

Issue 441

February 13, 2009

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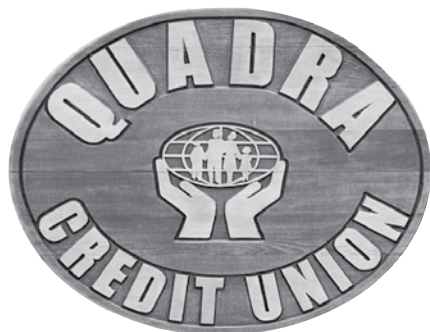
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Community News and Events from Quadra Island, Cortes Island and the Outer Discovery Islands



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Island Calendar

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

The Regulars

- **Quadra Legion** - Now open Thurs & Fri at 7 pm and Saturdays at 4:00pm
- **Every Monday** - Parent and Tots 9:30 am - noon Q.C.C.
 - Sing for Pure Joy! 3 - 4:30 pm Room 3 Q.C.C. All Voices Welcome.
 - Kidz Klub 3 - 4:30 pm Quadra Island Bible Church, 1281 West Rd.
- **Every Tuesday** - Quadra Children's Song Circle - 3 - 4:00 p.m. Room 3 Q.C.C.
 - Al-anon meeting, 7.30 pm at the Children's Centre
 - Folkdancing QCC-7:30 pm Sept-April
- **Every Wednesday** - Moms and Babes 11 am - noon Q.C.C.
 - Community Lunch noon Q.I.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
- **Every Saturday** - Legion Meat Draw 5:00 pm, Steak Dinner at 6:30pm
- **Every Sunday** - QI United Church Service-11am, Set. - 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 Monday** - Quadra writers group - 7:00 to 9:00 pm 285-3656
- **1st and 3rd Wednesday** - Food Bank 1-2 Community Centre

Next Deadline: Monday, February 23rd, 2009

Day by day

Friday, February 13

- Friday Flicks - My Brother Is An Only Child Q.I.C.C.
Doors open 7:30 pm Show starts 7:45 pm

Saturday, February 14

- Fiona Sings Again! Lovin' Oven
6-7:30 pm.

Sunday, February 15

- Nathaniel Dett Chorale Q.I.C.C.
Quadra Cultural Committee, Master Class 1-3 pm, Concert 7:00 pm

Friday, February 20

- Four Years and 32,000 Miles Sailing Adventure Q.I.C.C.
slideshow in support of Seniors Housing 7:30 pm

Sunday, February 22

- Sacred Circle Dance Q.I.C.C.
1-3 pm

Friday, February 27

- Friday Flicks - Frozen River Q.I.C.C.
Doors open 7:30 pm Show starts 7:45 pm

Saturday, February 28

- BC's Serengeti - The Flathead Q.I.C.C.
presented by Sierra Quadra Doors open at 7:00 presentation starts at 7:30 pm

Sunday, March 1

- Bute Inlet power project - Public Town Hall meeting Q.I.C.C.
11am to 4pm

Friday, March 6

- Dinner with David Suzuki 'Big Picture Analysis' Herons at the HBI
reservations 250-285-3322

Saturday, March 7

- International Women's Day potluck Q.I.C.C.
Starting at 6 pm

Saturday, March 14

- Garage Sale Quadra Legion

Island Calendar online: www.discoveryislander.ca

Winter on the North Side of the Hill

The north wind blew, the ice rolled in and Granite Bay was looking a little like Aklavik, between the blustering wind, heavy snow and heavy rains to top it off. Four boats succumbed to the weather in the bay. Along with the old floathouse anchored in the middle of the inlet.

Its early February and as I look out my window over the three or four acre field at the three feet of crusty snow I find myself adjusting my binoculars again as I look for a polar bear coming over the snow drifts. Imagination? Maybe. This has definitely been the roughest winter here since 1969.

Not much sign of the wolves for a while, and it seems as if the population is down as the last few times they've been here that is what it looked like the pack is down to.

The boys from Emcon did a fine job of keeping up with the

roads to the north end of the island despite the heavy snows and broken machinery. A dedicated lot they are and for the most part, even though many are screaming at them, they just kept smiling and taking care of their thankless task of dealing with this endless barrage of snow storms that have accosted us this winter.

Yours truly
Alan Luoma

On the cover



Grizzly bears along the Orford River, Bute Inlet.
Photo by: Ralph Keller.



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Discovery Islander

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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.
- 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, February 23rd



Dear Editor,

Bute Inlet is remarkable, not for it's considerable beauty, but for it's age. The amount of time that has past since there was a mile of ice on the ocean is less here than anywhere else in B.C.. There are drainages where the slopes rattle down like huge peas every frost cycle and areas where rock fall in the spring is loud, continuous, and destructive. Unlike southern fjords Bute has tremendous ice fields above it and numerous smaller glaciers. Bute has much more verticality, rising from the sea to 4000m in a few kilometers. The steep active slopes and accumulated rock flour make hyper-active, braided, flashy rivers and streams. The hills are alive (truly alive). Southgate River is a unpredictable anaconda falling from the Chilko Lake area and twisting away great portions of it's silty banks every late June freshet. The southern fjords just don't have the same dynamism.

Waddington's dream of a pacific portal for the gold rush at the head of Bute inlet started when someone looked at a map and said, "Look how much closer this is than Burrard Inlet". The traces of Waddington's failed road are still visible. Klattasine Creek, where Waddington's crew was killed, is still an amazing pinball gallery. The spring thaw brings down smart car sized, rounded boulders in a frenzied pachinko clatter.

The latest gold rush is the anxious, greedy, rush to lay claim to the hydro potential of all these streams. Whether you agree with the dispersal of common land to private interests or not and simply to avoid expensive, stupid, failed projects stewards should demand a thorough unbiased environmental review. The hundreds of kilometers of transmission corridor should be subject to the same rigorous review. It is not encouraging that the Harper government is doing away with environmental reviews and that the Campbell government never really had any.

Steve Mooney
Quathiaski Cove

Government bureaucrats, politicians, developers,

I am a resident of the Bute Inlet area and am opposed to the Bute run-of-river mega-project proposed. It is a mistake. I implore you to reconsider your approvals-to-date and to, hopefully, rescind them. To do otherwise verges on negligence in your duty of care to the province in my opinion. My opposition is not based just on a typical NIMBY reaction and a natural revulsion to the latest rape of the environment. Nor is it based on a deep cynicism justified by decades of government mismanagement of our resources. This time my resistance is founded more on simple logic, good business, administrative justice and good public relations.

Administrative justice requires full community participation in the process. We have not had that. Good business sense requires fair, reasonable, sustainable exchanges of value resulting in a good long term business relationship. This deal will not do that. The power is not needed, the price to the developer is guaranteed by the BC taxpayer and the cost to the environment is staggering. That is just plain stupid business. Public relations has yet to be addressed. We have not been consulted and neither has the greater BC citizenry. Not adequately. I can assure you that the public will hear about it over time. And that news is not likely to be well received. That is my definition of poor public relations.

And logic? Well, sadly, logic rarely plays much of role in politics so perhaps the point is lost already. But how does the selling of power to the United States benefit the citizens of BC when the long term cost is borne by us and yet the profit is taken by the US companies behind the project? And, why would BC Hydro guarantee their profits? Isn't this a case of, "If it all goes well, we lose. And, if it all doesn't go well, we also lose?"

There is, of course, a case to be made environmentally but I am

simply tired of making an argument to government that is ignored and then, twenty years later when the tragedy unfolds, the response is "Well, we didn't know. I wasn't in office then, anyway. Sorry, we are going to have to tax you to fix it and, by the way, don't drink the water, don't eat the fish and keep your children away from the power stations."

And, if you have any conscience at all, aren't you tired of saying that drivel?

Sincerely,

J. David Cox

Surge Narrows,

Dear Editor,

I was pleased to see the photo of my Grandmother, Amineh Foort, accompanying the article on Jeanette Taylor's new book. My grandma came from Baalbek Lebanon as a young bride, settling on Quadra half a world away from her Arab roots. She worked very hard on the land in Gowlland harbour creating the beautiful gardens that everyone remembered her for.

Her family in Beirut was upper middle class and when several of her sisters visited later in her life they were amazed she was working the land by herself with no hired hands! She was truly a Quadra pioneer and her children and grandchildren were proud of her independence and work ethic. Thanks Jeanette for writing about all the interesting people in the Discovery Islands.

Yours truly

Captain Esther Allen



Island Forum

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

No Tanker Loonies Action for Wild Salmon

Loonies sporting oil soaked loon decals and the words notankers.ca have begun to circulate on Quadra and in fact across Canada. These are the creative response of the Victoria based environmental group Dogwood Initiative to the possibility that the 37 year old ban on oil tanker traffic in the Inside Passage will be lifted. Plans are being made by Enbridge to build a pipeline to Kitimat and to ship dirty tar sands oil from the port there.

Kitimat is right in the centre of the Great Bear Rain Forest, the largest intact coastal temperate rain forest in the world and an area which the B.C. Government promised to preserve. Extreme but not unusual weather conditions on the this part of the coast, together with narrow deep water traffic lanes add to the likelihood of spills on this stretch of coast.

It is projected that at least 3 tankers per week would be making this hazardous trip in and out of the port. Remember the Exxon Valdez? The similar Alaskan coastal ecosystems have not yet recovered 10 years later and the people affected have not yet been compensated.

Go to www.notankers.ca to learn more and to sign a Canada wide petition to prevent the introduction of oil tanker traffic. Write to the Federal and Provincial Environment Ministers and demand that the ban on tanker traffic stay in place: Jim Prentice and Barry Penner respectively.

Susan Westren

We are coming upon that time of year when millions of juvenile salmon leave our rivers and streams and migrate out to sea. Their chances of returning to those rivers are greatly reduced by the many salmon farms plaguing their migratory corridors. The BC government has acknowledged the risks of open net cage salmon farming by implementing a moratorium on BC's north coast. Yet they are considering allowing major expansion of the salmon farming industry on our south coast. Applications for expansion currently in process would triple the production at some farms sites in the northern Georgia Strait.

We know that sea lice from fish farms infect wild juvenile pink and chum salmon. Recent research has also found sea lice on juvenile sockeye salmon passing through the northern Georgia Strait, along major Fraser River sockeye out-migration routes.

If we do not take immediate action to protect wild salmon from the ravages of open net pen salmon aquaculture, salmon stocks will continue to dwindle and eventually disappear entirely. The expansion of any industry that is complicit in the destruction of our wild salmon cannot be allowed. We must stop the expansion of the open net pen fish farming industry, and instead provide opportunities and green stimulus for the industry to transition to closed containment.

Sincerely,
Michelle Young
Georgia Strait Alliance

On the Regional Hospital(s)

VIHA

Mr. Howard Waldner

My wife and I were at the last public meeting at the Eagles' Hall in Campbell River. The overall presentation by V.I.H.A. was very impressive. Frankly we had a grumpy mind set when we entered, but were greeted with informative pamphlets and friendly V.I.H.A. representatives.

Large posters around the walls gave a complete run up on the entire V.I.H.A. proposal and the speakers on stage gave us reports on the procedures taken to date. When it became clear to us that V.I.H.A. was committing to build two new hospitals instead of one large regional hospital, we were elated.

Per the February 6th edition of the Campbell River Courier-Islander you asked "Do you think a new hospital should be built where the current hospital is?" Yes. "Do we need to do some more public meetings?" No not at this time. "Do we do a householder [information mailout]?" Yes.

Let's put the controversy behind us and stay with the plan you have given us. It will need some fine tuning but it will work for all of us.

Sincerely

Richard D. "Mickey" and Gloria Smith

Click back

in our
online poll

Regarding industrial development in Bute Inlet:

- A) We don't need it, no way, no how.
- B) Rivers shouldn't be in private hands.
- C) Environmental impact will be too great.
- D) Jobs are more important than bears.
- E) Bute Inlet should be declared a park.
- F) Energy conservation should come first.
- G) None of the above

ⓐ A,B,C,D,E or F ⓑ
read the results
next issue

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Another Question for our local M.P.

I am glad there is dialogue going on with your government's position on Israel, as our elected official in Ottawa, you have a responsibility to inform your constituents where you stand.

Canada has now moved from 6th place to 5th. Many Canadians don't want to see the Conservatives bringing us home a bronze, silver, or gold medal in this department. Besides that silent olympic program, subsidies from both the liberal's and the conservatives, to arms manufacturing companies, are approaching the 8 Billion dollar mark. And there's worse. Both, the Liberal's and Conservative's have now ploughed 2.5 Billion dollars of our, (yes working Canadians) Canadian Pension Plan into a variety of arms manufacturing companies.

We as Canadians, are now indirectly financing Apache Helicopters, F-16's, Tomahawk Cruise Missiles, the armament's list goes on and on.

How many people in your government see the arming of one country to destroy another, as a viable economic recovery package. i.e., Israel and Gaza.

Mr. Duncan, do you believe that "war is healthy for the economy", that's a quote from ex-president Ronald Regan. Personally, I would like to see you write a public letter so that your constituents can quote you from it.

This is a disturbing and violent direction Canada is taking. Why isn't this issue on the table during a leadership debate? Our political silence is complicit with dire, unforeseen consequences.

Yes, there are better methods than firing rockets to solve political problems.

Let's stop financing them to start with. I hope 3000 years from now, Nations, all stand together as free, global citizens. We will need a planet to achieve that upon.

I invite anyone that is still asleep on this issue to get informed. It's as simply as looking up Canadian Arms Exports on the net. There is an on-line petition to sign with Avaaz.org. The Globe is in your court, Mr. Duncan.

Sherman Barker, Cortes Island.

Further to Sherman Barker and David T. Scott

I believe the situation in the Middle East is not so much very bad as it is very criminal. The Israeli/Palestinian conflict is part of a bigger picture that includes more than one United States military invasion in the region.

In Iraq, in Gaza, in Afghanistan, civilian populations, people in many ways like us living here, are being assaulted with many billions of dollars worth of high powered military equipment. Children are killed. Ordinary people trying to make a living are killed. Terror and destruction are wide spread.

In Gaza, the people are being starved in an open air prison. Even before the recent 22 day mass murderous assault by Israel, which could also be considered a good bye from George Bush, and hello from Barack Obama, the people of Gaza were being killed by the Israeli military. Would you shoot a rocket if you had it?

The United States and Israeli governments are staunch military allies and are strongly supporting each other in their respective military occupations. Canada is also in support of, and cooperates in, these military ventures.

If one reads much news beyond the main stream media it is clear that war crimes are being committed. There are rogue states on the loose killing and terrorizing millions. It seems obvious that the first response to a war crimes committing nation is to end all military commerce and cooperation. Until the government of Canada makes that severance with the United States, we Canadians are supporters of terrorism. Our tax dollars are helping to kill innocent people and Canadian companies are making money in this terribly bloody business.

People in this world have got to work together now more than ever. Criminal military violence must be stopped.

Sincerely,
Bill Wheeler

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Food Bank & Community Lunch

Free food is available at the food bank on the first & third Wednesdays of every month. Wednesday is also a Community Lunch day, where hot soups and veggies & desserts are free or by donation.

Triple P- Positive Parenting Program

Being offered by CR Family Services and Public Health, at the Quadra Community Centre starting Mon., Feb. 16th, 10am-12pm for 5 weeks. Triple P offers an approach to parenting which aims to promote children's development and manage children's behaviour in a non-hurtful way. The program is most suitable for every parent of children aged 2-8 years. Childcare will be provided. To register phone Wendy @Public Health 850-2110 or Laurie @ CR Family Services at 287-2421

Prostate Cancer Support

The Campbell River/ West Coast Prostate Cancer Support & Awareness Group - Meetings are held the 3rd Tuesday of each month from 7-9:30pm at the Altrusa House. At these meetings we try to create awareness, provide support and educate about Prostate Cancer. For more info contact Al @ 250-923-1357 or visit www.procansupport.com

Dates of Meetings: February 17, March 17, April 21, May 19.

Who is
listening to
Channel
16?



News and Events

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

Quadra Cookbook!!!

Quadra Children's Centre is making a Cookbook!

Be a part of a Book that will be treasured for years to come. Please send your favorite recipe by email to qcccbook@live.com or drop off at one of our recipe boxes at Quadra Foods, Heriot Bay Tru Value, Aroma, Hummingbird, or Yellow Dog.

Thank You!

Steak Dinner

The Legion is open every Saturday at 4 p.m.. Complimentary pool, darts and shuffleboard. Meat draw from 5-6:30 p.m. with proceeds going to local non-profit organizations.

Steak dinners at 6:30 pm for just \$12. See you at the Legion!!!

Fiona Sings Again!

Fiona Girard-Henry is a local Quadra Islander who loves to sing. And she'll be entertaining with some of her favourite jazz and pop tunes again this year at the Lovin'Oven. Come hear this talented young performer on Valentines Day evening, February 14th, 6-7:30 pm. See you there!

Thanks For Supporting the PAC Bottledrive

The Quadra School PAC Bottledrive was a huge success thanks to the generosity of this community and Heriot Bay Tru Value. We couldn't have done it without you.

Bottles that are donated at Tru Value in February are also benefiting our PAC. Thank you again for helping us to help our children.

PAC Treasurer Laurie Ann Williamson

www.discoveryislander.ca

Garage Sale

Come on down to Quadra Legion on Saturday March 14, for a Garage Sale, rain or shine.

Call now to rent a table \$5.00 Amanda at 285-3612 or Chris at 285-2207.

Garage sale starts at 10 a.m. at Quadra Legion in Heriot Bay.

New to Quadra?

Have you just moved to Quadra Island? Please call Judy at 285-2150 to receive your welcome package. This visit is sponsored by the Discovery Island Chamber of Commerce and Island businesses.

Thank You!

To the lady (the honest lady) who found my purse on the ferry and returned it. Thank you so very much.

Betty Johnson

Feral Cat Group

The next Quadra Feral Cat Group meeting will be held on Sunday, February 1st at 1:00 p.m. at the Community Centre (upstairs this time). Please join us to make a difference. Thank you to the Hummingbird Office & Art Supply store for your donation!

Do you have information about the locations and populations of feral colonies on Quadra Island? Please email us: quadracats@yahoo.com Unwanted cats are FAR better off with the SPCA than in the wild! Please be responsible and spay and neuter your pets!

Monthly 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 8:00 pm sharp. See you at the Legion!

Women's Day Potluck

Women: come celebrate sisterhood at the International Women's Day potluck, Saturday March 7 starting at 6 p.m. at the Q.C.C. Bring a delicious dish to share, your plate, cutlery, a beverage; your grrrlfrenz, daughters, mother, grandmothers, sisters and lots of laughter and joy. We have fun. This is the 20th IWD potluck on Quadra!

Kidz Klub

Kidz Klub has started up again at Quadra Island Bible Church, 1281 West Road for children grades one to six. We meet Mondays from 3:00 to 4:30 pm for snacks, games, crafts, Bible stories and singing. New members are always welcome. For more information 285-2020



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Friday Flicks Tonight My Brother Is An Only Child

February 13th

Q.C.C. Doors 7:30 - Showtime 7:45

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

The period is the sixties and the place is Italy. MY BROTHER IS AN ONLY CHILD examines the intimate canvas of family, specifically the relationship between brothers. Sometimes, under a torrent of social pressures, water runs faster, if not thicker, than blood.

The film opens in a small town outside Rome. Accio, the youngest son, is busy exploring his first "ism" - Catholicism but his dedication to seminary school falls prey to puberty and the wiles of hormones. Back at home, the boy looks for ways to distinguish himself from his brother, the charismatic Manrico. A Casanova and a budding radical, Manrico employs his certainty and his charisma to win love and unite the workers of the world. Accio finds his next "ism."

The film beautifully evokes the existential loneliness of brothers locked in solitudes, each one an only child who dearly needs the other.



Next At Friday Flicks Frozen River

February 27th .

same time, same place, same price.

Early in the domestic crime drama FROZEN RIVER, a single mother stops her car to study a broad sheet of ice, contemplating whether she can get to the other side without crashing into the St. Lawrence River.

Skating on thin ice is a way of life for Ray, a working poor housewife. Ray's wardrobe consists of bathrobes and ski jackets. Potato chips stand in for vegetables. She wants something better for her sons, but nothing comes easy to a part-time border-town dollar store cashier. How far will a mother go to make a better life for her children? It's a question that /Frozen River/, the debut film by writer-director Courtney Hunt, asks and attempts to answer in this remarkably textured and compelling story set close to the Canadian border in upstate New York.

Ray's husband, a compulsive gambler, absconds with her savings. Ray's desperate. Hunt ratchets up the tension until Ray is caught in a slow-motion rural crime thriller. Before you know it, this is a movie that involves gunfire, a strip club, a Christmas miracle and a conspiracy to smuggle illegal immigrants across the frozen St. Lawrence River in the trunk of Ray's Dodge Spirit. Twelve-hundred dollars for an hour's work - two months' pay! A few weeks smuggling, Ray thinks, and she'll have it made.

Ray winds up in an uneasy alliance with Lila a sour Mohawk single mom whose mistrust of whites -- and everybody else, for that matter -- is palpable. But both Ray and Lila need to make money and recover some semblance of self-respect as capable mothers, and those needs drive them to keep taking the perilous assignment.

Frozen River is built around powerful and nuanced performances" (Salon).

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New Year, Ancient Medicine

Traditional Chinese Medicine (TCM) usually combines several techniques to help you feel your best. A few needles, some moxibustion, a bit of massage and some relief can be yours.... especially when you also use natural tendencies to your advantage.

One of the foundations TCM is based on is in understanding tendencies of nature. How weather affects us, how the body reacts to stresses in its environment and how we adapt are all key factors. The vegetation in our environment is clearly affected by the seasons and the seasons affect us in similar ways.

The winter is a time where we often turn inward and focus on survival, self preservation and inner nourishment. Everything slows down and often we can see our dysfunction, our pain and our illness more readily. They are more obvious to us. As the seasonal energy begins to shift there is a momentum created that moves everything toward spring, towards expression, renewal and growth. During winter it is best for most people to eat more cooked foods, root vegetables and stews. This helps conserve energy that would otherwise be used to chew and warm raw foods. As spring enters the atmosphere we can start adding more sprouts and greens without the possible hazard of damping down our digestive fire with their cold nature. What is in season in your area is usually a good guideline to follow when it comes to diet.

Finding and treating a problem before it becomes serious is also an important principle of TCM. The sooner you can address your pain or un-well feelings and deal with them, the easier it is and the better the prognosis. We can also prevent the kind of problems that we tend towards having, whether inherited or habitual. TCM uses diagnostic techniques to determine what approach to use and then applies different treatments to the body as well as guidance of action to the individual so that health can be improved and maintained. With the new year and as spring approaches, it is an excellent time to harness the energy of nature and

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optimize your health whether or not you have an existing problem. Even long standing conditions often benefit from addressing them in new angles at this time more than others.

Tanya Kuss-Stelmaschuk is a Registered Acupuncturist with the CTCMA and has graduated as a Doctor of Traditional Chinese Medicine. Her clinic is located across from Heriot Bay Tru Value, call 285-2545.

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 Wellness Fair

The Quadra Island Recreation Society is sponsoring a Wellness Fair on March 21, 2009 from 10:00 a.m. to 3:00 p.m.

There will be exciting, interactive booths and information touching on all aspects of life wellness. Exhibitors will include practitioners from several different fields of health, as well as organizations and groups that benefit the health of our community. Door prizes and gift certificates will be awarded to fair attendees throughout the day.

Our wellbeing is enhanced through numerous avenues. From nutrition and exercise, creativity and play, spirituality and life purpose as well as work and finances, we hope to touch on all of these various aspects of Wellness at the fair.

If you are interested in exhibiting information about your business, group or organization please contact Tucker Dinnes at 285-2166 or Kelly Maddison at 285-2173.

Choral Group on Quadra

The Nathaniel Dett Chorale, Canada's first professional choral group dedicated to Afrocentric music of all styles will be on show twice at the Quadra Community Centre on Sunday, February 15. The chorale will be working with Island Voices Chamber Choir in a master class from 1-3PM, to which audience/observers are welcome for an admission of \$5; and they will be performing a full concert at 7 PM.

Advance tickets for the concert are \$17 for adults, available at the usual outlets: Hummingbird Art and Office Supply in Quathiasqui Cove; Quadra Crafts in Heriot Bay; and the Music Plant in Campbell River. Youth under 16 listen for free when accompanied by an adult. Tickets are \$20 at the door. For further information, call 285-3560 or visit www.nathanieldettchorale.org

Four Years and 32,000 Miles Sailing Adventure

Since the journey of a thousand miles begins with one step, discover what happens when a Quadra family encounters mad engine disease on the first day of a 32,000 mile journey.

Join Ian, Mary Jane and Emma for a round the world presentation hosted by the Quadra Seniors Housing Society. Crocodile attacks, Komodo dragons, bubbling volcanoes and adventures with orang-utans are guaranteed to drive away the winter blues. Learn valuable tips for surviving a tsunami and slipping past pirates. Check out islandsynergy.com for more info. Doors open at 7:30 and admission is by donation.

Circus Jams

Indoor Practice Jams are continuing on in the winter every other Wed. night from 7-9pm at the Quadra Community Centre for the months of Jan., Feb and March. Yeah!!

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 are every other Wed.; drop-in fee is \$5. 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!

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Area C Regional Director's Report

February 13, 2009

by Jim Abram

I have just returned from three very intense days of local government meetings at the Union of BC Municipalities' forum for electoral area representatives in Richmond. Exhausting, but invigorating! Lots of ideas and energy from around the province for me to learn from.

And now I am back and hard at it. I am only going to touch on two topics this issue; Bute Inlet power project and Granite Bay wharf project.

**Bute Inlet power project
- Public Town Hall meeting
- March 1st - 11am to 4pm -
Please be there!**

I cannot begin to tell you (collectively) how absolutely proud I was of the residents of Quadra and the outer islands for the phenomenal attendance at the Campbell River meeting on February 2nd regarding this project. It is so heartening to know that so many of you care so much about the place in which we live. It was an honour to be able to get up and speak on your behalf as your elected representative. It was also incredibly awesome to be speaking to 450 faces in the crowd and to know that they were listening. Thank you all so very much for taking time out of your busy schedules to attend such an important meeting.

Please keep in mind that this is only the beginning. Some of you may not be used to processes such as this. It would be totally normal for a person to expect that after that meeting, and the concerns that were expressed, that the project would go away. Not the case. And I do not say that to discourage. I say it to let you know that we have just entered into a process that will go on for awhile and we have set the stage. This was a crucial step. The Environmental Assessment Office (EAO) knows that they have lots of revisions to make to their Terms of Reference and the proponent now knows that this will be no cake walk. The comment period continues until February 18th and I encourage all of you to make sure that you and everyone that

you know and everyone that they know, sends in comments. This is so important. Go to ButeInlet.net for all you need to know about how to submit and what the issues are. If you don't want to go the web site here are the two main people that need to hear from you: You can send comments directly to the Federal Canadian Environmental Assessment Agency, attention Marie-France Therrien at bute.review@ceaa-acee.gc.ca and to the Provincial Environmental Assessment Office, attention Kathy Eichenberger, at eaoinfo@gov.bc.ca Please do send your comments to both.

The verbal comments at the Campbell River meeting were not recorded for the official record. This is why it is so crucial that written comments be sent in.

Local interest and local input is going to play a big role in the outcome of this proposed mega development. Islanders really can make a difference with the information we provide to the EAO. As I have said in the past, together we can do anything. And I truly believe it. This is not the first "fight" that I have been involved in. Take the fight to keep the lightstations staffed. I may have led that fight, but it was the fact that we did it together that made it successful. This is no different. We were fighting all of the resources of the Federal government and we won. We are now fighting large corporate entities that have a plan. There is so much potential profit in this development that the corporations (Plutonic and GE) are pulling out all the stops to push it through. But they are dealing with a community that is committed to preserving our way of life and that of the animals that inhabit the area under attack. This company managed to get the Toba Inlet project approved, mostly under the public radar, by not even dealing with us as a community nor with me as the local representative nor with the Strathcona Regional District Board. This project needs our input and we need to be

informed. So, please write a letter to express your concerns. Once again, go to ButeInlet.net for all of the info you will need to write an informed letter and for all of the addresses of all of the people that must receive the letter.

I have secured a Quadra meeting date after a lengthy phone conversation with the EAO project manager last Wednesday. She was extremely impressed with the people of this area and with the concerns expressed at the meeting. She has agreed to hold a meeting here on Quadra Island on Sunday, March 1st, from 11am until 4 pm at the Quadra Community Centre. I am going to try to arrange for lunch to be served so that people will not need to leave this very important event.

This meeting will not have the restrictions of the last meeting with regard to speaking only to the Terms of Reference. We will be allowed to speak to our concerns or issues regarding the entire project. I will be chairing the meeting and while I will always invite healthy debate and constructive criticism, I will be asking that the people who will be there as presenters be treated with respect. I know that you would not want it any other way.

So, Quadra, Cortes and the outer islands and inlets will now get their say at this stage of the process. I am very pleased to have been able to get this meeting and I hope that we will have an overflow crowd. I am depending on you to make it so. Bring your friends, neighbours and relatives! With overwhelming

public concern we may be able to stop or slow this project so that it can have a more proper Federal review. This is not only about Bute Inlet. This is about the rest of the coast as well. It won't stop here!. Loughborough and Knight Inlets are next and applications are already in process.

Please write and then Please attend!

On the same topic, but as a slight tangent, I received notice earlier today about what the Federal government is up to that might impact this Bute Inlet project. Right now we are at the beginning of an Environmental Review process. It is called a harmonized process where the Feds and the Province both accept the same info and consider it separately. We have been trying to get them to step it up a notch to make it a Federal Review Panel which is much more comprehensive and inclusive. I am being told that this is going to happen. Then I got the following news regarding the Federal direction.

The Federal government is trying to use economic hardship as an excuse to loosen environmental regulation, according to documents obtained by members of other parties. The documents confirm recent suggestions by Ministers Raitt and Baird that the Federal government view rules that protect the environment as mere "red tape".

The leaked documents show the Federal government is planning to rush a watered-down version of the Environmental Assessment



Act through parliament as early as March or April. The new rules would exempt from environmental assessment: any Building Canada infrastructure projects under \$10 million regardless of the environmental or health risk; any project on federal lands or using federal dollars; and, any project that a provincial government asks be exempted. It has also been revealed that the new law would limit federal oversight of an environmental impact assessment through the Canadian Environmental Assessment Agency (CEAA).

So, this could have some negative impact on the Bute process if the Feds do manage to push this change through. Here's hoping that they don't. So, I think I have said enough on this topic for this issue. The message is simple: write your letters and attend the meeting!

Granite Bay wharf - Volunteers! - sign up!

We are down to the final strokes on the planning of this much awaited project. The meetings have been often and the phone calls daily. I now have the floats, anchors, lines and chains, all hardware, trucking, loading and off-loading, marine terminal storage and shipping, landing barge shipping and placement, wood side rails and tie-up rails and many other parts donated and ready for assembly. Final details will be put to paper later this week, including the timeline which will see an April completion date and one heck of a celebration of our success!

So, now I need a solid list of volunteers to assemble the wooden components in Campbell River (ferry fares will be taken care of) and to be on site at Granite Bay to help with the final installation. Please contact me by email or by phone to volunteer to help out. This is a joint local government, industry and community project. We need to hold up our end as "community" through our volunteer efforts. I need to know as soon as possible, so please be in touch. This is going to be a remarkable achievement and I am really looking forward to the opening of our second community wharf complete with all the best in upgrades, mostly done by generous donation. More on the contributors next issue.

There are many more things that I am working on and that are in progress but I think that is enough for this issue. I don't want to try your patience any more than I already have! Feel free to call me between the hours of 8:30 am and 7:00 pm, Monday through Friday (not on weekends, folks!) at 285-3355, or you can fax me at 285-3533 or you can email me anytime at abramfam@oberon.ark.com, or by mail at Box 278 in the Cove, V0P 1N0... Lots of choices!

Respectfully submitted,

Jim Abram

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

Regional Director's Report from Cortes

My name is Noba Anderson, and I am Cortes Island's newly elected Director to the Strathcona Regional District (SRD). Raised on Cortes, I left for school, travel and work and returned home 5 years ago. My background is in the field of community and international development, and community forestry. Since returning to Cortes, I have worked both in construction and in local non-profit efforts, and now own land with a small group of people where I am building my home.

Cortes Official Community Plan (OCP) Review

I am on the younger side of 'the norm' for this position and ran largely on a platform of actively engaging across the generations. The Cortes OCP will be reviewed soon and I am committed to shaping a productive and participatory review process. I am seeking input on the review structure and have been meeting with groups and individuals to that end.

SRD Strategic Planning Input

I am also seeking input toward the upcoming SRD strategic planning process. So far, I have had meetings with the Friends of Cortes Island, a newly forming alternative housing initiative, Wildstands, the Cortes Community Health Association, Cortes Ecoforestry Society, Whaletown Commons Society and many individuals. More input welcome.

APC

I have formalized the core of my Advisory Planning Commission, and am delighted that all previous APC members have stayed on; less Kristen Scholfield-Sweet who is my alternate director. I am in gratitude to Jenny Hiebert for assembling such a great group. The members are Julia Rendall, Bruce Ellingsen, Joe Cliffe, Carrie Saxifrage, Doug Weyler, Francis Guthrie, and Paul Brewer.

I am in the midst of a steep yet rather stimulating learning curve with this new position, and feel very grateful for the support I have been receiving from my veteran counterparts, Jim Abram especially. Despite all the turmoil from the split of the old CSRD, I have a lot of hope for our current Board and small compliment of staff. We are working with good people, and that makes all the difference.

Tel: 250-935-0320, fax: 250-935-0321, email: director@cortesisland.com

In gratitude,
Director, Noba Anderson

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Mentorship Program

Calling all writers. Beginning, emerging and established writers are invited to submit their applications to the Campbell River Arts Council for an 8-week mentorship program that includes: one-on-one interaction with a qualified mentor, written commentary with critical feedback, suggestions and writing tips on up to 80 pages of work, learning "the rules of engagement" for giving constructive criticism and practicing it, thereby increasing the writer's self-editing skills, and participation in four workshops on different aspects of the craft of writing. This program is ideal for work on novels, memoirs, collections of short fiction or poetry.

Applications must include up to 20 pages of work-in-progress or an outline and synopsis of a project to be developed, and a cover letter, and be submitted to the Arts Council at the Sybil Andrews Cottage, 2131 S. Island Hwy., Campbell River, BC V9W 1M3 by March 2, 2009. Applicants' work will be reviewed by the mentor, and applicants will be notified of acceptance by March 30. The first meeting of participants will be Monday, April 6, at the cottage.

To see details of how to submit your application, and to learn more about the program, please see the Arts Council's website at: www.crartscouncil.ca.

Film Festival Thank-You's

The success of Sierra Quadra's second film festival was due in large part to the wonderful support and work of many volunteers and businesses. Kameleon generously donated half of the delicious lunch hour soup, the Spirit Board at Heriot Bay Tru-Value Foods provided the groceries, and Spirit of the West's "One Percent for the Planet" donation contributed towards the film rentals. Thanks to the Hungry Eye for helping with the film schedule insert.

Special thanks go to our Island bakers, who once again rose to the occasion! Because of their work and generosity we not only had a wonderful selection of goodies for the day, we also raised the funds to cover many of the festival's expenses. Thank you all!

Thanks as well to the volunteers who set up in the morning and were the last to leave at the end of the day. And of course a big thank-you goes out to all those who attended the festival. Your participation makes all the work worthwhile!

Senior Housing News

Notice of next fundraiser February 20th at the Community Center 8 PM - an interesting and fun evening for all :-

Four Years and 32,000 Mile Sailing Adventure

Since the journey of a thousand miles begins with one step, discover what happens when a Quadra family encounters mad engine disease on the first day of a 32,000 mile journey. Join Ian, Mary Jane and Emma for a round the world presentation hosted by the Quadra Seniors Housing Society. Crocodile attacks, Komodo dragons, bubbling volcanoes and adventures with orang-utans are guaranteed to drive away the winter blues. Learn valuable tips for surviving a tsunami and slipping past pirates. Check out islandsynergy.com for more info. Doors open at 7:30 and admission is by donation.

A family event: goodies & beverages available.

submitted by Bob Lasby

Antiques & Art Appraisal Day

Feb 28th at the Museum at Campbell River

Mark you calendars, pack up your treasures and get ready for another Antiques & Art Appraisal day at the Museum at Campbell River on Saturday, February 28th from 10am to 4pm. This extremely popular event is a joint project between The Museum at Campbell River and Campbell River Art Gallery. The event is generously sponsored by Dan Sampson - RE/MAX Check Realty of Campbell River.

Uno and Jeanette Langmann, highly respected fine art appraisers, will be on hand to give you a verbal assessment of your cherished art pieces. Hugh Bulmer and Richard Rosewell, antique and collectibles appraisers, will assess those remarkable finds and family heirlooms. Beverages and snacks will be available to purchase at the event and there will be a lunch break from noon till 1pm.

Tickets can be purchased at the door only and appraisals will be scheduled on a

first come, first served basis. The cost per item appraised is \$10.00 to a maximum of 3 items per person. The event will take place at the Museum, located at 470 Island Highway. For more information call The Museum at Campbell River at 250-287-3101 or Campbell River Art Gallery at 250-287-2261.

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BC's Serengeti – The Flathead

The Flathead River Valley, tucked into B.C.'s southeast corner, is one of the last unsettled low-elevation valleys in southern Canada. The National Geographic Magazine calls this area "one of the most diverse and ecologically intact natural ecosystems in the temperate zones of the world." The Canadian Geographic Magazine describes the Flathead River Valley as "a nursery, incubating wildlife that disperses and repopulates neighbouring habitats."

The Flathead has the highest density and greatest diversity of carnivores in all of North America. It teems with many species that are threatened elsewhere, including lynx, fishers, grizzlies, wolverines and grey wolves. It has been compared with Africa's Serengeti for its biological richness. The Flathead's location at the narrowest point in the Rocky Mountain chain means that it is a mixing zone for plant species from north, south, east and west. Purple camas found in coastal Gary Oak meadows grows side by side with northern plants like the Arctic gentian. Water in the Flathead River is so pure that scientists like Dr. Rick Hauer, of the Flathead Lakes Biological Station in Montana, use it as a benchmark for measuring water quality in rivers around the world.

This remarkable valley and river are under threat from a coal strip-mining proposal and other industrial development. On Saturday, February 28th Sarah Cox from Sierra Club BC will give a multimedia presentation about the Flathead and explain how you can help protect this remarkable wilderness. Community Centre doors will be open at 7 pm with this Sierra Quadra presentation starting at 7:30 pm. This event is free, though donations towards expenses are appreciated.

Roderick Haig-Brown Day

As declared by the City of Campbell River last year, February 21 is the annual Roderick Haig-Brown Day. To honour the legacy of Haig-Brown, the Museum at Campbell River, in partnership with the Campbell River Arts Council,

will celebrate the day with a Living History event at the Museum from 1 pm – 3 pm. A screening of the recent video 'Remembering Roderick Haig-Brown' will be shown. This video documents an interview with Van Egan, a close friend and fellow fisherman of Haig-Brown. Van Egan will be on-hand to offer commentary following the video. At the conclusion of Egan's comments, a panel will discuss many of the issues raised in the video. The panel consists of Charlie Cornfield, recently elected mayor of Campbell River, Mike Gage, founder of the Campbell River Salmon Foundation, Art Lingren, author of the recently published book on 'Fly Patterns of British Columbia' and Neil Cameron, local publisher.

The aim of the event is to focus attention on the legacy of Roderick Haig-Brown, a legacy that includes issues of resource stewardship, environmental conservation, the art and importance of fly-fishing and writing. A chapbook that transcribes the Van Egan interview has been produced by the Arts Council and will be available for purchase. A signing with Van Egan will take place following the panel discussion. The cost for this Living History event is \$7.00. Please call the Museum at 287-3103 to register



Counselling For Men Who Are Survivors Of Abuse

In the challenges of today, effects of abuse ripple out into the community and even into the culture in general. We all need to be part of the healing process.

Men whose quality of life is suffering because of past abuse can now obtain counselling at North Island Survivors' Healing Society (NISHS) in Campbell River.

"For years the community has recognized the need to provide counselling for men who are survivors of abuse and NISHS offers this support", said Niels Christensen, a board member of this society. When asked what would impel a man to seek counselling, Sheranne Johnston, a registered clinical counsellor at NISHS, offered these examples: J, a 31 year old seeing himself repeating anger responses to his children or his wife that were part of his childhood life; D, a 35 year old escaping from his life by the use of drugs and pornography; C, a 24 year old experiencing low self-esteem and great shame; R, a 48 year old having difficulty holding a job because of conflicts with his bosses and co-workers.

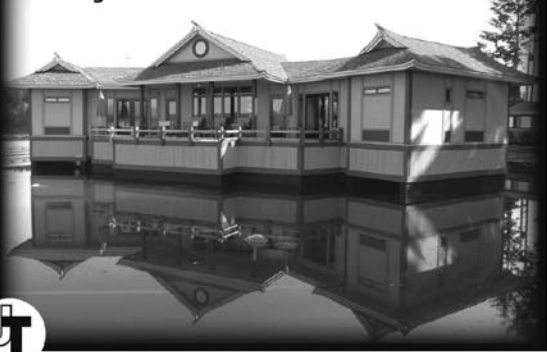
"So often we hear, 'just put it behind you and get on with life'. Actually I have not met with a client who has not made great efforts to put it behind them and get on with life. It is only when present difficulties stemming from the past continue to interfere with living that a person seeks counselling", said Johnston.

The Society respects cultural and experiential differences and is aware of the dynamics and varieties of abuse in relationship to the social forces of culture, religion and economic realities that promote powerlessness, re-victimization and dependency. The Society strives to respect the rights of individuals they serve with dignity, privacy, confidentiality and self-determination.

Contact: NISHS at 250.287.3325 and by paying \$25 per session, men are given the opportunity to address the issue that is making life difficult.

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Women's History in the Discovery Islands

Jeanette Taylor will give a digital slide presentation on Discovery Island women, based upon her new book, *Tidal Passages, a History of the Discovery Islands*, on Feb 16 at 7:00 p.m. at the Quadra Community Centre. She'll also give this presentation on Feb 22 at 1:00 p.m. at the Cortes Island Museum at Mansons Landing.

Taylor will talk about the distinct lifestyle women led on the islands, from ancient times to World War II, using brief biographical sketches and a wealth of images.

Admission to the talk on Quadra is by donation, with proceeds to benefit the Community Centre's playground. There's no fee for the Cortes Island presentation. Both include refreshments.

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fmi: lolaquadra@yahoo.ca or Lola on 3588.
A program of Quadra Recreation.

Helen Lee Paintings an Antidote to February

Bouquets of posies star in Helen Lee's paintings, on display this month in Herons at the Heriot Bay Inn. These paintings are energetic watercolour and mixed media works featuring garden flowers. Colourful and relaxed, they are the perfect antidote to February.

"Painting for me begins with flowers. Roses, tulips, poppies, sunflowers, daffodils. The ephemeral nature of flowers serves to remind me of the impermanence of life and the enduring nature of the spirit" says Helen Lee of her work.

Helen Lee's paintings are on display through till February 23. Herons is open 8 am - 8 pm Sunday through Thursday and 8 am - 9 pm Fridays & Saturdays.

The Heriot Bay Inn would like to thank Christina Munck for showing her paintings during the month of January.

If you are an island artist interested in showing your work at the Heriot Bay Inn, please contact christina_munck@hughes.net.

Creating a Wellness Vision

Are you excited about your exercise routine? Are you satisfied with the state of your health? Do you have dreams for your health, family, job that you want to pursue? If your schedule and life have caused you to put ambitions on hold, now is the time to take action. Many people set goals, but often don't tie their goals to a personal vision. Following a reflective progress for creating a wellness vision and then setting some goals that support this vision, will measurably increase your likelihood of achieving your goals. Why have a Vision? Why create a big picture vision? Goals rarely fail because of a lack of commitment or enthusiasm. They die for lack of a compelling vision with a plan designed to achieve it. With a vision, you imagine an outcome that you then make come to life through the goals you set. A goal that is not tied to some kind of vision will often just "float out there" with a vague sense of importance. Setting a Vision - A year from now, I will be more fit and more well-rounded in my exercise program - A year from now, I will have spend quality time being active with my family - A year from now, I will be a person who makes good health a priority. Creating effective Goals - Define your goal.

Use all your senses to describe what it will look and feel like, completed or accomplished. - Connect the goals to specific, personally meaningful motives. Your motives will then fuel you energy for action - Identify your obstacles to success and create three strategies to overcome them - Enlist the support from others- ask for specific help. - Expect to take risks, and make mistakes.

Both courage and humility are essential to success - Regularly re-evaluate the goal. Continue what is working. throw out or adjust whatever is not working or is ineffective - Build ways to celebrate small steps of accomplishments.

Renew your goals as you grow and change through each of the seasons of your life. Most of life is lived on the journey, not at the destination

Marion Eberlein

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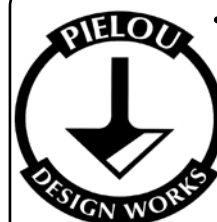
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Successful First Community Garden Meeting

Both Quadra Circle and I-CAN have been exploring the idea of a community garden over the last year or so. It's an idea that many people love and enthusiastically support in theory, but it was impossible to know if there really was enough hard support to make it happen. There was also the big unanswered question of land availability.

When the possibility of donated use of land came up within walking distance of Heriot Bay, it was time to see just how much support there might be to turn a great idea into reality. Was Quadra ready to jump at the opportunity?

In a word, Yes. Twenty-nine interested, enthusiastic and diverse people attended the Community Garden Organizational Meeting on Feb 4th. Everyone shared their ideas and visions of what a community garden could offer the community and what they would offer to a community garden.

There were master gardeners, orchardists, people with backgrounds in biodynamics and agriculture and good old life-long experience. Others didn't have land to garden or were new gardeners eager to learn. It was unanimous that the garden would be organic. There were suggestions of workshops, mentoring by senior gardeners, large scale composting, and using the garden to educate children about growing food. The idea of providing produce for the food bank and community lunch was also supported. Individual and group plots were discussed.

Little more than an hour had passed and an organizing committee was struck and a meeting time set for one week's time. There will certainly be more developments soon and many opportunities to participate.

It was an extremely positive and productive meeting and it appeared that everyone left with a good feeling. Many saw benefits reaching far beyond food provision, benefits such as community building, skill development, greater self-sufficiency, and the reduction of our ecological footprint on the world by growing more locally and shipping less globally.

Submitted by I-CAN - Island Climate Action Network. A group dedicated to fostering hope for the future by facilitating local, practical initiatives that increase Quadra's self-sufficiency.

For more information email quadraican@gmail.com or contact Mary at 285-3084.

Idle Free Quadra

According to the website Idle Free BC, vehicle idling speeds up oil contamination and wear on engine parts because of increased residue on cylinder walls. Although some idling is necessary, some of it isn't. An island-wide effort to reduce the avoidable idling would not only help our car and truck engines, it would go easier on human internal parts as well.

Natural Resources Canada says studies have shown that idling can "strongly influence outdoor air quality at the local or community level." Idling adds to the much larger problem of vehicle exhaust, which negatively impacts respiratory health.

Children are especially vulnerable. They breathe more rapidly than adults because their lungs are still developing. Unfortunately, school buses are not the healthiest place for those lungs. A Yale study found that particulate pollution is five to 15 times higher inside a school bus than it is at sites monitored nearby. This is due to factors like open windows, queuing and idling.

People in an idling vehicle are more exposed to that vehicle's pollution than they are when the vehicle is moving, because air flow vents out emissions during driving. Parents waiting at a school bus stop, for example, can reduce those emissions by shutting off their ignitions. This would benefit the children both inside and outside the vehicles.

Fortunately, this situation is being addressed locally. Graeme Boyd, principal of Quadra Elementary School, says its buses' ignitions are turned off when the children load and unload. The school also has "idle-free zone" signage posted in the drop-off area. It sends regular newsletters home with the children that have suggestions for parents, like carpooling or having their kids use the bus whenever possible.

Graeme says that idling is not a major health concern at the school, but when classroom windows are open, exhaust can be smelled. He adds that the school board is taking a look at the issue and the school district has an environmental awareness committee. The district has bud-getted for low-emission vehicles, which Graeme hopes to see within a year.

Allen Perkins

Getting you connected

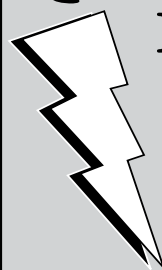


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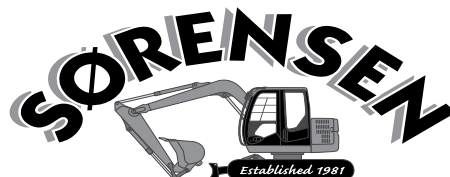


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Quadra Island Seniors B.C.O.A.P.O.- Branch 91

"Happy Valentines," to all. Our Seniors are ahead of the game, because we had a fun time at our Pot-luck Valentine Party on Feb.4th, our monthly meeting. Love stories were told, and our Glee Club singers sang "Let me call you Sweetheart". Our members and guests took part in a word game, and many prizes were won.

On March 18th, many of our members are attending Cumberland Br. 51, North Island, Regional meeting and luncheon. There will also be entertainment. Please phone Ruth @ 3801 if you would like to join us, and if you need a ride.

Our Computer group will be meeting in February call Ken @3787. On Wed. we will be back to our usual fun, Armchair Exercise at 10:00 a.m.,.

Carpet Bowling 10:45 a.m., and bring a bag lunch or snacks, Chris will have the Coffee brewing, and at 1:00 p.m. we will sing for fun with Lilliane at our Glee Club hour. Our next meeting March 4th/09, we hope to have a member of the R.C.M.P. to keep us up to date on the latest scams, by phone or mail. Walk with Peter and Lloyd on the Rebecca Spit meet on Sundays at 11:00 a.m. at the Spit Launch Ramp, or later at the big parking lot.

For membership phone Muriel @ 3216 or Marshall @ 3226—need help call Ruth 3801.



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Next Art Trading Card Event

Thursday, February 26th
from 7-8pm

Come down to the Campbell River Art Gallery on February 26th and join a group of people who love to make and trade "art cards". What's it all about? This is a fun, social and creative program that meets on a Thursday of every third month to swap trading cards.

The only difference between these and sports trading cards is that you create your own homemade 2 ½ x 3 ½ inch trading card. Your cards can be painted, collaged, mixed media, photographs, three dimensional shapes, or found objects. There are no rules. It's up to you what you want to make. Sign the back as you would any art work and add contact info if you wish.

Bring along about 20 cards to trade on a one-to-one basis with other participants. Artist trading cards are unique in that they cannot be sold only traded. People are trading them worldwide. Drop in to see what the fun is all about. All ages are encouraged to participate.

Back in 2002, the Campbell River Art Gallery was the first location in British Columbia to start the art trading card program. Originally, the concept was started in 1996 in Zurich, Switzerland.

The first Canadian artist trading card session, lead by Chuck Stake (aka artist Don Mabie), took place at The New Gallery in Calgary, followed by sessions at the Alberta College of Art and Design. His partner, Wendy Toogood, introduced the program during her exhibition at the Campbell River Art Gallery and our Art Trading Card program began.

Come out for the next event on Thursday, February 26th from 7-8pm and see what the fun is all about. The Gallery is located at 1235 Shoppers Row (same building as the Visitor Info Centre). For more info call 250-287-2261 or email contact@cartgallery.ca.

Vancouver International Mountain Film Festival Comes to Campbell River

Following the strong lead of the renowned Banff Mountain Film Festival is the west coast's own Vancouver International Mountain Film Festival now in its 12th year.

This year's VIMFF will take place between February 20-28 with screenings at Centennial Theatre and Pacific Cinémathque in Vancouver with a great line up of forty films from around the world.

The exciting news is that once the festival concludes a selection of the best films will be hitting the road and coming to Campbell River's Tidemark Theatre on March 7th, 2009.

Although the road tour line up is yet to be finalized amongst the films showing in Vancouver is: Annapurna in Light Style a 25 minute Polish production, directed by Darek Zaluski

Annapurna in Light Style is about an expedition of for good Polish and Slovak friends: Piotr Morawski, Peter Hámor, Piotr Pustelnik and film maker Dariusz Zaluski. Their goal is to climb the North-West Face of Annapurna in the Himalayas.

From Canada's east coast comes The Rock: Bouldering in Newfoundland another 25 min video directed & produced by John Redpath

"The Rock" is an exploration of bouldering in Newfoundland. From the glacial erratics nestled in the barrens, to the steep caves of Corner Brook and sea side arches near Gros Morne, Newfoundland



offers some of the most beautiful bouldering locations in Canada.

Help usher in the coming spring and dreams of new adventures by joining Philip Stone in welcoming the **Vancouver International Mountain Film Festival to the North Island on March 7th. Doors open at 6:30 pm and the show gets underway at 7 pm.** Tickets are now on sale at the Tidemark Theatre box office \$20 for adults and \$18 for seniors and students. Call the Tidemark today and reserve your seat for an action packed evening **250-287-7465**.

"The Vancouver International Mountain Film Festival is a fine festival of climbing and adventure programs that remain true to the heart of climbing. Held in the city that is the gateway to Squamish, Whistler and the Coast Range, it is a fine and relaxed gathering of sport climbers, alpinists and mountain wanderers" (Greg Child)





Halliday's Viewpoint

by Steven Halliday

What Next for Afghanistan?

With just days to go until President Obama arrives in Ottawa, the pundits are falling over themselves trying to predict the agenda for his meetings with Prime Minister Harper. The White House is (as at February 1) being coy about the visit, trotting out the usual platitudes regarding "America's biggest trading partner" but offering little of substance. One subject sure of inclusion in their private meetings will be Afghanistan, and in spite of Obama's recent comments regarding America's intentions in that troubled region I am hopeful that he is still in the information gathering stage of his infant presidency. Many are speculating he is coming to specifically ask Canada to extend our mission beyond 2011 and/or supply more troops; this would be unfortunate given that at least 56% of Canadians surveyed disapprove of Canada's military presence in Afghanistan (CBC-Environics – September 2008).

The current issue of *The Walrus* contains a fascinating story about a young Canadian's visit to Afghanistan in 2008 (The Archipelago of Fear – Charles Montgomery – Jan/Feb 2008), which I highly recommend interested readers seek out. While Montgomery doesn't leave the confines of the country's capital Kabul, he still managed to absorb and now conveys remarkable impressions of the country and its people; his report does nothing to instill any confidence that Canada is accomplishing the mission established for us by NATO back in 2002. Montgomery's mission in Kabul was not to cast a critical eye at Canada's role, but rather part of his continuing quest "researching a book about cities that maximize happiness." Kabul, you will not be surprised to hear, does not foster nor contain much in the way of happiness. And Montgomery is only one amongst many writers providing evidence of Afghani's viewing Canadians as just another amongst the multitudes of invaders they've eventually ejected over the millennia.

One of the main issues related in Montgomery's tale is how western workers, be they military, diplomatic, NGO or charitable, almost never live amongst the local populace. While Kabul does not have a "green zone" as in Baghdad, walls, blast barriers, roadblocks and armed guards segregate non-Afghanis. He relates a visit with a fellow Canadian: "Shravan Kashyap, a long-time UN hand, told me... he was working on a project, funded by the Canadian International Development Agency,

to improve refugee settlements near Kandahar. CIDA was doing fantastic work, he said. "So what are these settlements like?" I asked as he munched his toast. "Oh," he said matter-of-factly, "I'm not actually allowed to go there." Montgomery also points out that "After seven years and billions of dollars in aid, Kabul still lacked a fully functioning sewer system. The streets were a moonscape. Electricity flowed to only a few neighbourhoods, only every second night, and only for a few short hours. Most homes lacked running water. Most of the 3 million-odd refugees and returnees crowding the city lived in informal settlements with no services whatsoever."

Further research on Afghanistan today led me to an opinion penned by retired Pakistani Brigadier General F.B. Ali, posted on Patrick Lang's website "Sic Semper Tyrannis". Ali, once a field commander in the Pakistani Army, has been a Canadian resident since 1979. In "Obama's Vietnam Plus?" Ali speculates that Obama, like Lyndon Johnson, risks becoming bogged down in a war not of his choosing, and that he has an opportunity today to check this mistake. Ali has tremendous experience in the Afghan-Pakistani border regions, and he argues this is not so much a war on the Taliban and al-Qaeda as it is a war against the Pashtun tribespeople who populate the region and whose disenchantment leads them to the Taliban - to fight back. The border regions, known as FATA locally, has never been conquered nor tamed, and in Ali's view never will. His prescription for peace is political, not military. "The prerequisite to any movement in this direction is to get rid of the [Afghani President] Karzai clan, which has become a rapacious mafia and is unalterably branded as Western stooges. For Afghans, the basis of the political resolution would need to be the expeditious departure of foreign troops, and a sharing of power among themselves."

More important is his dire warning. "If the war in Afghanistan is not quickly ended, the situation in Pakistan is likely to become beyond repair. Pakistan could become a far bigger security problem for the US than Afghanistan ever was or could be. Pakistan has been a reluctant conscript in the US war against al-Qaeda and the Taliban, in which it has been compelled to wage full-scale war on its people in FATA. The blowback from this (and the US war in Afghanistan) has added to the political instability in the country, as well as created a growing internal jihadi menace."

Recently, the UK-based *Telegraph* newspaper published an article by Con Coughlin regarding rumours that the Afghan government was seeking Saudi Arabia's assistance in negotiating a peace deal. This was envisioned by General Ali in his opinion – "The US's main aim is that, in the future, Afghanistan does not again become a haven and launching pad for al-Qaeda and other terrorists. This should be achievable through a political solution resulting in a loosely federal system that ensures that the Taliban cannot create a unitary state in which they achieve dominance, and gives other ethnic groups, and other Pashtun leaders, room to establish their own power centres. With the help of the 'Northern Alliance' provinces, Pakistan and Saudi Arabia, and its own proximate military power, the US can ensure that its aim is achieved in the new Afghanistan."

Our Minister of Defense, Peter MacKay, was recently reported as saying that Canada was firm about not extending our mission with more troops or delaying our December 2011 withdrawal date, based upon the will of Parliament and Canadian popular opinion. Given that Canada has already expended 108 young lives and \$18 billion in this unpopular and unsuccessful mission, Mackay and Harper must realize there is no stomach left for further Afghan adventures. A political solution is, and always been, the only route to ending Western misadventures and further tragedies in Afghanistan.

News footage is always showing western military vehicles in Iraq and Afghanistan warily patrolling in large groups, with large multi-lingual warnings on the vehicles warning "DO NOT APPROACH" or "STAY BACK" at the risk of being shot. Montgomery relates coming across an old man's response to a foreign convoy in Kabul: "What have these irreligious Christians come for that they write on their cars, 'Don't approach, keep away'? If these bloody foreigners try to stay away from us, then for what reason have they come to our country?" Like the Persians, the Mongols, the Turks, the British, and the Russians, Canadians have become for the Afghani people "bloody foreigners", and like all the rest we will soon leave Afghanistan after heavy and fruitless expenditures with our tail between our legs. President Obama must not be misled into exacerbating the bad situation, and during his visit to Canada we must send a strong and unequivocal message that our military misadventures in Afghanistan will soon come to an end, and he should be considering a similar US policy.

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B.C. Wilderness Tourism Association Applauds Suit

W.A.T.A. welcomes action of the
Broughton Archipelago First Nation
(Kwicksutaneuk/Ah-Kwa-Mish - KAFN) for
going to Court over impacts of open-net
farm farms on wild salmon and shellfish

CAMPBELL RIVER, BC - News that the KAFN had filed a Class Action Law Suit related to the relationship between open-net salmon farming and declining wild salmon populations was greeted positively by Brian Gunn, President of the BC Wilderness Tourism Association (WTA). Gunn observed, "In BC both senior levels of government refuse to accept that salmon farms, as they currently operate, are causing irreparable damage to our wild salmon stocks." He went on to say, "It's a sad day when wild salmon require protection by the Courts from government lack of action, rather than benefiting from common sense being used by the government to protect them."

Members of the KAFN First Nation in the Broughton and the WTA have been trying to get the attention of all levels of government on this issue for a number of years.

The decline in wild salmon is starting to wreak havoc on nature-based tourism. Decreases in Pink salmon will have repercussions up and down the food chain whether on land or at sea. Recent scientific reports confirm that salmon farms are producing sea lice concentrations that are devastating to migrating juvenile salmon and that Pink salmon runs in the Broughton could be exterminated in six years if action to save wild stocks is not taken immediately.

WTA member operators have observed grizzly bears feeding on berries and grass are unable to find enough salmon to eat, an important source of protein which they need as they try to prepare for hibernation. Last year, Donna and Bill Mackay, owners of Mackay Whale Watching (Port McNeill), observed that Orcas are not socializing as much between pods due to their preoccupation with searching for food.

"Wilderness Tourism pours \$1.6 billion dollars into the BC economy annually," said Brian Gunn of the WTA. He observed, "We believe the BC Government is being irresponsible, risking BC's wild salmon populations and BC's lucrative \$10.4 billion dollar tourism industry. The BC tourism industry relies on healthy wild salmon populations to sustain their businesses, whether they are fishing lodges or wildlife viewing operations."

In closing, Gunn quoted Alexandra Morton who has been heavily involved in both the scientific and public debate on this issue, Morton stated "For the salmon the time for talk is over, it is time to bring action to this situation." Gunn concluded, "The KAFN are taking action, and the WTA supports and applauds them."

City Seeking Public Input on VIHA Plan for Two Hospitals

The City of Campbell River is welcoming public input regarding the Vancouver Island Health Authority's plans to establish two new hospitals, one in Campbell River, one in the Courtenay area.

"We're encouraging people to let us know what they think of this plan by the end of the month so we can prepare an official position in time for the March Comox-Strathcona Regional Hospital District Board meeting," explains Mayor Charlie Cornfield.

"We will continue to meet with our local MLA, the physicians at our local hospital, First Nations and the Citizens for Quality Healthcare, and we're looking for input from the general public too," the Mayor emphasizes.

"We want to hear what people think about the proposal in general, and particularly people's thoughts about location, size and levels of services," he says.

The City requests feedback submitted by February 27 via: Email to mayor.cornfield@campbellriver.ca

Letter to the Mayor at City Hall, 301 St. Ann's Road, Campbell River, BC, V9W 4C7

The Vancouver Island Health Authority (VIHA) has proposed a community hospital in Campbell River with 20 more beds and a regional facility for acute care and a variety of specialized services in a location to be determined in the Comox Valley.

"We are working with VIHA and the Regional Hospital District Board to clarify the details of VIHA's proposal, and we will share further information as soon as possible," the Mayor confirms.

Read about VIHA's plan at: www.viha.ca (Click on the "Hot Topics" Two New Hospitals Recommended for Comox-Strathcona link, then select Comox-Strathcona Acute Care Service Options. A brochure called North Island Hospital Services is also linked here.) www.strathconard.ca (Click on the "Notice Board" New hospital proposal.)

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February 13-27

Date	Time	m	ft.
13	01:39	1.9	6.2
Friday	08:10	4.9	16.1
	14:38	2.0	6.6
	20:39	4.0	13.1
14	02:19	2.3	7.5
	Saturday 08:36	4.7	15.4
	15:24	1.8	5.9
15	21:51	3.9	12.8
	02:59	2.8	9.2
	Sunday 09:02	4.6	15.1
16	16:14	1.7	5.6
	23:20	3.9	12.8
	03:44	3.3	10.8
Monday	09:25	4.4	14.4
	17:09	1.6	5.2
	01:10	4.0	13.1
Tuesday	04:43	3.7	12.1
	09:49	4.3	14.1
	18:09	1.5	4.9
18	02:57	4.2	13.8
	Wednesday 06:30	4.0	13.1
	10:14	4.2	13.8
19	19:10	1.4	4.6
	04:01	4.4	14.4
	Thursday 08:51	4.0	13.1
20	10:55	4.1	13.5
	20:07	1.3	4.3
	04:41	4.6	15.1
Friday	10:04	3.9	12.8
	12:19	4.0	13.1
	20:57	1.2	3.9
21	05:09	4.6	15.1
	Saturday 10:35	3.7	12.1
	13:47	3.9	12.8
22	21:42	1.2	3.9
	05:31	4.7	15.4
	Sunday 10:59	3.5	11.5
23	14:59	3.9	12.8
	22:22	1.3	4.3
	05:49	4.6	15.1
Monday	11:23	3.2	10.5
	16:00	4.0	13.1
	22:59	1.4	4.6
24	06:04	4.6	15.1
	Tuesday 11:49	2.9	9.5
	16:55	4.1	13.5
25	23:33	1.5	4.9
	06:19	4.6	15.1
	Wednesday 12:19	2.5	8.2
26	17:46	4.1	13.5
	00:07	1.8	5.9
	Thursday 06:35	4.6	15.1
27	12:51	2.2	7.2
	18:37	4.2	13.8
	00:41	2.0	6.6
Friday	06:55	4.7	15.4
	13:27	1.9	6.2
	19:30	4.1	13.5

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