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



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our friends on the Discovery Islands.

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working with you in 2009.

## **Merry Christmas and Happy New Year!**

**Quadra Office:** Lynne Jurgens

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Diane Elliot

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# Island Calendar

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

## The Regulars

- **Quadra Legion** - Now open 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
  - Folkdancing QCC-7:30pm Sept-Apr
- **Every Wednesday** - Moms and Babes 11 am - noon Q.C.C.
  - Life Drawing Sessions with model at Firesign Studio 7-9:30 pm
- **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** - Legion Meat Draw 5:00pm to 6:30pm
- **Every Sunday** - QI United Church Service-11am, 1st Sun of mon-12 noon
  - Family Worship Service 10:30am Quadra Island Bible Church
  - Buddhist Meditation 10:00 am Upper Realm
  - Live Jazz at HBI 6:30 pm
- **1st Monday** - Quadra writers group - 7:00 to 9:00 pm 285-3656
- **1st and 3rd Wednesday** - Food Bank 1-2 Community Centre
- **Last Saturday** - Bonus \$50 cash draw or gift certificate. Quadra Legion 6:30 pm

Next Deadline: Monday, December 29<sup>th</sup> 2008

Fri	Sat	Sun	Mon
-5°C -8°C	-3°C -11°C	-1°C -7°C	1°C -3°C

## Legion Thanks You

Quadra Branch #154 of the Royal Canadian Legion would like to express their sincere appreciation to all the volunteers who worked so hard in making our November 11 Remembrance Service possible. To the veterans who honourably served, "lest we forget".

## On the cover



Winter fun on the Community Centre trails  
photo: Philip Stone

The Landing  
BAR & GRILL

good food good times

**SUNDAY BRUNCH!**

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

## Day by day

### Saturday, December 20

- Quadra Singers Christmas Concert 'The Winter Rose' Q.I.C.C. 8 pm

### Wednesday, December 24

- Christmas Eve Candlelight Service Q.I. Bible Church 7 pm 1281 West Road

### Friday, December 26

- Boxing Day Casino Night Quadra Legion 7 pm - 1 am

### Wednesday, December 31

- New Year's Eve Dance Quadra Legion 9 pm - 3 am!
- \$20 cover (proceeds to Quadra Legion)
- Six Gun Buddha Heriot Bay Inn Pub
- New Year's Eve Hoe Down 9 pm to late

### Sunday, January 18

- Duo Concertante Q.I.C.C. 3 pm

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

For links to the latest weather, tides, currents and marine weather forecast log on to [www.Quadraland.ca](http://www.Quadraland.ca)

Happy Holidays  
from your D.I.

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# Discovery Islander

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## Discovery Islander

PO Box 280

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Mon-Thurs 10-4pm

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Philip Stone

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(\* includes GST)

## 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.
- Items sent by email & must be  
saved as Word or rtf formats. Please  
spell check in Canadian English.
- 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.
- Please don't send original  
irreplaceable material.
- 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

Monday, December 29<sup>th</sup>

## EVENT CLASSIFIEDS

### Restorative Yoga over Christmas

Relax, unwind, refresh.  
Quadra Community Centre,  
Monday 5 pm, Friday 9 am  
(no class on Boxing Day). Cost  
\$50 for 5 classes or \$12 drop  
in. Sue Beattie 285-2948

### Thinking About Breakfast?

Hot, tasty breakfasts, served  
every day in Herons at the Heriot  
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delicious, and dinner is served  
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10 session class \$ 59

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ads are \$10 per column inch.

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the ink hit paper. Email your ad:  
ads@discoveryislands.ca or call  
250-285-2234 for more info

Link to tides &  
weather  
[quadraisland.ca](http://quadraisland.ca)

## Christmas Eve Candlelight Service

### at Quadra Island Bible Church.

Looking for something special  
to do with your family, neighbours  
and friends? Come join us at  
Quadra Island Bible Church, 1281  
West Road, for our Christmas Eve  
Candlelight Service at 7:00 p.m.  
on December 24th. It will be a  
special time of scripture, stories of  
encouragement and hope, special  
music and lots of Christmas carols.  
All this by candlelight. You don't  
want to miss it!

## Thanks

### from the Quadra Childrens Centre

The Staff, Board, and Children  
of Quadra Children's Centre would  
like to Thank all who participated  
and donated to the bi-annual  
Quadra Children's Centres Auction.  
It was a huge success and we  
raised \$13,000!

## Special Thanks

A special Thank You to Quadra  
Credit Union for their generous  
donation of \$750.00 to the Quadra  
Children's Centre!

### Need computer Help?

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and not sure how to use?

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My rates are \$ 20 / Hr.

Please call Dave  
at 285-2718

## Christmas at the Gallery

Just stepping into the Campbell  
River Art Gallery is like stepping  
into a winter festival. The  
exhibition hall has transformed  
into a treasure trove of unique  
gifts for every person on your  
shopping list. From now through  
December 24th the gallery will be  
open from Monday to Saturday,  
10am to 5pm.

Expect to find a gorgeous  
array of quality pottery, fine  
woodworked items, a stunning  
variety of jewellery, elegant soaps  
and creams, and fabric art from  
wall quilts to handbags. New  
delights this season include:  
Jessica Holding's "sock friends."  
This squeezable art is for people  
of all ages. Each is as individual  
as the people in your life. Louise  
Lavallee gets eggstravagant with  
intricate and colourful landscapes,  
seascapes and underwater scenes  
on chicken, duck, and ostrich eggs.  
The variety of goods is matched  
by the variety of prices to fit your  
budget. On Saturdays at 1pm  
artists demonstrate their talents  
and all are welcome to see the skill  
behind their work.

In order to keep the stock fresh,  
the market continues to accept  
submissions through the season.  
If you would like to contribute  
call: 250-287-2261 or come by  
the gallery. Support area artisans  
and a publicly owned institution  
dedicated to enriching cultural life  
in our area.

## Items For Publication

Every issue I receive an  
email or phone call from  
someone inquiring about how  
to submit an editorial item or  
advertisement for the Discovery  
Islander.

All editorial items  
promoting events and news  
of an informative or non-  
profit nature are free. Business  
messages and for profit items  
are charged depending on the  
space they take up. All rates  
and other info is available at  
[www.discoveryislander.ca](http://www.discoveryislander.ca) or  
call 285-2234 - Philip Stone

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



# News and Events

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

## New Years Eve Dance!

Dance the night away at the Legion Dance Hall with "Duffy" 9 - 3 am. First stop on his 2009 "Use It or Lose It Tour". Your \$20.00 cover supports Legion #154.

## ♠♦Boxing Day ♠♥ Casino Night

An annual tradition at the Quadra Legion with Black Jack tables and more. Pick your dealer and let the fun begin. Mark your calendar for Friday December 26, 7pm to 1am. See you the Legion!

## Indoor Circus Jams

Indoor Practice Jams are continuing on in the winter every other Wed. night from 7-9pm at the Quadra Community Center for the months of Jan., Feb and March. Yeah!! So, if you currently practice a circus art such as poi, hoop, staff, juggling, flags, "devil sticks", or any other exciting performing art, bring it on down and network with other fellow circus-y people. If you are just beginning or want to begin, this is a great chance to start and to have the undivided attention of people who can show you some moves.

Jam starts Jan. 7 and runs every other Wed.; drop-in fee is \$5. Hoop making and hoop lessons are also being offered. Jan. 7 will be a chance to make you very own hoop! Materials will all be provided; \$10 fee for the hoop supplies. Then, the next 4 sessions will be beginner hoop lessons.

Please contact Angela if you are interested in making a hoop so there will be enough materials, and also contact her if you are interested in a lesson. #204-2486. Otherwise, bring your beautiful selves on down for the drop-in jam and check it out!

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

## Missing CBC TV?

I'm trying to get a handle of the number of people affected by the destruction of the CBC's television antenna in Cumberland last October.

All of us who depend on rabbit ears for TV reception over here have been basically cut off from Canadian Content. I am wondering if there an equal effect among the Discovery Islands.

I guess after Christmas, we will be ramping up our assault on the powers that be to get this service reinstalled. It would be good if folks could talk it up and get a bit of a straw poll of your neighbourhoods. Drop me an email with your comments to: [gragor@mars.ark.com](mailto:gragor@mars.ark.com)

Grant Gordon  
CVRD Area C

## Christmas Candlelight Service

Quadra Island United Church at Cape Mudge will have a Candlelight service on Christmas Eve at 7:30. PM. Come and join us for an evening of traditional carols and readings to bring in the spirit of Christmas. Joyce Baker will play the organ.

Call Mimi at 285-3163 for more information. A donation to the food bank will be appreciated.

## Monthly General Meeting

The Legion Executive would like to remind all members that we need your support and that the monthly General Meeting is held on the third Wednesday of every month at 8:00pm sharp. See you at the Legion!

## Celebrate a Life

Celebrate a Life Christmas Tree at the Heriot Bay Store December 17th thru 22nd, 1 - 5PM daily.

Remember a loved one and support the Hospice Society.

## Recycling Corner

The mixed paper bin is intended for clean sheet paper of all kinds excluding card stock and gift wrap. Card stock can be recycled in the cardboard bins and gift wrap may contain foils and has too many inks to be recycled.

If recycling shredded paper, please seal it in a paper bag before depositing as the most common litter at the depot is shredded paper.

Mike Windrim



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**Merry Christmas  
and Happy New Year!**

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## And the Winner Is ....

Teresa Pederson is the first winner of the Remember Your Bag draw. All future winners have to do to be eligible for the draw, is remember to bring a shopping bag or purchase The Q Bag at participating stores. The draw will take place every two weeks up until February 1st – the day Quadra will be plastic disposable shopping bag free!!

If you have a hard time remembering to stash your bags in the car or to take them into the store, ask the cashier for a Remember Your Bag decal.

Already have a trunk full of bags? Consider giving them to friends and neighbours who want them.

Sierra Quadra and I-CAN thank the Quadra Island Building Supply for transporting the bags up from Vancouver and for donating the terrific store Remember Your Bag decals. Thanks also to Heriot Bay Tru-Value Foods Store for being the "banker" and to Quadra Foods for the terrific basket of goodies donated for the door prize at the Battle of the Bag event in September. Funding from the Regional District (thanks Jim!) provided the home decals. As well, donations given at the Sierra Quadra presentation, The Battle of The Bag, have been used to purchase Q Bags for Food Bank recipients.

This has truly been a community effort thanks to the generosity and participation of the following businesses: Amped on Nutrition, Book Bonanza, Draw Gallery, Fat Cat Emporium, Feed the Fire, Fermentations, Fun Knits Yarn Shop, Heriot Bay Inn, Hummingbird Office & Art Supply, Island Cycle, Landing Pub, Lovin' Oven II, Tru Value Foods Heriot Bay, On Root Green House, Peoples Drug Mart, Quadra Foods, Quadra Crafts, Quadra Island Builders, Quadra Island Kayaks, Sidelines on the Boardwalk, Yellow Dog Trading Company.

Three more draws to go - so don't forget your bags!

## Would You Like to Help Feral Cats?

Quadra Island has many feral cats as well as stray cats that have been abandoned. Perhaps you've seen some of them around the island. If we don't do something to help stop the cycle of unwanted litters, the population of feral cats will continue to grow on Quadra.

Cats are able to have 3 litters per year and those kittens can grow up to produce the same number of litters each year and so on and so on. Spaying and neutering these cats is a way to stop this unwanted cycle.

We are looking for people who are interested in helping the homeless cats of Quadra Island through feeding and caring for them and ultimately organizing a program to spay and neuter them.



We have invited a member of Kitty Cat P.A.L.S., a non-profit organization that traps, neuters and returns feral cats to their colonies in the Courtenay/Comox area to attend the meeting to help us get a better understanding of what is involved and to field questions of those who are at the meeting.

We are holding this meeting on Sunday January 11th at 1:00p.m. at the DRAW Gallery located behind Café Aroma. If you love animals and want to help these cats have a better quality of life, then please join us to discuss this topic and create a plan to make a change.

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



# Quadra Singers Christmas Concert

It is with great pleasure that we present our Christmas Concert, December 20th, at 8pm, at the Quadra Community Centre. We will be featuring The Winter Rose, by Joseph M. Martin. This is an exquisite modern interpretation of classic Christmas pieces, such as "Emmanuel", "In The Bleak Midwinter", and "Lo, How a Rose Er Blooming". Local storyteller Laurie North will narrate this lush arrangement bringing the spirit of Christmas to life. Our choir will also perform an assortment of seasonal pieces, each one sure to warm your heart.

Quadra Singers has been blessed with new voices and renewed enthusiasm this term. It has been most enjoyable to be part of a large group once more. John Montgomery will be directing the choir, Joyce Baker will be our accompanist, with Lorraine Phillippson on flute.



Christine Doknjas and The String Beans will be our special off-Island musical guests. Mary Ellen Wilkins, our accomplished guest pianist, will perform Ballade #3 in A-Flat Major, by F. Chopin.

We will open the doors at 7:30, and the Multicultural & Immigrant Services Association "Youth For Diversity" group will be selling yummy baked

goods (including their famous homemade gingerbread cookies), as well as tea and coffee.

Admission prices are very affordable at \$10 for Adults, \$8 for seniors, and \$5 for students and children.

For more information call Nancy @ 285-3800

We look forward to seeing you and sharing the Holiday Spirit with you!!!

## Quadra Credit Union donates \$1000 to Cortes Seniors Housing

On behalf of the Cortes Seniors Society I wish to gratefully acknowledge the generosity of the Quadra Credit Union which has donated \$1000.00 to support our seniors housing development.

Every donation helps enable us to establish affordable rents and to look ahead to the time when we can build the seniors activity centre.

Thank you Steven Halliday and the credit union staff for supporting this valuable community project.

Sincerely

Sue Ellingsen  
President CISS

# THANK YOU VOLUNTEERS


*You are the heart and soul of the community.*

*Big appreciations for all you accomplished in 2008.*

*May 2009 bring peace, joy, good health and abundant prosperity to you and your family on our island community home.*

*Cheers,  
Quadra Recreation Society  
Staff and Board of Directors*

**p.s. Look for the Winter/Spring Recreation Brochure in your mailbox the first week of January and sign up for fun activities in the new year. [www.quadrarec.bc.ca](http://www.quadrarec.bc.ca)**

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## Sorrow and Joy from Boat Accident

I would like to say thank you to all the people who came out to search for myself and Brian. To live in a community that can come together so quickly, and do what it takes to help is incredible. While people were out searching for me, there was also a awesome group with Rhonda helping and supporting her through her night of emotional turmoil. Another group at the fire hall, organizing beach and water searches, outer islanders searching northern areas, and I'm sure so many more. When I was awoken by the sound of the coast guard helicopter, it was quite the feeling, knowing people were aware. When I came home, there was snacks, soups, pizzas, and messages taken for us, thank you. Thanks to Dave for shutting off his outboard long enough to allow me to yell at him, thanks to Aaron for giving me the socks off his feet and a big hug. To the crew at the dock waiting for me, I think we raised the sea level, thank you. Thank you to Brenda, Lori, and Jeannie at the wellness centre for speeding up my recovery!!

I am going to miss my boss and friend greatly, we helped each other through thick and thin, he was always there, willing to help when I needed it. He was a huge part of the community and supported many people with jobs and more over the years, hauling stuff to the outer islands, donating seafood for good causes, weddings, he fed a lot of people good food. He was above nobody and cared for everyone, like we all should. My heart goes out to his family, and Linda we all must stay strong and find the good, and cry when we need to.

This experience has altered the way I look at life, everyone should enjoy the small things (like a rock to sleep on), love everyone and tell them, don't wait, do it now, the little conflicts in any relationship don't matter, bury the hatchet, give them a hug, anything is possible if you set your mind to it, and believe in yourself. Let the anger go and replace it with love, life is way to short to blame, criticize others, or live it angry.



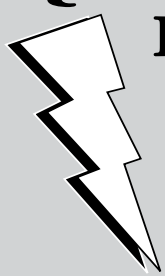
Brian Stevenson

Although it was a windy day, and we had a load on, it was no more than usual, neither of us felt uneasy. Brian had 25-30 years experience just on that route, not counting his previous years. I've been on the water for 30 some years, and did not feel nervous. It happened within 5 seconds of noticing anything was wrong to being in the water, no time to grab the flares or the extra lifejackets. Since this has happened I have had many stories told of close calls. If you go to our docks at any given time there is massive amounts of sea time present. If you look at the boats there is quite often not much for safety gear, or flotation being worn on boat trips. I am guilty of this too, I will be a lot more aware in the future, as we all should. Making a waterproof box of safety gear stored where it will float free, or be accessible, is a very good idea, lighter, flares, waterproof hand held vhf, flashlight, the list is big. I know this stuff is expensive and easy to put off, I would have paid a lot for one flare that day. Lets all try and learn from this, and prevent other tragedies from happening.

Remember hug your loved ones and tell them that you love them, life can be short. It is so wonderful to live in such a awesome community, thank you.

Troy Bouchard and Rhonda Warman

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## To the Discovery Islands community...

I would like to send a huge thank you to all of our wonderful friends and neighbours on Quadra and the Outer Islands who spent a cold night and morning searching for Brian and Troy. Thank you for always being there.

Troy's Mom, Hazel

## In Memory of Tim Aston



Tim Aston passed away on Thursday, November 26th. During his life Tim devoted many years to Buddhism. In many ways he lived the life of his religion, living with compassion, simplicity, and love.

Tim was a builder and he left a lasting legacy in the home he built for his family, in all the buildings he worked on through the years, and the skills he passed onto his son.

Tim loved the sea and dreamed of being a sailor. He spent many years living on his sailboat, the Cashelmara. He was also a storyteller and chess player who loved to while away the hours in the social atmosphere of his favorite cafe, Aroma.

Tim cherished being a father and grandfather, and his strong love was felt by his family. Tim's gentleness touched many, and his family and friends will continue to carry him in their hearts.

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

## Free Fire Wood

Free Wood is available. Anyone in need of Free Wood can call Steve Moore at 285-3323 or Paul Bishop at 285-2766. So far we have been able to serve 8 homes in need of wood. The rush usually comes towards the end of a long winter with unexpected cold spells like the present. Many thanks to the volunteer labours of Pat Charlesworth, Alan Burnett, Paul Bishop and Steve Moore for working in below zero weather to help complete the shelter for the wood. A tin roof has been ordered from the Quadra Building Supply. It will cost around \$427 plus tax and spare parts. Many thanks to the Quadra Building supply for the discount price and free delivery. Also thanks to the Heriot Bay Store for \$166 in Spirit points. Individual donations can be made at the Quadra Credit Union. Money can be deposited in the Free Wood Association account. It's nice to be warm and cozy especially when you know that everybody on the island, regardless of income, is also warm and cozy. On the other hand, if people wish to support local businesses by buying larger amounts of wood (we can supply emergency needs only) call Steve at the above number and he can give you the names of 5 local suppliers. Fred King is one such supplier and he has given me permission to list his number here: 285-3967.

## SMALL WORKS' - 2nd Annual Exhibition & Sale

'SMALL WORKS' - 2nd Annual Exhibition & Sale is a Group Show by Island Artists featured for the month of December at DRAW Gallery. Openings at DRAW Gallery are always First Friday of the month. This Exhibit Opens on December 5th from 6 to 8pm. You are invited to attend and meet the Artists. Our little gallery will be filled to the rafters with wonderful art works of all sizes with small prices. The Gallery is open Thursday through Saturday from Noon to 6pm with Extended Holiday Hours Dec 22, 23 and 24th. The Gallery is open Thursday through Saturday from Noon to 6pm. DRAW Gallery is located on Quadra Island 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.



## Christmas at Firesign Studio

Happy Holidays! Firesign Studio Christmas Gallery will be open by appointment or drop in through January 4 with artworks and gifts: paintings and prints by Nanci Cook, Perrin Sparks, Christina Munck, with pottery by Christine Husson, also a large selection of exquisite amber and silver jewelry and Norwex Enviro Products. Firesign will have a booth in the Campbell River Common from December 18-24. Please call Nanci 285-3390 or email [firesignart@live.ca](mailto:firesignart@live.ca)

## 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 facility, the starch and the salad. Invest your Heriot Bay Store Spirit Board Points and get a big Return on your Investment. No Spirit Board points? No problem. To book a date or get more info, call Len Lamb at 285-3354.

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## GROCERY

Specials for December 19 - January 1 while quantities last

**Coca Cola** 4 for \$5.00  
2L

Assorted Flavours

Aroma Fair Trade **Coffee** **\$9.88**  
1lb All Varieties **ORGANIC**

Ocean Spray **Cranberry Sauce** \$1.68  
398ml whole or jellied

Mott's **Clamato Cocktail** \$3.98  
1.89L Original, Extra Spicy or the Works

Green Giant Frozen **Vegetables** \$2.68  
750g Assorted

Carr's Table Water **Crackers** \$1.98  
100g Sesame, Herb & Garlic, Bite Size, Pepper, Poppy & Sesame

Kozy Shack **Puddings** \$3.68  
624g Rice with Cinnamon Raisin Tapioca, Rice or Chocolate

Tenderflake **Pie Shells** \$2.98  
255-350g Original, Deep Dish, Tart or Puff Pastry

Stove Top **Stuffing Mixes** 2 for \$3.00  
120g

Philadelphia **Cream Cheese** \$2.98  
250g All Varieties

Canadian Heritage **Maple Syrup** \$22.98  
1L **ORGANIC**

Cocoa Camino Los Intensos **Chocolate Bars** \$2.28  
40g Assorted

Crofter's **Fruit Spread**

Happy **Fruit Juice**

Imagine **Broth**  
Chicken or

Simply **Pasta Sauce**

## DELI

Oven Roasted **Turkey Breast** \$2.48  
/100g

Freyebe **Salamis** \$1.98  
all varieties /100g

**Potato Salad** with egg 88¢  
/100g

Festive **Cheese Balls** \$6.98  
vegetable, mediterranean or jalepeno 340g

Freyebe - Gourmet **Patés** \$2.98  
cognac, herb or pepper /100g

**Roasted Chickens** \$6.98 each  
*Come in for Dinner!*

## BULK

California **Pistachios** \$1.28  
/100g

California **Walnuts** \$1.98  
/100g

Dried **Cranberries** \$1.28  
/100g

Dan-D-Pak **Cashews** \$14.98  
Salted, Unsalted or Salt & Pepper 1kg

Chocolate **Ju Jubes** 98¢  
/100g

Unsalted **Almonds** \$1.68  
/100g

Bottle Returns in December will be Donated to the QI First Aid Society

**Winter Hours- 7am**



Holiday Hours: Dec. 24 closed at 6 pm Dec. 25 closed, Dec. 26 12-5, Dec. 31 closed at 6 pm Jan. 01 12-5pm



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Happy Holiday Season!



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Foods  
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1L  
or Vegetable

**ORGANIC**  
y Natural  
**\$4.28**  
739ml

**Vegan Friendly**  
Earth Balance  
**Buttery Spread**  
**\$4.98**  
425g

**New Product**  
Venus  
Gourmet  
**Crackers**  
**\$2.98**  
142g  
Original, Seed Celebration  
or Mediterranean Delight

**New Product**  
Tasty Bite  
**Indian Cuisine**  
**\$5.00**  
2 for 285g

Seventh Generation  
All Purpose  
**Cleaners**  
**\$4.98**  
946ml  
Green Mandarin or Free & Clear

MEAT

Blackwell Angus  
Top Sirloin  
**Steak**  
**\$4.78**  
/ lb  
\$10.54 /kg

Northern King  
**Shrimp Rings**  
**\$2.98**  
227g

Blackwell Angus  
Outside  
Round  
**Roasts**  
**\$3.28**  
/ lb  
\$7.23 /kg

Finnish  
Pork Back  
**Ribs**  
**\$4.48**  
/ lb  
\$9.88/kg

Bacon  
Wrapped  
**Scallops**  
**\$7.98**  
225g  
Frozen

Freybe  
Garlic  
**Sausage**  
**\$4.28**  
375g

BAKERY

Pumpkin  
**Pies**  
**\$4.98**  
600g

Fresh  
**Dinner Rolls**  
wholewheat or white  
**\$1.68**  
12 pack

Saxby  
**Cheesecakes**  
strawberry swirl or chocolate  
**\$9.98**  
600g

Oroweat  
Sesame White  
**Bread**  
**\$3.28**  
680g

Caribou Ridge  
**Cakes or Pies**  
cherry, blueberry, apple honey  
or strawberry rhubarb  
**\$4.98**  
350-454g

**Dessert Squares**  
**2 \$2.50**  
for  
brownie, carrot, date or butterscotch

PRODUCE

California  
**Brussel Sprouts**  
**88¢**  
/ lb  
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**Broccoli Crowns**  
**\$1.28**  
/ lb  
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**NEW CROP** BC Grown  
Russet  
**Potatoes**  
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10 lb Bag

BC Grown **ORGANIC**  
Jumbo White  
**Mushrooms**  
**\$2.88**  
/ lb \$6.35 /kg

BC Grown  
**Onions**  
**98¢**  
3 lb Bag

Earthbound **ORGANIC**  
Mini Peeled  
**Carrots**  
**\$2.88**  
2 lb Bag

- 8pm Sunday to Thurs. 7am-9pm Fri. & Sat.



250-285-2436

## Stuffing stockings full of conservation savings

Vancouver – BC Hydro is helping to make energy conservation easy and accessible this holiday season. The utility is offering mail-in rebates for various energy efficient products including \$3.00 off of holiday LED lights and up to \$7.50 off of programmable thermostats.

"We encourage our customers to take a whole-home approach to electricity conservation," said Patrick Mathot, residential marketing manager for Power Smart. "This includes incorporating energy-efficiency in all areas of your home – from lighting and heating to electronics and entertainment."

The rebate coupons, which can be downloaded from [www.bchydro.com](http://www.bchydro.com), are also available for energy meters, power bars, low flow showerheads, electricity and gas saving kits and compact fluorescent light bulbs.

For customers in lower-income households, BC Hydro is offering complete home energy savings kits for free. "There can be a higher cost associated with energy efficient products and although the products can initially cost more, they save you money in the long run. By giving away these kits for free, we hope to remove cost as a barrier to energy conservation for our lower income customers," added Mathot.

The kits consist of basic energy-saving measures that are easy-to-use and install, including compact fluorescent light bulbs, weather stripping and tap aerators. Although savings will depend on individual customers, the average customer can expect to save 200 to 750 kilowatt-hours of electricity a year.

To order the kits, low income customers can simply call 1 877 431-9463 to find out if they qualify and to order their free kit.

## Ladies Auxiliary

The Quadra Legion Ladies Auxiliary would like to thank those who helped make the craft and bake sale a big success.

A great big Ho-Ho to Santa Ben, Elf Jillian, thank you to the wrapping girls Emily, Libby and Rachel.

Ladies Auxiliary Prize winners are Len Lamb - hamper, Ester Allen - lamp and Doris Mackenzie - poinsettia Doris.

## SRD Elects New Chair & Vice Chair

At its inaugural meeting today, the Strathcona Regional District (SRD) elected Craig Anderson as its chair and Roy Grant as its vice-chair. They will hold these positions for the next year.

Anderson is the mayor of the Village of Gold River and Grant is a councillor from the City of Campbell River. They have been on the SRD board since 2005.

"I am very pleased that the board has chosen me to lead them for the next year," said Anderson. "We have an interesting and challenging year ahead and a great opportunity to move this region forward."

The Strathcona Regional District is a partnership of four 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.

## Bursary Awarded

The Quadra Legion Ladies Auxiliary is pleased to announce the Kay Dubois Bursary went to Nelson Roberts, Nicky Burnett and Jamie Saunders. A total of \$1,500. Good luck to you all on your future endeavours.

## Is it time for Community Gardens on Quadra?

As a next step in promoting food sustainability on Quadra and encouraging community development, I-CAN and Quadra Circle have been considering a community garden. Whilst many of us have land, some have none or none suitable for vegetable growing and some need help and encouragement to get started. There is the possibility of some land being made available and we need to know if people are interested before we proceed further. We await your suggestions as to format. It could be individual plots or worked communally. We could grow food for the food bank or the Wednesday lunch or could have a demonstration garden or community composting. Maybe we could plant fruit trees in available open spaces.

Perhaps with I - CAN fighting for the climate, Q. Circle for sharing and connectedness along with the Garden Club for expertise and all you interested others we can have fun, learn a lot and grow more food! Please let us know if you are interested in any of this going ahead and what you can do to help. Contact Mary at 285 3084 or Lisa at 2852480 or email [quadraican@gmail.com](mailto:quadraican@gmail.com)

## Many Thanks!

For all those wonderful people who helped me move from the Upper

Realm on Sunday, Nov. 30 -THANKS! I couldn't have done this without your help.

Also thanks to all those who supported me during the time I had the store. I enjoyed being a part of the Quathiaski Cove commerce community and will miss all the activity. Thankyou, Steve, Lean, Ray, Michele, Ashley, Richard, Mark, Alan, Michael, Ed, Carol, Sioux, Elena, Bruce, Maritza, Audrey, John, and many more. I am now setting up my studio in Open Bay and will be ready for new artistic projects in the New Year. I am also very glad that the Upper Realm will continue to serve Quadra. Merry Christmas!

## Hospice Christmas Tree

There will be a Hospice Christmas Tree at the Heriot Bay Store from Wednesday, December 17 to Monday, December 22. The times are from 1 p.m. to 5 p.m. Come put the name of a remembered loved one who has passed away on a white dove and place it on the Christmas Tree. Then, turn on a light in their memory. One can also make a contribution to the Hospice Society, who's trained volunteer members help the sick and dying on Quadra and in Campbell River. There's also a raffle for a \$250 food basket from the Heriot Bay Store. Tickets are 3 to \$5.

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## Thanks from the Food Bank

Thank you to Heriot Bay Tru Value, Quadra Foods, Yellow Dog Trading Co, Peoples Drug Mart, Quadra Recreation Society, Community Lunch, Quadra Quilters and all of the generous individual community members who have once again so generously supported the Quadra Island Food Bank during 2008.

With an anticipated downturn in the economy your donations and support will allow us to continue to assist those in need in our community. Donation boxes for

non-perishable food items are located at Heriot Bay Tru Value, Quadra Foods and the Yellow Dog Trading Company. Financial donations may be made through the Quadra Recreation Society (if you require a tax receipt) or directly to our account at the Quadra Credit Union. Peace and Blessings to all this Christmas Season.

## Thank You

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## Seniors Housing News

Do you pay income tax? Do you donate to charities? Canadian Governments will pay you \$430 + next April for your \$1000 donation to Senior Housing before year-end. \$290 tax rebate from the Feds, \$140+ from Gordon Campbell- don't you just love getting money back from the government?

Your check to box 456, Quathiaski Cove will make you feel better this Christmas Season, knowing that you are supporting an essential community service. Your generosity will ensure that building commences in 2009. That would make a lot of Quadraites feel better.

Submitted by Bob Lasby

## Dodge ball....

### Yes that's right you heard me!!

For any movie enthusiasts out there...you may have heard the commands "dodge, dip or dive", you may have even had wrenches thrown at you as a great way to train hard! These are the basic defensive moves, or techniques used by any serious Dodge ball player...not to mention his or her "tossing techniques" the skill range is so long to cover in this brief overview!

As quoted from the encyclopedia...

"Dodge ball is a traditional team sport played in physical education classes in the U.S. and Canada. It is typically played in elementary school, but has emerged as a popular middle school, high school, college and professional sport as well. It is also popular in informal settings and is often played by schoolchildren on a playground or in a gym, or in organized recreational leagues. There are many variations of the game, but each involves players trying to avoid being hit by a ball thrown by players on the other team." Wikipedia The Free online Encyclopedia.

If you truly think you are up for the challenge and you are in peak physical condition or you really just want to come out and throw balls (that is official regulation Dodge Balls) as hard as you can at friends or complete strangers...you have what it takes!! I won't lie to you it won't be easy and there are some heavy hitters but we have an open door policy for new comers! Come on out for some flat out good times, every Monday night at the school gym!!

I would like to take this time to thank our leader, team manager and soundtrack producer Erin Rowsell, she is the reason we are out there training as hard as we are!! So thanks Erin from the team!

From your team...Dodge, dip, dive captain!!

## Climbing Wall Open

The Quadra Vertical Climbing wall will be open January through April every Sunday from 1 pm through 3 pm. Exceptions are January 18, February 15 and February 30.

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

## Quadra Island Seniors Branch 91-B.C.O.A.P.O.

"MERRY CHRISTMAS" "HAPPY NEW YEAR" To all Seniors, no age limit, "Welcome", to all of you, who are spending too much time alone. Our meetings are usually the first Wed. of each month, except for July and August. Other Weds. we have Armchair Exercises at 10:00 am, Carpet Bowling at 11:00, Bring a Sandwich or snack. Chrissie will have the Coffee brewing. Join Lilly and Fun Sing with our Glee Club at 1:00 pm. This will start 2nd week in January 14th/09. We have also our monthly Home Computer meetings.

At our next General meeting Jan. 7th/09, We are planning to have a Constable to update us on the latest phone and mail scams. Meeting will start at 10:30am, come early and browse through the books and magazines. brought in by Peter. Lunch will follow, and chatting with members. Memberships are due, See Muriel Krook our New Treasurer, who is also in charge of members.

Walking on the Spit on Sundays 11:00 a.m, meet at the Rebecca Spit Launch Ramp, or if late meet at the Park area, look for Peter and Lloyd a tall & short handsome men. If in doubt call Bob 2907-Muriel 3216 or Ruth 3801.

The Objective of the O.A.P. is to keep Seniors, in their own homes as long as possible, with home-care assistance. And also to encourage an Age Friendly program for better understanding of all ages. "Hope to see you all in January" Keep well and enjoy the Holidays.

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## Bakers Needed

The community kitchen lunches on Wednesday have grown to become a social hub for many islanders. As the lunch crowd grows so does the need for bakers to provide a continuous supply of yummy desserts. Several bakers contribute regularly but due to other commitments can never attend. Still others are working in the kitchen and bringing goodies for you to enjoy. If we have more volunteers the effort can be spread around so people don't have to bake each week, or do double duty. Please call if you can help us out once or twice a month. It is an easy and appreciated way to help your community.

Bev Barclay 285-3897

## Vandalism at the Q.C.C.

The window to the South door of the Quadra Community Centre was broken and a single bag of potato chips was stolen between 4 and 7 p.m. on Wednesday, December 10. It will cost around \$100 to fix the window. The Community Centre would like parents who's children frequent the area of the community centre after school to ask them if they observed any vandalism at that time.

Unfortunately, there was no one in the community centre at the time. So the only available witnesses might be the playground and skate board after school users. An eyewitness would be helpful. The name of the eyewitness can be kept confidential upon request.

The actual guilty party can easily avoid police involvement by simply apologizing to the Q.C.C. Making a contribution to fixing the window and/or a donation of money will also be required. Mistaken conduct can happen and it can be corrected with loving kindness from concerned parents and an active community effort. Please phone the Q.C.C. office with any information at 285-3243 and talk to Sandy or Sonia.

Steve Moore  
Board Member of the Q.C.C.

## Free Money

Free Money has been able to help mainly single parents young families and elders who are temporarily short of cash. One reads about tough economic times in the papers, so it was no surprise that three male elders were turned away because we ran out of money for the first time in two years. We were able to serve nearly 20 families and individuals on Wednesday, December 10 at the Community Centre but it was sad to not have enough for everyone.

The way Free Money works is simple. Each individual receives \$10 on page 100 of any book that they select to read. There are usually about fifty books of all kinds, including kid's books. If there are children in the family, parents may take a book for each child as well. Most often the children chose their own book. Up til now, one could also take an extra book if one was supporting cats and dogs in their house. The problem now is the Free Money Association has run completely out of money.

People tend to be funny about money sometimes. Like your tax dollars are going to bail out the fat cats of the auto companies. And you have no choice in the matter. But you do have a choice to help bail out your fellow Quadra Islanders with considerably less money ie about 5 times a year at \$500 a shot or just \$2,500 a year. Of course the Free Money Association must make some needed reforms in order not to disappear. One solution is to make some cutbacks. The cutbacks proposal is that free money will be limited to the support of human beings. Unfortunately house pets no longer qualify because we are committed to never again turn away human beings who are in need of help.

Another solution is to ask for money from you. Remember, "charity begins at home." I also give money to Doctors Without Borders and other important international causes, but the food bank lines are getting longer here in Canada. Please consider donating money to the Free Money Association at the Quadra Credit Union. Every cent goes to Islanders in need. If neither of these solutions work, Free Money, like Quadra Dollars, may quietly recede into the dustpan of local history. Please help if you can.

Call Steve Moore at 285-3323 if you have any questions.

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Cultural Committee present:

## Duo Concertante

International performers Duo Concertante, a powerful violin and piano team from Newfoundland, will be presented by the Quadra Cultural Committee at Quadra Community Centre on Sunday afternoon, January 18th, at 3:00 pm. Playing together since 1997, Nancy Dahn on violin and Timothy Steeves on piano have given concerts and recitals across Canada, the United States, and throughout Europe.

Dahn and Steeves are both professors at Memorial University in St. John's, Newfoundland and Artistic Directors of the Tukamore Chamber Music Summer Festival. They present master classes in chamber music across Canada, visiting music schools such as the Glenn Gould Professional School and Royal Conservatory of Music in Toronto, as well as universities and festivals. Their performance schedule has taken them as far afield as London, Berlin, St. Petersburg, Chicago, New York City, San Francisco, Beijing, Toronto, Ottawa, and Montreal. Recently they completed an eight-city tour of China.

Dahn and Steeves' classical repertoire covers the alphabet from Bartok to Tchaikovsky and includes the famous, such as Beethoven and Mozart as well as the less famous, such as Hétu and de Falla. Zestful additions include music by the tango-king, Piazzola, and jazz compositions by Gershwin and Dizzy Gillespie. Demonstrating their commitment to new music, they include contemporary pieces written for them by Canadian composers such as Linda Bouchard, Ka Nin Chan, Omar Daniel, Alice Ho and Kelly-Marie Murphy. This year, Duo Concertante is adding new works by R. Murray Schafer and Kati Agocs to its list of commissions.

As husband and wife, "they work together with uncanny perfection," says the Waterloo Gazette. Their ensemble sound is characterized by "exceptional warmth and intimacy" writes the Ottawa Citizen. An impeccable technique is described by La Scene Musicale as "artistry, poetry, ...real chamber music as it should be." "It is brilliant, saucy and soulful...you hear splendid nuances everywhere," writes the San Francisco Classical Voice.

Duo Concertante's live and recorded performances are frequently heard on national and regional programs of CBC radio. They have also been heard on American radio stations and Bravo! Television. The Duo's ATMA

Classique recordings entitled: A Deux, Of Heart and Homeland, and Wild Honey, were all nominated for Best Classical Recording at the East Coast Music Awards (2000, 2003, 2005). In 2008, the Duo will release its fourth disc featuring pieces arranged especially for them by Canadian composer Clifford Crawley.

Duo Concertante has been the recipient of numerous honours and awards including Best Touring Performers Award (Contact East) and Memorial University's prestigious "President's Award for Outstanding Research." In 2006, the Duo was also a finalist for Newfoundland Arts Council's Artist of the Year award.

Given the unique ambience of the Quadra Community Centre, this will be chamber music at its intimate best: captivating the listener and inspiring students, teachers and performers alike. Advance tickets are \$17 for adults. Youth under 16 listen for free when accompanied by an adult. Tickets are available at the usual outlets: Hummingbird Art and Office Supply in the Cove; Quadra Crafts in Heriot Bay; and the Music Plant in Campbell River. Tickets are \$20 at the door. For further information, call 285-3084. [www.duoconcertante.com](http://www.duoconcertante.com)

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# Halliday's Viewpoint

by Steven Halliday

## Iggy in '09?

With the election of Barack Obama as the new leader of the United States came a huge new surge of hope for the change he promised his electorate – many of which promises he knew he could not fulfil and indeed he is now back-peddalling on some. That hope for change spread across the border, but in Canada we have no iconic figure upon whom to place the burden of our wants as the Americans have in Obama. The November federal election and subsequent political follies have left us in a state of prorgue; both in the parliamentary meaning and the literal... our hopes for change are being delayed.

Canadians are thirsting for dynamic new leadership, and the upcoming contest between Stephen Harper and Michael Ignatieff is likely to attract significant public interest. With another election possible as early as the spring, both men are going to be pulling out all the stops to grab the hearts and minds of the voting public, and I think it is likely that Mr. Harper views Mr. Ignatieff with more than a little trepidation, as he'd be the bigger fool not to do so. One thing I have learned in my research into Michael Ignatieff is that he is no fool and does not suffer fools lightly. And after observing Mr. Harper in action for some 16 years I am convinced he is no match on the debating floor for Ignatieff.

Michael Grant Ignatieff is indeed a Canadian son, notwithstanding that some doubt his serious Canadian ties after his living abroad for all but a few of his adult years. His father George Ignatieff was the Russian-born son of a minister to that country's last Czar, Nicholas; after immigrating to Canada as a child George went on to become a senior career diplomat and married into the Canadian establishment. Ignatieff was raised in an international atmosphere due to his father's constant changes in posting, but like all establishment boys of his day he was sent as an 11 year old boarding student to Canada's elite private school, Upper Canada College.

Young Michael excelled in school, and when he graduated in 1965 he was "prefect of his boarder's house, captain of the soccer team, academically at the top of his class, president of the debating club, editor of The College Times yearbook...and a sergeant in the college cadet corps". This quote is from a terrific profile of Ignatieff appearing in the *Globe and Mail* (August 25/08 - Being Michael Ignatieff - Michael Valpy) that also noted his career aspirations from UCC's yearbook as "Intention: journalism or politics." He has certainly achieved the former ambition, with 17

books to his credit and writing credits in every major publication on the planet. Of his latter ambition... time will tell.

From UCC Ignatieff went to the University of Toronto (Trinity College) where he earned a Bachelor in History, a deeper interest in politics and a scholarship to Harvard. He was an active Trudeau supporter while a student. At Harvard, he became a fervent anti-war activist and decidedly liberal in his outlook on life. His PhD. thesis was based upon his experiences while working with violent offenders in a Massachusetts state prison, which was also the catalyst for his first book *A Just Measure of Pain*. Ignatieff graduated from Harvard and accepted a job at the University of BC in 1976, where he taught for 2 years before accepting a research fellow's position at Cambridge and moved to London. For the next 20 years Ignatieff gained international recognition as a journalist, writer and lecturer while living mainly in the UK before returning to North America, ironically to the John F. Kennedy School of Government, at Harvard. He did, however, buck the Harvard system while there. Finally, in 2005 he returned to Canada as a visiting professor at the University of Toronto, before resigning that position to take up his seat as MP for Etobicoke-Lakeshore on January 23, 2006. He has an unremarkable personal life, being twice married with two children by his first wife.

So will Ignatieff be able to pull off an Obama-like landslide in capturing Canada's hearts and minds? To many pundits, he is a political neophyte that is taking advantage of the Liberal Party's disarray to vault into power without having earned his stripes; worse, he is an egghead that feels more comfortable in European intellectual circles and has no business in politics whatsoever. And that's what his friends think! One thing is certain – he speaks his mind, and often one's words come back to haunt. His support for the American invasion of Iraq - before, during and since – is something that ought to be an issue for many who are liberal by inclination or party affiliation. His present support for extending the Canadian mission in Afghanistan is also bound to be questioned by many, particularly if Canadian casualties continue to escalate from the present rate of 3 per week. However, he will soon have his opportunity to strut his stuff, either while sitting as Leader of the Official Opposition, in the media by exploiting every opportunity in front of a mic, or while on the election trail for the Prime Minister's office.

Presumably he will be doing all three over the next 90 days or so.

It is lucky for Ignatieff that Harper's star is in rapid descent, not that it rose very high to start with. It is also lucky that Obama's star ascended so recently, as he and Harper are not likely to become bosom buddies. Having a razor sharp mind, great communication skills and international connections will be a plus in our next PM's favour, and few if any other leadership candidates can beat Ignatieff on that score. Not that there are any other leadership candidates besides Harper. Ignatieff is comfortable with media, having been a journalist, broadcaster and documentary filmmaker, and his pre-political accomplishments have gained him a global roster of admirers in academia and political circles. Some of them could be very useful to a Canadian PM who is an admirer of both Trudeau and Pearson, and likewise sees a more important role for Canada and the UN in addressing some of the world's wrongs. Ignatieff clearly hopes to ride Obama's star, to a small degree, for Canadians looking for a major change.

But it is unlucky for Ignatieff that the economy is going into a tailspin just as he reaches for the golden ring. It will be issue number one in the election. His lack of political experience and sheltered background make him thoroughly unfamiliar with the feelings of the vast majority of Canadians, many of whom are now starting to hurt economically while government fiddles away. At 61 years old, Ignatieff has only spent about 7 years in Canada as a "working" Canadian; 3 as an academic, one as a journalist (during a summer as a reporter for the *Globe and Mail* in 1966) and almost 3 years as a federal politician. Sure, he can assemble a crack team to offset his optic weaknesses, but so can his opponent, and this upcoming election is going to be all about leadership - demonstrated leadership, in a manner the electorate can relate to. This is a real weakness for Ignatieff.

Some say leadership need not necessarily be learned, that some are born to it, but it is a rare bird indeed that achieves it without learning many ropes. It will be interesting to see how much rope Canadians will give Ignatieff – either enough to learn to use them, or in the event of failure with enough which to hang himself, no matter whether as Leader of the government or the loyal opposition. Again, time will tell.

And on that cheerful note, may you all have a wonderful Christmas and a great new year.



# Vitalis Gym & Wellness Centre

by Tanya Storr

With the New Year fast approaching, many of us will take time to reflect and focus on our goals for 2009. If one of your resolutions is to increase your fitness level and physical wellbeing, Vitalis Gym & Wellness Centre can help you make it happen.

"We involve people of all ages in fitness and activity," said Marion Eberlein, who co-owns Vitalis with her husband, Bernard Eberlein.

Marion and Bernard describe Vitalis as more than just a gym. "We are offering a holistic approach to wellness, not a muscle factory," Marion said.

The new facility, located next to People's Drug Mart in Quathiaski Cove, includes a gym, group exercise room, juice bar, suntanning bed, change rooms with showers, and an office on the first floor.

The gym features weight training and cardio equipment suitable for people with a wide range of physical capacities. The ground floor is wheelchair accessible and there is a washroom for people with disabilities.

On the upper floor, Lori Hewitt, Sunday Dennis, Brenda Dempsey, Jeannie Schweitzer, Charlene West, and Tucker Dinnes offer a variety of wellness services. Massage, acupressure, hydrotherapy, sauna, acupuncture, and life coaching are among the options available.

Bernard and Marion, who are originally from Germany, have many years experience working in the fitness industry. Bernard is a certified martial arts instructor with nearly 30 years of experience. Marion is a BC Recreation and Parks Association certified group fitness instructor, weight trainer, and personal trainer. She has certification for "Third Age", allowing her to work with elders.

Marion had a vision for a fitness/wellness centre on Quadra Island. She then learned that 3,000 square feet zoned for commercial use was available beside the pharmacy.

Murray Johnson designed the structure to their specifications, and several Quadra contractors worked on the project. "We are very pleased with the result," said Marion.

Vitalis Gym & Wellness Centre opened on October 1. Customer response has been positive, Marion reported. "People are very happy with the services we offer."

Marion pointed out that exercise is key if we want to stay healthy, independent, and mobile into our later years. Vitalis offers classes for



*Marion and Bernard Eberlein at their new fitness and wellness centre - Vitalis.*

a wide range of ages, from Kids' Dance (4-7 years and 8-12 years) to Fit for Life (osteo-fit) for seniors.

"Fit for Life is a low key exercise program of falls prevention, muscular strength gain, coordination and dynamic balance. The program is designed to improve strength and functional ability to increase confidence and quality of life," Marion explained.

Other group classes available at Vitalis include On the Ball, Step Fatburner, Body Sculpt, Aerobics, Yoga, Self-Defence, Ballroom Dance, Mixed Martial Arts, and Tai Chi. Marion describes the Self-Defense class taught by Bernard as "very empowering" and Body Sculpt as a "complete body workout with bands, weight bars, and free weights."

The 800 square-foot group room, adjacent to the gym area, has a "sprung floor" (soft cushioning underneath with laminate on top) and large windows looking onto the forest. The interior wall also has large windows that let daylight into the gym.

Additional windows at the front and rear of the gym, as well as mirrors along one wall, enhance the feeling of spaciousness. A water feature and potted plants form an island of green in the centre of the workout space.

Bernard and Marion did their research carefully while looking for top-quality fitness machines. Most of the equipment is manufactured by Apex, a company based in Victoria.

"We wanted to be innovative when deciding which machines to choose. I'm really impressed with the professional standard of this equipment," said Marion.

The two treadmills, elliptical bike, and recumbent bike are made by Eco-Power and use up to 32% less electricity than conventional cardio machines. As the recumbent bike is non-weight bearing, it is suitable for elders and those with physical limitations.

The gym also has a "Functional Trainer", imported from the U.S. The Functional Trainer allows patrons to do a full workout using just the one machine. This machine is ideal for people with disabilities, including those in a wheelchair or scooter.

Personal training is available. The service begins with a 1.5 hour consult to design a training program, followed by one-hour personal training sessions until the individual feels comfortable working out on their own. Follow up continues every two-to-four weeks.

Programs can be designed for weight loss or gain, pre- and post-natal health, correcting muscle imbalances or posture, and many other individual needs. "It's about health—keeping your heart strong is the most important thing," Marion affirmed.

Personal training is provided by Marion or clinical exercise specialist Deb Koster. The gym's other staff members are Jesse Hasslehurst, Sandra Zgela, Ginette Swanson, and Keri Smith. Marion describes the staff as "well trained and very dedicated."



photo: Tanya Storr

The social aspect of working out at the gym is part of the enjoyment, noted Marion.

"We included a juice bar and sitting area in our design, so that people have the option to stay after their workout. We believe that in order to make fitness a lifestyle and a lifetime commitment, you have to connect with other people in your active community to make it fun with realistic goals."

On the menu are protein shakes, mineral drinks, tea, coffee, bottled juices, post-workout recovery drinks, and healthy snacks. Breakfast (bagels, yogurt, granola, and fruit) is available starting at 6 a.m. on Mondays, Wednesdays, and Fridays.

"People come to do their workout, have a shower, enjoy breakfast at the juice bar, and then some commute to Campbell River on the 8 a.m. ferry," Marion said.

Vitalis also offers suntanning (Marion recommends a maximum of 10 minutes per week of "smart tanning" to increase production of Vitamin D). A line of yoga and sport clothing made in Vancouver, "Lotuswear", is available for purchase. Soy and whey protein powders and other health products are also for sale.

Drop in fees, 10-session cards, and 3-month, 6-month, and 12-month memberships are offered. Ask about student and family discounts. Vitalis is offering 10% off memberships and clothing until Christmas.

The gym's opening hours are Monday, Wednesday, and Friday 6 a.m. – 1 p.m. and 3 p.m. – 8 p.m., Tuesday and Thursday 9 a.m. – 1 p.m. and 3 p.m. – 8 p.m., Saturday 9 a.m. – 5 p.m., and Sunday 10 a.m. – 3 p.m. Child care is available at specific times.

Marion credits her family for helping to make her vision a reality. "Bernard and I both worked very hard to make Vitalis happen. Our daughter Lisa has been an incredible support and help with our little son Nico. Without the support of such a strong family, nothing could have been accomplished!"

To find out more, drop by Vitalis Gym & Wellness Centre or call 250-285-3825.



# Island Forum

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

## Dear Editor,

This month we saw the start of the temporary reduction in our ferry fares and while nobody is going to complain about a cut in costs of a third, I think we might want to question the motives behind the move.

For the last seven years we've been hearing that the government cannot interfere with setting fares for ferries; we've been told the government cannot interfere with the ferry system because of the Coastal Ferry Act; we've been told government is at arm's length from the ferries (despite it being the only shareholder).

Then suddenly the government gets involved. The Premier saying it is time to cut fares by 33 percent, for two months, allegedly to stimulate coastal communities.

For anyone living in ferry dependent communities – and that is not just people on Quadra, Cortes, Cormorant Island or Malcolm Island, it's everyone on Vancouver Island – that cut should be treated with the cynicism it deserves.

Because if Gordon Campbell really wanted to assist our coastal communities he would keep the fares affordable year round. We, in the Official Opposition, have been very clear that fares need to be rolled back, and Ferries put back in public hands as part of the infrastructure of our coastal communities.

Sadly, I think the hands off approach will be seen again at the beginning of February; we'll have had the two month fare reduction and that will be it. The mantra of non-interference with the quasi-private company that is BC Ferries will be heard once more.

And that will be too bad. Reducing fares does help individuals, families and businesses. It is a stimulus not just for the small coastal communities; it's a stimulus for every single person in B.C., because we all rely on these ferries.

But it is a stimulus only if there is an ongoing commitment to affordable fares and a commitment to treat the ferry system as our marine highway.

Yours Sincerely,

Claire Trevena, MLA  
North Island

## Merry Christmas and Best Wishes for your Festive Season!

### Dear Islanders,

Warm greetings to you and your family as we bask (?) under a blanket of seasonal snow. There are difficulties in coping with the rigours of winter and for some there are extra burdens of recent bereavement to add to the challenges.

Our wonderful and supportive community goes a long way toward easing these loads and meeting the challenges we face on personal and other fronts. Truly we are lucky to live in as beautiful a part of the world as we do, alongside so many like-minded, talented and caring people.

It is a good time of year to reflect on our fortunes as well as digest our troubles with a view to turning a new leaf with the change in the year and the journey back toward the warmer days.

Optimism and positive outlooks can go a long way to fixing not only our personal ails but also those in our provincial and global community. It takes extra effort not to resort to cynicism and complaint and instead look for creativity and compromise. In the long haul that effort will pay dividends and eventually produce better, longer lasting results.

Of course I am wishing to extend my thanks to all those that help in bringing the Discovery Islander to you, regular contributors one and all. A special thanks to Tanya Storr, Steven Halliday and Chris Thompson.

I know all our efforts are appreciated and play a role in binding our community together. So thanks also to everyone who from time to time have taken the trouble to let me know that.

The very best to one all and here's to a bright and prosperous 2009.

- Philip Stone

**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 December 29th**



## A Time for Cheerful Ferry Crossings

By John Sprungman,  
Chair, Ferry Advisory Committee

Reflecting on three years in this position, I first want to thank the other FAC members who have given their time and energy in our efforts to protect and improve our ferry service.

From Quadra: Jim Abram, Bob Brown, Connie Burns, Terry Hooper and Gerry Hornby. From Cortes: Ted Harrison, Jenny Hiebert, Bertha Jeffery, Alois Stranan and Myrna Kerr. And from Campbell River: Mary Storry.

FAC members are volunteers appointed for three-year terms by BC Ferries with input from regional boards and city councils. Each of the three communities served by the Quadra and Cortes ferries can have five representatives. The process of appointing the FAC for the next three years is underway.

I also want to thank the senior masters of our ferries, Quadra Capt. Lynn Hagen and Cortes Capt. Jay Holliday, their crews and the Campbell River terminal staff who have been open to discussing service details with me and other members of the FAC. The information they have provided and their responsiveness to concerns are greatly appreciated.

Having been an FAC member since 1997, I can say definitively that BC Ferries has become much more supportive of the FAC process than it used to be. For many years, the stock response to our concerns was "we'll look into that."

Four years ago, we were battling BCF's management over the design of the Quathiaski terminal, the removal of the deck shelter from the Quadra ferry and BCF's first attempt to replace our paper ticket books with limited use plastic cards.

Three years ago, at BCF's annual general meeting, BCF President/CEO David Hahn invited the chairs of all 12 FACs to work as a group with top management. He also facilitated meetings for us with the B.C. Ferry Commissioner and with the Ministry of Transportation. And he asked Executive V-P and

Chief Financial Officer Rob Clarke to attend the semi-annual meetings of all the FACs.

These connections have made it possible for us to ask questions and get answers and to raise issues and get results that we never could before.

It also put representatives of all the coast's ferry-dependent communities in regular contact with each other via email so we have been able to act together in getting our message across to BCF, the government and the media.

Now the FAC Chairs are a formal advisory board to the Ministry of Transportation & Infrastructure which last month facilitated a meeting with officials of the Ministry of Tourism and of Tourism Vancouver Island. In the new year, we will have a similar session with the Ministry of Economic Development and an innovation workshop with the Ferry Commissioner.

We are currently enjoying reduced fares (until the end of January) due to the government finally recognizing that the cost of ferry trips has something to do with the frequency people will travel. Hopefully, they will bring down a budget next year that keeps fares from continuing to rise at a time when deflation in the greater economy is a possibility.

My thanks to all who have expressed their appreciation for the work of the ferry committee and for these reports. I hope you will extend your gratitude to many others this holiday season for all the things that your fellow islanders do to make our communities great places to live. And don't forget to thank those who spend their work days getting us safely across the water. Cheers!

### Holiday Schedules

On Christmas Day and New Year's Day, the first two roundtrips from Quadra to Campbell River are cancelled. The first sailing from Quathiaski Cove will be at 8 a.m. The first roundtrip from Cortes is also cancelled those days. It will be at 9:50.

## Regional Director's Report - December 19, 2008

I have been sitting here trying to figure out a way to inform you of all that is going on, and at the same time keeping in mind the holidays. There is just no way to deal with them both. So I have decided to make this very short and leave all of the "issues" until the next issue and concentrate on the season at hand.

I would like to wish all of you a very happy holiday season and hope that you are able to take some time off to spend with your friends and family. This is the time of year to reflect on the past and look forward to the future. It is a time to enjoy the wilderness that we live in and to breathe the cold, crisp air. Cherish it all.

Be safe and rest up. We have a busy year ahead as a community and I will be calling on you to participate in many ways. So, in the meantime, enjoy the holidays. It looks like we will be having some cold and possibly snowy weather for the "kid" in all of us.

I look forward to a positive and productive new year and look forward to working with you over the next year.

Jim Abram



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## For SURGE NARROWS December 19 January 02

<b>19</b>	03:51	1.9	6.2
Friday	11:03	5.0	16.4
	17:59	2.3	7.5
	23:33	3.4	11.2
<b>20</b>	04:44	2.5	8.2
Saturday	11:39	4.9	16.1
	18:54	2.0	6.6
<b>21</b>	01:21	3.6	11.8
Sunday	05:47	3.0	9.8
	12:14	4.7	15.4
	19:45	1.6	5.2
<b>22</b>	02:59	3.9	12.8
Monday	07:03	3.4	11.2
	12:47	4.6	15.1
	20:31	1.3	4.3
<b>23</b>	04:17	4.2	13.8
Tuesday	08:24	3.8	12.5
	13:18	4.5	14.8
	21:14	1.0	3.3
<b>24</b>	05:17	4.6	15.1
Wednesday	09:41	4.0	13.1
	13:49	4.5	14.8
	21:54	0.8	2.6
<b>25</b>	06:05	4.8	15.7
Thursday	10:47	4.1	13.5
	14:20	4.4	14.4
	22:32	0.6	2.0
<b>26</b>	06:46	5.0	16.4
Friday	11:42	4.1	13.5
	14:54	4.4	14.4
	23:08	0.6	2.0
<b>27</b>	07:21	5.1	16.7
Saturday	12:28	4.0	13.1
	15:32	4.3	14.1
	23:43	0.6	2.0
<b>28</b>	07:52	5.1	16.7
Sunday	13:08	3.9	12.8
	16:15	4.2	13.8
<b>29</b>	00:18	0.7	2.3
Monday	08:18	5.0	16.4
	13:45	3.8	12.5
	17:03	4.1	13.5
<b>30</b>	00:51	0.9	3.0
Tuesday	08:40	4.9	16.1
	14:21	3.5	11.5
	17:57	3.9	12.8
<b>31</b>	01:24	1.2	3.9
Wednesday	09:01	4.9	16.1
	15:00	3.3	10.8
	18:57	3.8	12.5
<b>01</b>	01:58	1.5	4.9
Thursday	09:20	4.8	15.7
	15:43	2.9	9.5
	20:08	3.6	11.8
<b>02</b>	02:33	1.9	6.2
Friday	09:43	4.8	15.7
	16:31	2.6	8.5
	21:33	3.4	11.2

**Pacific Standard Time (+8)**

## GIFTS

**UNIQUE HANDBAGS, POTTERY, JEWELLERY,** scarves, neck warmers and more. Come on in, have some delicious lunch in Herons or the Pub and check out the new arrivals at the Heriot Bay Inn Gift Shop. 9-5 daily. See you at the HBI!

## STORES

**ALWAYS-WILD SEAFOOD** at Sidelines on the Boardwalk: F.A.S.-prawns, tuna, halibut, cod, scallops, Cajun, pepper and candy-smoked salmon. Always appreciated wild seafood - gift certificates for any time. 10 to 5 in December 285-3299 Shop on the dock in Q-Cove!

**SIDELINES** offers shopping everyday this December. We're promoting our sleek underwear \$10.00 off our stocked Staples Silk. The jewelry jam- Goth, bling, primitive and original Quadra designs, prisms, holiday theme keepsakes, unusual gifts for home and garden. Q-Cove Dock 285-3299

**SHOP ON THE DOCK** in December at Sidelines on the Boardwalk. Guys and gals Quadra Island t-shirts \$15.00, Great Auntie Francis' knit wool socks will keep you warm for years \$25.00. We love helping you spend your loot!

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