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





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Ferry Schedules

Campbell River - Quadra Island

Crossing Time: 10 minutes

Leave Quadra Island Leave Campbell River

6:15 am	3:05 pm	6:40 am	3:30 pm
†7:05 am	**4:00 pm	†7:30 am	4:30 pm
8:00 am	5:00 pm	8:30 am	5:25 pm
9:00 am	5:50 pm	9:30 am	6:15 pm
10:00 am	7:00 pm	**10:30 am	7:30 pm
11:00 am	8:00 pm	11:30 am	8:30 pm
12:00 pm	9:00 pm	12:30 pm	9:30 pm
1:00 pm	10:00 pm	1:30 pm	10:30 pm
2:00 pm	*11:00 pm	2:30 pm	*11:30 pm

Quadra Island - Cortes Island

Crossing Time: 45 minutes

Leave Quadra Island Leave Cortes Island

† 9:05 am	† 7:50 am
**11:05 am	9:50 am
1:05 pm	11:50 am
3:05 pm	**1:50 pm
5:05 pm	3:50 pm
6:45 pm	5:50 pm

* - Fridays and Saturdays only. † - Daily except Sundays.

** - Tuesday sailings are for Dangerous Cargo - No passengers.

Public Hearing Notice

BYLAW NO. 29

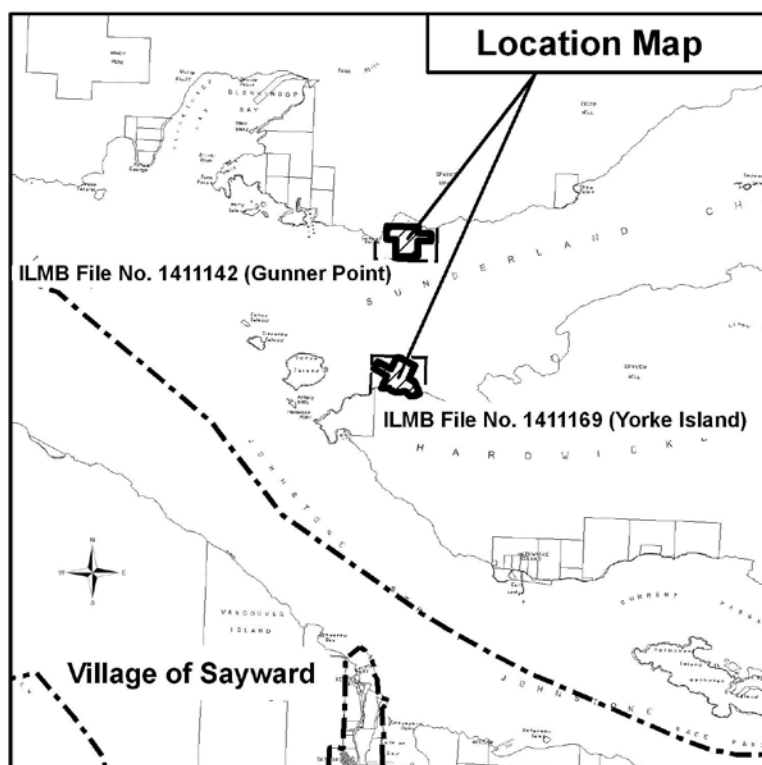
"Quadra Island Zoning Bylaw, 1990, Amendment No. 95"

Wednesday, May 27, 2009 • Starting at 7:00 p.m.

Sayward Heritage Community Hall • 1257 Sayward Road, Sayward, BC

Bylaw No. 29

This bylaw, if adopted, would establish a new Aquaculture Four (AQ-4) zone and then rezone two proposed ILMB tenures (File No. 1411142 – Gunner Point and File No. 1411169 – Yorke Island) from Access Two (AC-2) to Aquaculture Four (AQ-4) in order to establish two new finfish farms in the Sunderland Channel. The property referred to as Gunner Point, is legally described as Unsurveyed foreshore or Crown land covered by water being part of the bed of the Sunderland Channel, Range 1, Coast District. The property referred to as Yorke Island, is legally described as Unsurveyed foreshore or Crown land covered by water being part of the bed of the Sunderland Channel, Range 1, Coast District. The subject sites are shown on the map below.



A copy of the proposed bylaw and related information may be viewed at the regional district office, 301-990 Cedar Street, Campbell River, BC between 8:30 a.m. and 4:30 p.m., Monday through Friday, excluding holidays from Tuesday, May 12, 2009 until Wednesday, May 27, 2009 or at www.strathconard.ca.

Anyone who believes the proposed bylaw will affect their interests will be given an opportunity to speak at the public hearing.

Legally, the SRD cannot consider any representations made after the close of the public hearing. If you cannot attend the public hearing, all written submissions, mailed or electronic, must be received by this office no later than 4:30 p.m., Wednesday, May 27, 2009.

Enquiries should be directed to:

Jeff Long, Planning Technician, Planning Services,

Strathcona Regional District,

#301 – 990 Cedar Street,

Campbell River, BC V9W 7Z8

Tel: 250-830-6700 • Toll-free: 877-830-2990

Fax: 250-830-6710 • Email: [jlong@strathconard.ca](mailto: jlong@strathconard.ca)

Strathcona
REGIONAL DISTRICT



The Strathcona Regional District (SRD) is a partnership of four electoral areas and five municipalities providing nearly 43,000 residents with 74 services—from parks to a full-service sports facility to liquid and solid waste systems.



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.
- Mindful Yoga with Michael, QCC 9:30am, 7:00 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
- Life Drawing Sessions with model at Firesign Studio 7-9:30 pm
- **Every Saturday** - Farmers' Market behind the Credit Union 10 am - 2 pm
- 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 am Q.I.C.C., 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, June 1st, 2009

Island Calendar is a list of on island events. Please submit separately for the **Island Calendar** and **News & Events** or indicate in your submission if you would like your event placed in both. **Following the text order exactly as above for email submissions is appreciated** (month, date, day, title, place and time), use the title as your email subject. Current advertisers welcome to submit events but not-for-profit items will be given priority. Thank you.

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

Fri	Sat	Sun	Mon	Tue
				
21°C 8°C	21°C 9°C	22°C 11°C	22°C 8°C	21°C 9°C

G

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Day by day

May 1 - May 30

- 'Primavera' - Spring Group Show DRAW Gallery

Saturday, May 23

- May Day!!!! _____ in the Air!!! Rebecca Spit
parade starts at 10:00 am sharp

- Quadra Legion May Day Dance with Big Mouth Quadra Legion
9:00 pm - 1:00 am

Sunday, May 24

- Boating Safety Open House HBI
10 am - 4 pm

Wednesday, May 27

- Public Hearing Bylaw, 1990, Amendment No. 95 Sayward Community Hall
Yorke Island Fishfarm rezoning 7 pm

Monday-Friday, May 25-29

- Creative Paper Clay Sculpture Workshop with Meinsje Vlaming at Firesign Studio 285-3390

Friday, May 29

- Sound of Music cabaret Feral Cat fundraiser Q.I.C.C.
8:00 pm

Saturday, May 30

- Grand Opening of the Granite Bay Park Wharf Granite Bay!
12 noon to 2 pm.... food, drinks and goodies supplied

Saturday-Sunday, June 6-7

- Quadra Island Studio Tour Various Locations
details page 12

Saturday, June 6

- Impressions Jazz Trio in concert Gorge Hall
7:30 pm Admission \$10, students \$5, families \$25. All proceeds to the Cortes Young Musicians Fund.

June 8-10

- Alex Fong Watercolour Workshop at Firesign Studio 285-3390

Island Calendar online: www.discoveryislander.ca



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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, June 1st



Regional Director's Report, Area C

May 22, 2009

by Jim Abram

This may be one of the shortest reports I have written recently! It is Monday evening (deadline day), the showers have ended for now, and there is just enough evening left for a brisk walk.

Congratulations!

My sincerest congratulations to our MLA, Claire Trevena, on her victory at the polls on May 12th. I look forward to another four years of working with Claire on the many provincial issues that effect our daily lives. I would also like to extend a warm thank you to Mike McIvor for supporting Claire in his role as her partner. I know I cannot do without Wendy's help in the work I do at the Regional District! So, my congratulations, once again, to both of you.

Congratulations #2

The Community Garden is up and running and I would like to thank all of the organizers and volunteers that helped to make this happen. It is a wonderful concept and has proven to be a wonderful project on the ground. The organizers have worked tirelessly at this for many months and have done an amazing job of fundraising and recruiting volunteers to work at the garden, getting it ready for others to use! I attended a bit of a gathering two weeks ago and it was amazing to see how much had been done in so short a time. I think this is one more example of what can be done when islanders are willing to get behind a project and work together. Great work!

Granite Bay Celebration

I have just finalized the arrangements with our staff for the "grand opening" of the Granite Bay Park Wharf. The works are complete and we are going to get together to celebrate this accomplishment on Saturday, May 30th, from 12 noon until 2 pm or whenever! The SRD will supply the sandwiches and drinks and desserts. So all you have to do is show up. Come and see what is

available to you for your recreation and enjoyment. The volunteers and businesses that helped out on the project will be there, so come and help me thank them publicly! It should be a lot of fun.

And one last piece of good news!

The Plutonic Power Bute Inlet proposal has gone through the first environmental review process and has been directed to go through the much more detailed Canadian Environmental Assessment Act review panel. Short of having the project turned down, this was the best news we could hope for. Your involvement in letter writing and attending meetings has surely helped get us to this

point. I continue to work with the dedicated group of volunteers that have been working on this daily since day one. We are in the process of preparing for the Joint Review Panel and will keep you informed along the way. Your help is still needed! So stay tuned.

And 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, V0P 1N0... Lots of choices!

Respectfully submitted,

Jim Abram

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

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Cortes Regional Director Report

I am learning to balance intricate details while holding a regional perspective. Local politics ranges all over the map, literally and figuratively. Of all the issues that fill my head these days (and nights), what I most want to share with you is the unfolding of our Cortes OCP review.

Official Community Plan (OCP) Review

I have been acting as the liaison between Strathcona Regional District staff and my OCP review committee to design a review process that is Cortes generated, cross-generational, and welcoming, and I am very pleased with the direction we are headed.

Our OCP is Cortes' statement of our long-term vision for our future. It guides planning, land use management and decision-making for our island. Our current OCP, finalized in 1995, will form the foundation for our revised plan. However, much has changed in the last 15 years that needs to be considered in today's planning. How are we going to prepare ourselves to be resilient and adaptable in quickly changing world?

1. Vision Cortes! 'Blue-Sky' Session – June 13th

Saturday, June 13th, 1-7 pm, Manson's Hall. Free child care provided.

We are kicking off the OCP review with a facilitated community 'Blue-Sky' visioning session where the 'sky' is the limit. This is the place to share your big picture vision for Cortes' future. Everything goes! Everyone welcome!

2. Community Education and Data Collection – Summer / Fall 2009

Education - This is a chance to educate ourselves on community planning. We will be bringing in guest presenters to share stories from other communities and delivering basic 'Civics 101' education. An Education Coordinator will be hired to help with this work. If you want more information or want to apply, contact Kristen Scholfield-Sweet at 935-6464.

Data Collection - We will identify a few places where specific base-line data information, once collected, will help us make better planning decisions. To this end, we have engaged the Cortes Housing Initiative to develop a housing needs survey and to report back on their findings. We will be identifying a couple other key areas for further information gathering.

3. The Actual OCP Document Review – Winter 2009 & Spring 2010

This is where we form working groups and



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

review our actual Community Plan. We will be identifying parts of the plan that need updating and adding new components. The details of this will become clearer over the next few months.

For the extended version of this report and other postings, visit www.cortesisland.com – regional director page under special sections tab.

In gratitude, Noba Anderson

Tel: 250-935-0320

Fax: 250-935-0321

Email: director@cortesisland.com

Box 120, Whaletown, BC, V0P 1Z0

Dear Editor,

Tuesday morning: I've just come back from a walk with my dog on one of my favourite trails - the one that starts at the corner of Smiths Road and the Heriot Bay Road - and wanders down to the sea. A round-trip on that trail is a good reason for living on this beautiful island. And I was enjoying it, as usual, until I got to the large open field, about two thirds of the way down the trail - a field that must have once been a lovely farmstead and is now a favoured spot for picnic people. And they sure had been there the night before.

There in the middle of that beautiful and bountiful farm site was a mess - beyond description. There had been a fire - a couple of huge tree limbs were blackened and there was garbage. Empty and crumpled beer cans, beer bottles, crushed cardboard food containers, empty vodka bottles, much of it piled high and much of it blown by wind all over this blissfully empty farmstead. Young people, from God knows where - Quadra? Campbell River? Vancouver? Berlin? Shanghai? - ill-taught young gluttons had had their party and left their filth behind.

It made me very angry and not a little sad. How stupid can you be? How selfish can you be - to make a beautiful field disgusting, your waste to be cleared by others, your unawareness of the beauty around you? As you read this, if you're one of those young party people, you can go back and help clean up. And if you're the parent of one of these ill-brought-up slob, you ought to get the hairbrush back - and lay it on.

Burton W.

Island Forum

Dear Islanders,

Another election down and safe to say that the Discovery Islands and surrounding region played a significant role in various parts of the debate: as neighbour to one of the hot button run of river projects, home to two local candidates and other high profile personalities extensively quoted throughout the campaign.

Now the count is in, the public swallows the result and gets back to their lives which won't be disrupted until the first of the 'new' government's initiatives comes our way. Here, among other issues, the Bute run of river development will rear back up. The proponent buoyed from the province-wide result will wade back into what has been clearly stamped out as opposition territory. A busy fall it promises to be.

But until then a general lull will ensue leaving the politicians to analyse and debate what the results mean and where to go from here? High on the list of topics is certain to be the long term fate and strategies of both the BC Greens and BC NDP. For the most part they each held ground but neither party can really claim success with the NDP failing for a third time to unseat the Liberal government and the Greens failing flat out to elect a single MLA.

Each party holds the key to the others success and if ever there was an occasion to recite the adage united we stand it would be now. Too late for election 2009 but not too late to develop a meaningful relationship for 2013.

The fact is that the pressing issues of our time, which are largely being ignored by a complacent public and compliant governments the world over, peak-oil, climate change and population growth are going to require unprecedented amounts of, not just provincial but, global co-operation to address.

There is hardly space here to do the matter justice but I am firmly convinced that BC's role in this lies in an alliance between the Greens and NDP. Let's call it the BC Climate Action Coalition. Concessions will be needed but reality will have to win the day if BC is going to prosper post peak oil.

Space is gone, so for now it's food for thought. To close I offer my congratulations to Claire Trevena on her re-election and good wishes for the new term. Thanks to all who supported and participated in the local campaigns.

Philip Stone

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

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

Next deadline 7pm Monday, June 1, 2009

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NOTICE TO THE PUBLIC

Prepaid Paper Tickets to be Discontinued

Prepaid paper tickets account for one percent or less of all payments made on BC Ferries' smaller coastal routes. As a result, prepaid paper tickets will be discontinued on the majority of these routes as follows:

IMPORTANT DATES

June 1, 2009: Prepaid paper tickets will no longer be accepted as payment toward fares. Tickets can continue to be converted to dollars on BC Ferries Experience™ Cards.

April 1, 2010: Prepaid paper tickets will no longer be accepted for conversion to BC Ferries Experience™ Cards.

For conversion purposes, prepaid paper tickets purchased prior to April 1, 2008 will be valued at the March 31, 2008 prepaid price.

NOTE: This notice does not apply to the following routes:

- Mill Bay-Brentwood Bay
- Langdale-Gambier-Keats Island
- Quadra-Cortes Island
- Denman-Hornby Island

For more information on this change and the routes to which it applies, visit www.bcferrries.com, select Service Notices and your desired route.

Questions? Please call 1 888 BC FERRY (1 888 223 3779).

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'Primavera'

DRAW Gallery is proud to
present its third season with its
annual Spring Group Exhibition.
Everyone is invited to attend
Opening Night First Fridays -
May 1st for a chance to meet the
Artists.

The gallery stands by its
commitment to bring contemporary
westcoast art in an intimate setting.
This show celebrates and highlights
the wealth and talent of local
and regional artists. Diversity of
media, styles and subject matter
are always a hallmark of the Spring
Group Exhibition and this year is
no exception.

Also featured this spring in June,
is a display of a collective outdoor
exhibit entitled 'Collectivo', which
will be co-curated with Dave Oram.
These works are based around the
nature of collaboration and the
creative process. DRAW Gallery
invites the public to enjoy the
Spring Group Exhibition and savor
the creative spirit of the artists who
live amongst us. Receptions are
always First Fridays of the month.

The Gallery is open Thursday
through Saturday 12 - 6pm. DRAW
Gallery is located on Quadra Island
at Village Square, in the rear - just
follow the signs. Drop by and see
the show next time you are at
the Square. Everyone welcome.
Call 250.285.2008 for more
information.

Items For Publication

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

All editorial items
promoting events and news
of an informative or non-
profit nature are free. Business
messages and for profit items
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space they take up. All rates
and other info is available at
www.discoveryislander.ca or
call 285-2234 - Philip Stone



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Channel
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News and Events

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

The Whaletown Community Club

presents: Impressions Jazz Trio in concert. Saturday June 6th at 7:30 p.m in the Gorge Hall on Cortes. Bruce Hipkin - piano Greg Osoba - bass Max Lee - drums


Admission \$10, students \$5, families \$25. All proceeds to. The Cortes Young Musicians Fund.

Grandmothers Walk

C.R. Grandmothers invite grandmothers, grandchildren, families, friends to walk from Frank James Park to Rotary Park (or shorter) Sunday, May 24, at 1:30 in support of the Stephen Lewis Foundation to help African grandmothers raising their orphaned grandchildren. By donation to raise funds for food/school fees/health care.

Cookbook!!!

Have you ever tried Carol Woolsey's Sunshine Carrot Salad, Jack Mars Famous Chicken wings, or Teresa Tate's Soup Wendy ??? These are all amazing recipes found in Quadra's past highly coveted Cookbooks. Make your recipe Famous!!! and support the Quadra Children's Center. Dont miss out send us your recipes by e-mail qcccookbook@live.com or drop off at one of our cookbook boxes found at Hummingbird, Aroma, Yellow Dog, Heriot Bay Tru Value, and Quadra Foods



Q-Beans Coffee

Only organically grown, fair-trade coffee. Kiosk opens at 6:00 a.m. daily at the Q-Cove ferry terminal.

Tennis

Now that the weather is improving we're trying to make up a list of folks who want to play tennis - at ALL levels. Please contact Louella at 285-2580 or Carol at 285-3737 (evenings).

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.

Legion May Day Dance

Quadra Legion May Day Dance featuring Big Mouth. Saturday May 23rd 9:00-1:00. \$5.00 cover charge at the door.

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

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.

Come to the Cat Beret

Friday, May 29th at the community Centre. Doors open at 7:30, fun starts around 8:00. There will be music by some of Quadra's favourite musicians, there will be dance, poetry and skits and there will be food of course. Admission is by donation and the proceeds will go to the Feral Cat Society.





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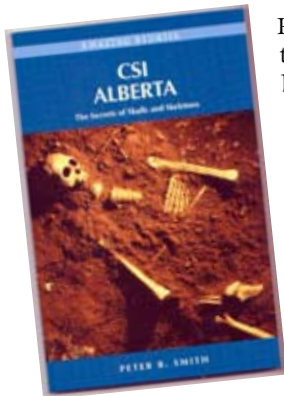
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Real Life Mysteries Come to Life

Skulls and skeletons have been found on Quadra – all inside the covers of the latest true-life murder mystery book from the pen of Quadra author, Peter Smith.



If you enjoyed Peter's first true-life murder book "Prairie Murders" then you'll find the new book "CSI-Alberta, the Secrets of Skulls and Skeletons" to your liking.

Peter was a newspaper crime reporter

for 37 years in England and Canada, covering murders as the crime reporter for the Calgary Sun for 16 years before retiring to Quadra six years ago.

In his latest book he relates 10 fascinating true-life murder mysteries which he covered as a reporter, and all of which began with the discovery of human skulls, skeletons and remains.

You'd be surprised where skeletons turned up – on a mountain top, in a septic tank, in the picturesque foothills of the Rockies, even in a fridge buried underground. Forensic specialists had to unlock the secrets of the bones before detectives could track down the killers who put them there.

Peter will be selling his new book – together with new expanded reprints of his first book, both published by Heritage House publishers – at the farmers' market every Saturday. You get a copy personally signed by the author for \$9.95. If you can't get there, contact Peter at 250-285-3612.

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Boating Safety Open House

Boating is a way of life for some, a recreational escape for others. Recreational fishers, commercial fishermen, tour operators, kayakers, jet-skiers and cruisers: if you are a boater, the Boating Safety Open House on Sunday May 24th is the place to be. The open house is taking place on the dock and grounds of the Heriot Bay Inn on Quadra Island from 10 am to 4 pm.

With representatives from the Coast Guard, Transport Canada Marine Safety Division, Ripple Rock Power Squadron and the RCMP, all your boating safety questions will be answered. Learn what kind of lifejackets should you have onboard and what other safety equipment your boat needs to meet the regulations. See presentations and demonstrations, ask questions and get answers from the variety of officials onsite.

Listen and learn at the workshop on cold water survival, presented by Transport Canada at one pm. Transport Canada will also be on hand all day, to explain all the new regulations and answer your questions about safety equipment, licensing and permits.

Did you know that as of September 15, 2009 all boaters must have a Pleasure Craft Operator's Card (PCOC) to legally operate a vessel of any size? Ripple Rock Power Squadron will be examining boaters who want to challenge the PCOC exam, and answering questions you may have about the card or the process.

Be sure your boat meets the safety standards: courtesy boat checks will be available throughout the day, provided by the Canadian Coast Guard Auxiliary. A courtesy boat check examines your boat for its on-board safety features, and provides a list of any items which are needed to meet the safety regulations.

The RCMP vessel Nadon will be on the dock, as will the Coast Guard cutter Point Race. Campbell River Search and Rescue will be talking about fresh water safety and planning. Get a checklist for safe trip planning (regardless of your preferred style of marine travel), and check out approved PFD's and lifejackets, along with other safety equipment, on display and available for purchase thanks to Ocean Pacific Marine.

Stay safe on the water this summer. Be at the Boating Safety Open House on the grounds and dock of the Heriot Bay Inn Sunday May 24, 10 am - 4 pm.

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Strathcona Regional District releases first annual report

The Strathcona Regional District (SRD) has released its first-ever annual report for the year 2008, when the regional district came into being.

"Not only is this our organization's first annual report, but we're starting the practice in a sustainable way, by making it an electronic-only version," said Craig Anderson, SRD chair. "The decision not to produce a print version reduced costs, production time, paper usage and mailing charges, and allowed for a more flexible production schedule."

The report is designed to be a visually interesting, easy-to-read 'snapshot' of activities in which the SRD was involved the year before. The report will be available on the SRD's website at www.strathconard.ca and will also be sent electronically to individual board members, local governments within the SRD, Vancouver Island libraries, the BC legislative library and to media. It can be a useful tool for information on the SRD's initiatives for job seekers, students, the media and the general public.

The Strathcona Regional District (SRD) is a partnership of four electoral areas and five municipalities providing nearly 43,000 residents with 74 services—from parks to a full-service sports facility to liquid and solid waste systems.

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5-Day Workshops in Sculpture & Painting at Firesign

No need to travel to the big city for excitement! Creative Paper Clay Sculpture May 25-29, (there's still room!) Learn techniques to use fine paper mache (that needs no firing) with Cortes artist Meinsje Vlaming. Stop by Firesign during the Studio Tour June 6-7, then Kelowna artist Alex Fong will teach "Coloured Water" June 8-12—get a taste at the HBI on June 6—a complete immersion in watercolor and whimsy. Chaos to Order: Painting Workshop in different mediums with Rick McDiarmid, SFCA, June 22-26.. Some plein air and studio work as weather permits. Delicious lunches are included in all Firesign Studio workshops, small classes. www.firesignartanddesign.com 250-285-3390

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What We Don't Know About Child Care

Local Early Childhood Educators who were selected to become "leaders" for the Communities of Innovation grant project discuss what the lay person may not know about childcare. To see the full interview go to www.crfamilynetwork.ca

Dee Conely, Director Quadra Children's Centre

Q: What might the ordinary parent not understand about our child care system?

Dee: Well, for one thing – there is no "system." There's just a loose collection of different child care options that range from superior to risky.

Q: What do you mean there is no "system?"

Dee: One of my ECE (early childhood educator) colleagues explained it this way: when you use the Community Centre, you tend to just notice the services that are offered. These services are like the "tip of the iceberg." What you don't see, what is submerged, is the system: the massive infrastructure of funding and coordination that supports those services. When the average lay person thinks about child care, what they don't know is that this "service" is all there is. There is no system just below view. Child care centres in today's world are just like pieces of loose ice floating around randomly in the sea. And it is to this "non-system" that we entrust our youngest children during their most impressionable years.

Q: That makes me wonder if anyone should send a child to child care?

Dee: That's not today's reality. A 2006 Campbell River Kindergarten survey found 67% of our local families use child care. Across BC, 70% of mothers with children ages of 3-5 are working.

Sharlene Poslowsky, Early Childhood Educator Christian Life Day Care

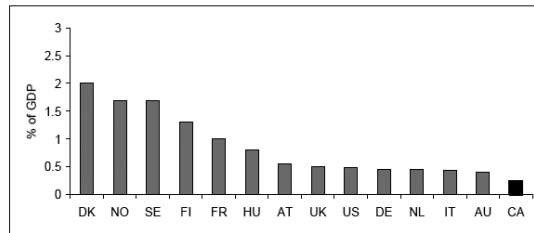
Q: What do Early Childhood Educators (ECEs) want voters and governments to know about child care?

Sharlene: If we just added one percent to the GST, that would fund child care for all of Canada.

Q: Many other good causes might also be helped by this one percent, why invest in child care?

Sharlene: I think many Canadians would be embarrassed to know that in Canada we spend less of our Gross Domestic Product (GDP) on child care than any other developed OECD country – even the US.

Public spending on ELCC programs for children 0-6 years as a % of GDP



Data source: OECD. (2006). *Starting Strong II: Early Childhood Education and Care*. Annex C, pg. 246.

Jamie Anderson, Early Childhood Educator, Cari's Infant Toddler Centre

Q: How would the lay person know what quality child care is? What are the signs?

Jamie: Quality child care centers are not only licensed, they also employ licensed staff. This staff has taken specialized college training, they adhere to a code of ethics, and they each have an individual license to practice in the province of BC.

Q: Are there any other signs of quality care?

Jamie: I tell parents to sit and watch a child care centre in action. Is the staff squatting down at the children's level –engaging the children face to face? Are the children playing with each other? Quality child care offers rich opportunities for children to learn social skills. There should be an air of calm, productive, contentment in the room.

Q: We've talked very broadly about child care, but to wrap up, what's the next step?

Dee: We are blessed on Quadra to have quality child care. What if all parents could afford this kind of quality care? Imagine. What might schools be like if every child entered school with a love of learning, a sense of security and the ability to get along with others? Quality child care can go a long way toward making this happen.

Quadra Group to Hold "Catberet" Fundraiser

With 20 cats fixed in just over two months, the Quadra Feral Cat Group is now doing double duty: trapping and transporting cats to local vets for spaying and neutering, and gearing up to stage a major fundraiser. "There are many, many more unwanted cats on Quadra that have been left to fend for themselves, and we're holding a 'Catberet' to raise funds so we can continue to manage and reduce their numbers," explains Lara Fraser, Quadra Feral Cat Group coordinator.

Catberet, an evening of adult fun and satire, will be held May 29 at the Quadra Community Centre. The event will include door prizes and feature Quadra poets, comedy acts and musical entertainment in a production coordinated by the group's fundraising lead, Chris Thompson. The Quadra Feral Cat Group also hosts a table at the Saturday market, collects change in cans on local store counters and accepts donations through an account at the Quadra Credit Union.

"People and businesses have been so generous, with money, cat food, traps, supplies, time and items for our online garage sale," Fraser says. "Beverage container returns to the Heriot Bay TruValue Foods donated to our cause in April raised \$150. The Strathcona Regional District has provided a funding boost, and we were thrilled to receive a donation to cover the surgery for 10 cats. The support is timely because we've fixed most of the cats around the gas station, and once that's done, the next colony on our list has about 30 cats."

The Quadra Feral Cat Group has a growing donors list posted on its website (www.quadracats.com). Fraser says along with funds, the group welcomes new members, needs help with cat transport to and from the vet's office and is urgently looking for foster homes. "This is a huge undertaking, and we gratefully accept support in big ways and small," she says. The group's first rehabilitated stray cat is ready for adoption, and two others await foster homes.

"And, of course, the Quadra Feral Cat Group urges everyone who has a cat or kitten to please get it spayed or neutered so we don't end up with more unwanted strays," she adds. "Following a proven and humane plan, our efforts to date have prevented the birth of up to 10,000 unwanted kittens on this island over the next three years," she says. "Having seen the suffering stray and feral cats experience, I can only say how glad I am that this group has formed to improve the quality of life for these abandoned animals that would otherwise be someone's pet."

Quadra Feral Cat Group can be reached via telephone at 250-285-3941 or by email at quadracats@yahoo.com.

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Community Advisory Commission Members Appointed

The City of Campbell River confirmed community advisory commission membership and added members to other commissions April 28.

Considering issues related to parks, community beautification, recreation, sport and culture, the Community Advisory Commission members are: Beatriz Leo, Cal Grunerud, Ron Kerr, Joanne Mills, Kevin Mills, Morgan Ostler and Jacquie Gordon. Joyce McMann will join the commission to represent the Community Council of Partners for Campbell River Region Success by 6.

Council also added appointees Ralph Walker, Claude Vermette and Sean Knudsen to the Development Advisory Commission. Barbra Phipps was also appointed to the Development Advisory Commission to represent the Discovery Coast Greenways Land Trust.

"We look forward to working with volunteers serving on City commissions during the course of their three-year term," affirms Mayor Charlie Cornfield.

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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Quadra Artists Open Doors

Quadra Island Artists are once again welcoming visitors to their 7th Annual Studio Tour on June 6th and 7th. This year over 30 artists will present their art at 22 studios and galleries as well as the Quadra Community Centre where a group show "sampler" will also be on display.

Quadra Island artists have many wonderful creations in their backyards, and the Studio Tour lets you experience them. There are a lot of interesting things to explore inside Quadra's driveways. Paintings, pottery, perfectly cast and hand painted fish, art glass, hand built guitars, fabric art, sculpture, jewelry; they are all produced on the island. The tour is a wonderful way to get into artist's studios and backyards and talk to them about their process. Along with wonderful gardens and vistas, it is a great way to vicariously experience island life.

The Studio Tour has something for everyone to enjoy. William VanOrden at Bilz Rockfish Studio has perfected the process of molding and painting perfect replicas of rare and not so rare fish, many fantastical in form. His love of the process and his commitment to documenting different species, some endangered, is inspiring to any creative soul. His studio was a huge hit last year.

A newcomer to the tour this year is sure to be just as interesting.



Martha James at the wheel

photo: Gordon James

Sam Whittingham of Naked Bikes is the fastest man in the world; on a bike that is, and he builds amazing bikes too. These quotes say it all:

"It's so badass. It's amazing! "

Lance Armstrong - talking about his new Naked bicycle.

"WHAT!?! Lance bought the bike already? "

Robin Williams- talking about Lance's new Naked bicycle.

James Pottery is an island institution and always a favourite destination. Gordon and Martha James have lived and produced their wares on the Island since the mid 70's. Their work is a unique combination of the colorful, sublime and humorous. Their studio, which

is as interesting as their work, is located on an old island homestead that overlooks the Strait of Georgia and is always a treat to visit and they are only two of many fine potters on the island.

Perrin Sparks, a very technically skilled painter and illustrator, gives lessons & workshops in her studio. Aside from painting, she also produces beautiful drawings, pastels and etchings of small birds and animals. Chris Rose, a carver of soapstone bronze and alabaster, runs a young artist mentoring program. Cherie Hemmingsen's "I Blew It" glass blowing studio teaches interested visitors and is always a favourite. All these will be on the tour along with several aspiring and established painters.

Tickets for the Studio Tour are \$5 (kids under 13 free) and are available at Campbell River Art Gallery, Comox Valley Art Gallery and Hummingbird Office Supply in Quathiaski Cove. For more information visit: www.quadraislandarts.com

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Finding and Maintaining the Motivation to Exercise

Something that will convince one person to put down the bag of chips and get off the couch might not have any effect whatsoever on someone else.

Realizing the benefits to be gained is good enough for some whereas others must be scared into doing something.

Starting a new healthier lifestyle is something you are doing for yourself, like making an investment in the future that will ensure first, that you will live to see your senior years and secondly, that your senior years are spent actively doing and enjoying what you like.

Fear Factor: An early grave

When you reach 40, sometimes even earlier, your body is not as forgiving as it once was. You used to be able to eat anything and drink more than you should and not have to worry about gaining weight or your health. You were able to get up the next day and do it all again.

Now all of a sudden it's getting tough to get off the couch and your legs don't work like they used to. Friends of your own age are having heart attacks.

Your body aches and pains, you have no energy and just simply can't play those sports anymore that involve more movement than checkers. Even going for a walk sometimes becomes a chore to be avoided. We'll of course you have two choices, resign yourself to the downward slide, or get it together and turn it around!

It is never too late to benefit from physical exercise. You can regain the energy of youth, at any age.

Positive motivation to exercise: Think of all the benefits of exercise !

Increased energy; enjoy, play and run with your kids and grandkids again. Increased mental focus, increased self esteem; dare to do the things you always wanted to do !

Increased sense of control over life; stand strong and solid with your feet on the ground!

Reduced chances of heart attack, osteoporosis and breast cancer; be there longer, independent and healthy for the ones you love !

Increased strength and stamina; make it up Chinese mountain, dig that garden and still have the energy to play with the kids

Increase your workload and be better equipped for all the things you love and enjoy to do. Life is great let's do it !

Marion Eberlein - Vitalis Gym

Lee Parkinson Has Gone

Lee has died after a lengthy illness. As those of you who knew her would expect she wanted no particular fuss as she says goodbye...

Meanwhile, we have some remarkable nurses, doctors and paramedics here who simply reshape their lives when we call, or whenever they know they can help. Thank you everyone.

Donations in her name would I am sure be welcome. Lee loved living here.

- David Parkinson

Come to the Farmers/ Community Market!

Every Saturday from May 16th till Sept. 12th from 10am to 2pm. Gates open at 8am for vendors.

We welcome local vendors from Quadra Island and outer islands to set up at only \$5.00 a table. Charitable organizations are free and children's tables are \$1.00. Farmers, gardeners, art, crafts, musicians, food and surprises are sure to please locals and visitors. We have a unique island and talents so let's show it off and make it the best year ever. This is where it is happening on Saturday. A great gathering place for all.

contacts: Anne 285-3715, Suzanne 287-1871, Stella 285-3184 or quadramarket@gmail.com

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Sunday May 24 10 am - 4 pm



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Halliday's Viewpoint

by Steven Halliday

Auto Renaissance?

With the recent filing for bankruptcy protection by Chrysler and imminence of the same for General Motors, the age of ignorance for American automakers has reached a welcome end. I've written previously on the subject, damning the board members and executives at the Big 3 for ignoring reality after it bit them in the butt in 1974, unlike the Japanese and Korean automakers who correctly responded to the oil crisis with smaller, fuel efficient vehicles, not to mention more reliable and dependable. Though Ford has yet to reach its time of reckoning, it is by no means certain they will escape a similar fate. It is certainly unfortunate for the employees affected by the plant closures, as well as the employees of the 1,900 dealerships that GM/Chrysler plan to shutter within 16 months, but again, the vast majority of the blame for their dilemma was inflicted by management. Certainly the present recession contributes to their woes, as evidenced by perennially successful Toyota's recently announced \$4.5 billion operating loss, concrete proof of the global slowdown in auto sales.

GM was quick to announce their new management brainwave to save the ailing giant – import cars from China under the GM nameplate. Wow, how imaginative... and you can easily guess how well the UAW reacted, particularly with the company asking its workers to hand back about 30% of their wage packets to keep what jobs will remain in the USA and Canada. Toyota, on the other hand, is replacing 50% of their senior management (including the CEO), and will be completely revising their strategic direction as a consequence of the new economic reality the current recession has presaged. This is in addition to immediately cutting production by 28% globally – Toyota is already predicting a larger (\$6.8 billion) loss for the year ending March 2010. Clearly Toyota has successfully predicted future consumer behavior in the past, and I'm fairly confident their management knows what they are doing...unlike GM or Chrysler's top dogs.

Over at Ford, meanwhile, they have already cut their dealer network by some 700 in a

plan implemented 3 years ago, and at their recent annual meeting their CEO confirmed that the company is on track to turn a profit in 2011, a remarkable turnaround from last year's loss of \$14.8 billion. The company has announced a 1st quarter 2009 loss of \$1.4 billion and that the new agreement with their UAW employees will cut \$1 billion in expenses going forward. Remarkably, the markets have indicated continuing faith in Ford, as they recently raised almost \$2 billion in a new share offering. Meanwhile, GM shares are trading at their lowest price since 1933. Ford is not out of the woods by a long stretch, but they are doing significantly better than their peers.

producer of electric vehicles, and is offering incentives to domestic consumers to buy electric hybrids. This is brilliant, as China faces a crisis as their car population explodes, exacerbating the already terrible environmental concerns they face; dominating the upcoming global electric vehicle market is a natural and wise objective upon which the Chinese will capitalize...if you'll pardon the pun. Canada presently offers no incentive to our domestic "alternative" vehicle manufacturers, and I've written previously of Transport Canada's foot-dragging on the issue of our EV industry's road worthiness certification, which is forcing this nascent domestic industry to move elsewhere –

China, in at least one case. I've no doubt whatsoever the Chinese will succeed, and within the next decade Canadians will have the option of driving a BYD, Chery or Geely

electric vehicle instead of a GM, Chrysler or Ford, none of which brands are pioneering the field, notwithstanding GM's experiment with the electric car two decades ago (see "Who killed the Electric Car?" for more on this debacle).

Do these competitive realities spell the end for the Big Three? Chrysler is the diciest of the three, and will likely be bought out by Fiat or some other manufacturer. GM is about to go through what Chrysler did in the 1980's, with plenty of government assistance to ease the way. Ford is a tougher one to figure out, as they have been full of surprises lately. I doubt many insiders to the industry would have predicted Ford's refusal of proffered government aid. Given the strong dominance of Ford in the truck market and the fact they were taking proactive steps over three years ago to "lean up" the company, they stand a better chance than most of surviving this downturn relatively whole, which as a satisfied Ford truck owner pleases me no end. The old joke about Ford being short for "fix or repair daily" hasn't held truth for decades, and the only truck I would consider against my Ford today would be a Toyota...Honda's Ridgeline just isn't a truck to me. So I'd be happy to see Ford stick around for a while longer, certainly for at least as long as GM is able to stagger along, after which time I'll likely be looking at a 20XX Geely as a likely alternative to the old Ford.

"...dominating the upcoming global electric vehicle market is a natural and wise objective...."

When my wife was recruited by a local domestic car dealer to take over the controllership, I was mortified. Fortunately, the job was at his Honda dealership, and being a big fan of Honda (I'm also a Honda shareholder) I was completely mollified by that news. We happily own 3 Honda products, and they are uniformly reliable machines. Honda is feeling the economic pinch as well; the company, which employs 21,000 people in Canada, is planning to reduce its Canadian (and US) production and has offered employees incentives to retire early, while cutting shifts at its Aliston, Ontario facilities from two to one per day. This company also announced a loss for 2009, but anticipates a small profit in 2010. In the meantime, their newly introduced hybrid, the Insight, achieved the #1 sales spot in Japan this past month – the first Insight arrived in Campbell River only a few weeks ago. Given Toyota's success with the Prius it is likely the Insight should do very well in Canada – Honda will definitely be around for the long term.

I wrote some time ago about China's auto industry's eventual debut into North America, which has been slowed by the downturn affecting global auto sales, and it now appears that the country's manufacturing sector is planning to shift to hybrid production, capitalizing on US automakers typical inability to respond quickly with production changes. The Chinese government has announced a plan to make China the world's leading

Quadra Recreation Society

May Day, Saturday May 23, 2009

“In the Air” is the theme of May Day 2009. Join your friends and neighbours in a big community picnic at Rebecca Spit, Saturday May 23, 2009.

Celebrate the coming of Spring and Summer with colour, costumes, floats, music--the more zany and bizarre the better! Let your imaginations soar. With this theme, the sky is the limit. What is in the air? “Music? Love? Fairies? Dragons? Planes? Super-man? Hot Air Balloons? Castles? What songs mention ‘in the air’? What stories and myths come to mind?

8:30 a.m. Gates open for parade entries.

9:00-10 Free shuttle from Heriot Bay Inn to the Spit.

10:00 Parade starts from beginning of Spit to the parking lot.

10:30 Face painting starts. Concession.

11:00 Official ceremonies.

12:00 ish Box Lunch auction.

12:30 ish Afternoon entertainment begins.

12:30-2:30 “Beach structure” building.

1:15 ish Foot races begin.

1:00 Sailboat race begins.

1:30 Sailing dinghy race begins at boat ramp.

2:00-3:00 Shuttle back to H.B.I.

May Day is a volunteer-powered, non-commercial, traditional community event, first held on Quadra in 1898. The Recreation Society Board of Directors thanks the many dozens of people who contribute to the event in big and little ways and wish everyone a happy, joy filled, sunny day!

Beach Structure update...

This year the “BEACH STRUCTURES” will be organized by Pamela Goijberg, Masumi Umemura and Rachael Goodlife. “BEACH STRUCTURES”: Create “Castles in the air” from driftwood and anything else found on the beach. This for 6 to 20 year olds from 12:30 to 2:30 on the Drew Harbour side of the Spit. Teams of 2 or more members meet Pamela, Masumi and Rachael to sign up and get started. First, second and third prize money goes to the best creations. Audience can buy a flag for a dollar and vote by putting your flag at the creation you like.

Have a great May Day and thanks to all who made suggestions for themes and put them in the theme suggestion boxes. And of course, big appreciations to all the volunteers who have kept this tradition alive over the years.

Sandra Spearing

Sonya Thompson

Coordinators 285 3243 (M-F 8-2pm)

Grandmother to Grandmothers WALK

May 24

Campbell River Grandmothers to Grandmothers would like to invite the community to join them on a family centered walk to celebrate Grandmothers across the globe who are raising their orphaned grandchildren ; most especially those in Sub-Saharan Africa.

Our African counterparts are courageously raising their grandchildren with few resources to provide them with food, education and medical care. Africa has become a continent of children orphaned and made vulnerable by AIDS. Many households are headed by children as young as eight assuming the burden of caring for younger brothers and sisters.

We can help by with funding for Stephen Lewis Foundation grassroots projects that provide access to medical care, school uniforms, educational fees and supplies, thereby supporting Grandmothers and child- headed households.

Campbell River Grandmother, Trish Wainwright says, “I’ll be joining the walk on the 24 th of May to help raise awareness in our community of how devastating the effects of the HIV/AIDS pandemic are on the lives of so many in Sub-Saharan Africa, to underline the heroic efforts of the many grandmothers there as they care for their orphaned children and to show the hope and real changes that the projects funded by the Stephen Lewis Foundation bring to the affected communities.”

The walk begins at James Park in Willow Point, proceeds to Rotary Beach Park and ends back at James Park, a length of approximately two hours in time. There will be information stations along the walk to symbolize the distances a child or Grandmother may have to walk to access water, food or medical aid. There are no fees; however, donations will be gratefully accepted.

We invite you to become a part of HOPE and CHANGE on May 24, 2009 at 1:30 PM at James Park in Willow Point.

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YEAR ROUND RENTAL

Some cottages at Cortes Island Seniors Village are still available. Preference will be given to adults in need of affordable housing. Consideration would be given to relatives of Cortes residents.

If interested contact **Sue at 250-935-6545** or **Jim at 250-935-0084**

brilla brilla!!!

BRILLA BRILLA

Art gallery is open for the summer! Monthly exhibits of fresh artists! June 5 - 30 is Zoe 'Danger' Cassidy's debut show. Also a growing selection of music currently featuring CR Avery & more! located at On-Root Greenhouse Q-Cove

STORES

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- Quadra Island's Health Food Store and Deli. We carry vitamins, supplements, alternative groceries and more. Energize yourself with our delicious, organic vegetarian delights. Combining what you need with what you want. Open 10:00 am - 6 pm every day except closed Sundays and Mondays 250-285-3142

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HELP WANTED

ASSISTANT HARBOUR

MANAGER position with the Quadra Island Harbour Authority. Permanent part time 4 six hour days per week \$15 per hour. Vessel and Marina related experience is desired. Email QIHA@island.net for job description and to send resume. Taking applications until June 1st, 2009

The Heriot Bay Inn is looking for an **ACCOUNTING ASSISTANT**. Previous experience preferred but will train the right individual. Please fax your resume to 250-285-2708, Attn: Accounting.

RV PARK HOST 2009 SEASON

This is a 7 day a week, onsite Host position from mid May to mid September and would be ideally suited for a retired couple or a husband/wife situation where at least one person would be on site to assist and welcome arrivals. Good people skills and an even temperament for handling individuals and groups are a definite requirement along with the willingness to promote the Lodge and its facilities in exchange for site rental.

Apply by fax: 250-285-2532 or by Email: cat@capemudgeresort.bc.ca

442-448

For HERIOT BAY

May 22 - June 5

Date	Time	m	ft.
22	03:35	4.6	15.1
Friday	11:02	1.1	3.6
	18:16	4.5	14.8
	23:08	3.5	11.5
23	04:04	4.6	15.1
Saturday	11:37	0.7	2.3
	19:03	4.8	15.7
24	00:02	3.7	12.1
Sunday	04:39	4.6	15.1
	12:16	0.4	1.3
	19:50	5.0	16.4
25	00:56	3.8	12.5
Monday	05:21	4.6	15.1
	12:59	0.3	1.0
	20:39	5.2	17.1
26	01:54	3.8	12.5
Tuesday	06:08	4.6	15.1
	13:46	0.3	1.0
	21:29	5.2	17.1
27	02:57	3.8	12.5
Wednesday	07:01	4.4	14.4
	14:35	0.4	1.3
	22:19	5.2	17.1
28	04:06	3.7	12.1
Thursday	08:01	4.2	13.8
	15:25	0.6	2.0
	23:08	5.2	17.1
29	05:17	3.4	11.2
Friday	09:10	3.9	12.8
	16:15	1.0	3.3
	23:54	5.1	16.7
30	06:24	3.0	9.8
Saturday	10:35	3.7	12.1
	17:06	1.6	5.2
31	00:36	5.0	16.4
Sunday	07:25	2.6	8.5
	12:18	3.5	11.5
	18:01	2.1	6.9
01	01:15	4.9	16.1
Monday	08:20	2.2	7.2
	14:03	3.5	11.5
	19:05	2.7	8.9
02	01:50	4.8	15.7
Tuesday	09:09	1.8	5.9
	15:39	3.8	12.5
	20:18	3.1	10.2
03	02:23	4.7	15.4
Wednesday	09:51	1.4	4.6
	16:59	4.1	13.5
	21:34	3.4	11.2
04	02:54	4.6	15.1
Thursday	10:30	1.1	3.6
	17:59	4.4	14.4
	22:43	3.7	12.1
05	03:26	4.5	14.8
Friday	11:06	0.9	3.0
	18:45	4.7	15.4
	23:45	3.8	12.5

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