

Issue 444

March 27, 2009

DI

Discovery
Islander.ca

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



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RALLY FOR RIVERS • SATURDAY APRIL 4 • 2:30pm
 at the Association of Vancouver Island & Coastal Communities
 Annual Convention, Nanaimo Convention Centre. Downtown at Island Highway and Commercial Street

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VOTE
 April 4th

on the potential merger of Quadra Credit Union and Coastal Community Credit Union

Building our communities Together we're stronger

Quadra Credit Union members are invited to attend:

Special General Meeting to vote on the merger

April 4th 2:00pm

Quadra Island Community Centre

We invite you to meet with us in person to learn more:

Drop by for coffee and a chat

Saturday, March 14

11am – 2pm

Cortes Island Branch

Tuesday, March 31

2 – 5pm

Quadra Island Branch

Attend a Town Hall Meeting

Wednesday, March 25

7 – 9pm

Quadra Island Community Centre



**COASTAL
 COMMUNITY
 CREDIT UNION**





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.
- **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.
• **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
- Life Drawing Sessions with model at Firesign Studio 7-9:30 pm
- **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 everyone welcome
- 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, April 6th, 2009

Day by day

Friday, March 27

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

Friday - Sunday, March 27-29

- Watercolour on Masa Paper workshop with Judi Pedder at Firesign Studio 285-3390

Saturday, March 28

- 'There's More to a Garden Than Plants' HBI
Landscaping workshop with Val Barr & Pamela Goijberg 10 am to 3 pm - \$75

Tuesday, March 31

- Quadra Credit Union, Quadra Island Branch - coffee & chat to learn more about the potential merger with Coastal Community Credit Union

Thursday, April 2

- Community Garden Film Night: Island on the Edge Q.I.C.C.
7 pm Admission by donation

Saturday, April 4

- Quadra Credit Union, Q.I.C.C. -- Special General Meeting for members to vote on the potential merger with Coastal Community Credit Union
- Rally for BC Rivers Nanaimo Convention Centre
2:30 pm

Sunday, April 5

- Artist-Development Workshop Q.I.C.C.
with George Littlechild 10:00 am to 2:00 pm

Monday, April 6

- Discovery Islands Chamber of Commerce AGM Q.I.C.C.
7pm Please use the south entrance. See you there!

Saturday, April 18

- Steak Dinner with Jazz Quadra Legion
6 pm

Sunday, April 19

- Quadra's 12th annual Beach Clean-Up Meet at Rebecca Spit
10:00 am to 3:00 pm

Island Calendar online: www.discoveryislander.ca

Island Calendar is a list of on island events. Please submit separately for the **Island Calendar** and **News & Events** or indicate in your submission if you would like your event placed in both. **Following the text order exactly as above for email submissions is appreciated** (month, date, day, title, place and time) use the title as your email subject. Current advertisers welcome to submit

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photo: Philip Stone

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Philip Stone

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\$30.00* for 6 months

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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, April 6th



What better thing could I be doing on this beautiful "March-ember" afternoon, than writing my report. The wind is howling, the trees are swaying and the rain is pouring down (much needed I might say!). Somehow it just doesn't feel like spring!

Granite Bay wharf upgrades

We are having our first "work party" day in Campbell River this Wednesday. Four of us will go to the industrial yard where the floats are being stored and we will install all of the 2 x 12 rub rails on all sides of the floats and the 4 x 4 tie-up rails along all top edges of the floats. They will then be shipped via landing barge to Granite Bay in the next few weeks for placement and anchoring. So we are finally moving along with the actual work. As the "project manager", I am very excited to see this finally coming together and I am looking forward to the opening day, hopefully early in May. Just in time for the boating season. Hope the snow is gone from Granite Bay by then! It has been brutal up there this winter.

Bute Inlet - Next Steps!

As you are probably all aware, the battle rages on! Never a dull moment. This is one of the biggest issues we have had to deal with in a long time and I am very pleased to see the community rally together to stop this ill-conceived plan from proceeding.

The Association of Vancouver Island and Coastal Communities (AVICC) is holding its annual meeting in Nanaimo on April 3 - 5. I will be bringing a motion to the floor asking the government to immediately start an integrated, sustainable energy planning process that will determine the need for such power, decide on the best technology to produce such power and to determine the best

siting of such power production. If this passes, it will mean that all local governments from Victoria to Powell River to Bella Coola will be making this request and it will be something that government had better listen to. We are all concerned about the global warming issue. We all understand that our dependence on fossil fuels must come to an end. We are all interested in getting on with the proper production of sustainable power. And we are also interested that it be planned and that the planning must include us! This is not something that is best planned by those with corporate interests ahead of environmental, social and economic interests. We can all be part of the solution if we are allowed to be. So this is part of the "next steps".

Also being planned at the AVICC, is a "Rally for Rivers" event at 2:30 pm on Saturday, April 4th, at the Convention Centre in Nanaimo. Many hundreds of people will focus positive energy on the preservation of our rivers and our wilderness. This is being organized, mostly locally, but others from around the province are sharing the load. There will be bus transportation from Campbell River, returning that evening. Please see the details elsewhere in this issue. This needs to be a huge event to send the message to all local governments and then the provincial government that we are not willing to sacrifice our area (Bute Inlet), to a questionable proposal, at best, nor to allow this to be rammed down our throats by a government that just isn't listening. No consultation, no planning, no socio-economic benefits analysis and an environmental process that will only be able to "mitigate" the impacts of this proposal are reasons enough to say "let's start over...!"

I hope that as many people as possible who read this report will take the time to attend the rally. I realize it is a long way and that we all have other things to do. Keep in mind the wonderful letter in the last issue of the DI, by Carol Anderson, talking about the value of this place for this generation and

for those who follow. It is up to us to do something about this. There is no passing it on to someone else to deal with. We are it!

I hope to see many familiar faces front and centre. Your kids and grandkids will remember you for it!

Evans Bay wharf update

I travelled to Vancouver last week with our Chief Administrative Officer, Brian Reardon, to meet with Transport Canada top officials to discuss the final stages of what has been a 15 year process for me! I am under a "confidentiality agreement", so cannot get into the details yet, but I can say that it was the most positive meeting I have had on this issue to date. We will be going back to discuss the final details very soon and I will keep you up to date on this issue. Having public access to the outer islands is a very important issue to me and will be even more important in the coming years if our outer island communities are to grow and prosper in a sustainable manner.

The Budget

Yep, it is that time of year again! The staff at the Strathcona Regional District and the Comox Valley Regional District have been working very hard to try to make sense of all of the issues that were precipitated by the splitting of the Comox Strathcona Regional District. They have tried very hard to bring forward what they have called a "status quo" budget for this year. There will be a very modest 1.8 percentage increase overall. I know from sitting through all of the meetings on this topic that it will not necessarily translate into exactly 1.8 %. Some services will certainly be more than that since we are doing lots of work in some areas; e.g. Parks, Planning, Emergency Preparedness to name a few. Other services will be less. So, I hope that we will all be able to make sense of our tax bills when they arrive. The budget will be passed at our March 26th Board meeting. The budget document (5 year financial plan) is on the Strathcona Regional District web site at www.strathconard.ca

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Emergency Preparedness

I attended the "big event" on Sunday the 22nd at the Community Centre. What an event! We have the most incredible group of volunteers that are out there being trained and educated to take care of us in the event of a serious emergency situation. All of our local emergency services were there along with every conceivable related group that will become involved in the event of a real emergency.

I would like to thank all of the people who made this event happen and all of the people that care enough to give of their time to be part of this process. The Regional District employs 1.5 people in the Campbell River office to oversee the delivery of the provincially mandated Emergency Preparedness program. But it is the volunteers who make it work. We, on Quadra, are given as the example of what a good program looks like when our RD staff meet with other program administrators. Without a doubt, our program is second to none, so thanks once again to all of the people who make it work.

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

Respectfully submitted,
Jim Abram
Director, Discovery Islands
- Mainland Inlets (Area C), SRD



New Spring Arrivals !



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Island Forum

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Are Subsidies to Dam Rivers the Best Use of Taxpayers' Money?

The Federal Government recently announced a \$73 million subsidy for Plutonic Power's Toba-Motrose project. Once on-stream this project has potential to generate 727 gigawatt hours a year. A gigawatt hour is one million kilowatt hours. In BC we pay between 6.5 and 8.27 cents for per kWh for hydro and can expect this to climb steadily.

Opponents to river-diversion hydro say that conservation should be fully explored before damming more wild rivers for power. The proponents say "conservation's not going to cut it". So just how effective can conservation be? Let's look at hot water heating as a source of possible savings.

According to Natural Resources Canada's Comprehensive Energy Use Database, domestic hot water is 22 % of average annual household energy consumption. Canadians use 21.2 GJ/house/year or 5888 kWh/house/year for hot water.

That's costing each home in BC an average \$380 a year, much of which is going into heating water that sits in a tank unused. An alternative is to use electric on-demand heaters that only heat water as it is required. According to manufacturer Stiebel Eltron they use up to 50 % less power than a tank.

What if the Feds \$73 million subsidy to Plutonic was used instead to provide \$2,000 grants for home owners to purchase and install on-demand heaters? 36,500 homes could start saving 2944 kWh a year. In total that's 107 GWh, \$7 million worth of hydro or \$190 for each household annually, paying back the \$73 million in less than 10 years.

Extended to all 1.5 million BC homes this switch could save as much as 4,400 GWh a year, that's \$530 million worth of 'clean power'. If every household in BC was given \$2,000 to switch to on-demand, it would be paid back in less than 6 years (at \$120 MWh in BC Hydro's 'Clean Energy Call'), save half a billion dollars and up every year after and eliminate around 2 million tonnes of GHG annually from natural gas water heaters.

Add to that, developing made-in-BC solutions and products for a new export industry around energy efficiency and it's easy to see how our tax dollars could be spent better on conservation.

Philip Stone

(Sources: Domestic Water Heating and Water Heater Energy Consumption in Canada - C. Aguilar, D.J. White, and David L. Ryan April 2005, Natural Resources Canada - www.nrcan.gc.ca, BC Hydro - www.bchydro.com, www.gotankless.com)

Dear Editor

Geoffrey Immelt is head of the American General Electric Corporation (GE), the tenth largest company in the world. It is valued at \$110 billion US dollars (this after the recent market crash). GE owns Plutonic Power. Geoffrey is paid almost \$20 million US dollars a year. The Canadian taxpayers recently gave GE and Plutonic Power a \$73 million grant to help them build the proposed \$660 million power project that will allow them to take the power and the water from rivers flowing into Toba Inlet on BC's coast. As a Canadian citizen, struggling to keep your life and family well, you found it in your heart to contribute a few bucks to Geoff. God bless you and your MPs. You sure can pick 'em.

But your generosity didn't end there. You authorized - by way of your MLAs - giving away your heritage to the needy United States as well. They get the power from the rivers and, according to NAFTA, they get the water, too. Honestly, you are too kind, but I am sure they would do the same for us. After all, look what they are doing for Iraq and Afghanistan.

It seems that 'private' water is a \$400 billion dollar industry worldwide and some of the private water firms in the US have already exhausted the resources in their own country. But they aren't worried. They just bought ours. As I understand it, we got \$138.00 for the rights to one of our rivers. That seems so criminally paltry that I cannot believe that a businessman like Gordon Campbell would get so little for what is now being referred to as 'Blue Gold'.

Mind you, this is the same guy who has already spent more money on the Vancouver Convention Centre overruns than was wasted on the fast ferries and is now working for a new record in misspending on the Olympic cost overruns. So don't rule it out.

We have given away our water resources for a song and actually paid \$73 million for the privilege. But we aren't fools. At least some of our local people will get temporary jobs. I wonder if they will be paying any one of our local guys \$20 million? I wonder if all the local jobs generated by Plutonic will add up to the grant provided by our own taxes?

Frankly, I think we are missing the business opportunity being so obviously presented by the US of A. Why not sell them Canada outright? Instead of giving it away in bits and pieces and paying them to take it, couldn't we at least trade the rest of it for some of those new-but-obsolete Ford 150's? Maybe get some beads thrown in?

J. David Cox
Surge Narrows

Dear Editor,

I live on Noble Road and over the years have witnessed first-hand many car accidents on our street, caused by speeding.

Sometimes the drivers are young, reckless, intoxicated and I know this letter won't do a thing to change their dangerous driving habits. That matter is best left in the hands of the RCMP, who are aware of the situation, and are concerned.

Other times, though the drivers are ordinary Islanders picking up speed as they come down the hill, often in a rush for the ferry. We've all been there; running late and needing to catch the nextboat.

There are many children, cyclists, pedestrians and animals on our road (3 deer killed in front of our house in the last 3 weeks). Our own driveway is near the bottom of the hill, and I have had many close calls trying to get out of the driveway and onto Noble. There is a 'VISION LIMITED' sign posted, that mostly goes unnoticed, and although I have asked the Department of Highways for a new sign that alerts drivers to the hidden driveway, I've had no response.

Last night the dedicated VFD, RCMP and ambulance crew responded to yet another speeding accident on our road.

I'm writing just to bring this dangerous situation to our community's attention, and ask all of us who use Noble Road to **please slow down** before someone is killed.

Thank you
Ellen Tye

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 favourite recipe by email to qcccookbook@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!

Cortes Island's Regional Director Report

My life has dramatically changed since being voted into office, yet I am quite enjoying it. My Cortes focus has been largely on the development of a participatory Official Community Plan review process. My off-island focus has been with the Strathcona Regional District (SRD) board where all kinds of issues require attention from each of us.

Cortes' Official Community Plan (OCP) Review

As you on Quadra well know, an OCP is a vision document that outlines community values and looks to the future. I have been receiving input from Cortes individuals and community groups about how to structure our OCP review. I see 2009 as being the time to educate ourselves about community planning and collect information for the review. Phase two will be the detailed review itself. One of my primary campaign commitments was to bridge across the generation divide throughout our OCP review. To that end, I will be hosting informal discussion potlucks geared toward Cortesians who are new to Cortes planning. I want all to feel comfortable participating in what I hope to be an inclusive experience. If you and few friends might be interested in sharing an evening, please call me.

Bute Inlet Power Proposal & Energy Alternatives

Much of my awareness recently has been turned to the proposed power project in the Bute. Of the many issues the proposal raises, climate change is the one that most calls my attention. How can we get the biggest energy bang for our ecological buck? Which non-fossil fuel energy production options can BC develop that create little environmental impact, lots of energy production and significant economic stimulation? How does the proposed Bute project compare to wind, solar, tidal and geothermal alternatives?

BC needs an energy plan that prioritizes which proposals to accept based on energy production to environmental impact ratio. To that end, I support the Strathcona Regional District Board's resolution requesting the BC Government to immediately enact a province wide Integrated Sustainable Energy Planning process, to determine the need for, the best technology to be used, and any new siting of sustainable energy production.

New chief of staff at the SRD

Brian Reardon, the SRD's new Chief Administrative Officer started working with us in the early new year. Brian spent a weekend on Cortes in February where he received an action-packed whirlwind tour of Cortes projects, facilities and places. Touring Brain around Cortes acutely reminded me of how very proud I am of my community – what a precious place we live in.

Although my learning curve has been steep, the SRD board is a good group and I have great support. I am actually quite delighted to be serving as regional director. Thanks for the opportunity.

In gratitude, Noba Anderson

Tel: 250-935-0320 Email: director@cortesisland.com

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Hatha Yoga

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Ann 285-3065 Sue 285-2948

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Gentle stretching, relaxing, strengthening to soothe the body and mind

Drop-ins encouraged Call Sue 285 2948

CAMPBELL RIVER PHYSIOTHERAPY CLINIC

Therapists will be offering Physiotherapy sessions at Quadra Island Medical Clinic on Wednesdays starting March 11, 2009. Phone the Quadra Island Medical Clinic at 250-285-3540 to book an appointment.

COMMUNITY CLASSIFIEDS

Are an ideal way to advertise your 'for-profit' event, workshop or special announcement. Cost is \$10 (includes GST) for up to 40 words. Longer ads are \$10 per column inch.

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News and Events

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

Chamber of Commerce AGM?

Calling all members of the Discovery islands Chamber of Commerce. It's time for our Annual General Meeting. Come out and participate with your chamber. Hear about the past year's projects and contribute to the coming year.

The meeting will be April 6th, 7pm at the Community Centre, room #2. Please use the south entrance. See you there!

West Road Yoga Welcomes Sue Beattie

Starting April 6, Sue Beattie will be teaching her Monday night Restorative Yoga Class

at West Road Yoga Studio, upstairs at 680 Industrial Way.

Through gentle stretching and strengthening, this class integrates breath and movement, focusing on acceptance of what is, to honour each student's uniqueness.

Sue is a Certified Yoga Teacher through the Yoga Association of Alberta and has been practicing Yoga for 20 years, she has taught here on Quadra since 2005.

Sue looks forward to continuing with her current students and welcomes new drop-ins at any time. Call her for more information at 285-2948.

Mondays 5-6:30 pm. \$12 drop in, 6 classes \$60.

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Free Yoga

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Everyone welcome. Mats and props provided. Upstairs at 680 Industrial Way. Come on up - I'll be there! Ann Toelle 285-3065

Steak with Jazz Dinner.

A special evening will be held at The Legion, on Saturday, April 18th, 6p.m. Great food & beautiful music by two of Quadra's stars, Noel Maffin (Jazz) & Eileen Sowerby. This is a fund raiser for N.I.S.H.S (North Island Survivors' Healing Society)

Cost is \$14 at the door. A raffle will also be held, buy your tickets at the door. We look forward to sharing this evening with you.

Further info: Marg Heald 285.3864

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!

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 upcoming meetings: April 21, May 19.

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.

Canada Day Concession

Planning is already underway for this year's Canada Day celebrations. The Committee is exploring options for the concession, and would welcome "expressions of interest" from island not-for-profit groups who would like to participate. This opportunity has great fund-raising potential, and there may be opportunity for smaller groups to collaborate! Call Deb at 285-2080, or email debcowper@gmail.com for further info.

QUADRA Island BUILDERS www.quadrabuilders.com

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Quadra Community Garden Film Night

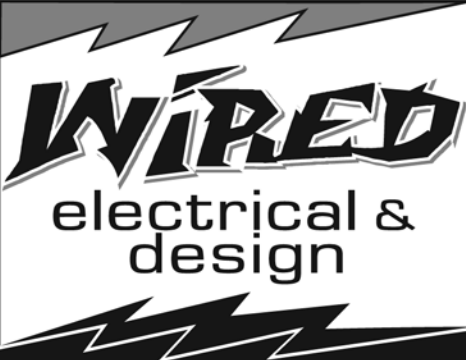
April 2nd, 7pm at Q.C.C. Yummy
Concession. Admission by donation.

Come celebrate our successful bid for a community garden and the work that has brought this project to where it is today. Join I Can, Quadra Circle and the Community Garden Committee for fun, food and film. A lot of work has been set in motion since this idea became a reality. Most recently, a public meeting took place that involved planning for infrastructure requirements, garden design and usage policies. It's really happening!

The Vancouver Island-made movie ISLAND ON THE EDGE focuses on food sustainability and will be the feature event of the evening. There will also be a food concession, prizes to raffle, information on the latest developments of the Community Garden, as well as sign up sheets for people wanting to help with this effort and/or apply for a plot.

Food security is an issue that affects everyone. What would happen if the islands were cut off from food shipments from afar? ISLAND ON THE EDGE looks at the history of food production on Vancouver Island and the Gulf Islands and where we are today due to global, corporate agriculture.

The film also chronicles the efforts of Island farmers who grow crops, raise animals and craft food products in the face of rising costs and competition from cheap imports. These people are dedicated to a world in which eating and growing food is accessible to all and is part of a healthy, sustainable community, economy and planet.



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Sing For Pure Joy!

There is a proverb from Zimbabwe that states "If you can walk you can dance...If you can talk, you can sing." Raise your voice in song Monday afternoons from 3:00 - 4:30 in room 3 at the Community Centre. The Spring Session begins this Monday March 23 - June 29th excluding April 6th & 13th (Spring Break and Easter Monday) All voices are welcome! No experience needed. All songs are taught by call and response.

There is an increasing interest in the emotional, physical and psychological benefits of singing - particularly group singing. "It exercises major muscle groups in the upper body. It is a wonderful aerobic exercise that improves the efficiency of your cardiovascular system and encourages you to breathe deeply, taking more oxygen into your lungs. Improved airflow in the upper respiratory tract is likely to lessen the opportunity for bacteria to flourish there, countering the symptoms of colds and flu. Recent studies have shown that it improves neurological functional." (Alice Wignall - The Guardian)

"There is currently a lot of interest in wellbeing and social inclusion and an increasing interest in how music in various forms can support a sense of being part of a society and increases your self-esteem. A great deal of research is being done into music and medicine and how music can ameliorate pain." (Professor Graham Welch, Chairman of Music Education and Head of the School of Arts & Humanities at the Institute of Education, University of London.)

And IT IS FUN! Learn a repertoire of melodies, harmonies, chants and rounds from different cultures around the world in a safe, non-judgmental place where anyone and everyone can SING FOR PURE JOY!

Song Facilitator, Mary Dennison, is a recent graduate of the Community Choir Leadership Training with Denis Donnelly and Shivon Robinsong, Co-Directors of the Gettin' Higher Choir in Victoria. Please call Mary @ 285-3764 or e-mail mmadennison@telus.net. Cost is \$91 (13 weeks). Sliding scale available by request.



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QISES Receives Donation From David Suzuki and the HBI

photo: Rupert Gale, President of QISES, receives a cheque for \$2,900 from Neil and Noelle Maffin of the HBI



The Quadra Island Salmon Enhancement Society would like to sincerely thank both David Suzuki and the Heriot Bay Inn for the generous donation of the proceeds from David's dinner to the Society.

QISES is alive and well and closing in on 30 years of environmental enhancement here on Quadra. Our continued endeavours are due in a large part to the long history of community support from Quadra Islanders. Thank-you.

- The Board of QISES

Earth Hour 2009

On March 28, at 8:30 pm local time, one billion people will go dark for Earth Hour. World Wildlife Fund is asking individuals, businesses, governments and organizations around the world to turn off their lights to make a global statement of concern about climate change and to demonstrate commitment to finding solutions.

Already hundreds of icons and landmarks around the world have signed up to turn their lights off for Earth Hour 2009 including - the Eiffel Tower in Paris, Sydney Opera House, Acropolis and Parthenon in Athens and The London Eye, among many others.

Click here <http://www.earthhour.org/> to be part of the global lights out.

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Food Guide Update

The Quadra Island Food Guide is updating for spring 2009. To be listed in this year's food guide please fill out submission forms available at Café Aroma or the Heriot Bay Bulletin Board.

Please note in order to keep the Food Guide up to date last year's entries will not be automatically re-entered.

Deadline for submissions is April 1 2009. For more details call Lisa at 285-2480 or email quadraican@gmail.com

Are You Wild for Rivers?

Join the Friends of Bute Inlet and other organizations as we rally in support of rivers at the Association of Vancouver Island and Coastal Communities meeting in Nanaimo.

We are gathering at AVICC to show appreciation for BC's river ecosystems and request a new comprehensive planning process for river development projects. Help promote precautionary principles and send a message to gathered officials; meet people who share your concerns -- and help build coalition with our neighbour communities!

Rally for BC Rivers: Nanaimo Convention Centre, Saturday, April 4th, 2:30 pm.

Plan ahead for ride-shares and a down-island weekend! Details will be posted in the next DI and also on www.ButeInlet.net. Together we can make the change we want!

Thank you from the Community Garden

...to all who have offered help and to all who came to the planning meeting on March 21. Especially we wish to thank Doug Peters for draining the wet area of the site and Nancy Allwarden for surveying.

Sign up for plots has started and all ready 16 plots are spoken for. If you want a plot or to join in communal growing or simply want to contribute to this exciting community project please contact us at quadraican@gmail.com or phone Susan at 3632. We would appreciate donations of garden tools, untreated lumber and fence posts, organic fertiliser, seeds or seedlings, wood chips, sawdust etc.

Dharma Teaches

Buddhist Dharma teacher Robert Beatty will teach a weekend meditation retreat with at the Quadra Community Centre April 24 (evening), April 25 & 26. Robert is the founder and guiding teacher of the Portland Insight Meditation Community and a therapist in private practice. He has studied with renowned teachers in Burma, India and North America and has taught at Hollyhock on Cortes for over 20 years.

This retreat will include Dharma talks and Q&A as well as instruction in meditation practice and is suitable for both beginners and experienced meditators. Registration is \$50.00 plus a donation to the teacher (voluntary). Contact Don McEachern at Box 36, Quathiaski Cove, dmceach@telus.net or 250 285 2193.

artist-development workshop

Quadra Island Artists (the folks who organize the annual Studio Tour) presents an artist development workshop with noted Canadian artist, writer, and educator, George Littlechild on Sunday, April 5th from 10:00am to 2:00pm at the Quadra Community Centre.

This is an opportunity for all Quadra artists and other interested people to consider new ways of creating, presenting and promoting their art.

The admission price is one potluck item to share at lunch and the event is open to all artists and non-artists. If you are interested in attending, please e-mail: Christina_munck@hughes.net or phone 250-285-2628 to confirm.

I-CAN Transportation Study

The I-CAN group is looking into transportation issues on Quadra. Last week we met with representatives from The Chamber of Commerce, Quadra Seniors, Quadra Taxi and the Cape Mudge Band.

After discussing general issues, our current resources and possible additions (bus), we decided that we needed more information.

We are considering developing a questionnaire to better understand the specific transportation needs of Quadra residents and visitors. After we gather more information we will be discussing possible changes and improvements (both large and small)

If you have any ideas or opinions regarding this topic or if you want to get involved in the process please email quadraican@gmail.com.



COVE CENTRE

You have a holistic enterprise and want to be found with kindred spirits.

The **Cove Centre** is home to Quadra's Wellness Centre and is offering rental space in the Island's healthiest venue. Synchronicity?



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Next At Friday Flicks Outsourced

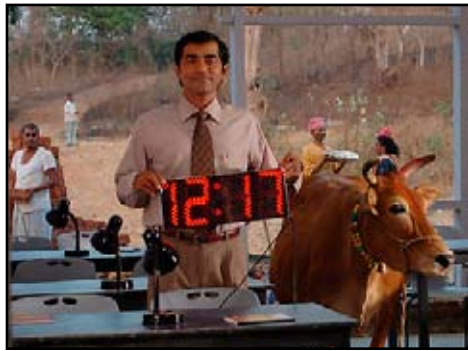
March 27th, Q.C.C.

Doors 7:30 - Movie 7:45

Adm: \$5. stu/snr \$4.

Don't miss the last of our winter/spring feature film series, *OUTSOURCED*, a fish-out-of-water tale set in Mumbai, India.

Todd manages Western Novelty's call center where they "sell kitsch to rednecks." When his department gets outsourced to India, Todd delays unemployment by taking a contract to train his replacement. *OUTSOURCED* follows Todd to Mumbai for some challenging cross-cultural office management.



The film opens with the inevitable pratfalls of the uninitiated. Todd is in way over his head but, with a little help from an employee, he learns to embrace his new surroundings, marshal the team and get the job done.

Outsourcing has become a familiar reality, usually not a comedy, but the combination of smart script, agile direction and winning performances make *OUTSOURCED* a hit. It bursts with affection for its characters and for India.

While our feature film series is a wrap till September, please note our special documentary showing on Sunday, March 29th. And, on April 26th, Friday Flicks teams with Quadra Cultural Committee to present a silent movie with live accompaniment. Stay tuned for more information.

Nanci Cook at Herons

Nanci Cook will exhibit her paintings at Herons in the Heriot Bay Inn March 23- April 20.

The paintings that Nanci is showing at the Heriot Bay Inn are inspired by Quadra Island scenes and the luscious rainforest and coastal wilderness that surround her here. Her paintings are an exploration of her perceptions as well as a translation of the patterns, colours and lights in Nature. Her art is about finding joy in everyday life and using her art to share that joy, within the boundaries of her physical limitations: learning the rules, breaking them and reinventing them in a meaningful pattern.

Free Store Anyone?

Is there anyone interested in getting a Free Store going on Quadra? The basic necessities are: a building that is heated, lighted and secure; a location which would be suitable to the community; and some people to run it. At the present time, a possible location has been offered. If this idea interests you or if you know of an available building which could be used where it is or moved to the offered site, please call: Mary at 250-285-3133 or email: quadraican@gmail.com

Last Chance to Submit to the Food Guide

The Quadra Island Food Guide is updating for spring 2009. To be listed in this year's food guide please fill out submission forms available at Café Aroma or the Heriot Bay Bulletin Board.

Please note in order to keep the Food Guide up to date last year's entries will not be automatically re-entered.

Deadline for submissions is April 1 2009.

For more details call Lisa at 285-2480 or email quadraican@gmail.com

Community Adventure: Bus to the Rally for Rivers!

We've got bus transportation to our Rally for Rivers on Saturday, April 4th.

Catch the noon ferry and join with other islanders who are going to 1) have fun, and 2) tell government how much we care for BC's wild rivers. We're going to sing and chant and wave our placards; excellent speakers will deliver our message to local and provincial politicians meeting at the Association of Vancouver Island and Coastal Communities. Lets tell them we want to have a say in what happens to BC Rivers and BC energy!

Bus departs CR at 12:15 from the ferry terminal. The Rally for Rivers happens downtown at the Nanaimo Convention Centre starting at 2:30. Parade to after-rally gathering where we can share more info, ask questions, collaborate and strategize. Come home feeling satisfied and energized! Bus leaves Nanaimo in time to catch the 8:30 ferry.

So pack some food, gear up for the weather and join your neighbors in a show of support for Bute Inlet -- and all of BC's rivers!

Bus fare is only \$16 return. Please call soon to reserve your seat! If we receive enough early commitments, we'll organize a second bus. Please call Carol at 285-2771.

Help Paint Rally for Rivers Placards

Calling kids and artists! We're aiming to make this a different kind of rally -- not only are we joining our voices, we're bringing heart and soul! Many kids and adult artists are creating art placards -- no words, just evocative pictures -- the only criteria is that a river runs through it. Please consider making a river picture for the rally! Colourful and joyful, please use poster stock or paint on something already sturdy. Send your really beautiful message even if you can't attend!

We've collected tons of great slogans and we're also making 100 rally placards! On Wednesday April 1st at 7 pm come down to the Community Centre and help make slogan signs for the Rally for Rivers. If you have spare brightly coloured latex paint or paint brushes bring them along. Good placard materials also welcome: we need clean, bright and sturdy paintable surfaces, large but not huge!

If you make a river picture placard at home, please deliver it to the Community Centre by Wednesday April 1st or bring it with you to the rally.

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Quadra's 12th Annual Beach Clean-Up

Sunday, April 19

Islanders and visitors alike have made all eleven previous Beach Clean-Ups resounding successes and we expect this year to be even better. After winter's storms and high tides, we again find our beaches are strewn with plastic, rope, styrofoam, tires, netting, and other discarded material. This material is not only unsightly but it can also be hazards for marine and bird life. We also know that plastics are eventually ground into fine particles by wave action, are consumed by marine organisms and then enter the food chain as toxins. We humans eventually eat a portion of our own discarded plastics.

Quadra Island's Annual Beach Clean-up, sponsored by the local Sierra Club as an Earth Day activity, provides a fairly accurate indication of the amount and kinds of plastics that end up on our local beaches. Each year, Quadra Islanders easily collect enough garbage — almost entirely plastics — to fill to the brim at least two large tandem gravel trucks.

This year's Beach Clean-up will take place on Sunday, April 19th, from 10:00 am to 3:00 pm. As usual, collection headquarter will be at Rebecca Spit. Material gathered from any Quadra beaches can be brought to this central location or will be collected from advertised sites around the island. Watch for other notices that will provide more specifics. Please help us make Quadra an even better place to live.

Suzanne Northcott comes to Quadra Island!

Firesign Studio and B&B is hosting a workshop April 13-17 with Suzanne Northcott SFCA. Northcott's work is collected and published internationally, and she is in demand as teacher and lecturer across Canada. Call 285-3390, www.firesignartanddesign.com.

Cancer Study Ongoing

Amped on Nutrition is still involved in a cancer study for Quadra Island. Please, if you or any member of your family has now or previously had cancer while living on Quadra you can qualify for the study.

This is a long term project which will probably take 5 years to complete. Amped is taking information and will map the occurrence of cancer on Quadra. We are working together with the Cape Mudge Band which is now in the process of testing for cancer causing agents in the air. In trying to identify the source they are working with an environmental consultant Michael Gordon from Vancouver. Dr. David Martin of Health Canada is in the process of matching postal codes with cancer on the south end of Quadra.

We need to know your postal code. Please contact Amped at 250-285-3142

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Joe Trio Return to Quadra



“Serious music, as all true musicians and music-lovers know, does not have to be taken too seriously,” writes Deryk Barker of the Victoria Times Colonist, “...and the Joe Trio strikes exactly the right balance of respect and irreverence.” You can decide for yourself, when Joe Trio comes to play on the Quadra Community Centre stage, Saturday, April 18 at 8:00 PM.

Joe Trio strives for musical diversity, versatility, and just a little touch of humour in the most unpredictable places. Their performances always include a mixture of serious music, both classical and contemporary, and their own delightful arrangements of popular, jazz and rock tunes derived from popular culture. “D’eau a Simpsymphony” inspired by Danny Elfman’s Simpson’s tune may be followed by “A Brief History of Western Music with Apologies to Henry Mancini Opus 1” (the Pink Panther.) With astonishing wit and incredible musicality, they may mix a variety of styles into a single piece!

Since forming in 1989, this classically trained violin-cello-piano trio has played hundreds of concerts throughout Canada and the US. Pianist Allen Stiles, violinist Cameron Wilson, and cellist Charles Inkman, appear regularly in their hometown of Vancouver, BC with the Little Chamber Music Series That Could

Society. They are familiar on CBC Radio as well, having played on programs such as Morningside, Disc Drive, The Music Room, West Coast Performance, and even Quirks and Quarks!

“Their ability to switch almost instantaneously from “high art” to high camp is a delight; their playing is first class and their collective sense of humour indispensable, wrote Deryk Barker. Similarly described by John Henry of Audiophile Audition: “The Joe Trio is one of a growing number of small ensembles trying to subvert the uptight concert hall decorum and make classical programming interesting to and at the same time fun for a wider audience.” The Vancouver Sun called Joe Trio “a new breed of classically trained musicians; talented, intensely musical, and unhindered by old fashioned ideas about what constitutes acceptable repertoire.”

There’s no doubt that Joe Trio will make your head spin and your face grin while enlightening you musically. Sounds like a bargain at \$17 for advance adult tickets available at the Music Plant in Campbell River, Hummingbird Office and Art Supply in the Cove and Quadra Crafts in Heriot Bay. Tickets at the door will be \$20. For more information, call 250-285-3560 or check out www.joetrio.com

Buddhist Meditation

Buddhist Meditation happens every Sunday at 10 a.m. in the Upper Realm at Q. Cove. Use the outside stairs. Everyone is welcome. No previous experience is necessary. We chant for five minutes, meditation for 30 minutes, drink tea, eat cookies and discuss a section from Jack Kornfield’s book, *The Path with Heart*. We generally are through well before Noon.

Call Steve or Danielle for more info at 285-3323. Please note that this Sunday is the exception because Gesh YongDong is speaking at 11 a.m. on “Anger” i.e. see related article.

Senior Housing News

The lot clearing/burning is now almost complete, and we can see what needs to be done filling & grading the building sites.

The Board of Directors has met with two potential project managers, and we now have a much more complete set of projected financials thanks to the efforts of Gerry Enns. This will help complete the information needed by BCHousing, and advance our grant application. We sincerely hope that they still have some money left, and can provide us with the needed funds to make the project “go”.....

Sue Beattie is going to facilitate a session for the Board, to get everyone on the same page and firm up our plans going forward. Meanwhile we must continue raising money, and would beg all businesses, well-off folks, and anyone with some spare cash, to contribute to the community effort to “Make Seniors Housing Happen”.

For a start, how about doubling the number (now 28) of 1000 Club members ???

The Annual General Meeting is set for April 27th at 7 PM at the Community Center.

We now have 222 members of the Society, and hope to see you all there! Please mark your calendar for this important meeting.

Submitted by Bob Lasby 285-3501

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Free Food & Drink

The next "Free Day" is April 29, 2009. The theme is "Eat, Drink & Be Merry Cause Spring is Here." So free regular coffee or tea is available at the Aroma Cafe from 8 a.m. to 10 a.m. and, of course, the Community Lunch is at the Quadra Community Centre from Noon to 1 p.m., which is free or by donation.

For supper, there is pizza and drinks upstairs in the Upper Realm of Q. Cove from 5 p.m. to 7 p.m. Call Steve for more information at 285-3323

Who is listening to
Channel
16?

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From our School Board Trustee

by Helen Moats

On March 18th, SD72 held a longterm service dinner for the approximately 50 people who have worked for 20/25/30/35 years in the district. Among them, receiving acknowledgement, were four people from the islands: Jeanne Stoppard, Brenda Assu, Diana McKerracher, and John Kerr. As the Board of Education chair, I was honoured to be able to say a few words at the dinner. Following is the text of my speech.

On behalf of the Board of Education, I congratulate you and thank you for your longterm service to the students and community of School District 72.

A friend's medical emergency last week put my presence here tonight in jeopardy, and I felt a tremendous sense of disappointment that I might miss this opportunity to acknowledge the years you've spent working in this district. My regret was rooted in the abiding sense of connection I feel to you as fellow members of a vital and proud educational community. We are all working on behalf of children and young people who are hungry for the skills and knowledge to develop their interests and talents, hungry for moral guidance and practical leadership, and hungry for opportunities to enrich and broaden their experiences; in short, hungry for excellent teachers, models, and mentors. They may

not know it yet, but they are hungry for wisdom, too, yours, and ultimately, their own.

I believe that our school district is entering a new era which will build on the tremendous work that has been done in the past. We have a new superintendent who has the moral purpose and educational vision to help us create the conditions for positive change: mutual respect, safety, professional dialogue in an open environment. Likewise, the trustees of this Board are dedicated to working together to deepen their understanding of the complexities of the system that they serve, and to find ways to support you, the people who do the real work of this enterprise. We are committed to listening and discussing, respectfully disagreeing, making difficult decisions, and living with the ambiguity contained in a system with too many needs and too few resources. We are committed to the overall health of the public school system. We are committed to supporting you both personally and professionally, and remembering, always, why we're here.

In its "Looking Back" section, a recent Teacher magazine quoted from a 70 year old article: "Those responsible for the education of youth in a democratic country are in a special sense the custodians of human freedom. It is theirs

to train up a generation which values its heritage; it is theirs to see where and how that heritage is endangered; it is theirs to be strengthened; and particularly it is theirs to stand shoulder to shoulder for the protection of freedom of thought and speech." Although the language sounds a little dated, and we might want to layer it with more modern realities and sensibilities, the message remains vigorous. The custodians of human freedom. The protectors of freedom of thought and speech. These are the most fundamental building blocks of a democracy. The work of education is for only the most powerful, the most aware, the most vigilante and protective among us. It is for those who understand the value of a civil society, and the character-building that is required to create and maintain that civility. It is for the best among us.

Although this quote is aimed at teachers, it is true for every adult who holds some responsibility toward children. We are all on the same yellow bus heading, with hope, into an unpredictable future: children, parents, teachers, the people who keep the windows clean, the boilers going, the grass cut and the schools in good repair; those devoted to leadership and special responsibilities, educational assistants who provide individual support, bus drivers, and the people who keep the machinery oiled – not just the mechanics, but also the secretaries. All of us are together in this endeavour, and yes, it is our livelihood, but ultimately, public education is a mission, and each and every individual who participates has the potential to have an enormous daily influence for good. Let us never forget who we are and why we are on the bus together. And let us never forget to be thankful to each other for the crucial work we take on every day of our working lives. It is my honour to express the appreciation of the board for your longterm service to the students and community of School District 72. Thank you.

Until next time,
Helen Moats

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Weekend Painting Workshop

At Firesign Studio March 27-29: Watercolour on Masa Paper with Judi Pedder, Fri eve-Sunday noon. Learn how to create unique 'botanical' backgrounds on Masa paper. Still spaces available in small class, please call Nanci 285-3390, www.firesignartanddesign.com

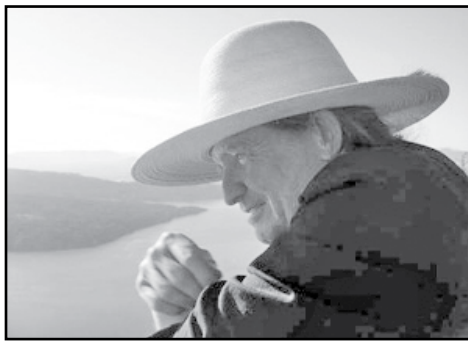
Quadra Island Leads The Way!

Quadra Island is becoming well known as one of the first communities in BC to become plastic shopping bag free. The latest request for a radio interview came from CFX in Victoria and congratulations on our island's success has been received from as far away as Calgary. Following our lead, the Comox Valley Chamber of Commerce has recently purchased 85,000 reusable bags to distribute to local businesses. As well, a Victoria group is sponsoring a film and panel discussion evening with Quadra Island's success being featured. Many are impressed with the fact that islanders and local businesses have worked together to accomplish this success. We should all be proud of the example we have set!

Presently we are preparing for the return of our summer residents and tourists. Information will be provided in tourism maps and brochures proclaiming that Quadra is plastic shopping bag free. Islanders will also see signs popping up in local businesses with the same information. As previously planned, April 1st is the day that stores will start charging 10 cents for the large paper shopping bags. Though paper bags may not last as long in the environment as plastic bags, their production does generate air and water pollution. Reusable bags have been shown to be the best solution for our shopping needs. The two main grocery stores on Quadra - Heriot Bay Tru-Value Foods and Quadra Foods - have also decided to reward shoppers for remembering their reusable bags. For every bag used there will be a 3-cent credit on your shopping bill.

So the next time you visit another community in BC that is working at becoming plastic shopping bag free, remember they may just have been inspired by Quadra Island's example.

Sunday Cinema with Friday Flicks



Stephen Jenkinson, palliative caregiver. Photo: Stephen Jenkinson.

March 29th, Q.C.C. Doors 6:30, Showtime 7pm. Adults \$5. students, seniors \$4.

You read it right; Friday Flicks is back in the saddle on Sunday, March 29. The Flicks team jumped at an opportunity to show a very special movie while it's in the neighbourhood.

GRIEFWALKER is a film about death and how our Western culture lives in denial of it. The film is an extraordinary, provocative and personal portrait of palliative caregiver Stephen Jenkinson, who will be attending the Quadra showing. Jenkinson is a Harvard-trained theologian whose substantial learning has taken him away from Western religion and toward those elemental beliefs held by older, aboriginal cultures. For Jenkinson death is not to be denied, avoided, or compartmentalized. It is to be embraced.

Filmmaker Tim Wilson admits that the quiet, exquisitely framed and scored GRIEFWALKER affects viewers "like a slow detonation." And so it should. In direct contradiction of the mantra of our times, the goal isn't success, personal growth or happiness. In fact, without the acknowledgement that, "The cradle of our love for life is death," we may never fully embrace life.

PLEASE NOTE SHOWTIME - this is NOT our regular film start time. GRIEFWALKER will start at ***7PM**** * to leave room for discussion with Stephen Jenkinson after the movie.

Marjorie Doyle Talk - 'Motherography: Writing About Mother'

The Museum at Campbell River is offering an insightful talk by the current Haig-Brown Writer in Residence, Marjorie Doyle. On Saturday, April 18, from 1pm-3pm, Doyle will address the topic 'Motherography: Writing About Mother', the subject of her current writing. 'Motherography' is the art and craft of writing a biography of one's mother. Doyle coined the term, believing that telling one's mother's story is so specialized it deserves its own word. "A good biography is more than facts. It's a presentation of the subject in her fullest humanity, an attempt to get her right. Motherography goes a step farther. It's personal. It brings you frighteningly close to territory you may not want to enter." In her talk, Doyle discusses the personal process she went through in tackling her mother's story - including practical problems, moral issues, and the technical and artistic challenges she faced as a writer.



The 2009 Haig-Brown Writer-in-Residence, Marjorie Doyle

"You're a detective desperate for clues, but some days you hold a clue in your hand torn between an obligation to report it, and a desire to gently re-shelve it. Who will know you've turned a blind eye?" states Doyle.

The talk will touch on the biographer's tasks of sources, selection of material, handling of time, narrative thread, and fair play. And Doyle will face into the Motherographer's problems of examining and recording a life of which she knows too much, and too little, all the while keeping in mind fair play. Marjorie Doyle is the author of three books: *Reels, Rock and Rosaries: Confessions of a Newfoundland Musician* (2005), *Newfoundlander in Exile: The Life and Times of Philip Tocque (1814-1899)* (1997), and *A View of Her Own* (1996). She is also a former columnist with the *Globe and Mail* and music columnist for the *St. John's Evening Telegram*. As a broadcaster, she hosted the national CBC Radio program *That Time of the Night*. The cost for the talk is \$7.00. Please call the Museum at 287-3103 to reserve a seat. Marjorie Doyle will also be reading at the Heriot Bay Inn on May 23. Call the Inn at 250-285-3322 for more information.

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Detoxification and Strategies

by Tanya Kuss-Stelmaschuk R.Ac

Toxicosis, or the pathogenic accumulation of toxins, acts as an invisible yet potent stressor to the body and mind. It is a major reason for body-mind imbalances and has become a major component of today's most challenging disease conditions, including allergies of all types, chronic infections, autoimmune disorders, and chronic inflammatory conditions.

The body eliminates and transforms toxins through several mechanisms and there are many ways to go about assisting this process. Prevention of toxicosis by eliminating the intake of toxins isn't always easy or possible. There are, however, many things we can simply avoid when it comes to introducing toxins into our being and there's lots of help through different avenues to deal with addictions when one is ready to do so.

To start with, we must recognize that we live in a fairly toxic environment and we enjoy polluting ourselves as a generalization. It is important to recognize that it is very likely that our health problems (both physical and mental) are often caused by too much turbidity and not enough clarity. It is very common that there are too many toxins for the body-mind to deal with and not enough nutrients/substance, intention and action for the body to eliminate them properly.

There are several things we can do to help our body detoxify itself more readily.

Stems and saunas are a good way to help us eliminate through the skin. Exercise, massage, acupuncture and cupping therapy are all helpful in pushing the body to metabolize and eliminate more efficiently. There are herbal medicines and chelation to assist the process as well as supplements and super foods to help the body do what it is made to do.

Some people may need guidance in deciding what is best for their condition and choosing what approach to take to optimize their detoxification. The best ways to do this are through research and discussing your individual situation with your health care practitioners. Some types of detoxification strategies are not good for everyone and may do more harm than good but it is better to do something than nothing at all.

Tanya is a Registered Acupuncturist with the CTCMA and has a diploma as a Doctor of TCM.

Her clinic, Silver Phoenix, is in Heriot Bay.

Reference: Detoxification As a Treatment Strategy, Peter Holmes L.Ac M.H.

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

Our members travelled to Cumberland, to our North Island Regional meeting of our B.C.O.A.P.O. members, the meeting was hosted by Br. 51 Cumberland, six branches attended. All the branches reported on their activities and membership, Quadra Islands report was read by Frank Smirfitt, who is a very active member of our branch. Provincial Past Pres. Martin Amiabel installed the 2009 Branch Executives. N.I Director Ruth Amiabel spoke to the Seniors about the Care Home and the Home Care Petitions from B.C HEALTH COALITION and the need to send these petitions to the Prov. Govt. to encourage them to take a look at the necessity to have better Home Care, to keep Seniors in their home, and the shortage of Govt. subsidized Care Homes.

A local citizen of the community John Leung spoke about the Chinese People who came to Cumberland before the turn of the Century, to work in the mines which

was a big industry owned by Lord Dunsuir. Mr. Leung is raising funds to help built a Memorial Park to remember the Community of many Chinese people who lived and worked in the area. He is selling T-shirts with a Dragon design, to help with the funding.

We all enjoyed a delicious luncheon, of different soups, sandwiches and dessert.

Our Branch President Robert Brown gave "Thanks", for the hard work of the day.

Following lunch, we were educated by Megan and her 3 dogs. A chihuahua, a Shepherd Cross, and a Border Collie. They performed many tricks and obedience trials, for the Seniors. Megan has a Walking and Dog Training business in Cumberland area, her website is (www.poochies.ca). A good time was had by all.

On Wed. April 1/09 our Quadra Seniors are having a Easter Party. With a Easter Hat Parade, and a Spring Bouquet contest—prizes will be presented for the nicest and funniest woman and mans Easter hats, and the nicest bouquet. Three Judges will make the decisions. A nice lunch will follow with coffee and tea. Judy Hagen will be at our meeting, so don't forget to put your name down on the list to help in the Tourist Booth starting May 1st/09. Usually every Wed. at 10:00 a:m we have Armchair Exercises—10:45 a:m Carpet Bowling—after snacks 1:00 p:m our

Singing with our Glee Club—Walk on Sundays at the Spit with Peter and Lloyd meet at the Launch ramp at 11:00 a:m. Our monthly meetings start at 10:30 a:m

Come early and book browse and have a chat over coffee. For membership call or see Muriel at 3216-or Marshall 3226 or Bob at 2907—need help call Ruth at 3801.



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February 27 - March 13

Date	Time	m	ft.	
27	00:40	2.4	7.9	
Friday	06:42	4.6	15.1	
	13:14	1.6	5.2	
	19:41	4.6	15.1	
28	01:19	2.6	8.5	
	07:05	4.6	15.1	
	13:49	1.3	4.3	
Saturday	20:32	4.6	15.1	
	02:01	2.9	9.5	
	07:31	4.6	15.1	
Sunday	14:30	1.1	3.6	
	21:27	4.7	15.4	
	02:47	3.2	10.5	
Monday	08:01	4.5	14.8	
	15:16	0.9	3.0	
	22:30	4.6	15.1	
31	03:40	3.5	11.5	
	08:37	4.4	14.4	
	16:07	0.9	3.0	
Tuesday	23:43	4.6	15.1	
	01	04:46	3.7	12.1
	Wednesday	09:19	4.3	14.1
17:05		1.0	3.3	
02	01:05	4.6	15.1	
	Thursday	06:21	3.7	12.1
	10:16	4.1	13.5	
03	18:11	1.1	3.6	
	02:17	4.6	15.1	
	Friday	08:06	3.6	11.8
04	11:47	3.9	12.8	
	19:23	1.3	4.3	
	03:12	4.7	15.4	
Saturday	09:19	3.3	10.8	
	13:37	3.9	12.8	
	20:34	1.5	4.9	
05	03:54	4.7	15.4	
	Sunday	10:11	2.9	9.5
	15:03	4.0	13.1	
06	21:35	1.7	5.6	
	04:29	4.8	15.7	
	Monday	10:53	2.5	8.2
07	16:18	4.1	13.5	
	22:29	2.0	6.6	
	04:59	4.8	15.7	
Tuesday	11:31	2.1	6.9	
	17:25	4.3	14.1	
	23:19	2.3	7.5	
08	05:28	4.7	15.4	
	Wednesday	12:06	1.7	5.6
	18:24	4.5	14.8	
09	00:07	2.6	8.5	
	Thursday	05:56	4.7	15.4
	12:40	1.4	4.6	
10	19:17	4.7	15.4	
	00:53	2.9	9.5	
	Friday	06:23	4.6	15.1
11	13:14	1.2	3.9	
	20:06	4.7	15.4	

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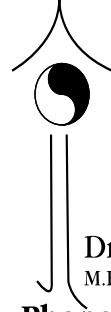
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