

Issue 429

August 29, 2008

DI

Discovery *Islander*.ca

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



www.discoveryislander.ca

Discovery **Islander**

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Next Deadline: Sept. 8, 7pm

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P.O. Box 190 VOP 1N0
250-285-3327

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



Island Calendar

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





The Regulars

- **Quadra Legion** - Now open Saturdays only at 4:00pm
- **Every Monday** - Parent and Tots 9:30 am - noon Q.C.C.
- **Every Tuesday** - Yoga Classes 9-11 am and 5-7 pm with Brenda Dempsey at the Upper Realm, QCove. 285-3054 or 203-1575 Drop ins welcome \$12
 - Live Jazz at April Point 7 pm
 - Al-anon meeting, 7.30 pm at the Children's Centre
- **Every Wednesday** - Moms and Babies 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.
 - Yoga Classes 9-11 AM and 5-7 PM with Brenda Dempsey at the Upper Realm, QCove. 285-3054 or 203-1575 Drop ins welcome \$12.
 - Prayer Meeting, 7:00pm at Quadra Island Bible Church
 - Quadra Singers 6:45 pm Thursdays starting Sept.11 QCC
- **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
 - Live Jazz at HBI 6:30 pm
- **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, September 8th 2008

This Month

Sept 5 - 27th, 2008 - 'FRESH AIR' - Nanci Cook at DRAW Gallery

Fri	Sat	Sun	Mon
			
20°C 16°C 60%	18°C 9°C	20°C 8°C	21°C 9°C

On the cover



Linda Gray & friend enjoy spa treatment Quadra style at the lake.
photo: Bob Cameron

ON ROOT GREENHOUSE

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Day by day

Monday-Friday, September 1-5

-Plein Air Painting Workshop with John Stewart Pryce Firesign Studio, all skills. 9 am - 4 pm Call Nanci 285-3390

Tuesday, Sept 2

- Jazz Berry Jam April Point
7 pm to 10 pm

Thursday, September 4

- Mother Mother family concert Q.C.C.
Doors open 6:30 pm Show 7:30 pm

Friday, September 5

- Mother Mother licensed concert Q.C.C.
Doors Open 9 pm Show 9:30 pm

Saturday, September 6

- Duffy & Julie Frank & Hal Douglas Blues Band Landing Bar & Grill
8 pm to Midnight

Sunday, September 7

- Jazz Berry Jam HBI
6:30 pm to 9:30 pm

Monday, September 8

- Quadra Island Garden Club Q.C.C.
7 pm

Tuesday, September 9

-Quadra Island Quilters Q.C.C.
9.00am - 2.00pm. Everyone welcome.

Friday, September 12

- Corbin Murdoch & the Nautical Miles HBI

Sunday, September 21

- Quadra/Philippines Connection Giant Garage Sale Q.C.C.
10 am - 2 pm

Saturday, September 27

- Sierra Quadra films Q.C.C.
Doors open at 7:00 first film at 7:30 pm

Island Calendar online: www.discoveryislander.ca



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Discovery Islander

Issue 429 August 29th, 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, September 8th



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

Proud to be from Quadra

Greetings fellow Island Folk. I was born and was raised on Quadra Island. I am now 32 and have been working and living in Vancouver for the last 10 years. I come home to Quadra often but recently made the trek home to get married this past weekend. I brought with me many city friends and my fiancé's family from Nelson, B.C.

I am writing this letter to tell you all how proud I am to be from Quadra Island. As a child, I cursed the ferries and craved more action. As an adult, I've come to appreciate Quadra and understand that I am who I am today because I was raised here. But this past weekend when I got married, the community of Quadra impressed me so much that it brings tears to my eyes as I write this letter.

We had a perfect hot summer weekend for the festivities and the Friday night 'meet and greet' at Rebecca Spit couldn't have been more spectacular. I smirked as the city folk gawked at the full moon rising over the mountains. For the next few days, I relished in the feeling of love and support from my fellow Islanders. All of our friends from Quadra rallied around us to make sure this event went off without a hitch. Don brought the sound system to set up in my parent's garden. The community centre graciously lent us their podium stand for speeches. Donna was our beautiful marriage commissioner. Mike and Pam generously provided the flowers and Lynn made the flower arrangements. Tony and John came over to bartend. Jack and Mary came to pour the champagne. Rob and Diana lent their house to my fiancé's family, which was conveniently located right next door to my parents place and the wedding ceremony. My aunts and uncles were all invited to stay in the neighbors suites on Schooner Road. Ron and Linda offered their little apartment for our stay on our wedding night. And to top it off, Jack (who taught me in elementary school) offers to take some of my guests on a beautiful boat trip to feed eagles, swim in Open Bay and harvest his prawn traps...then of course there was the prawn feed!

Are you kidding me? This is truly an amazing community! You not only impressed me with your generosity and sincere support but you also really made an impression on my in-laws and friends. I heard 'I love Quadra' so many times that weekend! I feel so proud to be from Quadra Island. Thank you for your continual support...it means a lot to me.

Lots of love,
Asia Peters (well, Asia Hagel now...)

Re: Help Wanted

Dear Mr. Frederick, if your nuts are loose you don't need a quantum mechanic you need a new sweetheart.

See Thompson

Ferry Protest

Over the past few years BC ferries has been increasing our ferry fares at an alarming rate. As a result, some island residents have moved away or are considering it, others are changing jobs, some have bought a second vehicle to be left at Campbell River, and most of us have reduced our ferry use as much as possible. On August 1st I found myself shocked and outraged at the amount of the latest fare/fuel increase: more than 21%. I also know that the increases will keep on coming regularly and painfully with our island lifestyle becoming the main casualty.

With the latest increase, BC ferries has provided walk-on ferry commuters with a protest action that a group of us started on August 8th. The ferry fares are now so high that we can commute at a lower cost with the Discovery Launch Taxi service (located in the same marina as the ferry) for \$5.00 each. We have two scheduled runs from Campbell River to Quathiaski Cove Monday through Friday at 04:30 p.m and at 05:25 p.m. except holidays (bicycles are always welcome). To make this protest action successful we required an average of 10 commuters per run and I must happily note that we have been exceeding our goals every day so far with up to 30 commuters per day. The water taxi is very comfortable, gets you home earlier and will shuttle and leave no person behind if the scheduled run is full.

This protest action might not cause BC ferries much pause or concern although revenue seems to be the big issue for them so far. I'm simply thrilled to be giving my commuting fare to a very supportive local taxi company instead of to the large heartless corporation/government. I'm hoping that our protest action will help to show the corporation/government that enough is enough.

If a large number of us decide to support the alternate use of the water taxi service we could expand the schedule and possibly choose departure times at our convenience.

I would like to thank Discovery Launch water taxi service for their tremendous support with this endeavour.

If you are interested or want to be updated send me an Email at: aboncho@gicable.com

Carlos Paramio

Obituary - James Raymond Westhaver

Quadra Island lost one of its long-term residents with the passing of Jim Westhaver on June 2nd. Jim, who was forty-six at the time of his death, was born in London, Ontario and raised through his school years in Halifax, Nova Scotia.

Jim had been a resident of Quadra Island for at least twenty years and was known locally as "Jimmy Walker" as he was often seen walking the roads of the Island to and from his home, the post office, or the stores. He was known as "Jimbo" to the many friends he would regularly meet at Café Aroma to share a coffee and a cigarette while discussing local gossip and other affairs of state.

Unhappily, Jim had misfortunes in his life especially in the past few years when medical problems would often weigh heavily on him with different medications relieving one symptom but creating side effects for which other medications were taken. Despite his poor health, Jim was not a complainer - he soldiered on and made the best of his circumstances. Jim was a friendly fellow and always had a smile and a good word for everyone he met as well as much appreciation for small kindnesses which people showed him.

Jim was a regular reader of the Good Book and was known to pray for his own sins and for the sins of others. If he had a fault it was that he was too accepting of people and, as a consequence, was from time-to-time, taken advantage of despite his poor circumstances and meagre resources.

He regularly attended the community lunches at the Quadra Community Centre and, in early April, was feted on the occasion of his birthday, an event that left him with a smile from ear to ear. During the past year or so he had reestablished contact with his mother in Halifax, Nova Scotia and he was proud and happy to have done so, remarking often how much it meant to him to have a telephone call or a card or note from her.

Jim is survived by his mother, Veronica Wagner, of Halifax, Nova Scotia, his brothers Bruce of Fernie, BC, and Michael of Calgary, Alberta, his sisters Tammie Hart of Halifax, Belinda McMullin of Halifax, Sabrina McMullin of Dartmouth, Nova Scotia, and Brenda Westhaver of Calgary and by numerous nephews and nieces. He was pre-deceased by his father, Raymond, and by an older brother, Kim.

Jim was cremated at Sutton's Funeral Home in Campbell River and his ashes were sent to his family in Halifax where a memorial service was held. While the exact cause of death has not been determined, the Quadra RCMP report that the Coroner has ruled his death to be from natural causes.

Jim's many Quadra friends have raised close to \$500 in donations for a memorial bench and plaque. A beautiful bench of natural woods has been fabricated by Tom Bremer with the assistance of Art Saull and is now in place at Café Aroma where Jim spent many a happy hour. A commemorative plaque of black granite has been fabricated by Richard Di Benedetto of Heriot Bay. It is expected that a short service will be held for Jim in the near future at Café Aroma, by his friends, with date and time to be announced by poster at the Café.

Legion Goods & Services Auction Success!

We are pleased to report that the Legion's Goods & Services Auction was an overwhelming success with \$5551 raised. The Legion Executive extends their warm appreciation to the following individuals and businesses as well as all buyers and all volunteers. THANK YOU VERY MUCH! See you at the Legion.

Wired Electrical & Design
Lovin Oven II
Whiskey Point Resort
Lindsay Jardine
Walcan Seafood's
Len Lamb
Viken Waste Management
Kim Zaphala
Tsa-Kwa-Luten Lodge
John Clark
The Water Guy
It's A Beautiful Day
The Paint Lady
Isle Tech Auto Service
The Landing Bar & Grill
Island Sea Farms Inc.
Terry's Takeout
Hungry Eye
Sutil Charters
Hummingbird Art & Office Supply
Sorensen McDonald Enterprises
Heriot Bay True Value
Silver Phoenix
Heriot Bay Post Office
Sidelines on the Boardwalk
Heriot Bay Inn
Roy Dahlnas
Heriot Bay Consignment
Rejuvenation Through Bodyworks
Gail Rankin
Quadra Taxi
Fermentations
Quadra Storage
Fat Cat Emporium

Quadra Island Tours
Ed Fisher
Quadra Harbour Authority
Draw Gallery
Quadra Foods
Don McGuffie
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Plum Blossom
Bob Cameron
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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 Monday, September 8th 2008

Public Hearing Notice

Bylaw No. 3

“Quadra Island Zoning Bylaw, 1990, Amendment No. 92”

and Bylaw No. 8

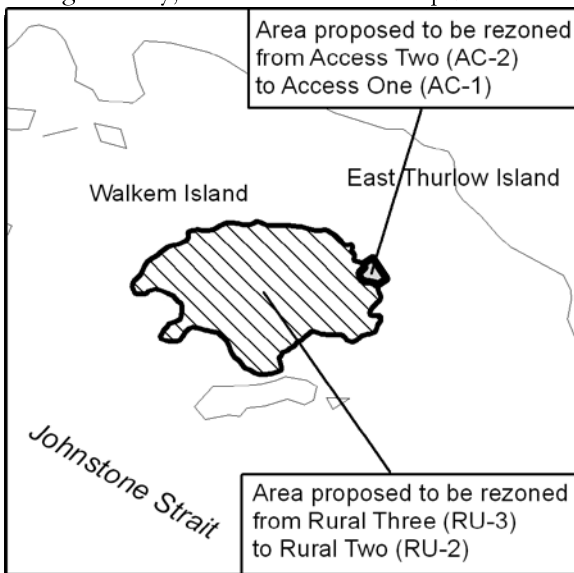
“Regional District Temporary Industrial Use Permit 1J 08 Bylaw No. 8, 2008”

Tuesday, September 9, 2008 Starting at 7:00 p.m.

Quadra Community Centre, 970 West Road, Quadra Island, BC

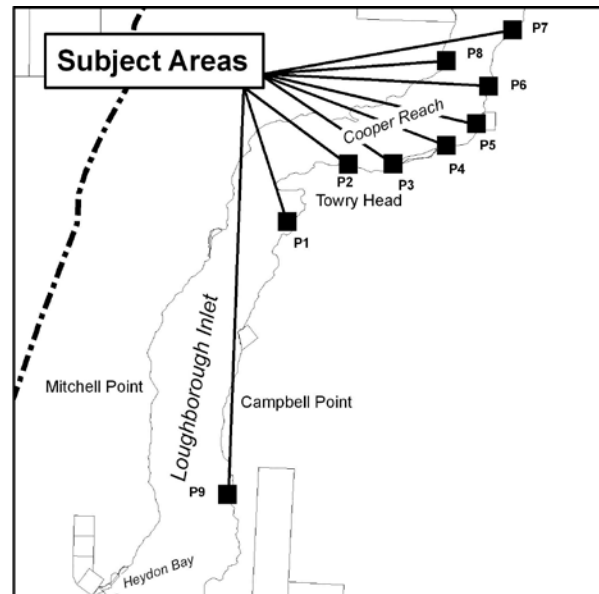
Bylaw No. 3

The purpose of this bylaw is to rezone the island legally described as “Lot 956, Walkem Island (Formerly Pender Island), Range 1, Coast District containing 43.3 hectares (107.0 acres), more or less” from Rural Three (RU-3) to Rural Two (RU-2) for a proposed 18 to 21 lot strata subdivision; and to rezone the foreshore area legally described as “Unsurveyed foreshore of the Johnston Strait, Sayward District containing 3.0 hectares (7.4 acres), more or less” [Expired ILMB lease tenure File No. 1043024] from Access Two (AC-2) to Access One (AC-1) to allow for a dock and moorage facility, as shown on the map below.



Bylaw No. 8

This bylaw, if adopted, would allow a temporary industrial use permit (TIUP) for log dumping and storage at nine specific sites within the Discovery Islands – Mainland Inlets (Electoral Area ‘J’) for portions of the areas legally described as part of District Lots 303 and 1798, and Unsurveyed Crown Foreshore or Land Covered by Water being the Bed of Cooper Reach, Range 1, Coast District and which are shown on the map below.



A copy of the proposed bylaw and related information may be viewed at the regional district office, 600 Comox Road, Courtenay, BC between 8:00 a.m. and 4:30 p.m., Monday through Friday, excluding holidays from Monday, August 25, 2008 until Tuesday, September 9, 2008 or at www.strathconard.ca. Anyone who believes the proposed bylaw will affect their interests will be given an opportunity to speak at the public hearing.

Legally, the SRD cannot consider any representations made after the close of the public hearing. If you cannot attend the public hearing, all written submissions, mailed or electronic, must be received by this office no later than 4:30 p.m., Tuesday, September 9, 2008.

Enquiries should be directed to:

Kent Leortowich, planner, for Bylaw 3 or Brian Chow, planning technician II, for Bylaw 8
Community Planning Services, Comox Valley Regional District, 600 Comox Road, Courtenay, BC V9N 3P6 Tel: 250 334-6000 Tdl-free: 800 331-6007
Fax: 250 334-8156 Email: planning@strathconard.ca Web: www.strathconard.ca

The Strathcona Regional District (SRD) is a partnership of five electoral areas and five municipalities providing nearly 43,000 residents with 77 services from parks to a full-service sports facility to liquid and solid waste systems.



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\$12 Teens \$10

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EVENT CLASSIFIEDS

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www.discoveryislander.ca



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

Cafe Aroma Open Mic Night

Audience, performers and
staff have had so much fun
over the summer that we are
going to keep it going once a
month over the fall and winter.
It's free, family entertainment
and a chance to share your
secret talent with your fellow
islanders and visitors to our
island paradise.

So, drop in for some coffee,
music and poetry... on the first
Thursday of every month.
Doors open at 7PM and music
starts at about 7:30PM. Jot
the first four dates down on
your calendar: Sept 4, Oct 2,
Nov 6 and Dec 4 and we'll see
you there.

QISES AGM

The Quadra Island Salmon
Enhancement Society will be
holding its' Annual General
Meeting on September 8, 2008
- 7pm at the Extension Centre
(Hatchery) on Hyacinthe Bay
Road. The agenda will be as
follows:

- 2007 financial statements
- Treasurer's report
- 2007 activities report
- Elections of the new Board

QISES invites all members
and interested Quadra residents
to attend and, if interested, join
the new Board. Hope to see you
there.

Can You Help?

Help support Evangeline
Tate and her children, by
putting money into her account
at the credit union, as their
home was destroyed by fire
recently.

Need To Raise Funds For Your Organization?

Host a dinner in the Quadra
Legion Hall! You promote the
event, design the menu, and sell
tickets while we provide the
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Board points? No problem. To
book a date or get more info, call
Len Lamb at 285-3354.

Table for Who?

Whoever borrowed our picnic
table from the deck of Island Grill
at Rebecca Spit, please return it.
My father-in-law Captain Jim
Huffman made it a few years
ago for our birthdays, so it has
sentimental value to us.

Thank you,
Dale & Tanya Huffman



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Quadra Farmers' Market

URGENT: We desperately need new market managers. If you or anyone you know is willing to commit to managing the Farmers' Market, please call Alma at 250-285-3521 as soon as possible. Unless we find someone to come forward to manage the market, it is in jeopardy of not starting up again next May.

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 until September 13th this year.

We would like to see all our regular vendors as well as any new ones who would like to join in for the rest of the year. 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.

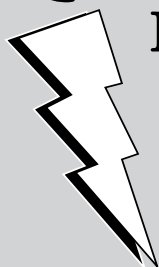
Market parking is accessed from Green Road. PLEASE use it and encourage others to do the same as the main Credit Union parking lot needs to be kept available for the Credit Union's customers.

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

Quadra Island Electric



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- ⚡ **Commercial**

Mel Dery

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We Need Your Stuff!

Yes, it's time to start gathering and dropping off your donations for the 14th annual fund-raising Giant Garage Sale scheduled for Sunday, September 21st at the Quadra community center. Proceeds this year will again go to Quadra's sponsorship of the Bugnay and Nambaran preschool/daycares in the northern Philippines. Drop-off centers around the island for your donations will be available at the beginning of September.

Please phone ahead before dropping off your CLEAN, SALEABLE donations in GOOD WORKING order to the locations listed below. DIRECT DROP-OFF to the community centre will also be available between 10 am and 2 pm on Saturday, September 20th. Once again, we will NOT be accepting any SKIS, ENCYCLOPEDIAS, MICROWAVE OVENS or COMPUTERS. Computers can be taken to the Campbell River Bottle Depot on Willow Street for recycling at no charge.

This year we have a change of drop-off for the Heriot Bay area as well as an additional drop-off location for the back end of the island on Smith Road. We thank all of the participants in advance for making their homes available as well as Lise and Ricky Burnett for the many years they have offered this service. Beginning September 1st, drop-off locations are as follows:

SOUTH END:	Ruth Powell 307 Sutil 285-3695
Q. COVE	Sharon Archibald 858 Prentice Pl. 285-3288
BACK ROAD	Milton Greenhouse 1068 Milton 285-2076
HERIOT BAY	Candace Holmes 684 Cramer 285-3818

(Donations can be left in carport for this one)

Everyone's generous donations of both goods and services continues to be greatly appreciated. We will be looking for volunteers to bake for our Sunday concession. As well, we will need volunteer truck drivers and trucks to transport goods to the community center on the day of the sale and then to thrift stores following. We are also in need of sorters on the day prior to the sale and for cashiers on the actual day as well as helpers to pack up at the end. Strong able bodied helpers to load remainders into trucks following pack-up would be especially appreciated! If you wish to volunteer for any of these jobs and contribute to a great cause and exciting event, speak to Carol at 285-3035 or leave a message!

Quadra Golf Tournament

Our annual Quadra Island Golf Tournament will once again be held at Storey Creek Golf Course on Saturday, September 20. Please watch for more details regarding sign up in the September 12 edition of the Discovery Islander.

We have room for 18 foursomes this year. Tee off times begin at 10 am and run through until 12:30.

Questions? Please call Rod Clark at 250-285-3849

Geshe Yongdong On "Compassion"

Geshe YongDong, a Tibetan Buddhist monk, is coming to Quadra Island. He will lead a meditation and speak on the "Seven Steps of Compassion." Geshe YongDong will introduce specific practices that can increase your compassionate response to friends, family & the larger world community. Questions are also welcome.

In Tibetan culture, Bodhicitta or compassion is a sympathy for the suffering of others and the desire to free them from it. How does one actually become a compassionate person? What are the mechanisms by which a selfish heart is transformed into a generous heart? Geshe will speak on the mental state that can be generated through a process of seven contemplation meditations, based on a simulated universal love and compassion. The talk begins at 11 a.m. on Sunday, September 14th, upstairs in the Upper Realm at Q. Cove. The suggested donation is \$10 but pay what you can afford.

Call Steve or Danielle at 285-3323 for more info. Cortes Islanders can get a ride to & from the ferry by phoning the above phone number.

Hal Douglas & Duffy & Julie Frank

The Hal Douglas Blues Band features special guests Duffy Frank and Julie Frank on Saturday Night, September 6th at the Landing Bar and Grill. Music starts at 8 p.m. and goes to Midnight. This promises to be a night of red hot dancing music featuring two of the island's most talented guitar players and the soulful vocals of Ms. Julie Frank. See you there for this no cover event.

At DRAW Gallery

'FRESH AIR' NANJI COOK featured artist for the month of September at DRAW Gallery and Paint Quadra Island! on September 6th & 7th, at Rebecca Spit Provincial Park. These paintings are inspired by the beauty found in the nature which surrounds us. We are also pleased to present paintings of visiting Guest Artist - JOHN STEWART PRYCE during this Opening Reception on September 5th 6 - 8pm. This wonderful Ontario artist, honorary signature member of IPAP, will be teaching his plein air techniques and demonstrating his approach to painting outside during a workshop September 1 - 5th held at Firesign Art and Design.

Paint Quadra Island! on September 6th & 7th, at Rebecca Spit Provincial Park - This event is happening simultaneously in international locations and Quadra Island is part of this 6th Annual WORLDWIDE group with the support of International Plein Air Painters. Plein air painting developed in France in the mid 19th century is becoming increasingly popular for artists seeking the quality of natural light of atmosphere outdoors and their work is in direct response to the beauty they find in nature, in a variety of media, from oils, through watercolors and pastels.

Openings at DRAW Gallery are always First Friday of the month. This Exhibit Opens on September 5th 6 - 8pm. You are invited to attend and meet the Artists. The Gallery is open Thursday through Saturday from 12-6pm. DRAW Gallery is located at Village Square, in the rear - just follow the signs. Drop by and see the show next time you are at the Square. Everyone welcome. Call 250.285.2008 for more information.

Prose Poems: Quadra Island 1923-1937

Barbara Greene is a 85 year old former resident of Quadra Island from 1923-1937. She's coming to Quadra Island to read her own prose poems about growing up on Quadra. This is a once in a lifetime event that will make Quadra Island history come alive.

Barbara grew up on Quadra, was born in 1923 in a Mission Hospital at Rock Bay, the site of a logging camp and lived in Quathiaski Cove at the top of the old Store hill, opposite the Wiseman's, who lived in the former jail house. When her parson father became the Superintendent of the Columbia Coast Mission in 1937, the family moved to Vancouver. There she attended high school and university, leaving in 1945 for Post Graduate studies in Social Work at the University of Toronto.

After 10 years as a group and community worker in Toronto and Vancouver, she took off for Europe where she lived for 15 years in Spain and England, eventually becoming a freelance broadcaster in radio and television. In 1970, she returned to Canada, working as a documentary film director at the C.B.C. and the National Film Board.

Finally, in the 80's, she moved back to the coast and made her home on Lasqueti Island. Upon her return to the coast, she wrote a series of prose poems based on her childhood on Quadra.

Now, at the age of 85, she would like to share some of these memories with the people of Quadra, the island that gave her such a marvellous beginning for her long and eventful life. Come hear Barbara will be reading her prose poems on Saturday, September 20 at the Aroma Cafe from 7:30 p.m. to 9: 30 p.m. So even if you're an "old-timer" on Quadra, Barbara's prose poems will take you back even further into the mysteries of our collective communal history. No cover but donations to cover Barbara's travel expenses are welcome. Call Steve Moore at 285-3323 for more information.



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Bottle Returns in September will be Donated to the Quadra Island P.A.C.

Summer Holidays

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Discovery Islander #429 August 29th, 2008 11

Quadra Island Seniors

The summer break will soon be over, the children will be back at school, hopefully the lineups for the ferry will be shorter so tempers won't get so frayed (not having to wait the extra hour in the hot sun) and the Tourist Booth will be closed.

I have not seen any specific stats but from all that I have heard tourism on the Island has been well down from past years, I suppose there have been several factors that contributed to its cause, the strength of the \$, gas price's, but the biggest contributor by far, in my mind, are ferry fares, the cause of younger families leaving the island, hardship for people on fixed or low income and the general peace of mind of all islanders. I don't think it is possible to discuss ferry fares with anyone without getting a little hot under the collar but this is destined to be the most discussed item on all Islands not just Quadra.

The tourists that have come to the Island have been welcomed by all and the Quadra seniors have had a large part to play in that by operating the tourist booth, for most that visit the booth it is there 1st time on the Island, so it has been important to us to make that first impression of the Island a good one and thanks to all of those that operated the booth and in no small way to the organizing skills of Judy

Hagan, it could not have been better, As president of the club I wish to thank you all for a job well done

It is time now to think of what is going to happen in the near future within the club,

The regular monthly General Meeting recommence 10:00am Wednesday September 3rd with a Pot Luck picnic and games at the spit, weather permitting, if not we will have it in the Legion Hall, if you are reading this and you are not a member you are welcome to join us, It will be a fun time and great food,

On the other Wednesdays of the month we will have activities at the Legion hall commencing at 10:00am with armchair aerobics followed at 11:00am with carpet bowling and/or card games, a break for lunch (brown bag) ending the day with a sing along group practice at approximately 1:30pm We will also be continuing with our Computer club, this is held at a member's house once a month

If you would like to join us or you have any questions, I invite you to come and check us out at the Legion Hall, or, contact our membership director, Marshall Toelle, Tel# 2853226

Seniors' Housing News

Now that we have passed the halfway point, donations are beginning to accelerate, and so are numbers of members.

We now have just over \$57,000, SEVENTEEN members of the 1000 Club, and 166 members of the society - THANKS QUADRA! 1000 Club members are signing up almost daily, and we have three more firm pledges of support -when these come through we will pass the \$60,000 mark!

Our profit on the last Steak Dinner was \$611 - thanks to all who attended and all who helped make it happen. We will probably be back in September—watch for a notice.

The display at the Farmer's Market every Saturday continues to draw lots of attention, and signs up at least ten new members each week. There are lots of Islanders who should be members - if you know one or more, bring them around next Saturday... You'll be glad you did!

Submitted by Bob Lasby, Publicity & Fundraising

Quadra Singers Fall Session

Starting September 11th we will be meeting on Thursday evenings. We will start at 6:45 and end at 9:30 with a pot luck snack break in the middle.

We are happy that we will have John Montgomery as our director, with accompaniment by Helen Moats and Joyce Baker. They are very highly skilled and always bring out the best performance possible.

If you love to sing and are prepared to practice weekly leading up to a performance in a community Christmas concert in December, then come and join us. If you are interested, but a little unsure then call one of the people below. You are welcome to come and check it out for a session or two before you need to commit. If you know you want to come, but will be unable to attend the first session please call and let us know so we can order the correct number of song sheets.

This is a great way to learn more about singing in harmony with others, and a fun way to hang out with people. The ability to read music is an asset, but not a requirement. This is a very affordable way to learn music, at about \$5 per session. Feel free to call Nancy @ 250-285-3800, or Darcy @ 250-285-2739.

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—poem by Steve Willey

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The 500 billion plus plastic bags made and discarded every year have been spotted as far south as the Falkland Islands and as far north as Spitsbergen, Norway – a place so deep within the Arctic Circle that it is the site of a doomsday seed vault.

Several African nations have banned the bags because they foster mosquito breeding. In India they have caused deadly floods by clogging storm drains. Cows in that country commonly die from eating them. Veterinarians in Bhuj removed 4000 bags weighing 45 kilograms from the stomach of one.

This is the first in a series of articles by the Island Climate Action

Network (I-CAN) and Sierra Quadra to examine the problems caused by plastic bags and to explore solutions.

The bags are becoming so ubiquitous that David Barnes, a British scientist who studies the impact of marine debris, predicts "they'll be washing up in the Antarctica within a decade." And since they can take up to a thousand years to break down, that impact is especially devastating.

A Japanese study found that small plastic particles soak up toxic chemicals like PCB's and DDE (a breakdown

product of DDT) a million fold more than seawater. When marine animals eat them, they can die from the toxins or from blocked intestines. Sea turtles are particularly susceptible because they mistake the bags for jellyfish.

Whether lining trash cans or holding pet droppings, plastic bags have made our lives easier. Recycled, they can be used in building materials. But in a time of dwindling resources, we need to weigh that against their total cost. They are petroleum-based products that require toxic chemicals and often natural gas to come into being. And they give off greenhouse gases.

More and more cities and countries around the globe are awakening to the problem. Even China, not known as an environmental leader, has banned the bag. Ireland imposed a 20-cent (CDN) tax per bag in 2002. Within a year, the tax caused a 90 percent reduction in use and raised \$18 million for the nation's recycling program. Many stores sell reusable cloth bags.

Addressing this predicament is a bottoms up process that we can all easily and quickly be part of.

Discovery Islanders are resourceful and resilient. We can solve this in no time. Stay tuned.

Story of Stuff & The Battle of the Bag

Join Sierra Quadra and I-Can (Island Climate Action Network) on Saturday, September 27th at 7:30 pm at the Community Centre for the Story of Stuff, a 20-minute, fast-paced, fact-filled look at the underside of our production and consumption patterns. This animated short film exposes the connections between a huge number of environmental and social issues, and calls us together to create a more sustainable and just world. It'll teach you something, it'll make you laugh, and it just may forever change the way you look at all the stuff in your life.

The evening's feature film will be The Battle of the Bag. This documentary gets a handle on the bag battle. From the big oil employees who brought the bag to America, to the Nobel laureate fighting for a bag ban, to the retired German school teacher who holds the world's record for the most plastic bags, the film takes stock of this icon of convenience culture.

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Hot Off the Press!

I-CAN (Island Climate Action Network) has just completed the Quadra Island Food Guide - a directory with a comprehensive list of individuals and businesses on Quadra who are producing organic food - fruits, veggies, meat, eggs, seafood and more!

By purchasing and using this book you contribute to the sustainability of Quadra Island, support our local farmers, reduce greenhouse gas emissions and help build a vibrant and connected community!

The Quadra Island Food Guide is available for purchase (\$2) at Book Bonanza, On Root, Cafe Aroma, Quadra Crafts, Heriot Bay Tru Value and Quadra Foods.

Year of the Playground

Let's make this, the year of the Playground!!

We are in need of a Playground Fund Raising Committee. If you are interested in helping make this dream come true, please join us for a brainstorming meeting.

When: Tuesday, September 9th at 10 am

Where: Quadra Community Center

Why: Because we want to make the playground happen!

Any questions please contact Debbie Hawkins @ 285-2398 or email me at hawk2398@telus.net.

Harbour Authority Have New Logo

The Quadra Island Harbour Authority is pleased to announce that Heather Magee is the winner of the Harbour logo competition. There were some great entries to choose from and after some deliberation the Harbour board members decided the Magee logo would best meet our requirements.

The new logo will be seen soon on letterhead and signage around both Quathiaski Cove and Heriot Bay docks.

Many thanks to our local talent for the other entries submitted.

Corbin Murdoch and the Nautical Miles end the summer with a bang

Corbin Murdoch and the Nautical Miles are back for another bout of touring after a couple of seasons off the road. The last six months have been anything but an idle time for the band. The Nautical Miles, who celebrated their fifth year anniversary in May, have been hard at work on their third album *Wartime Lovesong*.

The album is a collection of songs Murdoch wrote about his family and their political and emotional persuasions. "It's about love, revolution, war and family, and about how the different generations of my family think of these things," writes Murdoch. A departure from their usual subject matter, the songs are sonically more ambitious as well. Arranged to be played with a brass quintet the band has continued to develop their dynamic, textured sound.

After finishing work on the new record, Murdoch spent five weeks this summer touring Europe with fellow singer-songwriters Melisa Devost and Sarah MacDougall. The trio of Canadian Songwriters toured England, Sweden, Denmark and Poland, playing all kinds of venues including sold out folk clubs, Swedish discotheques, and a stop at the legendary Isle of Wight Festival.

Back from his solo endeavours, Murdoch is happy to be hitting the road with the full band. "We are really excited to be out touring these new songs," says Murdoch. "We've been working really hard on them for the last six months, arranging them first for the brass, and then trying to translate the intensity of those arrangements for our usual four piece configuration. The shows we've played so far have all gone really well. We're excited for more people to hear what we are doing these days." www.corbinmurdoch.com

Corbin Murdoch and the Nautical Miles Island mini-tour:

Heriot Bat Inn, Quadra Island- September 12, 2008

Joe King Park, Hornby Island- September 13, 2008

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Corbin Murdoch

Saturday evenings

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Book Launch September 13!

Faces, Souls & Painted Crows by Rudi Unterthiner
join the author from 4 - 7 pm in the Fireside Lounge

Dinner Jazz in Herons every Sunday 6:30 - 9:30

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Quadra Island United Church

The first service of the fall season is on Sunday, September 7 at 12 noon. Rev. Bert Ramsey from Campbell River will offer communion. Regular Sunday services resume at 11 am for the rest of the month. We invite every one in the community to share with us these times of prayer, song and reading.

On Sunday, September the 28th at 11 am we are honored to have Star Weiss join us within our service for a reading of her new book *Havens in a Hectic World: Finding Sacred Places*. She will talk about the meaningfulness, or sacredness of the church and its community and what that has meant to her and to her family, and about the sacred places that are meaningful to so many people here on the West Coast. There will be music and singing by Diana McKerracher during the service. Afterwards tea and goodies will be served and there will be time to meet friends and chat with the author.

Star's book is available at Book Bonanza in Q. Cove

Quadra Is. Garden Club

As the nights draw in and the dew is heavier each morning, it is time to get preparation for next year's garden underway. This is a great time of year to take cuttings of those plants that performed particularly well this year. At our meeting on Monday, September 8 at 7 pm, Connie Kuramoto will talk about how to take hardwood and softwood cuttings as well as how to graft trees. Taking cuttings now to overwinter in a basement or porch will save money next year as well as ensuring you keep growing a plant you really love. Come and learn how to do this successfully.

The club welcomes newcomers. Membership is \$10 per year and entitles you to attend all meetings and special speakers as well as a discount at many garden centres. Tea, coffee and goodies are available at every meeting as is a magazine exchange, a small library, plant sale table and a show bench. It is a great way to find out what grows really well on the island and help one another deal with plant problems that may occur. Plants are the original fixers of atmospheric carbon dioxide and the more plants we grow, the healthier the planet will be.

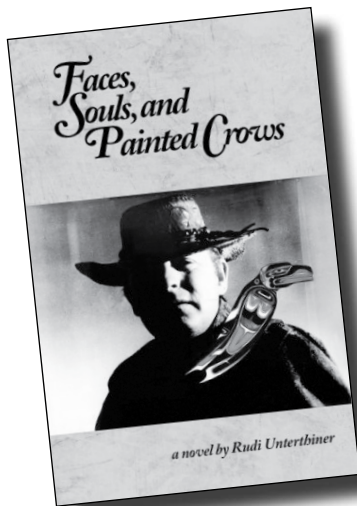
As with all volunteer organisations, the club's success depends on members volunteering for various positions. The positions are not onerous and will be discussed at the first meeting. For further information, contact Eileen M. Mackay at 250 285 3194.

www.discoveryislander.ca

'Painted Crows' Book Launch at HBI

Chronicler Publishing has released Dr. Rudi Unterthiner's exciting novel, *Faces, Souls, and Painted Crows* that is a fictional autobiography of his experiences as a cosmetic surgeon in Hollywood.

Dr. Rudi Unterthiner's fictional autobiography, *Faces, Souls, and Painted Crows*, has been released. It is the story of Dr. Paul Reiter who is torn between his work as a cosmetic surgeon in Hollywood and his true calling as a healer to the Indians of Mexico's Baja until his wife teaches him about the power of forgiveness and the true connection between faces and souls.



Dr. Unterthiner uses his expertise as a surgeon and doctor to create a realism that is intriguing, exciting, and realistic. His adventures are captivating and his perception of characters is inspiring and exhilarating, so much so that the reader cannot put the book down.

The official launch of *Faces, Souls, and Painted Crows* will take place on Saturday, September 13 at the Heriot Bay Inn on Quadra Island, British Columbia.

His book is available from the publisher and many other bookstores, including amazon.com, amazon.ca, Borders, Barnes and Noble, Book Bonanza At The Cove, and the Heriot Bay Inn gift shop.

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Halliday's Viewpoint

Conclusion: Inconclusive.

by Steven Halliday

A few weeks ago I received a call from a reader named Susan, who asked that I write a column about the current economic environment, specifically from an investment perspective. Like most of us, Susan is concerned about making investments at a time when most of the fundamental indicators are flashing "caution" at best, while at the same time the global geo-political situation is tremendously unstable. I would first confess that I am in the same boat as everyone else, and my present investment strategy could best be described as "duck and cover". I am definitely on the sidelines when it comes to new investment activity, but that being said, I - like Susan - need to do something as my return on uninvested capital is barely keeping up with inflation, presently on the rise. Hopefully a conclusion of use to all of us will be the result of the following analysis.

One of the most authoritative sources of information on macroeconomics is Stephen S. Roach, Chairman of investment giant Morgan Stanley's Asian operations and former Chief Economist of the same firm. Roach has had an excellent track record in predicting major shifts affecting global and regional economies; in the past 6 years he has been "bearish" in his outlook and today is even more so. He recently authored a paper for his employer titled "Pitfalls in a Post-Bubble World", in which he concludes that we are only in the early stages of a significant shakeout resulting from the "irrational exuberance" of the past decade. He points the blame for the mess squarely at the USA, where greed, government myopia and consumers on a credit binge have run up a huge bill that is coming due. "America went to excess and the rest of an export-dependant world was more than happy to go along for the ride. Policy makers and regulators...looked the other way and allowed the system to veer out of control. Investors, businesspeople, financial institutions and consumers were all active participants in the Era of Excess".

Sharing the blame is China, the largest beneficiary of America's addiction to new stuff, and whose government policies have put that nation's economy at serious risk when Americans ultimately stop buying. Roach believes we are in the early stages of a financial crisis that may take 10 years to work itself out, and that only if some fundamental rethinking occurs as regards consumption, taxation and globalization, particularly in the USA. "The global economy is facing a multi-year rebalancing as it now reins in its appetite for

unsustainable growth". While Japan and India are both equally over-dependant of exports to the USA, China is especially vulnerable to the decline in US consumption Roach sees coming, if indeed it hasn't already started... "The responses to a major weakening in US demand by Asia's export-led economies are now triggering powerful repercussions across markets and economies in an interdependent world". He is forecasting a 20-30% drop in global GDP growth going forward, and that the business cycle has already turned.

In terms of the impact of Roach's predicted slowdown, it is clear he sees no sector that will remain untouched. The meltdown in financial markets due to the "sub-prime" crisis is far from over in his view, and the eventual cost has not cycled through the markets yet. The good news though, is that he sees this phase - with its attendant credit crisis - as almost complete, but its impact on the markets is not over. A secondary element - the withdrawal of the overextended US consumer as a factor in new growth (Roach predicts a 50% decline in US consumer spending) - has only just begun, so the impact on manufacturers is not yet evident. Roach believes we are only 20% of the way through this adjustment. And finally, the impact on the global economy of post-bubble consumer retraction has barely even started.

Roach is predicting the following impacts on the financial markets. Equity markets are not, as some analysts write, near the end of a short-term decline. The recent declines are due largely to the sub-prime disasters impact on financial stocks, and he sees further declines in the markets as the contagion of lower growth and earnings shifts from financial to non-financial stocks. Therefore new equity investments should be made with supreme caution. Bonds are another area that he views with some trepidation, given rising inflation pressures and the potential for higher interest rates down the road. The currency markets will continue to gyrate with the US dollar, which Roach believes to be significantly overvalued; in spite of recent gains he sees it re-entering a downward spiral by early 2009, which is not good news for most.

Finally, commodities, which have been the subject of much investor interest recently. Here's Roach's view - "A year from now, I believe that economically sensitive commodity prices - oil, base metals and other industrial materials - will be a good deal lower than they are today." Interestingly though, he continues, "Soft

commodities - mainly agricultural products - as well as precious metals could well be the exception to that outcome." This belief is based upon two events; the first being a restoration in supply/demand imbalances as global growth [demand] slows for commodities, but more importantly by a pull-back in commodity speculation by large institutional buyers, who have been following a herd mentality in the recent past, and whose activities have artificially driven up prices. Those days, say Roach, are over, but as he cautions "I would be the first to concede that my own record in calling the end of the commodity bubble has been nothing short of terrible over the past 3 years".

Unfortunately, Roach concludes that major authorities, particularly the US and Chinese governments, are not facing up to their mounting economic problems, nor taking the hard steps in reversing a problem that has been decades in the making. "The body politics in both nations is clinging steadfastly to its core values - that rapid economic growth is the antidote to any and all problems. Concerns regarding the sustainability of that growth are being deferred to that proverbial "another day". This ultimately means the problems for both nations, and therefore a huge chunk of the global economy, will become a lot worse before meaningful governmental actions can have any effect. Right now the USA is busy bailing out its financial and automobile industries, something they can ill afford with a current account deficit of some \$800 billion and external debt of \$13 trillion. And China is facing wage inflation of 15% while prices for its manufactured exports are dropping, as will volume, according to Roach.

What is one to conclude from all of this? A loose interpretation may be that some financial stocks are now as beaten up as they will get, and hence a bargain. If that is so, why then did the US Congress just authorize unlimited resources to bail them out? Apparently, consumers will be a lot more careful with their spending, so certain sectors will gain while a great deal more will lose - sorting one from the other will be an investors research challenge. Roach seems to feel precious metals may evade coming commodity price declines, but are they already overvalued with little room to move upward? Will inflation cause interest rates to rise, and housing prices to fall? The only thing I can conclude is that investing today is not for the faint of heart, and sticking within one's comfort zone is a must. Review Roach's full report at morganstanley.com...and draw your own conclusions.

www.discoveryislander.ca

Mother Mother Band Returns to Quadra

By Tanya Storr

Quadra-raised siblings Ryan and Molly Guldemon are bringing their Vancouver-based band, Mother Mother, home for two early September concerts at Quadra Community Centre.

On September 4 the five-member modern pop band will play an all-ages concert opened by Courtenay-rooted vocalist Jasmin Parkin. September 5 is the date for Mother Mother's 19+ licensed dance, with local band Bonafide reuniting to open.

Both concerts promise to be different from anything Quadra audiences have heard in the past, featuring brand new songs from the band's soon-to-be released second CD, 'O My Heart'. The CD's release date is September 16, but you can hear three tracks now by visiting www.mothermothersite.com

When I reached him in Vancouver by phone, Ryan was catching his breath between completing the songwriting and recording of their new CD, shooting a video for the title track, and preparing for their upcoming Canadian and US tours.

Since the Discovery Islander last profiled Mother Mother in 2006, much has happened to garner the band an established following. At that time the band's name was 'Mother', since changed to 'Mother Mother' to avoid legal hassles from other bands with the single maternal moniker.

"The past two years? Oh, we haven't done much of anything," laughed Ryan, who is refreshingly modest for a musician who has achieved so much at the age of 25.

"It has been a steady climb. We're still very much a formative band, but we're definitely not 'nowhere.' It's such a fickle industry—you never know what's going to catch fire and when."



If the comments from appreciative fans on the band's MySpace page (reached via the Mother Mother website) are any indication, 'O My Heart' is going to be very popular with audiences.

"Love what I have heard of the new stuff," wrote one listener. Another wrote: "AHHH it's still forever until the album comes out. Seriously, I can't wait . . . Anyways, thank you for being part of the soundtrack to my life."

Fans from various points in North America and as far away as Holland have requested that Mother Mother visit their part of the world. Mother Mother has been nominated

for an XM Satellite Radio, Channel 52 'The Verge' contest in two categories: Band of the Year and CD of the Year. The awards are worth \$25,000 each and the winners will be determined by popular vote at www.indiecan.com

"It seems like a long shot, but it's nice to be nominated," Ryan said.

'O My Heart' is Mother Mother's second album under the Last Gang label ('Touch Up', their first album, was recorded independently in 2005 and re-released by Last Gang in 2007). Howard Redekopp has produced both albums.

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'O My Heart' was recorded in Vancouver at Mushroom Studios (drum and bass) and a smattering of smaller studios (vocals and dubs), then mixed at Brian Adams' Warehouse Studio in Gastown.

"We put in really long hours, working under pretty harsh time constraints. We had a decent budget—a little bit more money than for our first album—so there were definitely some upgrades of the process. At the same time it still felt pretty guerilla," Ryan said.

The result is much more cohesive than their first CD, Ryan noted. "It really sounds like a band effort—it's lush, with a bigger sound. The whole thing has matured a couple of notches."

Band members Ryan, Molly, Debra-Jean Creelman, Jeremy Page, and Ali Siadat have enjoyed adding new sounds to their repertoire. Molly is now playing keyboards in addition to her role as one of the vocalists, Jeremy is a talented horn player (sax and clarinet), and Ali samples and "rips" sounds off the album.

A string quartet, trumpets, and horns add an orchestral side to some of the songs on the CD, Ryan added. Thematically, the CD's subjects vary, but on the whole are "less cheeky and playful" than those on 'Touch Up'.

"There are a couple of love songs, but they're not your classic love songs as they refer to being dead and in love. There are some anatomical themes as well," Ryan noted. "A song called 'Body of Years' talks about your body through the lifetime—things you pick up along the way and things you hide at the end."

Ryan describes 'Wisdom' as "an adolescent expression of ignorance" and the closing track, 'Sleep Awake', sung by Molly, as being "about paranoia."

Writing the follow up to their successful first album wasn't easy, Ryan acknowledged. "With any craft you mature and just get better at it. Emotionally, I went through some turmoil when writing this catalogue just trying to deal with the pressure of following up our first recorded effort that was favourably received."

Despite the challenges, Ryan feels he came out of the experience in a better place than where he started and a better songwriter for it.

"I'm back to the place where things are coming naturally again. You get back to that thing you like to do."

Ryan said it is nice to have "apt people" on board, including an agent who books their tours and a manager to oversee everything. "Now we just need to find people to rehearse for us," he joked.

Ryan pointed out that bands need to be multifarious to make money these days. He commented that touring is a key part of making a living with music today, because the way music is sold has changed.

"People don't line up at record stores anymore. Now that songs are linked to the Internet, they download an album overnight and listen to it on their I-pod in the morning."

He went on to say that musicians have to be entrepreneurs. At the same time, he appreciates that Mother Mother is in control of their image and their business.

"We're all going through business boot camp. I'm definitely the defacto leader, but we're very collaborative on every level. Molly designs every stitch of the art for our merchandise, CD designs, and online promotion. It's nice working with a record label that is happy with the band's aesthetic contribution. This way we discover our image over time, as opposed to it being this thing suddenly thrust upon us."

Ready to "throw the new album out to the world, stand behind it, and let it do what it does," Ryan plans to continue having fun and working hard with friends and family.

He and Molly are looking forward to their upcoming gigs at home on Quadra. "The local support is very precious to us and why we'd like to keep coming back. We're going to put on two great shows."

Tickets to Mother Mother's September 4 and 5 concerts are available at Book Bonanza At-The-Cove on Quadra and The Music Plant in Campbell River.

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August 29 - Sept. 12

Date	Time	m	ft.
29	04:14	4.1	13.5
Friday	11:12	0.9	3.0
	18:22	4.9	16.1
30	00:09	2.7	8.9
Saturday	05:18	4.2	13.8
	11:58	1.0	3.3
	18:54	4.9	16.1
31	00:49	2.4	7.9
Sunday	06:16	4.2	13.8
	12:41	1.2	3.9
	19:23	4.8	15.7
01	01:27	2.1	6.9
Monday	07:10	4.3	14.1
	13:22	1.6	5.2
	19:50	4.7	15.4
02	02:04	1.9	6.2
Tuesday	08:04	4.2	13.8
	14:01	2.0	6.6
	20:14	4.6	15.1
03	02:42	1.7	5.6
Wednesday	09:00	4.2	13.8
	14:39	2.4	7.9
	20:36	4.5	14.8
04	03:21	1.6	5.2
Thursday	10:02	4.1	13.5
	15:17	2.8	9.2
	20:55	4.4	14.4
05	04:03	1.5	4.9
Friday	11:14	4.0	13.1
	15:55	3.3	10.8
	21:11	4.3	14.1
06	04:49	1.5	4.9
Saturday	12:45	4.0	13.1
	16:40	3.6	11.8
	21:24	4.2	13.8
07	05:40	1.5	4.9
Sunday	14:34	4.0	13.1
	17:54	3.9	12.8
	21:34	4.1	13.5
08	06:40	1.5	4.9
Monday	15:57	4.2	13.8
09	07:43	1.5	4.9
Tuesday	16:41	4.3	14.1
10	08:44	1.5	4.9
Wednesday	17:07	4.4	14.4
	22:50	3.6	11.8
11	01:35	3.7	12.1
Thursday	09:38	1.5	4.9
	17:27	4.4	14.4
	23:07	3.3	10.8
12	03:13	3.7	12.1
Friday	10:25	1.5	4.9
	17:43	4.4	14.4
	23:30	2.9	9.5

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