the ferry and personally contacted the watchman to arrange for a crew. That "someone" would have been the only other person in charge who knew of the emergency. That's what they get paid for.

I personally don't care if it's the responsibility of BC Ferries, Emergency Services or BC Ambulance Services. What would have happened if there had been a sudden turn of events during the delivery which prompted further medical treatment? What if someone had died?

BC Ferries say they cannot guarantee they will be able to muster a crew in the middle of the night. I say they should be required to do so. If not, then Emergency Services should be required to contract someone who can.

Paul Ryan

Articles, letters and artwork are all welcome for publication in 'Island Forum'

Opinions & endorsements expressed herein are those of the contributors and do not represent the views of the publisher. If you would like to see an alternative point of view represented submit something yourself. We reserve the right to edit for space and content.

Next deadline 7pm June 2nd



Area J Regional Director's Report

May 23, 2008

by Jim Abram

After three great days of sunny weather, the wind is blowing and the rain is falling, so it is a perfect time for me to write my report! As you are probably aware, I was away for April and I have been trying to catch up ever since. And now I am trying to make the deadline for the Discovery Islander that the editor has extended twice for me! So here goes, in 1200 words or less.

First of all, I just did a whirlwind tour of the entire island today with the new interim Chief Administrative Officer (CAO) to show him all of the issues that need addressing and that I am having difficulty getting action on due to the split in the regional district and the chaos that it has caused.

So, in no particular order....

Granite Bay Wharf floats

Finally!... after many months of hounding the staff to get on with the job of inspecting the floats that are being donated by Marine Harvest, the engineer from Campbell River is going to the site tomorrow morning at 9 a.m. After that he will give me a report on the ones that are best suited for our needs and we can finally get on with the shipping and installation.

Evans Bay wharf divestiture

We have finally found the bureaucrat in charge and will be setting up a meeting with him in the very near future to discuss getting the wharf into the community's hands, with the appropriate amount of money to go along with it. I cannot tell you how frustrating it is to have governments change, bureaucrats retire and files drag on and on forever. I like to get things done. Now! So, at least we have a starting point once again.

Pre-school property

I was informed today that the School Board met last night and agreed to enter into an agreement to negotiate on a right of first refusal basis for the old pre-school property in Heriot Bay. I cannot attest to the accuracy of the wording of the above since I was not there, but the gist of it is that we will be talking soon about this property and keeping it in public hands. That was my goal.

Heriot Bay sewer

The engineer for this project does not have any new information at this time so we will

be looking at contracting the remainder of the project to a very qualified individual. We will then hold a public meeting (well advertised) to inform the public of next steps.

Quathiaski Cove sewer district expansion

The same goes for this project. It is a simple process, but since the split, the remaining staff in the Comox Valley RD cannot keep up with the workload and we will need to contract this one out. Once again the split has caused us grief and we have no staff except our CAO in the new Strathcona Regional District (SRD). And he is already overloaded with the amount of work that needs to be done.

The Village concept

As I explained in my last report, part of the planning budget discussion at the board meeting had to do with the initiative that is underway on Quadra to try and develop a village concept to implement some of the policies of our OCP with regard to various types of housing for different age groups within a village setting, utilizing best practices around walkable communities and green energy.

This will be a very exciting exercise involving a great number of community members and will allow us to partner with other agencies to leverage money and expertise for this project. It will also be a good example of what a community, working together for a common goal, can accomplish. A sum of money is earmarked for use in this project to hire a consultant to help get this off the ground. There will be a meeting of senior staff this week to get this going. Once again, staff shortages have set us back. I intend to push hard on this one and hope to have an answer by the end of the month on how we will proceed.

Last but not least - Ferries in the night?

Attending the BC Ferries Advisory Committee as one of the first things that I did after my holiday was not the best thing I could have done for my own mental health. But, hey, it's all part of a day's work as your director!.

Are you aware that we have all been living under a false assumption? I always thought that ferry service was available on a call out basis in emergencies 24 hours a day, seven days a week. Well, it was explained to us at the meeting that we are living under a false assumption. We all know that if it is the middle of the night and it is blowing SE 60 knots, the ferry probably won't sail. We also know that if the engines or whatever are broken down, we won't sail. But did you know that there is now a possibility of a crew shortage and that under those circumstances, the ferry will not sail? It seems that BC Ferries Service has not kept up with its recruitment of enough staff to make sure that we always have qualified crew living on the island so that the Transport Canada minimum crew can be maintained. This is not the crew's fault. They go out of their way to insure we are cared for during emergencies. I was shocked, as were the other members of the Advisory body. Please refer to John Sprungman's excellent report on this issue in the last issue of the D.I. We need to do something, folks! More to follow on this one.

Feel free to call me between the hours of 8:30 am and 7:00 pm, Monday through Friday (not on weekends, folks!) at 285-3355, or you can fax me at 285-3533 or you can email me anytime at abramfam@oberon.ark.com, or by mail at Box 278 in the Cove, VOP 1N0... Lots of choices!

Respectfully submitted,

Jim Abram

Director, Discovery Islands - Mainland Inlets (Area J), SRD

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Area I Regional Director's Report

May 23, 2008

by Jenny Hiebert

Victoria Day weekend ushered in summer. The hot, sunny weather was welcomed as numerous outdoor parties and island celebrations took place. Sunglasses, sunhats, sunscreen, summer attire, and tourists, both boaters and campers abounded. The best part was everyone's dispositions brightened reflecting the long awaited weather change.

My daughter, Autumn, and fiancé Brent, traveled to Cortes on Saturday, thus avoiding the ferry overloads associated with the Quadra baseball tournament. Unfortunately, the Cortes ferry overloaded with traffic bound for the Oyster Festival in Squirrel Cove. Eventually, they joined Brain and me at the festival where we sampled fabulous seafood, chatted with many friends, and relaxed in the ambiance of the festival. Afterwards, we all proceeded to a birthday celebration and enjoyed more food, friends and a campfire. During the entire holiday weekend only one person approached me to talk about regional district business. All family members appreciated this as it allowed us an opportunity to relax and enjoy some quality family time. Such occasions are rare jewels to be savored to the fullest--and it was.

Strathcona Regional District Update

The newly created Strathcona Regional District (SRD) came into being on February 15, 2008. Graeme Faris acted as Chief Administrative Officer (CAO) until the budget was passed at the end of March. Early April, George Paul was hired as the Interim CAO and will (hopefully) remain until someone permanent is hired to fulfill this key position. Mr. Paul constitutes the entire SRD staff; all other staff is contracted from the Comox Valley Regional District (CVRD). Challenges regarding these arrangements are becoming apparent and Mr. Paul

is committed to finding workable remedies.

As part of the creation of the SRD, the Minister of Community Services, Ida Chong, committed to provide a service facilitator to assist the SRD board in working through the restructure transition. Minister Chong directed the facilitator to assist the board in examining:

- The creation of electoral services committee to oversee delivery of local services in electoral areas;

- Municipal participation in electoral area planning, including the possibility of partial participation agreements; and

- The potential for the CVRD to continue delivering services to the SRD beyond transitional years, including planning, on the basis of an ongoing contractual arrangement or other models of delivery.

The minister also indicated the board could develop a list of other issues to be included in the facilitation process.

A motion regarding the scope of services for this process will be on the May 29 board agenda. Ideally, it will pass, enabling the process to move forward.

Open House

The Sunshine Coast Forest District (SCFD) will host an Open House in the Pioneer Room at the Manson's Hall from 12:30 p.m. to 4:00 p.m. June 5, 2008. SCFD staff will be on hand to relay information and answer

questions regarding the creation of a Woodlot License south of Squirrel Cove. This proposal is the result of the conversion of Timber Sale License A20493.

As you may recall, I discussed this particular proposal at length in the April 11, 2008 issue of the *Discovery Islander*. Anyone wishing to review this article can find it online at the following link: www.discoveryislands.ca/news/. (The article is found on page 6 of issue #419.) Queries regarding further information associated with the proposed woodlot or anyone having specific information that conflicts with the issuance of a Woodlot License for this area should contact Brian Kukulies, Tenures Forester at the SCFD office in Powell River. He can be reached via email at brian.kukulies@gov.bc.ca. Those unable to attend the Open House but wishing to add their input can forward comments to the same email address. Please remember to copy me and/or your MLA, Clair Trevena claire.Trevena.mla@leg.bc.ca so we are aware of constituent concerns.

If you have any questions about these or any other issues feel free to contact me at 935-6488 Monday through Friday 9:00 am to 4 pm. (No early morning, late night or weekend calls, please.) If you get the answering machine try my cell phone--202-6488. You can also email me at brijen@oberon.ark.com anytime.

Respectfully Submitted
by Jenny Hiebert—Regional Director



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Jesse @ 830-0058



News and Events

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

Last Call For Quadra Island Food Producers

I-CAN (Island Climate Action Network) is developing a Quadra Island Food Directory. This directory will list Quadra Islanders who are growing and producing foods (fruits, veggies, meats, eggs, honey, preserves and more) available for sale.

If you haven't already talked with us, and are interested in being added to the list? Call Lisa at 285.2480

Seniors' Housing News

Donations continue to pour forth In Memory of Sophie Gregg --- the total is now over \$3000. Thanks to Peter Gregg and to all who contributed. If you haven't done so yet and would like to, the account number at Quadra Credit Union is 913269. Charitable donation income tax receipts are available from Bob Lasby @ 3501.

Senior Housing Funds are now at \$35,000 on our way to \$100,000 by November 2008 to

"Make It Happens" in 2009. Watch for our information booth at the Farmer's Market soon, as well as the big "thermometer" in Q. Cove.

Come out to a delicious STEAK DINNER at the Legion 6:30 PM Saturday June 7th.

Get a great meal and support senior housing at the same time—all for \$10 Tickets available from Bob Lasby 3501, Kurt Hagen 2150, Rolf Kellerhals 3570, Muriel Krook 3216, Ken or Shirley Duncan 3787, Carol Woods 2652, or Riki Vogt 2640. Thanks and **SEE YOU THERE!**

www.discoveryislander.ca

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!

Emergency Potluck

A neighbourhood Emergency Preparedness Planning for Quadra Loop and Fox Rd is being formed and residents of the 'hood' are invited to attend a potluck at our 'communications centre' yard, which is Ken and Dawn Munn's. Bring food, plates, cutlery to 196 Quadra Loop on Sunday, June 22 at 5:00, rain or shine. We'll discuss what we have done so far, the direction we are taking and how you can be involved in future strategizing. Want more info? Call neighbourhood coordinators, Sandy Spearing, Robyn Budd or Adrienne Davies.

Thursday Jam Sessions

with "Shake A Leg" At Quadra Legion

Everyone is welcome to our weekly jam sessions in the Branch Hall every Thursday starting at 9:00pm. Any questions, call Mark Whittington at 285-3579. See you at the Legion!

Scholarship Quadra Legion Ladies Auxiliary

Is accepting applications for the **Kay Dubois Memorial Scholarship** from veterans' descendants entering post-secondary education.

An award will be based on academic & citizenship criteria. Mail to Box 242, Heriot Bay, BC V0P 1H0 Applications close May 31

She's Back!!!



Opal Blue returns to the Island for a visit and a show!

After moving away a year ago Opal has since been working at Jeff Healey's Roadhouse in Toronto, Ontario, and getting the full musical experience. There she has had the honor of meeting and playing with many great musicians, including the infamous Jeff Healey Blues band! Back for a short time, Opal will be playing only one show on the Island, with Blues Pianist Mark Eikeland. Show is on May 24th at April Point Resort from 5 PM until 8 PM. Come on out for some Blues!



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A Discovery Passage Passage

Thousands of years after early man crossed the Bering Sea Land Bridge the Pacific Coast was the route of the southward migration to inhabit North America. What we now call Discovery Passage was certainly part of that southward migration route.

First Nations traveled this route for thousands of years before Captains Cook and Vancouver sailed here. Long before the first settlement by Europeans on Vancouver Island people crossed from Quadra to the big island to fish the abundant waters of what we now call the Campbell River. The Discovery Passage is part of an ancient historical trade and exploration route. It wasn't till 1960 that the vessel "Quadra Queen" began ferry service.

Crossing these waters has always involved an element of danger. Yet without benefit of tide table or clock or today's ferry thousands have made this crossing in small boats. The cold, swift tidal waters of Discovery Passage are as challenging today as they were a millennium ago, yet people continue

to cross with safety by observing and respecting the nature of her tides and currents.

In the early days of European Settlement, there were more people living on Quadra Island than in Campbell River. Before there was a ferry, it was common practice for Campbell Riverites to row across to Quadra Island. They went to buy groceries and collect mail from the Post Office in Quathiaski Cove. Ever since there has been a ferry it's rare to see anyone to attempt the crossing in a human powered craft.

So, this event is partly a reenactment of those early days. It can be done but must be done respecting mother nature.

This is fundamentally a participants event, rather than a spectator's event. This event is not a fund raiser, it's a fun raiser. It's a fine example of different communities pulling together to provide safe passage for each other. In 2007 the event was a GREAT SUCCESS.

The second annual Discovery Passage is scheduled for August 24th JOIN US!

NAVIGABLE WATERS PROTECTION ACT R.S.C. 1985, CHAPTER N-22

WE WAI KAI NATION hereby gives notice that an application has been made to the Minister of Transport pursuant to the Navigable Waters Protection Act for approval of the work described herein and its site and plans.

Pursuant to section 9 of the said Act, the We Wai Kai Nation has deposited with the Minister of Transport, Infrastructure and Communities and in the office of the District Registrar of the Land Registry District of Victoria Government Agent branch offices, District of Sayward at Campbell River, B C under deposit number 1000026 a description of the following work, its site and plans:

Anchored and submerged longlines with scallop cages.

These works will be under: The waters of Sutil Channel,

At a location: Southeast of Rebecca Spit (centered at 50°05'17.1" N, 125°10'04.1" W (NAD 83),

In Front of: Indian Reserve #9 (Drew Harbour), Quadra Island.

Comments regarding the effect of this work on marine navigation may be directed to: The Manager, Navigable Waters Protection Program, Transport Canada, 620 - 800 Burrard Street, Vancouver, BC V6Z 2J8. However, comments will be considered only if they are in writing and are received not later than 30 days after the date of this notice. Although all comments conforming to the above will be considered, no individual response will be sent.

Watercolour Adventures for the Neophyte May 26-30

Are you a beginning watercolour painter or in need of a refresher to get you going? Anxious when faced with a blank page? Unsure of how to approach an outdoor painting situation? With humour, clarity and directed "brushes-on-paper", watercolourist Dianne Bersea AFCA, provides all the tools and techniques to paint with confidence. Students will work with powerful shapes, be introduced to other watercolour media and walked through a simple layered image working with loose washes.



At least one day will be painting out on the beautiful beaches of Rebecca Spit. Ask questions, let go and practice with helpful guidance from Dianne. Dianne's gentle instruction will bring you up to speed with fun exercises, easy techniques, good humour and entertaining demonstrations. This is the workshop for anyone who is hesitating to get the brushes moving, whether a beginner or a lapsed painter! \$575 includes 5 days instruction, lunches and unlimited studio time. A demonstration of how to use photographic reference for inspired watercolours will also be included. Contact Nanci for details: 285-3390 or www.fresignartanddesign.com

May at DRAW Gallery

Quadra's DRAW Gallery represents the Artistic community on Quadra and surrounding Islands. Ranging from the intriguing life model studies of Perrin Sparks to the post-modern abstraction of Mary Thomson, there is something here for every taste. The works found in watercolour, acrylic, oil, photography and mixed media will be something for everyone to enjoy. It is well worth making a little time to come out and see this group exhibit. "DARLING BUDS OF MAY" will be hanging until May 31st.

Coming in June, 'STUDIES FROM THE MODEL STAND' an array of current sketches from PERRIN SPARKS in oil, charcoal and pastel. Artist's reception first Fridays will be on June 6 from 6-8pm. Gallery is open Thurs thru Sat 12-6pm. DRAW Gallery is located at Village Square, in rear - follow the signs. Drop by and see the show next time you are at the Square. Everyone is welcome.

Astrid Johnston
Director

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Quadra Island Studio Tour has Something for Everyone

Quadra Island artists will be opening their studios to the public on June 7th and 8th for their sixth annual studio tour. The tour is a true community event where artists and artisans from many diverse backgrounds and areas of interest show their work. Local galleries, potters and painters, photographers and printmakers, a glass blower, a guitar maker, jewelers, First Nation carvers, sculptors and fabric artists all participate. Add to this many different approaches to each different medium there is something for everyone to enjoy.



Painting on the island greatly varies; still lifes, landscapes, portraits and colour abstraction. As well, several art quilters will be showing work this year that explores new directions by pushing the traditional limits of quilting. They dye and stamp the fabrics they work with, and use embellishment, distortion and geometry in their compositions. Some quilts are as much about relief sculpture as quilting. Quadra also boasts many highly skilled potters whose work is also varied; some dark and earthy, some light and lyrical, and others quirky and humorous. Lovely etchings of small animals and birds will also be shown.

There will be a group show of all participating artists at the Quadra Island Community Centre as well as some individual exhibits.

Refreshments and public washrooms will also be available there.

www.discoveryislander.ca

The tour is a wonderful opportunity to meet and talk with artists about their process and see their studio environments.

Tickets are \$5 each (kids free) and are available at the Comox Valley Art Gallery, Campbell River Public Art Gallery, Quadra Tourist Information Booth and Hummingbird Office and Art supply on Quadra Island.

For more information on the Quadra Island Studio Tour or art on Quadra visit www.quadraislandarts.com or phone 285-3101.

Fighting Fraud Seminar

Ever had a fake \$20 in your till? As a retailer, you're on fraud's front line. Fake cash, bad cheques, credit and debit card fraud, and identity theft – take your pick. You never know when fraud will happen.

Join us as we present an informative session on counterfeit money and receive an information package titled Fighting Fraud on the Front Lines which includes a set of four 7-minute videos on DVD covering: counterfeit money, worthless cheques, bad credit and debit cards and identity theft.

The benefit of membership – the session is free for Quadra Credit Union members and merchants.

Pre-registration is required as space is limited. Kindly contact Lynne or Ruth at 285-3327 to reserve your seat. Non-members admission fee of \$10 per person.

Seminar will be held at the Quadra Community Centre on May 29th, 2008 from 7:00 to 9:00 pm in the main hall.

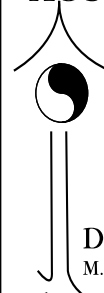
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\$2.48

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Pasta Meals

White Cheddar,
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\$1.68

170g

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**Rice
Chips**

\$2.98

170g

Fiesta Lime, Nacho, Pico De Gallo
or Sesame Seaweed

Kellogg's
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210g

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**Pizza
Pops**

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Royal

Nut Mix

Salted or Unsalted

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/ 100g

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\$4.38

250g

Dan-D-Pak

Blanched, Slivered

Almonds

\$4.88

200g

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Almonds

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/ 100g

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Cashews

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Royal Galas 98¢
/ lb
\$2.16/kg

California Baby Potatoes
Red or White \$1.28
/ lb
\$2.82/kg

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285-2436

Cortes Sustainability Home Show

Friends of Cortes Island (FOCI) is pleased and excited to present the 6th annual **Sustainability Home Show**. This year's theme is: **Localize Your Life** with an emphasis on local wisdom, experts, actions towards reducing our community's carbon footprint, and building local resilience. Here are some of the special events and exhibits.

May 23 (Friday) 7-9PM, Evening Presentation by Keynote Speakers: Norm Harry with a Klahoose opening ceremony & traditional First Nations wisdom.

Delores Broten, Watershed Sentinel Editor, speaking on Local Sustainable Actions. Eco-Youth Initiatives with audio & visual presentations by the next generation. World Café Round Table where you can add your ideas towards building a resilient island community.

May 24 (SATURDAY) 10AM to 4PM, Exhibit Day: Indoor & outdoor booths full of ideas for cutting down your home energy costs, generating your own power, growing your own food, conserving water, reducing waste, and many other local solutions.

On Saturday, during the Home Show, there will be an abundance of great local food with lunch and snacks catered by Lisa-Jo & Joy. Don't miss Brent's all you can eat oysterbar.. Lots of children's fun learning activities, ECO-youth art displays, raffle basket draw, and hands-on demonstrations. This event is happening at Manson's Hall, Friday & Saturday, May 23/24.

Meg's Island



Quadra Farmers' Market

The Quadra Island Farmers' Market welcomes everyone to this year's community market. The market is located behind the Credit Union in Quathiaski Cove and takes place every Saturday (rain or shine) between 10 am and 2 pm from May 3rd to September 13th.

We would like to welcome back all our regular vendors as well as any new ones who would like to join in. We would especially like to see more locally grown produce for sure and maybe more locally made crafts as well. We will continue with a first come first serve basis and the gate will open at 8 am for your setup.

The vendor setup fee is \$5 each while children under 16 will be charged \$1 per setup. Local community and charitable organizations are not charged a setup 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 needs to be kept available for the Credit Union's customers.

If you are a visitor to 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 Island 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 (no exceptions please) and PLEASE pickup after them. Thank you all for your cooperation.

Any questions or concerns can be directed to Alma at 285-3521 or Carmen at 286-9808 See you all at the market

Vancouver-designed bicycle ambulance for Africa showcased at Emily Carr Grad Show-Answers 911 call on Quadra

Vancouver, BC (May 13, 2008) – Vancouver-based Design For Development (DFD) unveiled its revolutionary bamboo bicycle ambulance or 'Bambulance' recently at the Emily Carr Institute of Art + Design's Grad Show. The Bambulance is a bicycle-pulled ambulance that allows rural and urban communities to transport sick and injured people to medical facilities quickly and safely.

Building on the success of DFD's steel-framed bicycle ambulance for southern Africa, the Bambulance goes even further to minimize costs, enhance sustainability and utilize local manufacturing capabilities by using bamboo as the primary construction material. Currently, 60 steel-framed bike ambulances are saving thousands of lives in Namibia.

Later this year, the Bambulance will roll out to provide emergency medical transportation in southern Africa. In the Mathare slums of Nairobi, the DFD Society will partner with the Health Africa



"Every day in Africa and the developing world thousands of people are dying from HIV/AIDS, malaria, and other serious illnesses and injuries because they have no access to emergency and general healthcare services," said Pat Bayes, DFD board member. "Our bicycle-pulled ambulances have a proven track record of improving access to healthcare services in areas where vehicles are not practical."

Resource Team, the Community Transformers Youth Group and the Women's Empowerment and Education Project to manufacture the Bambulance and bring it to the villages of Kenya.

To find out more about this exciting project, please attend a special presentation by the Design For Development Society at the Quadra Island Community Center, Thurs. June 5 at 6:30 pm. We will also be speaking at the Rotary Campbell River lunch meeting at noon, on Weds. June 4.

What Dreams Are Made Of

Opal Blue was given the nickname "Wolf Child" for she grew up on Sanora Island, barefoot wearing a life jacket. Her home and school was the woods, beach and sea. This secluded life didn't stop her from dreaming. Opal dreamed to be a performing artist and by the age of 17 she moved to the big island of Quadra putting bigger wheels under her vision.

7 years later Opal released her first CD and celebrated by hosting an evening for local performers on Quadra in 2006. The dream within urges Opal onward and the big city lights drew her to Toronto in Spring 2007 where she is currently employed at Jeff Healey's Roadhouse as a server.

During an interview Opal shared details of the Jeff Healey Tribute Concert and her responsibility to artists such as Randy Bachman, Colin James and Jack Bruce from Cream. When asked if she had ever dreamed to be among all these artists at once she replied, "Oh ya, I am good in the dream department. There are lots more dreams where this one comes from."

Opal Blue returns to Campbell River Sunday, May 25th and is happy to share her talents at the Island Centre for Positive Living, a spiritual community celebrating individuality and teaching spiritual tools to transform your life. This Sunday features Opal Blue and inspirational messages empowering others to live the life they were born to live, 10:20 AM, 900 Alder St. More information at www.islandCPL.org. For other upcoming Opal Blue events go to www.opalblue.ca

In Celebration of Spring

The beauty and individuality of Cortes gardens will be shared at the 11th Annual Cortes Island Garden Tour on Saturday, June 14th, from 9:30 to 4:30 pm. This fun, casual event offers visitors an opportunity to explore some of the more private and unique locations on Cortes as well as some all time favourites.

This Garden Tour is sponsored by the Cortes Island Museum and Archives Society with proceeds contributing to the Museum's public education and community outreach programs along with the ongoing development of its own heritage garden featuring plants from early Cortes homesteads.

Lunch will be available at Trude's Cafe on Whaletown Road near the corner of Robertson Road, the nearby Floathouse at Gorge Harbour Marina, and the Sunset Restaurant, Cortes Market Deli or Market Take Out at Manson's Landing. Or you can take an enchanting 20 minute walk through the forest and rocks (wear good walking shoes) to Channel Rock where you can enjoy a fresh, organic lunch from 11:30 am to 2:30 pm (\$14.50) created by chef Dianne West and sit overlooking the delightful homestead garden of BC poet Gilean Douglas. If you bring a picnic there are lots of places to stop, including the picnic bench in the Museum's garden where tea and coffee will be available.

With advance reservations you can combine a gourmet vegetarian lunch at Hollyhock Retreat Centre from 12:30 to 2:30 pm (\$14.75) with a visit to their famous colourful and edible garden. Call 250-935-6576 for reservations at least 48 hours ahead.

Tickets are \$12, including a map with garden descriptions, and will be available at Cortes Island stores, the Museum and Friday Markets at Manson's Hall.

Visitors from off island can arrive on the first ferry to Cortes and pick up their tickets until 10:30 am on the tour day near the top of the hill up from the ferry landing -- watch for signs at the corner of Seavista Road.

From Campbell River, patrons should catch the 8:30 am ferry to Quadra that connects to Cortes and Quadra Island patrons should board the 9:05 am ferry from Heriot Bay. This will leave you plenty of time to spend the day visiting an array of lovely gardens before catching the last ferry home at 5:50 pm. Car pooling is a great way to save money and avoid ferry line up delays.

Many Cortes gardens, whether newly created or well established, reflect an easy going style that blends with the natural surroundings and incorporates recycled and found materials for creating beds, trellises and places for plants to grow, not to mention all the inventive ways to combat the deer population!

Don't miss this chance to glimpse an "insider's" view of Cortes Island. For more information call the Museum at 250-935-6340 or Lynne at 250-935-6472.

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The Quadra Island Salmon Enhancement Society

Hosts Its 1st Annual Dinner and Auction

QISES is hosting what we hope will be a thoroughly enjoyable evening at the Tsa-Kwa-Luten Resort on Saturday, June 14, starting at 6:30pm. There will be seafood buffet, live and silent auctions throughout the evening, as well as live music. Our volunteers have done a great job of assembling an exciting variety of items, including original artwork, giftware, local services, trip packages, and other unique items. All proceeds from the event will support QISES in fulfilling its mandate to protect, maintain and restore Quadra Island salmon and their watersheds.

QISES has been involved in the conservation and enhancement of Quadra salmon and their watersheds for 28 years and, as such, is one of the oldest enhancement groups in the Campbell River region. Governed by a volunteer Boards of Directors, QISES oversees and operates a variety of activities including stock assessment, habitat restoration and protection, drought proofing of local streams, as well as education. While there is much work to do restoring damaged habitats, the Society emphasizes the need to avoid future impacts by working with landowners, resource users and the public to raise awareness and find solutions. The Society has just completed the first phase of its Extension

(education) Centre which highlights the importance of maintaining healthy watersheds and provides practical ideas to reduce impacts. Future plans for the Centre include educational youth programs, development of nearby interpretive trails and the reopening of the adjacent hatchery to provide additional learning opportunities as well as enhance key local stocks. QISES is also just beginning to develop a management plan to maintain and restore salmon and steelhead stocks in the Village Bay Lakes watershed, a watershed that is unique among south coast islands.

Tickets are \$50.00 each and will be available only in advance. They can be purchased at the Hummingbird, or by contacting Rupert Gale at 285-2497, or Lawrie Bowles at 285-2957.

Tsa-Kwa-Luten is also offering rooms for the night at a very special rate, \$86.00, incl. taxes. For those of you that have friends off island that might want to make a weekend out of this event, they can contact the Resort direct and book their rooms and tickets – just mention you are attending the QISES Dinner/Auction event (285-2042). We are also planning a field trip for Sunday for those who are staying over and want to get a feel of our Island environment.

We hope you can come out and spend a great night with us!

Tahsis Lions Club presents 31st Annual Great Walk on Vancouver Island

The Great Walk is an annual fund raising event sponsored by the Tahsis Lions Club and is set for Saturday, June 7th, 2008. The Great Walk takes place on the 63.5 kilometers of gravel logging road between Gold River and Tahsis. Walkers can choose to walk for pledges for a recognized charity or organization of their choice, or just walk for the personal challenge. Great Walkers have raised more than \$1,000,000 for many worthy charities.

In 1978, Tahsis Mayor Bill Lore issued a challenge to Gold River Mayor Vic Welsh, "I will walk to Gold River if you (Vic) will walk to Tahsis". The challenge was taken seriously, the walk happened and a tradition started. The first walk raised more than \$5,000 towards the Tahsis Community Centre. Since then, the "Great Walk" has gained the reputation of being North America's toughest pledge walkathon. Each year there are more participants, raising more money for more charities.

The Great Walk starts at 4 am near Gold River and is officially over sixteen hours later at 8 pm in Tahsis. All walkers receive a Great Walk T-shirt for making it halfway to Checkpoint #6 and the coveted Burning Boot Award for completing the route. There are a total of twelve checkpoints along the way, offering the walker refreshments, drinks, first aid supplies, and moral support! Special trophies are presented at the awards ceremony that start at 8:30 pm Saturday night.

The Tahsis Lions Club challenges you to register by May 31st. Participate and raise monies for your favourite charity in the 31st Annual Great Walk from Gold River to Tahsis, Vancouver Island, on Saturday, June 7th. For more information on registering or volunteering, contact Mike Nicolaye at greatwalk@greatwalk.com or 250.245.1045 and check out the website at www.greatwalk.com.

Writing Workshop on Writer's Block

The Campbell River Arts Council, as part of its Writer's Series, is presenting a valuable workshop that addresses the challenges of 'Writer's Block'. Are you stuck? Is writer's block peering at you from your breadbox? Have a character that has taken over and left your story behind? Can't find the turning point to get your plot moving again? Can't get an opening paragraph that will grab your publisher? Have a poem that just won't end? Writing a nonfiction piece that threatens to run away into fiction? Every writer is faced with dilemmas like this, sometimes almost daily. Author Harold Rhenisch has been facing them down for 35 years and has created an entire toolbox of techniques to get past them, even applying the tools to drive writing forward into new and liberating directions. Rhenisch has taught both work-in-progress and memoir at the Victoria School of Writing and given numerous workshops in poetry, fiction, non-fiction, drama, story-telling and myth. He is the writer in electronic residence for the Ottawa and Niagara chapters of the Canadian Authors Association and has won prizes for poetry and non-fiction, including the 2007 Malahat Review Long Poem Prize and the 2007 George Ryga Prize for Social Responsibility in Literature. The workshop will take place on Sunday, May 25, from 10 am to 4pm, at the Sybil Andrews Cottage, 2131 South Island Highway in Willow Point. The cost for this workshop is \$55.00. Please call the Arts Council at 923-0213 to register. Space is limited.



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Humming Along: The Case for Electric Bikes

There you are, grunting and groaning up your least favorite hill. You remember how the first few times you tried it, you had to get off and walk. Now you can make it, albeit slowly, all the way to the top. Sometimes you can even overtake another rider which gives you a certain guilty pleasure. But this time, as you labor along, and are thinking how it never seems to get any easier, a cyclist breezes past. You catch a glimpse of her self-satisfied smirk before she disappears over the brow of the hill.

What happened? Did you just get passed by a super cyclist? Possibly. After all, there are a number of competitive riders who live in Campbell River. But it's more likely she had a secret weapon. Electricity.

Electric bikes have actually been around for a long time – the first patent for one was registered in 1890 - but it is only in the last few years that they have really taken off. When my wife bought her particular system three years ago, the only dealer on the west coast was in Vancouver. Today there are dealers up and down Vancouver Island, including Campbell River and Quadra and the number of electric bike owners is growing exponentially.

"So what?" you respond. "Electric bikes are probably just another cycling fad which will soon go the way of banana seats and heated handlebars. What's wrong with old fashioned pedal power?" Nothing at all. In fact if you are happy with your conventional bike, there are a lot of reasons to keep using it.

Even though electric bike batteries cost just a few cents a day to charge, the systems, especially good ones, are expensive - probably more than the cost of your bike. Having an electric system also means that your bike just got more complicated. More things can and will go wrong and will need to be repaired. From an environmental viewpoint, besides the additional resources needed to create electric bike systems, there is the problem of battery disposal when it eventually wears out. Finally, electric components add to the weight of your bike, making it more difficult to throw it on a car rack or carry up a set of steps.

Yet despite these disadvantages there are a lot of good reasons why some cyclists, myself included, choose to ride electric bikes. Many people find riding a regular bike for transportation to be a daunting proposal. Cruising the flats or coasting down hills is easy, but there is no avoiding the climbs back up. They can be a very real barrier especially if one is elderly, or somewhat out of shape. In other cases, acute or chronic injuries, such as knee or back problems can force even avid cyclists to seek alternatives. A year and a half ago I found myself in this category. It was either go electric or give up riding. I've never looked back.

Other advantages of electric bikes are less obvious but just as important. The convenience

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of having an electric bike is ideally suited for the transportation cyclist. At the end of a long day, having the option of a power boost up the hills can be the difference between riding tomorrow or just not being able to face it. There is also the time factor. I probably go about twice as fast on my bike now that it is electrified. I've been surprised how these two factors, time and reducing fatigue have increased my bike use. Not only do I always ride to work, but I am much more likely to use my bike to go on a spur of the moment errand – say when I'm building and suddenly need a saw blade or a box of screws. I also find I use it regularly when I need to go out in the evening, even if it means coming home late.

Some studies have found that most electric cyclists tend to be in better shape than many owners of non-powered bikes. This claim surprises most people, who assume that electric bikers just flip a switch and away they go. This isn't the case. Quality electric systems are designed to help riders, not replace them. The biking still require effort, but you can get a boost when you most need it. This means that the electric bike rider does use fewer calories per kilometer, but this appears to be more than made up for by the fact that he or she rides farther and more often than the average conventional cyclist.

There are two other significant benefits to electric biking. The first has to do with safety and relates to the ease with which the rider can move in traffic. Starting from a dead stop, an electric bike can accelerate at the same speed as the cars behind or in front for the first five seconds or so. This is enough time to get through an intersection. And since that is where bike accidents are most likely to occur, the sooner you can exit an intersection, the better.

The second hidden benefit of good electric systems is braking. There is a switch on my bike that allows me to recharge the battery when I am going downhill. While I don't find the recharging has a major impact on how long the power lasts – perhaps because the hills I'm on just aren't long enough – putting it in recharge slows the bike's speed. It is the equivalent of gearing down in a car with a manual transmission. This feature is invaluable in icy or slippery conditions. It also saves an immense amount of wear and tear on brakes which means brake pads have to be replaced much less often.

Overall I am a big fan of electric bike systems. They make cycling for transportation a more viable option for a wider range of people. Still, they're not for everyone. If you are happy on your regular bike, fantastic. It is still the simplest and least expensive transportation option short of walking.

And if I ever pass you going up that hill, I'll try not to smirk. Promise.

Next Issue: Shopping for an Electric Bike.

Body Sculpting - Tone Your Body

Body sculpting is a strength training workout that combines muscular strength, endurance, cardiovascular conditioning and flexibility, using bodyweight resistance, free weights, rubber bands and weight bars. Body sculpting is designed to tone the body without building muscular size or bulk.

You will burn calories, increase your muscle tone and produce a higher muscle to fat ratio. Body sculpting exercises built up strength and endurance, prevent osteoporosis, increases muscle function and can reduce loads placed on joints. It works well as cross training to concentrate on specific muscle groups to correct muscular imbalances.

The course is suitable for all fitness levels. A fun group workout to great music. Join us on Monday nights 6-7:30pm at the Community Centre. Starts June 9th, 8 classes \$59. Please call Marion Eberlein 285 2896 for more information and to register. Only limited amount of equipment available!

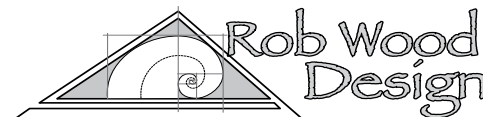
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Halliday's Viewpoint

Waste Not, Want Not.

by Steven Halliday

During the mid-1980's I took a road trip into the USA, piloting my father's ancient and unreliable Starfire motor home in the company of a friend and two young children. We made our way through Washington and Idaho, then south for a visit to Zion National Park in Utah, with a stop in Salt Lake City to regroup and regroup. We had previously eaten 95 % of our meals cooked over campfires or prepared in the RV, but in Salt Lake we decided on a nice dinner out.

The restaurant we chose was a country-style barny affair, and obviously popular as the place was packed. We selected their famous steak all around, which was to be served with a variety of side dishes. First to arrive was a tureen of soup (at least a gallon of it) together with a basket (or was it a bushel?) of fresh buns. Next came a cement-mixer barrel sized bowl of salad greens, with giant jars of various dressings, most cream based, and a stack of breadsticks. Finally the steaks arrived – 16 ounces at least for the grown ups, with a more modest 12 ounces each for the kiddies. Throughout the meal, our friendly waitress kept chiding for us “picking” at our food, when in fact we were stuffing ourselves silly, and she was positively incredulous when we declined to visit the “parfait bar” for dessert. It was at this point that I realized that we, as a group, more resembled starving refugees than the average customer of the eatery, most of who wore very ample girths and attacked their plates (platters?) with clearly evident relish. In the few trips to USA I have made in the intervening years, I noted the culture of engorgement and subsequent obesity crisis has only worsened (2004 US government data estimated 66 % of adult Americans are overweight or obese), and in a time where food is starting to receive the attention it deserves, our Western attitudes towards it must be re-examined.

In a May 18, 2008 report by Andrew Martin of The New York Times titled “One Country's Table Scraps, Another Country's Meal”, he makes the astonishing claim that in the USA an estimated 27% of the food available for consumption is wasted – 96.4 billion pounds of mainly edible foods is tossed. A more recent British study (The Food We Waste – compiled by the Waste and Resources Action Plan – a non-profit agency) estimates that Britons toss almost a third of their food. Much of this waste is restaurant leavings, food stores

chucking “expired” items, and consumers dumping unfinished meals or bruised fruits and vegetables. Some of the statistics are staggering – The US Department of Agriculture estimates that if just 5 % of food waste were recovered it could feed four million people per day – just 5 %! Meanwhile, America's food banks are reporting that food donations are down 9 %, while the number of people seeking food aid has increased 20 %. And with more and more supermarkets providing ready-to-eat foods, “what do you think happens to that potato salad and meatloaf at the end of the day?”

Fortunately, the problem is now coming to the forefront. The NYT article notes “After President Bush said recently India's burgeoning middle class was helping to push up food prices by demanding better food, officials in India complained that not only do Americans eat too much – “if they slimmed down to the weight of middle-class Indians”, said one, “many people in sub-Saharan Africa would find food on their plate – but they also throw out too much food.” T.G.I.-Fridays, a US food chain with almost 1,000 locations in 58 countries, recently introduced their “Right Portion, Right Price” menus, which offer smaller servings at lower prices. The impetus for the move was not waste based, however. From T.G.I.F.'s press release – “Serving smaller restaurant portions is a great strategy for helping people lose or maintain their weight and most consumers won't even notice that they're being served less, and they'll really appreciate the potential health payoffs.”

The waste prevention isn't even mentioned, but is sure to be substantial. Hopefully other restaurants will emulate this sensible approach. Many US school campuses are adopting “trayless” cafeterias, following the sound logic that people will no longer be able to overload their trays with surplus (and most often wasted) food by being restricted to what they can carry in their hands – generally one plate and a cup. Studies have shown it to be an effective practise, again more often not from a health perspective. Waste reduction is a welcome side benefit.

In California there is a small but dedicated group in the Los Angeles area calling themselves “Fallen Fruit”, and they share an aim to provide information about readily available and free foodstuff supplies in their region, such as fruit from trees on publicly owned ground,

to protesting against urban wasteland as epitomized in a book they promote titled *Edible Estates: Attack on The Front Lawn*. They consider their efforts as an artistic project as well; harvesting “fallen fruit” from industrial/commercial dumpsters and creating art with the detritus they collect. Much is documented at their website, well worth visiting. On their main web pages (see www.fallenfruit.org) they quote as their motto, quite appropriately, from the Bible: *When you reap the harvest of your land, you shall not reap all the way to the edges of your field, or gather the gleanings of your harvest. You shall not pick your vineyards bare, or gather the fallen fruit of your vineyard; you shall leave them for the poor and the stranger.* - Leviticus 19:9-10

When I review the contents of our average twice-monthly filled garbage, it rarely presents anything more edible than some slightly mouldy bread. What we don't compost or recycle is most often spoiled (generally freezer burnt) meats and uneaten leftovers; the quantity of the latter having dramatically reduced over the years as our cooking habits adjusted to our empty nester status. Typically though, family gatherings generate sometimes-ridiculous quantities of excess cooking vigour's, followed by significantly increased food wastage. Undoubtedly higher food prices will affect people's consumption, and growing awareness of the health dangers of poor eating habits is sure to lead to change in quantities consumed. Growing media attention to food is a very good thing, and if reports of 25 % plus food wastage are any indicator, it is reasonable to assume one could do a lot to respond to rising prices by reducing personal consumption. Having said that, however, I can think of few friends, family or acquaintances that waste food to such a degree.

Admittedly, my biggest waste occurs at restaurants. I am, at best, a light eater of non-home cooked meals, and am forever assuring anxious servers that everything was fine – there was simply too much food. Having smaller portions available, at an appropriately reduced price, is one idea whose time has come for a variety of sensible reasons and is of personal appeal. There are many more good ideas to reduce food waste we have yet to explore, but as the planet's population gets hungrier we'd best think of some new ones – relatively soon.



Business Profile

Hummingbird Celebrates 10 Years!



Lois Taylor and Christi Edwards with Lois' grandson Cohen at Hummingbird Office and Art Supply.
Photo by Tanya Storr.

Hummingbird Office and Art Supply is 10 years old! The Quathiaski Cove stationary store and much more will be celebrating in style on Saturday May 31. Look for sidewalk displays, music, interactive arts and crafts tables, and face painting in the Cove Plaza from 11 am – 4 pm.

Hummingbird's stock will be 10-60 % off for the day, with some prices rolled back 10 years. Other businesses in the Cove will be joining in the festivities with special offers and events.

Business partners Lois Taylor, Yuri Delisle, and Christi Edwards are thrilled that Hummingbird has reached its 10-year anniversary. Lois and Yuri started the business with a low stock model, wanting the community to let them know what was needed.

"That approach has worked well. We probably have 4-5 times the original amount of stock now, and we still order based on what the community needs," said Lois.

Lois was inspired to open an office and arts supply store because she realized there was a niche that needed filling on the island. Working in the accounting and bookkeeping field, Lois was making regular trips to Campbell River to pick up office supplies. Yuri, who was based in Campbell River and now lives in Alberta, was one of her bookkeeping clients.

"I always loved going into office supply stores and I mentioned to Yuri that I'd like to start one on Quadra. She said if I ever did, she'd be willing to be my partner," Lois said.

Not long after their conversation, the construction of Cove Centre began. Lois asked

Murray Johnson if it would be possible to book a rental space in his new building before it was completed. She was able to choose the corner spot from the plans.

The name 'Hummingbird' came to Lois after much deliberation. While in her office one day pondering names, Lois watched a crystal hummingbird ornament spin in the window. A rainbow reached her eye and she thought, "That's it!"

Yuri liked the name immediately and a regular customer pointed out that the hummingbird is the only bird that flies "stationary." Lois said Hummingbird has always been the right name for the business.

Christi came on board two-and-a-half years ago. For Christi, Hummingbird offered the creativity and flexibility she needed with a two-year-old daughter at home.

"The position was half-time, which suited my family's needs perfectly. It meant I could continue to work and be out in the community, and also be with my family," Christi explained.

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Christi worked as manager for a year and then became a partner in the business. With Christi handling the day-to-day operations, Lois is able to concentrate on the bookkeeping and enjoy Hummingbird in a different way.

"Christi is a blessing of a hummingbird. Now when I work in the store I really get to play. It's nice not to have the pressures of the day-to-day," Lois said.

Hummingbird's business ethics are "very much about family," Lois affirmed. New staff members are encouraged to put their families first.

"We tell them if something happens and they need to leave the store, just put a 'closed' sign on the door. It's not healthy to have a staff member at work who's worried about their child, nor is it healthy for the child."

The staff become a part of the larger Hummingbird family as well, and departing staff are considered "honourary hummingbirds." Christi mentioned that those staff members who have left have always been sad to go.

"People spend a lot of time at work. If it's joyful, it doesn't feel separate from the rest of life. That's a really strong theme at Hummingbird," said Lois.

This emphasis on "family friendly" hasn't gone unnoticed by the larger community. Hummingbird recently received a nomination for the Campbell River Chamber of Commerce Excellence Awards for 'Most Family Friendly Business.'

"We don't know who nominated us—we just got a phone call to let us know we're in the running. It's great that the community recognizes us as being family friendly," said Lois.

Since the business opened in the Cove Centre building a decade ago, the range of products and services on offer has grown considerably. As well as providing high quality office and art supplies, Hummingbird is a full service copy centre with public fax and Internet, and a Purolator courier agent.

Customers can order print jobs including calendars, business and art cards, posters, and labels. Hummingbird is working towards producing rack cards and brochures.

Just over a year ago Hummingbird moved to a bigger space in the Cove Plaza. Walking in the store today, shoppers find a colourful array of office supplies from paper clips and envelopes to adding machines and recycling bins. Hummingbird can special order items for customers, and sells many products



*L-R Yuri Delisle, Christi Edwards and Lois Taylor
Hummingbird collection*

individually or in packs of 10 or 500.

"We will break open most of our products if people only want a portion," said Lois.

Fair trade journals, scrapbooks, and picture frames made in Nepal are popular. A line of 100% recycled chlorine-free card stock, printer paper, and envelopes from Gabriola Island are also in stock.

If you feel the urge to explore your creative side, Hummingbird is the place to be. You can find supplies to paint your own t-shirts, make art cards, decorate your piggybank, enliven your scrapbooks, and much more.

"We try to keep in stock items needed for the courses offered by Firesign Art & Design Studio, and when the Quadra Community Centre put on a piñata workshop last year we brought in their supplies," Christi noted.

Hummingbird has now added workshops to its services. To date the business has hosted a card making workshop on site and a full-day 'Crafty Arts' workshop at the Heriot Bay Inn.

"We like to get involved in the fun," said Lois. "Eventually we'd like to offer 'craft weekend' packages including meals and accommodation."

Lois added that they are always trying to brainstorm how to bring money into the community and add to the services already available.

"It's good to think bigger than just your store. That's how you make it work in a small community. Your business has to be prosperous for the community to be prosperous."

Lois and Christi want to thank the community for its continued support. "That support has allowed us to enjoy the past 10 years and we look forward to many more years to come," said Lois.

Drop by Hummingbird Monday – Friday from 9 am – 5 pm, Saturdays from 10 am – 5 pm, and Sundays in July and August. For more info, call 285-3334 or e-mail qcopies@telus.net

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Island Tides

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If the D.I. office is closed use the secure mail box by the door. Payment is required at time of submission please. Ads may be faxed to 285-2236 or emailed to news@discoveryislands.ca with payment following a.s.a.p.

3 - Sit back and wait for the calls!

Questions call 285-2234 or email news@discoveryislands.ca

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May 23 - June 6

Date	Time	m	ft.
23	03:13	3.9	12.8
Friday	06:08	4.1	13.5
	14:27	0.7	2.3
	22:44	4.7	15.4
24	04:06	3.8	12.5
Saturday	06:43	3.9	12.8
	15:04	0.9	3.0
	23:17	4.6	15.1
25	05:06	3.6	11.8
Sunday	07:32	3.7	12.1
	15:43	1.2	3.9
	23:48	4.6	15.1
26	06:09	3.3	10.8
Monday	08:48	3.4	11.2
	16:27	1.5	4.9
27	00:18	4.5	14.8
Tuesday	07:04	2.9	9.5
	10:43	3.2	10.5
	17:17	1.9	6.2
28	00:48	4.5	14.8
Wednesday	07:52	2.5	8.2
	12:51	3.1	10.2
	18:16	2.3	7.5
29	01:20	4.5	14.8
Thursday	08:36	2.0	6.6
	14:40	3.3	10.8
	19:24	2.7	8.9
30	01:54	4.6	15.1
Friday	09:18	1.5	4.9
	16:04	3.7	12.1
	20:35	3.0	9.8
31	02:30	4.6	15.1
Saturday	09:59	1.1	3.6
	17:09	4.0	13.1
	21:44	3.3	10.8
01	03:07	4.7	15.4
Sunday	10:40	0.7	2.3
	18:05	4.4	14.4
	22:47	3.4	11.2
02	03:45	4.7	15.4
Monday	11:22	0.3	1.0
	18:55	4.7	15.4
	23:47	3.5	11.5
03	04:26	4.6	15.1
Tuesday	12:03	0.1	0.3
	19:42	4.9	16.1
04	00:44	3.6	11.8
Wednesday	05:07	4.5	14.8
	12:45	0.0	0.0
	20:27	5.0	16.4
05	01:40	3.6	11.8
Thursday	05:51	4.4	14.4
	13:27	0.1	0.3
	21:12	5.1	16.7
06	02:37	3.5	11.5
Friday	06:38	4.2	13.8
	14:10	0.2	0.7

Pacific Daylight Time (+7)

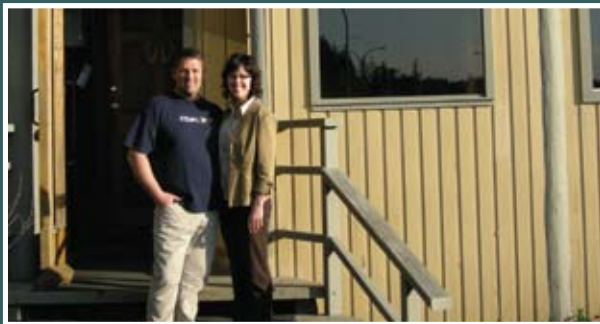
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The Lands File Number that has been established for this application is File # 1411207. Written comments concerning this application should be directed to the Section Head, Integrated Land Management Bureau at 142 – 2080 Labieux Rd, Nanaimo, BC, V9T 6J9. Comments will be received by ILMB until June 18, 2008. ILMB may not be able to consider comments received after this date. Please visit our website: <http://ilmbwww.gov.bc.ca> under the link: Applications & Reasons for Decision for more information.

Be advised that any response to this advertisement will be considered part of the public record. For more information, contact the Freedom of Information Advisor at Integrated Land Management Bureau's regional office.

