

# DISCOVERY ISLANDER

QUADRA ISLAND'S COMMUNITY NEWSPAPER SINCE 1992. SERVING QUADRA, CORTES & OUTER ISLANDS.



## TIME TO HIT THE BEACH FOR SPRING (CLEANING)

Quadra's 13th Annual Beach Clean-Up Sunday, April 25

Sierra Quadra's annual Earth Day event is a Beach Clean-up on Sunday, April 25th. The headquarters for this tradition is located at Rebecca Spit from 10:00 am until 4:00 pm. Garbage bags, if needed, can be picked up at this site at any time. Refreshments and snacks will be served from 12:00 noon until 4:00 pm. Collected beach garbage can be delivered here or dropped off no later than 3:00 pm at any of the numerous pick-up collection sites on the island listed on page 5.

Please join us and the many Islanders now participating in this traditional event. Thanks to our collective efforts, huge amounts of discarded material that washes up on our beaches are moved away to safe storage. Not only do our efforts beautify our Island but we are now learning that plastics – the majority of this detritus – break down into chemicals (bisphenol A and phthalates) that mimic hormones and compromise the health of both ourselves and the marine ecosystem. Help to beautify Quadra and make it a healthier place to live.

### INSIDE

- Island Calendar  
...page 5
- Letters - BC Hydro props & slops, Strathcona Park under assault  
...page 6
- May Day Update  
...page 8
- Nuyumbalees Cultural Centre under new management  
...page 14
- Bike to Work Week  
...page 16
- Halliday's Viewpoint  
...page 18

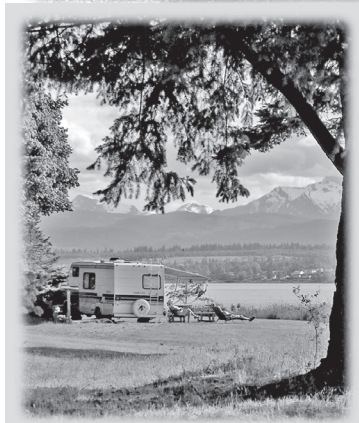


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the Nuyumbalees Cultural Centre  
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Lunch 11:45am to 3:00pm,

Lounge 3:00pm to 5:00pm,

Dinner 5:00pm to 9:00\*

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## NOTICE OF INTENT

### RE: LIQUOR CONTROL AND LICENSING ACT PATRON PARTICIPATION FOR FOOD PRIMARY LICENSE

An application has been received by the Liquor Control and Licensing Branch, Victoria, B.C., from **Mariner Properties Ltd., operating the Heriot Bay Inn at 673 Hotel Road, Heriot Bay BC** to allow for patron participation entertainment.

Residents and owners of businesses located within a .8 kilometre (1/2 mile) radius of the proposed site may comment on this proposal by writing to:

### THE GENERAL MANAGER LIQUOR CONTROL AND LICENSING BRANCH

P.O. Box 9292 Stn Prov Govt  
Victoria, British Columbia  
V8W 9J8

### PETITIONS AND FORM LETTERS WILL NOT BE CONSIDERED.

To ensure consideration of your views, your letter must be received **on or before May 22, 2010.**

Please note that your comments may be made available to the local applicant or local government officials where disclosure is necessary to administer the licensing process.

## 2000 DAYS IN CHINA

A new book by John Hemmingsen  
with Cherie Hemmingsen  
China 1998-2009

There was a great debate as to which title to pick. Should the title be "Lilies mean good sex for grey haired people" or the more mundane title we chose. "Lilies" might have piqued the interest of a certain group of readers but "2000 Days" is about setting up a business in China, all the interactions with the people and our friends (along with all the places the business took us). The book is not about sex and the Lilies story was funny, very Chinese. Look in the appendix for that story.



To read the first 38 pages go to  
[www.2000daysinchina.com](http://www.2000daysinchina.com)

**Pre-order now at Book Bonanza  
and receive a 10% discount.**

2000 days in China should be  
available in about 3 weeks.

## Come to the Quadra Islands Farmers Market Market & Bazaar!

Every Saturday from May 1st till Sept. 11th. It's by the Credit Union in Quathiaski Cove.

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. It goes from 10am to 2pm. and gates open at 8am for vendors. We have farmers, gardeners, art, crafts, musicians, food and surprises and are sure to please locals and visitors. We have a unique island and talents so lets show it off and make it the best year ever. This is where it is happening on Saturday. A great gathering place for all. Visit us on Facebook now too. Tell all your friends.

Contacts: Stella 285-3184, Suzanne 287-1871, or Naomi 285-2979 [quadramarket@gmail.com](mailto:quadramarket@gmail.com)

**Raving Raven**  
The Beachside Grill at Rebecca Spit



The NEW Beachside Grill at  
Rebecca Spit  
will be opening  
**Friday May 21, 2010**  
**at 11:30am**  
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# ISLAND CALENDAR

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

## Sunday, April 25

Annual Earth Day Beach Clean-Up

## Tuesday, April 27

Alexandra's Get Out Migration for the sacred salmon.

The Quadra Story with Jeanette Taylor

The Museum at Campbell River 7 - 8:30 pm

## Saturday, May 1

Quadra Childrens' Centre Garage Sale

## Sunday, May 2

5th Annual Broombash at Rebecca Spit 10 am - 12 noon

## Friday, May 7

The Wailin' Jennys

Quadra Community Centre, 8 pm

tickets \$20 on sale at Quadra Crafts and Hummingbird Office and Art Supply, and at the Music Plant (CR)

## Saturday, May 8

Lusciously Lokal fashion show, Herons at the HBI 6 pm

Tickets \$29.95 includes dinner, dessert and show

Last edition's fabulous cover picture of Alexandra Morton was by Nik West

## Saturday, May 29th

May Day!!! at Rebecca Spit parade starts at 10 am theme to be announced - get your suggestions in now!

South Quadra Fire Protection District AGM 7 pm #1 Fire Hall

## Sunday, May 30th

This Is New Zealand Slideshow by Greg Ross

7:30pm., Quadra Island Community Centre

NEXT DEADLINE: MONDAY, MAY 3<sup>RD</sup>, 2010

## Quadra Beach Clean-up Pick ups

10:00 am to 3:00 pm

-End of Petroglyph Road

-Heriot Bay by the Esplanade

-End of Sutil Road at Kay Dubois Trail

-Rebecca Spit, Main Parking Lot

-End of We Wai Kai Road at Kay Dubois Trail

-Rebecca Spit, South Parking Lot

-Smith Road beach access

-Rebecca Spit, center by narrow isthmus

-Edgeware Road beach access

-Open Bay area at Valdez and Marina Roads (new this year)

-Milford Road beach access

## THE REGULARS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
Parent & Tots, QCC, 9:30am - 12pm	Pilates, QCC 285-2930 9:30 - 10:30am	Moms & Babes, QCC, 11am - 12pm	Parents & Tots, QCC, 9:30am - 12pm	Saturdays: Pilates 9:00-10:00am QCC from 24th April	Centre for Spiritual Living Celebration, Willow Point Hall, 10:30am
Sing for Pure Joy! Room 3, QCC, 3 - 4:30pm, <i>All welcome.</i>	Quadra Children's Song Circle, Room 3, QCC3 - 4pm	Community Lunch QCC, 12pm	PILATES Thursdays: Pilates 9:30-10:30am, 5-6pm QCC from 22nd April	Farmers' Market & Bazaar 10 am to 2 pm behind the Credit Union Q-Cove	Family Service, Quadra Island Bible Church, 10:30am
Yoga with Josephine, Room 3, QCC, 7 - 9pm	Kidz Klub, Quadra Island Bible Church 3- 4:30 pm	Hand-drum Circle, Upper Realm, 7:45 - 9:15pm	Prayer Meeting, Quadra Island Bible Church, 7pm	Legion Meat Draw 5pm, Steak Dinner 6:30pm	Quadra Sunday Painters, 11am - 2pm, 285-3390
<b>1st Monday</b> Quadra writers group, 7 - 9pm 285-3656	Al-Anon Meeting, Children's Centre, 7:30pm	<b>1st &amp; 3rd Wednesday</b> Food Bank, QCC 1 - 2pm	Drop in games and wing night, Legion, 7:00pm.	Open Mic with Mo, HBI, 9pm	Service, Quadra United Church, 11 am. <i>1st Sunday at 12pm.</i>
Island Calendar online: <a href="http://discoveryislander.ca">discoveryislander.ca</a>	Folkdancing, QCC, 7:30pm Sept-April	U of Q, HBI, 7-8pm. Learn something new every week! Free.		For links to the latest weather, tides, currents and marine weather forecast please visit <a href="http://Quadralsland.ca">Quadralsland.ca</a>	Buddhist meditation, QCC, 10am. <i>Everyone welcome.</i>
		Lifedrawing sessions with model, Firesign Studio, 7 - 9:30pm Nancy, 285-3390			

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 understanding.

# DISCOVERY ISLANDER

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of the publisher.

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(\* includes GST)

### Submission Guidelines

Items for publication are welcomed  
on subjects of interest to the  
Discovery Islands community.  
Please help us by following these  
guidelines:

Please print handwritten  
material clearly.

Items sent by email do not need  
to be an attached file. Just send  
text in the body of the email.

Please spell check in Canadian  
English.

Please use the title of the item as  
email subject.

No MS Publisher, WordPerfect  
files or graphics in Word files  
please. Send imported graphics  
separately.

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 sticky notes.

While every effort is made to include  
all items submitted, errors and  
accidental omissions do occur.

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**Next Deadline**  
**Monday, May 3rd**

# ISLAND FORUM



A warning to all residents of  
Quadra Island

In January I received a hydro bill of a whopping \$750. Thinking that hydro rates may have increased or some other factor was involved I paid the bill without questioning it. When I received my next bill in March I nearly fell over when I read \$650 owing. It was then that I reviewed last year's bills. Finding that they were only 1/3 of what I was billed in 2010, I called BC Hydro. I was told that they used an estimated meter reading when they billed me in March and asked me to read my meter. The meter reading I took was lower than what they "read" in January. They told me not to pay my current bill, call back in April and they'd have my bill sorted. When I called this week, they told me they cannot correct my bill until the next meter reading in May and that they think my meter is faulty! First of all, our meter is new having done a hydro upgrade not long ago and second, all previous meter readings show steady growth with winter season peaking. Nothing is wrong with our meter; they simply HAVE NOT READ OUR METER SINCE NOVEMBER!

I live beside a high traffic street and if they estimated my bill, how many other Quadra Islanders have paid BC hydro based on an ESTIMATE? This is a warning to all Quadra Islanders: If your hydro bill is unusually high, read your own meter! You may have been overbilled. But beware, it will take them two months to fix THEIR mistake.

Sincerely,

Heather McInnis

Sarah Road Resident

## Dear Editor:

I would like to thank everyone who participated in the World Wildlife Fund's Earth Hour. While Earth Hour was not a BC Hydro event, we were proud to be a sponsor of this global experience. From 8:30 to 9:30 p.m. on March 27, British Columbians saved 64.6 megawatt hours of electricity – the equivalent of turning off about 1.4 million lights. We heard lots of great stories how people and communities demonstrated their commitment to conservation. On southern Vancouver Island, the Climate Action West Shore (CAWS) organized the West Shore municipal Earth Hour challenge pitting Langford, Colwood, Metchosin, Highlands, View Royal and Sooke residents and businesses against each other to see who could conserve the most. All municipalities conserved over 2% but the winner of this challenge was Highlands at 2.7%. The top community on the Island was Lantzville at 3.0%. The province's electricity load dropped by 1.04 per cent.

For the spirit of Earth Hour to be truly successful, we need a year-round conservation culture. To help achieve this goal, BC Hydro encourages British Columbians to join Team Power Smart to set a personal electricity conservation target. Team Power Smart provides tools, resources and incentives to help people conserve year-round. For example, your everyday, year round Earth Hour commitment can be washing your clothes in cold water and turning off the heated-dry function on your dishwasher. More Power Smart tips can be found at <http://www.bchydro.com/powersmart/>

Earth Hour reminds us of what we can all do together.

Thanks again for everyone's participation.

Ted Olynk  
Manager, Community Relations  
Vancouver Island  
BC Hydro

## Dear Editor

I am not a warrior, I am a woman determined only to protect her home. Fish farm media is saying my efforts are "well-funded."

We have enough to keep going because people are donating via Pay Pal on our site [www.salmonaresacred.org](http://www.salmonaresacred.org) but I refuse to apply to foundations for funding because I feel that if people want their wild salmon they will donate small amounts and that is all we need. I challenged the fish farm industry and government in BC Supreme Court and won. It cost \$100,000 and people sent that in \$10s, \$20s and \$100s. This keeps our voices free and unencumbered. The living world today is inconvenient to business and must not depend on it.

The trouble with big funders is they are connected to big business and the reason humanity is in trouble on earth is because corporations have been given the rights of living creatures. The corporate creature is SO dangerous to life on earth because while it is protected by our laws it is not subject to the famine and pestilence it triggers, as are the rest of us real creatures. Therefore, the corporations are blindly grinding forward, unstoppable, immune to reason, immune to social pressure, immune to the biological laws that make life on earth tick.

Big funders are too close to the corporate animal for me, so I make my living selling books and pictures and lecturing and this Get Out Migration is running on a shoestring and enormous good will. The three organizers are not being paid.

So no warriors here, no big funds here, this is a movement by the people who understand that wild salmon feed their world and we are in that world. I could step aside today and this would still go forward. Hundreds of people are walking with us. A 14 year old girl from Kingcome Village will be accompanied by her father for the trip. There are heroes everywhere and I am so pleased to be in such good company.

Alexandra Morton

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# The Sad Butchering of the Strathcona Park Master Plan

Strathcona Park has historically received little protection from governments, and has instead been plundered by them, in a pattern that began soon after the park was created in 1911. It finally received some protection in 1988, when citizens became desperate enough to go to jail in an attempt to protect their park from their government. As a result of this citizen action, (which became known as the Strathcona Blockade) government plans for massive commercialization and industrialization of the park were thwarted, and a number of safeguards were formulated (with extensive public participation) to help to protect the park in future.

Well, the future has now arrived, and it looks ominous. The park safeguards, which so many people worked so hard to put into place, and which have been working so well for so many years, have unfortunately not been strong enough to fend off our present provincial government. For reasons that are hard to understand, the government seems bent (against major public opinion) on granting a park use permit to make it possible for a resort to begin a questionable operation in an area of the park not far from Tofino. In recent times, the Bedwell Valley, has been slowly healing from wounds inflicted during several past brutal encounters with the forces of commerce. Many people believe the valley should finally be left alone, and given a chance to recover in peace and quiet.

The provincial government appears to think differently. Apparently, what the Bedwell really needs is another large dose of commercial medicine. After a process that's lasted about 5 years, the government is now (against public wishes) changing the Strathcona Park Master Plan so that commercial horse use will be allowed in Strathcona Park. In bringing about these changes, the government has disregarded the advice of the Strathcona Park Public Advisory Committee, as well as the opinions of many members of its own administrative staff. Former park administrators, including at least one senior park planner and several assistant deputy ministers have also spoken against the government course of action, as have members of the committee

originally involved in the creation of the Strathcona Park Master Plan. The government started its attack on the Master plan with an initial claim that the plan was irrelevant, and then had a change of mind. It finally settled on the notion that the plan was "unclear" and needed "clarifying", even though (according to recorded quotes) many senior park administrators appeared to understood the plan quite well, and had, in fact, used it "as pretty much a bible" since its creation.

After several hurried and poorly advertised "public hearings", where up to 90% of people were against changing the Master Plan, the plan is now in the process of being changed to make it possible for the resort to be granted a permit. The point of the so-called "public hearings" is still something of a mystery, since the public was ignored.

The government disregarded the Strathcona Park Public Advisory Committee, its own administrators, and the public, and drastically altered the Strathcona Park Master Plan. It spent a pile of money and years of effort to seriously weaken an excellent document. Perhaps the Master Plan was protecting the park a little too well.

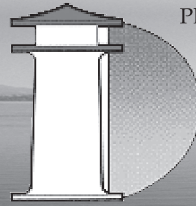
When I see government working to the detriment of a park, it troubles me very much. Is it democratic when a government callously pushes aside the protective devices that the public has worked so hard to put in place? And is it democratic when the Strathcona Park Master Plan is reworded by a government to allow what the public has clearly and repeatedly stated it doesn't want?

Strathcona Park, the oldest provincial park in BC, the so-called "flagship of the BC park system", will be 100 years old in 2011. Despite the incredible abuse it's received in the last 99 years, it's still a wonderful park. It's ironic (but not very surprising) that it has suffered an attack from its present "protectors" on the very eve of its centennial. Obviously, the park is as vulnerable today as it has been at any time in its history, because money never rests. If we want protection for our parks, we simply must stand up for them. There is no other way.

Karl Stevenson  
Royston B.C.

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# NEWS & EVENTS

## Quadra's 112th May Day Celebration

Spring is blistering with teenage hormones again, which means: May Day is brewing in creative minds. Mark Saturday, May 29 on your calendar and come to Rebecca Spit Park, for the parade which starts at 10 a.m. Plan to stay the day, picnicking with friends, watching the official ceremonies, replete with May Queen, bagpipers, and May Pole dancers. Enjoy face painting, foot races, fort building, grease pole climbing, box lunch auction, entertainment, sailboat racing, the concession or just hanging out enjoying it all go by.

Now, here's the deal. At this point, we need the theme. Got an idea? Put it in one of the theme boxes at the gas station, school, Heriot Bay Store or phone QCC at 285 3243 or email [quadrarec@gicable.com](mailto:quadrarec@gicable.com) Theme dictates costumes and float content, so a good theme rocks. In the past we've been: at the circus, under the sea, in fairytales, at countries of the world, experiencing visitors from outer space, at the mardi gras, in your favourite novel, exploring ancient civilizations, in the enchanted forest etc. etc. What will happen in 2010? You choose.

## Super Drum Jam

Yes, we are still drumming up the Bliss. Our drum circle usually has 5 to 7 soulful drummers, but you are welcome to join us in the Upper Realm on Wednesday evenings from 7:45 p.m. to 9:15 p.m.

There is a five dollar drop-in fee to help pay the rent. Bring your own hand drum or we will provide one for you.

There will be a special super drum jam on Wednesday, March 31. Other acoustic instruments are welcome as well. On March 31, senior members of the drum circle will show first timers how to get "High" or "Stoned" or "Mellowed out" with taking any external substances. Just some brief chanting, contemplation & the drum is all that's needed. Come see. Call Steve at 285-3323

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## Last Chance to Donate

Last Chance to donate to Quadra Children's Centre's Annual Garage Sale. We are taking donations until April 29th @ 5pm - No clothing please. For more info call 285-3511

## T-Ball!!!

Get your budding batter off on the right base! Join in T-Ball for 4-6 year olds. Learn basic skills in a fun and friendly way. Contact Melanie 250-285-2233 or email: [isletech@connected.bc.ca](mailto:isletech@connected.bc.ca)

## BC Energy: the Current News

Know what's happening! Friends of Bute Inlet presents the latest info about local river diversion projects, new development proposals, and changes to BC energy policy. Learn about corporate interests, bottled water applications and NAFTA implications. Find out about environmental mishaps and public involvement. Experience the beauty of Bute Inlet and understand its natural values. Wednesday May 5th, 7-9 pm at the Campbell River Community Centre on 11th Street.

## Childrens' Centre Garage Sale

Saturday, May 1st 10am - 2pm.

Lots of wonderful items donated by the community!

For more info call 285-3511

## Seniors Social at HBI

Seniors' social and lunch, (arranged by Quadra Circle with a the help of a grant from the Credit Union), has started at the Heriot Bay Inn, in the lounge from 11-2pm on Mondays. This is an opportunity to get out, socialise, possibly play board games or cards and to meet new people especially if you are new to the Island. Transport can be arranged if needed. Lunch costs about \$10 or you can just have tea/ coffee if you prefer. Subsidy available if necessary. Please call Marion at 285 3789 or Joan at 3377 if you are interested or for a ride.

## Did You Know?

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# Jenny's One Voice

This is the sound of voices three  
Singing together in harmony  
Surrendering to the mystery  
This is the sound of voices three  
--"One Voice", Ruth Moody

From the Wailin' Jennys' Juno-winning debut album, 40 Days, one voice is what it's all about for a trio of singer/songwriters who weave their individual gifts into a seamless and harmonious sound that is guaranteed to stir and soothe your soul. Friday, May 7th, the Wailin' Jennys appear live on stage at the Quadra Community Centre, 8:00 p.m. Please check your ticket: concert day is Friday not Saturday.

An extraordinary group of two Winnipeggers, Ruth Moody and Nicky Mehta, and New Yorker, Heather Masse, the Jennys are picking up awards and audience recognition around the world for their collaboration on an uplifting repertoire which cuts across musical genre to include folk-roots, alt-country, blues, traditional, and pop/rock. They've travelled extensively, performing in hundreds of venues inspiring critics to pen compliments such as: "...a timeless quality, the songs could have been written last week or at any point in the last two centuries." (PopMatters) "Some of the most pitch-perfect gorgeous harmonies you're likely to hear." (Review M Magazine, Australia)

The Wailin' Jennys musical sensibility and vocal prowess is no accident. Soprano Ruth Moody (guitar, banjo, accordion, bodhrán) is a classically trained vocalist and pianist who came to the stage as the lead singer for the Juno-nominated roots act Scruf Macduhk. As a songwriter, she is known for her moving and haunting ballads. Mezzo Nicky Mehta (guitar, harmonica, ukulele, percussion) is a trained singer and dancer who's solo album Weather Vane was nominated for a Canadian Music Award in 2002 for vocal ability and poetic songwriting. Alto Heather Masse, (upright bass) a jazz graduate and singer/musician with the Wayfaring Strangers, brings a jazz/

bluegrass background to the group. Together, these three women deliver inspiring lyrics and good, old fashioned melody "...in harmonies that could melt a Manitoba February." (Boston Globe) "The three-part harmonies of Winnipeg's Wailin' Jennys should be considered some kind of national treasure." (The Hamilton Spectator)

Come hear the Jennys for their great songs, their musicianship and for "the sense of completeness and wholeness that can only come with three female voices." (Ruth Moody) Tickets \$20 are on sale now at Quadra Crafts and Hummingbird Office and Art Supply on Quadra and at the Music Plant in Campbell River. For more information, call 250-285-2580 or visit the Jennys' website [www.thewailinjennys.com](http://www.thewailinjennys.com)

**Ticket printing error: please check your ticket, concert day is Friday, not Saturday.**



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are excellent for topping tarts, cheesecake and other grape-tasting desserts. Add to fruit salads for texture, color and a burst of flavour. This colourful grape is used for making wine, jellies and jams. Red seedless grapes make a perfect accompaniment and attractive edible garnish for white meat and fish. To store, place unwashed grapes in a perforated plastic bag; keep refrigerated.

## RED SEEDLESS GRAPES



There are basically three types of seedless grapes: red, white and black. Seedless grapes were originally developed from ancient cultivars and vary considerably when it comes to seedlessness. Climate is one a factor in the amount of seeds that develop in the grapes. Grape growers and breeders continually strive to produce seedless grapes that show improved quality and stamina. Juicy, medium-sized, crisp and crunchy, red seedless grapes offer a delightful sweet-tart flavour and are available all year round. The average person eats eight pounds of grapes in one year. Sodium free, red seedless grapes contain carbohydrates, vitamin C, and about 85 calories in one-and-one-half cups. Eating five daily servings of fruits and vegetables lowers the chances of cancer. Succulent red seedless grapes may be eaten out of hand and

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ON SPECIAL \$1.98/LB**

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Choose Original, Four  
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6 Flavours To Choose From  
**\$4.88** 16 bags

Maxwell House Coffee  
**\$7.88** 925g tin

Breton Crackers  
Multi-Grain, Reduced  
Fat, or Original  
2 for **\$5.00** 250g

Kraft Sizzling Salad  
Entrée Salad Kit Four  
Flavours to Choose  
From  
**\$4.98** 500ml

Rice A Roni  
3 Flavours to Choose From  
3 for **\$4.98** 177g-227g

Asian Family  
Coconut Milk  
**\$1.68** 400ml

Vlasic Pickles  
Choose Bread &  
Butter, Sweet Mixed  
or Kosher Baby Dills  
**\$2.98** 1 litre

Sezme Snacks  
3 for **99¢** 22.5g

Envirokidz **Organic**  
Gorilla Munch Cereal  
Gluten Free  
**\$3.88** 275g

Planters Peanuts  
Choose Honey  
Roasted, BBQ or  
Cocktail peanuts  
2 for **\$5.00** 275g-300g

Nature Clean  
Dishwashing Liquid  
All natural, phosphate  
free, unscented  
**\$5.88** 1 litre



## Brain Food

Solution in our next issue

			5					9
9		8	3		6	7		
4						3		
1		2	7				3	8
		3				9		
5	4				9	1		6
		4						1
		9	6		2	8		4
8					4			

## Food Trivia Quiz

**THIS IS AN ORANGE/YELLOW, FOOTBALL-SHAPED FRUIT NATIVE TO EASTERN ASIA**, and closely related to citrus fruits. They are unusual in that the edible skin is sweet and the flesh is quite tart, and the combination leaves a pleasant citrus taste in the mouth. They are eaten whole, candied, pickled, and used to make relishes, preserves and marmalades. Name this fruit.

*Last Food Trivia Quiz answer:*  
The seaweed, Kelp

**PUBLISHED** every two weeks by Quadra Village Market, Quadra's **only** independent food store.

**COMMENTS?** Get in touch!  
Phone us at 285-3391, or email [qvmarket@telus.net](mailto:qvmarket@telus.net)

### NEW STORE HOURS NOW IN EFFECT

9am-9pm every day

Last issue's Brain Food solution

7	5	6	1	4	8	2	9	3
2	1	4	3	9	6	5	8	7
8	9	3	7	2	5	6	1	4
6	3	9	8	7	4	1	2	5
4	8	5	2	3	1	7	6	9
1	7	2	5	6	9	4	3	8
9	2	1	4	8	7	3	5	6
5	6	7	9	1	3	8	4	2
3	4	8	6	5	2	9	7	1



## Did You Know

That ginger has been found effective by multiple studies for treating nausea caused by seasickness, morning sickness and chemotherapy

**Specials prices are effective April 23 to May 6 while quantities last**

### Dairy

Armstrong  
Old Cheddar  
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or Choose Orchard  
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Punch  
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**69¢** /100g

**Organic** White  
Basmati Rice  
**79¢** /100g

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Fresh Canadian  
Prime rib steak  
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Fresh Canadian  
Pork Sirloin Chops  
Boneless  
**\$2.79/lb** \$6.15kg

Freybe European  
Wieners  
**\$5.59** 375g

Frozen Salmon  
Pinwheels  
Choose Crab or  
Shrimp Stuffing  
**\$5.59** each

### The Deli

Little Qualicum  
Cheeseworks  
Island Brie  
**\$2.98** /100g

Black Forest Ham  
**98¢** /100g

Duso's Pastas  
Duet Linguini  
**\$2.98** 350g

Or choose: Rainbow  
Four Cheese Tortellini,  
or Roasted Garlic  
Tortellini  
**\$4.98** 350g

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Choose Chorizo,  
Landjaegar, or Swiss  
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California  
New White Nugget  
Potatoes  
**\$1.68/lb**

B.C.  
**Organic** Gala Apples  
**\$1.48/lb**



## Did You Know

That cauliflower is known for its cancer-fighting properties

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**Fifth Annual Broomsweep  
At Rebecca Spit**

Yes, the Spit would benefit from our attention once again.

We've made such good progress over the last four years. All the big broom is gone but last year's young plants are now teenagers that are wanting to bloom.

REMEMBER: The AIM is to prevent any more seed drop and so the priority is to remove plants as they come into bloom and before seed pods mature at all. Of course you can pull them before they bloom too.

The three main work areas are 1. the low area by the first parking lot. 2. the old orchard with daffodils by the service road. 3. the patch just beyond the field, although this might be gone by May 2, as Spit users have been tackling this ongoingly. There are also some young plants around the outhouse by the boat launch and some vigorous plants along the road to the main parking lot. We also need to check the path going south along the east side.

WHEN: SUNDAY, MAY 2, 10 a.m. - 12noon.

WHERE: Rebecca Spit at the parking lot before the boat launch.

BRING: Gloves, loppers, clippers, machete for stripping young stumps.

Best of all, bring strong friends! It's better to PULL the larger YOUNG plants than to cut them, and that requires MUSCLE!

A GOOD THOUGHT: You are also helping native butterflies. They need the native flora which normally live in the open spaces that broom likes to invade.

See you there.  
Riki. 2640.

**Nuyumbalees Cultural  
Centre News**

The Board of Directors for the Nuyumbalees Society is please to announce that Tsa-Kwa-Luten Lodge will be managing the Cultural Centre's day to day operations. The Lodge's management team put a proposal together and it was gratefully accepted. We have full confidence in Lodge's abilities to manage our operations as demonstrated through their hard work and success at Tsa-Kwa-Luten. We feel that this agreement will increase synergies with not only Tsa-Kwa-Luten Lodge but also with the Island Community.

The Cultural Centre is scheduled to open Saturday May 1st, 2010 through to Saturday October 2nd, 2010 and the hours will be 10am to 5pm daily 7 days per week. We are planning a special re-opening event in May and encourage you to watch for further details. We look forward to a successful 2010 season and to your support of the Cultural Centre.

If you have questions, require additional information or would like to book a group tour, feel free to contact Carol Ann or Heather at Tsa-Kwa-Luten 250-285-2042.

Gila Kasla

**fun every weekend**

**Fridays  
in the Pub**

April 23

**Blackberry  
Wood**

May 7

**Molly  
Hogans**

May 14

**Jagsters**

May 21

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**Saturday  
evenings**

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## Not-for-profit groups working together

"There are many great organizations and groups working hard in our community, each with a specific area of expertise. In these economic times, it is important to avoid the duplication of services and to maximize access to for community members," explains Rachel Blaney, the Executive Coordinator of Multicultural and Immigrant Services.

Collaboration between services providers bridge many gaps in service. It is important to understand what services are offered by other organizations, how to and who can access those services. "There is no point in re-inventing the wheel, if we work together, everyone wins."

Multicultural and Immigrant Services has been collaborating with other organizations to ensure a better understanding of what services we each offer. MISA is very pleased to have developed a memorandum of understanding with three entities, the Salvations Army Evergreen House, Active Campbell River (ACR) and the Quadra Island Emergency Program Emergency Social Services.

In the development of each MOU, dialogue has allowed for a clear understanding of services offered. For the best services for community members, it is important to link together to better benefit all.

At the same time, these connections also allow opportunity to generate better public awareness, as each organization may have a direct connection to different aspects of our community. We can use our own networks to better inform diverse community members about the services offered to the public.

From emergencies preparedness, to shelter for the homeless, to opportunities for active living, working together is a concrete way to build a safe and welcoming community and build for the future.

This project is possible with financial assistance from the Ministry of Citizen Service.

### Did You Know?

Yellow Dog sells a brown rice called 'sweet rice'. It resembles a short grain brown rice but turns out to be sweeter and stickier than regular brown. This is perfect for sushi, and gets you away from white rice.

## April is Homeopathy Awareness Month!

In celebration, all consultation rates will be decreased by 50% from April 15th to 30th. Continue to discover health care options effective for the entire family. [www.homeopathicfamilyclinic.com](http://www.homeopathicfamilyclinic.com) Wednesday through Friday by appointment only. 250 285 2264

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

Well gardening weather is here, and the Seniors will be busy planting, weeding, and mowing lawns, also tidying their yards up after the storms of March.

"Congratulations to Shirley and Robert Brown on their recent nuptials."

May you have a long and happy life together.

The Senior Housing had a very successful, Classical night of Music, a delicious dinner, and a fun Silent Auction, many of the Seniors attended.

On wed. May 5th, 2010, Reg Wescott, from Mountaineer Avian Rescue, will give an interesting talk, along with his Red tailed Hawk, regarding how their organization helps to protect our Wildlife. So come out to our meeting, coffee and a chat starting at 10:00 a.m. After the demonstration and talk, and the meeting, a delicious luncheon will be served.

Many of our Seniors and Islanders attended Marshall Toelles Celebration of Life, which was held on April 17th, 2010. It was very interesting to listen to Marshall's family and friends, talk about Marshall's experiences in life. He will be greatly missed by his family, friends and members of our branch. "Sail on Marshall."

Check the Legion on Wednesdays at 10:00a.m, to see what the Seniors are doing, either Exercises, Carpet Bowling, cards or just drop in for a Coffee and a snack.

Starting on May 1st, our Seniors will be working at the Tourist Information Centre at Quathiaski Cove, drop by and visit, and look over the Brochures for 2010.

Walk the Rebecca spit on Sundays at 11:00 a.m, with Peter Gregg & Lloyd McIlwain, meet at the Launch ramp, or catch up at the large parking lot.

For membership call Muriel @ 3216 or Ruth @ 3801

## New online exhibit 'Images of Pioneer Life on Cortes'

A new online exhibit is now posted at [www.cortesmuseum.ca](http://www.cortesmuseum.ca) 'Images of Pioneer Life on Cortes Island'. The images presented are selected from original photographs donated to the Cortes Museum and Archives. They are part of collections created by Mary Ellingsen and Florence McKay, descendants of one of the first European families to settle on Cortes Island.

These images of families, schools, homes, logging and farming present a unique picture of life in remote BC island communities in the first three decades of the twentieth century. This exhibit is part of a project to preserve, catalogue and present the photographs from these important collections.

We gratefully acknowledge the financial support of our project by the Government of Canada through the National Archival Development Program, administered by Library and Archives Canada and delivered by the Canadian Council of Archives.



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## No Place Like Home

Contemporary textile assemblages  
 by Vivienne Pearson (Main Gallery)

More Hot Cheerleaders -  
 Installation of sculpted wax  
 miniature cheerleaders by Siobhan  
 Doherty (Discovery Gallery)

Join us for an opening reception for  
 both artists on Friday, April 16 from  
 7-9pm at the Campbell River Art  
 Gallery.

Textile artist Vivienne Pearson is  
 the first to tell you that she doesn't  
 sew. So how does someone who  
 uses all forms of textiles as we know  
 them, create art? Pearson assembles  
 handmade traditional and discarded  
 materials into forms resembling  
 blankets or quilts around common  
 themes. Each piece tells a visual  
 story, often her own. "David and  
 the Missing Women" was made  
 in response to her frontline work  
 with at risk youth. Family stories  
 are the starting point for "Bouquet  
 of You and Me" and "The Big  
 Ones are Gone". Others relate a  
 more universal story that addresses  
 homelessness and national identity.  
 Pearson also invites the viewer to  
 explore our traditional relationship  
 to fine art and consider how we have  
 marginalized and underestimated  
 the significance of domestic textiles  
 and the craft associated with them.

Each of these pieces takes several  
 months to complete as she combines  
 portions of quilted, crocheted,  
 needlepoint and knitted materials  
 in an appealing composition.  
 Each work begins with a central,  
 representational piece around  
 which a patterned surface area is  
 developed that supports her theme.  
 The final image as a blanket or quilt  
 harkens back to the sense of security  
 created by a childhood blanket, a  
 comforting, warming envelope that  
 covers a sleeper, or a basic necessity

that protects and warms a homeless  
 person.

Pearson's exhibition at the Campbell  
 River Art Gallery's Main exhibition  
 space will open on Friday, April 16th  
 (7-9pm) and be on exhibit until  
 May 21.

She will be joined by Vancouver  
 artist Siobhan Doherty whose  
 installation of wax sculptures  
 entitled "More Hot Cheerleaders"  
 will be on display in the Discovery  
 Gallery. Please join us in welcoming  
 both artists on Friday evening. Many  
 thanks to Poppy Steele and Hans  
 Op de Beek of Royal Lepage  
 Advance Realty for sponsoring "No  
 Place Like Home". The gallery,  
 located at 1235 Shoppers Row (same  
 building as the Visitor Info Centre),  
 is open Tuesday to Saturday from  
 12-5pm. Admission is by donation.

## Scholarship available

Kay Dubois Memorial Scholarship  
 available to students, descendants of  
 Canadian Veterans, entering post-  
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 Box 242, Heriot Bay, BC V0P 1H0 (  
 Must be 1st year student)

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 classes. \$150/twice a week.

Visit [www.practicalpilates.ca](http://www.practicalpilates.ca) or call  
 Natasha on 285-2930.

## Senior Housing News

The Classical Music/Dinner on  
 April 10th was very successful,  
 thanks to good attendance, hard  
 work by board members and HBI  
 staff, melodious music-makers, and  
 auction contributors and bidders.

The ladies of the Board of Directors  
 led by Jeanne Stoppard, did a great  
 job of organizing and handling  
 the many details:- Val Barr, Tucker  
 Dinnes, and Riki Vogt. Ruth  
 Amiabel did a great job lining up  
 donors of auction items, identified  
 below.

Music was provided by Joyce  
 Baker and Helen Moats, Annabelle  
 Cameron, Heather Wilson, Jennifer  
 Christensen, and Kevin Tuck -  
 thanks to these talented volunteers  
 for an enjoyable evening.

Donations for the silent auction  
 were received from Quadra Islanders  
 Vitalis, Peoples Drugs, James  
 Pottery, Bonanza Books, Quadra  
 Foods, Amped on Nutrition, Yellow  
 Dog, Stranded Hair Styles, Onroot  
 Gardening, PetroCan Gas Station,  
 Fun Knits, Fermentations, Fat Cat  
 Dress Shop, Whiskey Point Resort,  
 Rhonda Richmond, South End  
 Winery, Isle Tech Auto Service,  
 Hummingbird, Quadra Builders  
 (Sharon Hatelt), Quadra Crafts,  
 Eugene Monahan... Baskets were  
 put together using "spirit points"  
 provided by Heriot Bay Tru Value.  
 Campbell River donors were  
 Superstore and General Paints.  
 Thanks to all these folks- receipts  
 from the auction were \$1,947.50.  
 HBI Dinner income was \$912, for  
 a total of \$2,859 ! In addition. A  
 personal donation of \$2,000 was  
 received.

By the time you read this, news  
 from the AGM will be available.  
 Watch the next DI/gumboot for an  
 update.

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## Boost Productivity, Diminish Stress

Are stress levels in your workplace high? According to some studies 25% of employees miss work due to work related stress and 50% of employees say they feel stressed out.

The impacts of stress levels on health not only can effective your physical wellbeing; including the risk of heart disease, high blood pressure, obesity and even type 2 diabetes, but also can effect your productivity at work. As workers strive to balance work, family, money and rest they may often find themselves feeling burnt out or stressed.

The following suggestions may help to balance and diminish stress in your life, while enabling you to be more productive at work:

**Time management;** is it ok to ask for help if you are feeling overwhelmed in your workplace? Employers should be able to offer advice, support and resources that enable you to manage your workload.

**Effective Communication;** when we work with many different personalities we are bound to have different opinions and disagreements. Learning how to listen to each other with an open mind, and learning how to collaborate and work as a team will foster good relationships and productivity in the workplace.

**Exercise;** incorporating movement into your day will help you to reduce tension and stress. Exercise will increase endorphins in the brain which helps to improve your mood. If it is possible, a short walk in the fresh air during your lunch break will do wonders to release tension. If leaving your desk or work area is not possible, add some desk stretches or exercises that do not require equipment. (You can find many of these types of exercises on the internet.)

**Stress Management;** you can keep stress to a healthy minimum by learning and practicing stress relieving techniques that work for you. Deep breathing, meditation, good whole nutritional food, adequate sleep, fostering healthy relationships inside and outside of work, journaling your feelings or keeping a gratitude journal, all enhance your well being and will help to relieve stress.

Submitted by Tucker Dinnes

## The Quadra Story with Jeanette Taylor



Author Jeanette Taylor

The Museum at Campbell River is offering a unique opportunity to hear gifted storyteller and author Jeanette Taylor talk about her new book 'The Quadra Story: A History of Quadra Island'. The talk will take place on Tuesday, April 27, from 7 pm – 8:30 pm at the Museum. The book, produced by Harbour Publishing, came out in a hardcover edition in late Sept '09 and is now out-of-print. The Museum Shop still has a number of copies available. In a recent review by Brian Brett in the Vancouver Sun, he said the book provides an in-depth look at First Nations people's lives and acts as a "thoughtful counterpoint to tales of European and Asian explorers, loggers, bootleggers and settlers." "Equally important," continues Brett, "Taylor explores the lives of the strong-willed women who often ran the homesteads while men struggled to earn money in logging camps or on fishboats." He ends the review with: "Books like The Quadra Story provide the infrastructure for stories to come and serves as a record of what is important, what was won and what was lost." Taylor will tell stories of some of her favourite characters, alongside showing contemporary slides of some of Quadra's many beautiful heritage sites. She will provide a sense of island life from thousands of years ago, based on archaeology and legends, up

to the pioneer era. The book focuses on the years prior to World War II, with a fast paced glance at the years that followed. Many of the historic images come from the wealth of archival photos available at the Museum at Campbell River. To reserve a seat call 287-3103. The cost for the talk is \$6.00

## Vancouver Island MusicFest

### July 9-11 2010

Vancouver Island MusicFest offers 3 days, 6 stages and over 75 concerts and workshops of roots and world music from across Canada and all around the globe. Come and experience riverside camping, delicious food and funky crafts, locally brewed cider and wine, acclaimed 'green festival' initiatives, an interactive kidzzzone, roving performers, a beautiful rural setting and so much more. VIMF was voted one of the Top 25 outdoor festivals in North America by Outside magazine in 2009 and made the Top 10 Festivals in Canada on CBC Radio 3's 2010 Searchlight Contest!

This quintessential 'west coast fest' attracts audiences of all ages and every musical inclination! 2010 performers include Grammy award winning artist Roberta Flack; country great Nanci Griffith; soul diva Joan Osborne; The Holmes Brothers; the wild and woolly Adrian Belew Power Trio; banjo god Tony Trischka; Britain's magical songbirds The Unthanks; trance dance kings the Peatbog Faeries; Canadian folk bard Nathan Rogers; Inuit jazz/throat singer Tanya Tagaq; the Queen of Calypso - Calypso Rose; the always well dressed David Lindley; the spunky roots sounds of Po'Girl, acclaimed songwriter Mae Moore and many many more.

Early bird tickets are on sale till June 30th. Buy before May 1st and save paying the HST! Call 1-866-898-8499 to order by phone. For all the info on camping, kids stuff, gate times, schedules, links, video, photos and the full artist roster check out [www.islandmusicfest.com](http://www.islandmusicfest.com)



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## Things Found in Recycling This Month

(which are not recyclable here)

This week is devoted to plastics. While it may seem difficult to decide what plastic to recycle, one should not fret. **Anything with the triangular recycling label on it can be recycled.** Other plastics need not apply.

Our recycling bin is a hotbed of garbage disposal. Items which are not recyclable here, or anywhere else for that matter, but which have been found in or around our bin are listed as follows.

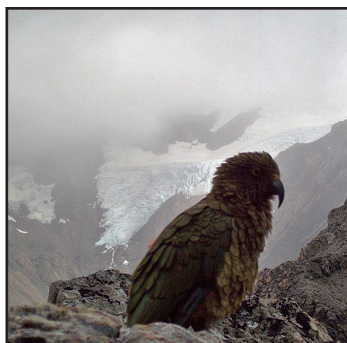
**Plastic bags** – Plastic bags can NOT be recycled here. The exception is grocery bags which can be recycled in town. Our bin is loaded with bags of all kinds. It seems that anything which is in a bag can also be recycled because things in bags this month have been fish guts, very moldy bread, mystery substances, jigsaw puzzle, household garbage, compostables, cardboard coffee cups, kids' toys, costume jewelry, broken glass and oyster shells, among other things.

Other items which fill up our bin are Styrofoam, bubble wrap, cheap flower pots and tarps. These things need to be reused at home or put in the trash.

Other interesting things found in or around the bin this month have been the lining for a two person boat, picnic cooler, oyster trays, plastic packaging (often with the cardboard box attached), more than one child's kitchen set and other kids' toys, complete commercial mop bucket, garden hose and a traffic cone.

Please remember, **ONLY** things which have the recycling logo on them can be recycled.

## This is New Zealand



A talk and slide/video show by Greg Ross, focussing on New Zealand's geography, culture, its South Island alpine, hiking, and wildlife.

Greg lived in New Zealand for 25 years, and during a visit there last year, hiked to remote alpine places and photographed the unusual wildlife and terrain where he worked during the 1960s and '70s in fisheries and wildlife.

Sunday, May 30th 7:30pm., Quadra Island Community Centre... doors open at 7:00pm. Entrance by donation (suggested \$20) thank you. For more information: [alpinewriting@lycos.com](mailto:alpinewriting@lycos.com) or phone: 250-204-1278



## Bike to Work Week 2010 – the Countdown Begins!

May 31 to June 6, 2010 will be a celebration of Campbell River's third annual Bike to Work Week.

The aim of Bike to Work Week (BTWW) is to encourage people to try cycling to work for the first time and to celebrate the committed commuter cyclist. During the countdown there will be articles every week with useful information on cycling to work and profiles on people who use bikes in their daily lives.

Why would you get involved in BTWW? It's good for your health, it's good for the environment, and as a cyclist you can participate in the following events:

Monday, May 31, 6:30 – 8:30 am  
Breakfast Celebration Station  
(Frank James Park)

Tuesday, June 1, 7 – 9 pm Bike  
Shorts Film Festival (Sportsplex).

Wednesday, June 2, 4 – 6 pm  
BBQ Celebration, Bike Marketplace  
& Kids Duathlon (Robert Ostler  
Park)

Thursday, June 3, 6:30 – 8:30 am  
Breakfast Celebration Station (CR  
Christian School on Dogwood Street)

Friday, June 4, 6:30 – 8:30 am  
Breakfast Celebration Station  
(Outdoor Addictions and On  
the Rocks Climbing Gym,  
Campbellton)

Saturday, June 5, 10 am – Noon  
Bike Rack Poker Rally (Spirit Square)

How can you get involved?

Simply cycle to work at least once during BTWW. You can enter for great draw prizes at any of our celebration stations and enjoy great food from our sponsors.

Become a Team Leader. (Register on line at [www.biketowork.ca](http://www.biketowork.ca) starting on April 14.) Get a team together at your school, workplace or your family. Team leaders will receive a BTWW 2010 T-shirt and a goodie bag.

Last year Campbell River had close to 500 cyclists participate on 71 teams.

This year, you can help us recruit 600 cyclists and 80 teams.

Get your daily exercise and reduce your carbon footprint. It's a win-win situation.

For more information call us at 250-923-7911 or [www.biketowork.ca](http://www.biketowork.ca).

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## Everyone Loves Wild Salmon, Don't They? Streams of Support Flooding 'The Get Out Migration'

**Salmon Are Sacred** today unveiled a new video – "Everyone Loves Wild Salmon, Don't They" [1] – ahead of 'The Get Out Migration' which leaves the rivers on Earth Day (22nd April) and ends with a Mother's Day blessing on 9th May. 'The Get Out Migration' has been inundated with support from across the world. Mini-migrations and wild salmon blessings are now being planned in the Fraser and Adams Rivers, the Bedwell and Ursus Rivers in Clayoquot Sound, in Washington as part of the Salish Sea Blessing Ceremony and in rivers in Ireland, Scotland and Norway. A 'Paddle for Wild Salmon' is meandering down the Fraser River from 28th April and a 'Walk for Wild Salmon' is leaving Tofino on 25th April.

The main migration route leaves Sointula via Port McNeill on 23rd April with public events scheduled in Tofino (25th April), **Quadra Island** (27th April), Campbell River (28th April), Comox (29th April), Fanny Bay (30th April), and along the route to Victoria (8th May). Salmon Are Sacred artwork is spreading word of the migration.

"I am humbled by the response from people around the world," said Alexandra Morton who will be honoured at the 2010 WINGS 'Women of Discovery Awards' in New York later this week in an event hosted by Uma Thurman [2]. "Governments forced this industry into places many, many people tried to protect. I think this is why this has become a movement with individuals forming their own migrations, like the salmon. People know wild salmon are a life-support system for First Nations, our forests, bears, eagles, orcas, communities and our local economies. As we stand up for our fish, juvenile wild salmon are running the gauntlet past salmon farms once again and be will burdened with disease and sea lice. Norwegian salmon farms have become the gatekeepers. Government said salmon farms are good for us, but look again. The way this industry has been run is a huge mistake and while government did not protect wild salmon people, they should offer a safety net for salmon farm families by moving salmon farming onto land, allowing a Canadian

industry to develop and allow wild salmon to be restored. The tragedy of the commons is very common, but we do not have to be this tragedy".

Grand Chief Stewart Phillip, President of the Union of BC Indian Chiefs, said.

"I am deeply honored to be asked to support such a sacred cause as the protection and defense of our precious wild salmon stocks. We urgently need to save wild salmon from sea lice infestation by immediately moving the farms off migration routes. First Nations communities up and down the coast should support this noble cause and join Alexandra Morton on her migration".

Ogwila'ogwa (Molina Dawson), a 14-year old girl from Kingcome Inlet, who is raising money to join the migration all the way from Port McNeill to Victoria [3], said:

"I, for one, am not going to just sit around and watch while our Indigenous wildlife slowly gets picked off, only to be replaced by a bunch of freaky farm fish! Fish farms cause a series of harmful problems in our home and territory, such as the continuing decrease in our salmon population, on account of the sea lice. At the rate we are losing our Coho, Chinook and Pink Salmon, we could end up losing them for good. With them, the rest of our wildlife as well, because everything relies on our salmon. Bears, eagles, whales and seals all rely on them as a food source. There are other problems caused by fish farming...All in all, fish farms are just not worth it!"

Martin Davis, Councillor in the village of Tahsis, said: "The Village of Tahsis has concluded that the current economic model of open net fish farms is harmful to the economy of Tahsis. We depend largely on the sport fishery here and we cannot risk further damage to our wild salmon populations from the sea lice outbreaks that emanate from these farms. They provide no economic benefits to Tahsis."

For more details on 'The Get Out Migration' please visit: [www.salmonaresacred.org](http://www.salmonaresacred.org)

## "Mainstream Music That Supports A Peaceful Planet" Higher Consciousness That Rocks!!

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Debut Vancouver Island  
Performance

April 30th, 2010 @ 7 PM

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BC

Campbell River, BC. **HERE II HERE** is riding the leading edge of "World Pop & Spiritual Fusion" music. Often called "The Beatles of Conscious Music," they will be performing one night Friday, April 30th 2010, 7 PM @ the Willow Point Lions Hall. According to Bryan Reeves, Here II Here's Manager, "The band's music is powerfully heart opening; audiences are constantly telling us how the band's indescribable live performances are even emotionally healing."

the United Nations; ABC TV's Good Morning America, Miami Dolphin Stadium with Kenny G and Babyface, Agape International Center in LA and performances alongside the most world-renowned spiritual leaders and best-selling authors of our time, such as the Oracle of Tibet, Neale Donald Walsch, Ravi Shankar, Jack Canfield, Don Miguel Ruiz, John Grey, Byron Katie, Rev. Michael Beckwith, Les Brown, Gangaji, Donna Eden, Masaru Emoto and many more. **HERE II HERE's** music will simply rock you out of your head and into your heart.

Ocean Drive Magazine "The Rhythm of Good Vibes ... **HERE II HERE**: At the point of exploding, a band that overflows with cosmic energy."

Artie Kornfeld - Co-creator of Woodstock 1969 - "HERE II



**HERE II HERE**, featured on ABC's **GOOD MORNING AMERICA** in front of 4 million viewers, is an intoxicating music group of five experienced entertainers dedicated to creating infectious world mainstream music that promotes a peaceful planet. Driven by their signature rhythmic blend of tribal pop, illuminated rock, eclectic world beats and soul-inspired R&B harmonies **HERE II HERE's** music penetrates audiences straight to the heart with soul-stirring lyrics of peace, awareness, connection, laughter, and of course – divine love.

**HERE II HERE's** impressive resume includes performances at

**HERE** rocks! I haven't felt this high since Woodstock"

Neale Donald Walsch (Author of Conversations with God) - "**HERE II HERE** provides not simply music, but a total experience that expands the mind, opens the heart and then touches the soul. I feel gifted by having heard them.

Tickets are \$20 in advance or \$25 at the door. For more info on this and other concert dates please call 250-850-3064, [centre@csclcr.ca](mailto:centre@csclcr.ca) or visit <http://www.csclcampbellriver.ca> and [www.hereiihere.com](http://www.hereiihere.com)



# HALLIDAY'S VIEWPOINT

by Steven Halliday

## MONEY FOR NOTHIN...

I've always been fond of Arthur Black, as has my mother who pretty much provided me with the entire collection of Arthur's books as either Christmas or birthday presents over the years.

Unlike his contemporary Rex Murphy rural Newfoundland origin, Arthur was born and raised in Toronto and its immediate environs (before joyfully emigrating to Salt Spring Island in 1995, says his website), relentlessly working at a variety of blue collar jobs and sales jobs before finding his success as a columnist, radio personality and public speaker. Murphy's Oxford education (as well as his charming down-easter personality and entertaining idioms) comes through very clearly in his columns, while Black writes in the vernacular of the middle class, if you will, prompting far fewer journeys to the dictionary. Rex tends to focus on the big picture, while Arthur tends to scrutinize the minutiae of Canada.

Recently Arthur wrote, with a great deal of umbrage, of the growing trend of many citizens of our western society to expect somebody to come to their aid, either literally or financially, when unexpected events cause them problems. Black's primary source of ire is the passengers who are now suing the major US airline, somewhat recently in the news, that avoided tragedy when its highly experienced pilot Chesley "Sully" Sullenberger successfully ditched the powerless airliner onto the Hudson River. Black quotes a litigious passenger, who like everyone else on the plane escaped unscathed, as saying the airline should "make him whole again"; presumably, by awarding him money the courts can mitigate his presumed mental anguish of surviving a tragedy that would have ordinarily ended in his fiery death. But clearly he, like many others pursuing legal action against the airline, feel entitled to

compensation simply because they have become programmed that way – it is an expectation. Americans excel at this particular form of greed, having been raised in an environment dominated by insurance companies and lawyers that have completely insinuated themselves into the financial fabric of the country; where suing someone is treated as a potential way to riches, too often for the most feeble of reasons, and second only to the lottery as potential shortcut to riches. The bar is very high in America, with judgments and/or settlements often entering the high 7 or even 8 figures in the case of individual plaintiffs, and billions of dollars in the case of class action suits. Thankfully the bar is much lower (in dollar terms) elsewhere on the planet, most certainly in Canada.

I share Arthur's frustration at such exhibits of tawdry greed, and have often experienced

---

presumably, by awarding him money the courts can mitigate his presumed mental anguish of surviving a tragedy that would have ordinarily ended in his fiery death.

---

situations in my life where people take advantage of the situation and are motivated by an overly ingrained sense of entitlement, if not blatant greed. The first example that comes to mind was when I was an 18-year old accidental interim Department Manager for The Bay...Men's Dress & Casual, no less. I happened into the position because my full-time boss had a heart attack at work one day, and since I had recently graduated from high school they let me run the show for a memorable summer (quite successfully, I thought – I was later informed I was too young for the job and have never forgiven HBC). One day a woman created a fracas at the cashier requiring my managerial attendance, where I learned that she was trying to return – for a cash refund – a pair of Levi jeans that are (or were at the time, anyway) warranted against tearing. The two Supervisors who had been called had, in my mind rightfully, refused the refund as the jeans were clearly several years old and looked as if they had been run over by a lawnmower more than once. More righteous indignation from the customer, particularly directed at the "punk" (that would be me) who was passing himself off as boss and who also said no... "Get me the Store Manager right now!!!" , etc, etc. Ridiculously, this warranted the attendance of the Men's Divisional Manager, who

to the dismay of all Bay employees in attendance instructed our hapless cashier to give the lady back her \$18.99 (or so), quickly resolving the high decibel incident.

This particular event taught me at least two lessons. First, there are people who have no scruples at claiming (or often demanding) unjustified restitution or reward, no matter how unwarranted the claim, for reasons I cannot begin to understand. Second, as my boss the Divisional Manager later told me, for \$18.99 our employer had resolved an ugly encounter and avoided a potential claim, however unjustified, that we wouldn't honour the quality of the goods we'd sold. By the way, the customer had no receipt.

I've used the former lesson many times later over my 30 years as a banker, and the latter to full advantage in every relevant work or negotiating situation since. I remember more than one unsuccessful loan applicant telling me that I/we were crazy...we HAD to give him/her the loan. Several threatened to report me to my boss... no problem there. I never – not once – had my judgment questioned in a loan decline. There were also many who also threatened to report to me someone, somewhere ("the government, the Credit Bureau (??), the BBB...") because I was impinging on their right to the loan. I spent many wasted hours explaining to people that there is no right to a loan...."yes, I know you're 19 now"...."unfortunately, being discharged from bankruptcy doesn't mean you qualify"...."no, your probation officer is not a credit reference"...to cite a few examples.

In a more tragic vein, some months back a visitor to BC from Quebec lost his wife after they skied out of bounds at Kicking Horse Mountain Resort and were not missed for some time, time enough to get into serious trouble. Who knows what the circumstances were behind any delay in the launch of the volunteer and official search, which entailed thousands of man-hours and helicopter time, but it is truly unfortunate this man lost his wife to hypothermia before being rescued himself. His lawsuit though, launched within weeks of the funeral for his wife, is a slap in the face to the people who put their time, efforts and possibly their well being into trying to help the couple... to rescue them, for crying out loud. A multi-million dollar lawsuit and exposure to personal liability is the reward these Samaritans face over a very misguided man's search to "make himself whole", to paraphrase Arthur Black's example. Selfish and contemptible greed in using a societal remedy, born out of prior injustice – the ability to sue for damages – to seek reward from individual misfortune is becoming much too commonplace, and one we all pay for in the end.



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## Get a taste of sailing!

Would you enjoy discovering the basics of sailing? Quadra Sailblazers Club is offering an "Introduction to Sailing" course, on the weekend of May 14-16 for adults and older teens. On Friday evening, we'll begin by familiarising you with the boats and explaining the basics of sailing theory, followed by on-the-water 6 hour sessions on the Saturday and Sunday. You will sail on each of three boats: 17' DaySailer, 20' Ranger and 24' C&C, with an instructor on each boat. Weather permitting, on the Sunday we may sail to the Breton Islands. Saturday sailing will be in Drew Harbour, and home base will be Taku Resort. The cost of the one-weekend course will be \$160.00 each, which includes initial membership in the Club.

Places in the course are very limited, so be sure to book yours soon - call Frank or Shirley Wallace at 285-2297 or email Wallace @pacificcoast.net. If there is a demand, a repeat course may be arranged later on. For those completing the course, there may be further sailing opportunities. This course is a new venture by the Club, and we are excited by the opportunity to teach in a new format.

Quadra Sailblazers Club has been active on our island for several years, and a great many young people and adults have taken the previous "Learn to Sail" program with the Club. The Club, which operates as a cooperative in terms of boat ownership, also has several dinghies. Laser sailing is under the guidance of John Barclay at 285-3897 who would welcome sailors familiar with Lasers. Annual membership dues for new members are \$85 per family and, for returning members, \$35 per family.

Sailblazers plans to offer more events and educational opportunities for owners of cruising boats - stay tuned for news about our Cruising program.

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## BC Book Prizes On Tour

Vancouver, BC - BC Book Prize finalists are about to hit the road this year for FREE events throughout the province.

Two finalist authors will go On Tour, with FREE public readings at bookstores and libraries in communities throughout the

Okanagan and Vancouver Island. They are:

- Fiona Bayrock, Bubble Homes and Fish Farts, shortlisted for the Christie Harris Illustrated Children's Literature

Prize

- Ehor Boyanowsky, Savage Gods, Silver Ghosts: In the Wild with Ted Hughes, shortlisted for the Hubert Evans

Non-Fiction Prize

BC book lovers are invited to meet these award-nominated authors and purchase signed books at these public events:

Monday, April 19 | PENTICTON

7:00 pm | Hooked on Books | 225 Main Street

Wednesday, April 21 | COURTENAY

7:00 pm | Courtenay Public Library | 300 - 6th Street

Thursday, April 22 | NANAIMO

7:00 pm | Bldg 305 - 4th floor Lounge | 900 Fifth Street

hosted by the Vancouver Island University Bookstore

Friday, April 23 | SIDNEY

7:00 pm | Sidney/North Saanich Branch Library | 10091 Resthaven Drive

Special event will include the Southern BC tour authors Sylvia Olsen and Fred Wah.

Authors will also visit students at elementary and high schools in Kelowna, Penticton, Princeton, Courtenay, Nanaimo,

and Sidney.

Shortlisted authors Sylvia Olsen and Fred Wah will travel to the BC communities of Cranbrook, Creston, Grand Forks,

Nelson, Oliver, Osoyoos, Rossland, Sidney, Trail, and Victoria April 18 - 23, 2010. Shortlisted authors Kristin Butcher,

Michael Turner, Kari-Lynn Winters,

and Cathleen With will travel to the BC communities of Hazelton, Kitimat, Terrace,

Prince George, Prince Rupert, Quesnel, and Smithers April 11 - 18, 2010.

Complete details are at [www.bcbookprizes.ca](http://www.bcbookprizes.ca).

This year's 26th annual Lieutenant Governor's BC Book Prize Gala, emceed by Shelagh Rogers, will take place at

Government House in Victoria on Saturday, April 24, 2010. British Columbia's Lieutenant Governor, the Honourable

Steven L. Point, OBC, will be in attendance.

Join us On Tour! Follow the On Tour Blog at [www.bcbookprizes.ca](http://www.bcbookprizes.ca).

## Outdoor Tourism & Arts Show

Quadra Island; an Outdoor Enthusiasts Utopia and Artist Paradise

Celebrate all that Quadra Island has to offer! On Saturday, May 1st from 10am - 4pm, Quadra Island Boutique Hostel will be hosting a "Outdoor Tourism & Arts Show" for there Grand Opening. Located at 653 Green Road.

This is also the first day of the Quadra Island Farmers Market located across the street from Quadra Island Boutique Hostel.

Join Us With Special Guests:

Vitalis Gym & Wellness Centre / Quadra Kayaks / Heriot Bay Adventure Centre

Naked Bikes & Design / Gibsons Glassworks / Island Cycle

Christine Husson - Studio Potter / Leanne Hodges - Visual Artist

Richard Pielou - Rich Guitars / Soul Sista - Photography

Sunday Dennis - Honey Sun Massage / Wendy Terral - Tarrot Card Reader

Kevin - Metal Arts Fire Pits & More / Brenda Dempsey - Acupressure & Yoga

Kids Organic Lomonde Stand / Charitable Bake Sale / "Open Mike" / Door Prizes.

Visit us on the web for more info: [www.quadraislandhostel.com](http://www.quadraislandhostel.com)

## HERIOT BAY TIDES

Date	PST	m	ft
23	02:36	4.7	15.4
	09:06	2.8	9.2
	14:01	3.8	12.5
	20:17	1.9	6.2
24	03:14	4.8	15.7
Saturday	09:54	2.3	7.5
	15:25	3.9	12.8
	21:21	2.2	7.2
25	03:48	4.8	15.7
Sunday	10:36	1.8	5.9
	16:41	4.2	13.8
	22:20	2.5	8.2
26	04:20	4.8	15.7
Monday	11:15	1.4	4.6
	17:48	4.5	14.8
	23:16	2.8	9.2
27	04:52	4.7	15.4
Tuesday	11:53	1.1	3.6
	18:46	4.7	15.4
28	00:11	3.1	10.2
Wednesday	05:25	4.7	15.4
	12:31	0.8	2.6
	19:38	4.9	16.1
29	01:04	3.3	10.8
Thursday	05:58	4.6	15.1
	13:09	0.7	2.3
	20:27	5.0	16.4
30	01:56	3.5	11.5
Friday	06:33	4.5	14.8
	13:49	0.8	2.6
	21:16	5.0	16.4
01	02:50	3.6	11.8
Saturday	07:09	4.3	14.1
	14:29	0.9	3.0
	22:05	4.9	16.1
02	03:50	3.6	11.8
Sunday	07:47	4.1	13.5
	15:10	1.0	3.3
	22:55	4.8	15.7
03	04:57	3.6	11.8
Monday	08:28	3.9	12.8
	15:53	1.3	4.3
	23:47	4.7	15.4
04	06:10	3.5	11.5
Tuesday	09:14	3.7	12.1
	16:38	1.5	4.9
05	00:38	4.6	15.1
Wednesday	07:21	3.3	10.8
	10:21	3.5	11.5
	17:26	1.8	5.9
06	01:26	4.5	14.8
Thursday	08:21	3.1	10.2
	12:02	3.3	10.8
	18:22	2.1	6.9
07	02:07	4.5	14.8
Friday	09:07	2.8	9.2
	13:41	3.4	11.2

[www.waterlevels.gc.ca](http://www.waterlevels.gc.ca)

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

# CLASSIFIEDS

## HELP WANTED

### HELP WANTED

Walcan is looking for reliable people to work as general labourers.

Seasonal night shift work is available on our Prawn Crew starting May 6th and wrapping up in July.

We are looking for day shift workers as well.

Applications can be picked up at Walcan, Hummingbird Office Supply or NIEFS in Campbell River.

Applicants must take a fit test and have good references.

Phone 240-285-3361 and ask for Tom or Lorayne or email [apply4work@walcan.com](mailto:apply4work@walcan.com)

## FOR SALE

**Super Nintendo** 2 controllers and 8 games: Super Mario All Stars, All You can play, 1, 2 & 3 and the Lost Levels & more \$150  
- Nes 1 controller and 10 games: Life Force, Mario & Duckhunt, P.O.W. Rygar, Zelda 2, Golf, Deja Vu, Pro Wrestling, Gun Smoke, Robo Warrior \$70  
- D-Link high-speed router \$60  
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- Chopper bike \$150  
- 2.8 hp motor 4-stroke \$200  
- Over 25 bike frames from \$20 to \$25. Assorted Bike parts  
Phone 250-285-3583

## HELP WANTED



CR Art Gallery has an immediate opening for a fulltime Executive Assistant to maintain the Gallery's office, reception, reports, statistics; manage promotion, including media releases; coordinate volunteers, gift shop and fundraising events. The Gallery offers a rewarding work environment and the potential for career growth. Excellent oral, writing, computer software and organizational skills and experience are required. See [www.crartgallery.ca](http://www.crartgallery.ca) for a job description. Send resume and cover letter before April 30 to: Executive Assistant Search, CR Art Gallery, 1235 Shoppers Row, CR, V9W 2C7.

## STORES

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## ACCOMMODATION

### FIRESIGN ART & DESIGN STUDIO and B&B

Enjoy quiet privacy in our delightful 3-bedroom B&B with kitchenette, includes multi-course breakfasts specialising in wheat-free baking. Tourism BC Approved, BC B&B Innkeepers. Art studio, gallery, amber jewellery, workshops. 250-285-3390. [www.firesignartanddesign.com](http://www.firesignartanddesign.com)

## SERVICES

### ARE THOSE SPRING BUDS WE SPY?!

We can help you clean and maintain your home and garden. Clean your windows, prune your fruit trees, roses and other trees, finish a renovating job. We can help with pretty much anything around your home and yard. Please call CanDoServices at (250) 285-2874 or Email at [candoservices@live.ca](mailto:candoservices@live.ca)

### HORTICULTURISTS FOR HIRE

Two experienced plantspeople, both certified horticulturists, are available to help with your beautiful island garden. We specialize in soil health, food gardens, and plant selection.

Call 250-202-2326 to leave a message, or e-mail [ryan@ryansgarden.com](mailto:ryan@ryansgarden.com) Please see [www.ryansgarden.com](http://www.ryansgarden.com) for more information

### FERNBANK SAWMILL

Custom cutting at your place or mine on a state-of-the-art Woodmizer mill. We cut everything from beams to siding. Call Gerry Cote: 250-285-3651

## FITNESS

### PILATES

Pilates classes resume at the QCC from April 22nd. Thursdays 9:30-10:30am and 5-6pm, Saturdays 9-10am. \$100/10 classes. \$150/twice a week.

Visit [www.practicalpilates.ca](http://www.practicalpilates.ca) or call Natasha on 250-285-2930.

## FOR RENT

### OCEANFRONT OFFICE FOR RENT

Tsa-Kwa-Luten Lodge has office space ideally suited for studio or professional use located in its' RV Park service building overlooking Discovery Passage. Contact Carol Ann at 250-285-2042 or email [cat@capemudgeresort.bc.ca](mailto:cat@capemudgeresort.bc.ca).

## WORKSHOPS

### PAINTING WORKSHOPS AT FIRESIGN

New Painting Workshops at Firesign! Firesign Studio hosts painting workshops with exciting guest artist/instructors in semi-private classes. Vancouver artist Janice Robertson teaches "Improve Your Painting Skills" May 29-June 3. Visit Firesign Studio during the Quadra Island Studio Tour June 5-6, see new paintings by artist/host Nanci Cook. Then Kelowna artist Alex Fong will be at Firesign to instruct "Watercolour & Whimsy" June 7-11. Peter Shostak leads the first plein air (outdoor) painting workshop of the year, "Take your Painting to the Next Level" June 21-25. [www.firesignartanddesign.com](http://www.firesignartanddesign.com) or call 250-285-3390 for details.

## Discovery Islander CLASSIFIEDS

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