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Community News and Events from the Discovery Islands

ISSUE #170
SEPTEMBER 21ST 1998





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- **Sept. 25, Fri.**
- Friday Flicks, Sweet Hereafter
7:30 p.m. Community Centre
- **Sept. 26, Sat.**
-Quadra Daycare Open House
10:00 am to 2:00 pm Quadra Daycare
-Talent Show
7:00 pm Community Centre
- Duo Noblesse Oblige
8:00 p.m. Gorge Hall, Cortes
-S.C.R.E.M.E. Dance
7:00 pm Tyee Plaza C. River
- Sept. 27, Sun.**
-Mitlenatch Field Naturalists Picnic
Ramp Meet, Spit Boat
1:30 pm
-Pianist Robert Silverman
2:30 pm Community Centre
- **Oct. 1 Thurs.**
- Naturopath Ingrid Pincott
6:30 to 9:30 p.m. Community Centre
- **Oct. 2, Fri.**
- Cedar Tree of Life
8:00 p.m. Community Centre
- **Oct. 3, Sat.**
- Macintosh Computer Symposium
9:00 am - 5:00 pm Royston Hall
- **Oct. 4, Sun.**
-Complement of Cultures
12:00 pm C. River Museum
- Ms. Adventures Comedy Review
7:30 pm Community Centre
- **Oct. 6, Tues.**
- Halloween Fun Night Meeting
10:00 am Community Centre
- Oct. 18, Sun.**
-Omega String Trio Tsa-Kwa-Luten

Congratulations: Lighthouse

Congratulations to the Cape Mudge Lighthouse who along with two other BC light stations celebrate their centenary this year. Festivities were held at Cape Mudge on Sunday Sept 13th.

Here's looking ahead to another 100 years of dedicated service and no automation!

Come Sing With Us!

Quadra Singers fall season starts on **Wednesday, September 23, 7:00-9:45 pm**, at the Community Centre. New and old singers welcome. Come out of your showers. Go public. John Montgomery, director, and Mary-ellen Wilkins, accompanist.

Tyee Dance for S.C.R.E.M.E

In benefit of SCREME, a huge dance at the old *Friends* space in Tyee Mall on Saturday Sept 26 starting at 7:00 pm. Featuring First Pressing, Sack O Hammers, Outshined, Roderigo Figueroa and a Gordie Garner jamming band. Late at night the kids will take over. Admission is by donation. We suggest five bucks, but hey the idea is to support Elementary music education. Phone the Arts Council at 287 9278 for more information.

DI. Chamber of Commerce

The Discovery Islands Chamber of Commerce received its Federal Charter at the end of May this year. While most of the businesses who signed the original charter application have joined, the Chamber wishes to advise all businesses in the Discovery Islands that we exist, and invite them to join. With a sufficient number of members we will be able to affiliate with the British Columbia Chamber of Commerce and access the benefits offered by them. Membership dues are very reasonable, being \$10 for an individual or non-profit organization, \$25 for a small business with less than 5 employees, and \$50 for a business with 5 or more employees.

The Chamber is in the process of seeking funding to erect a sign with a map of the islands at the Campbell River ferry terminal, and future plans include the hosting of an annual Arts Festival, and the development of a tourist brochure for the islands. The more members we have the easier these projects should be to complete. Information and/or membership applications are available by contacting **Steven Halliday at 285-3327**.

Duo Noblesse Oblige

Ronald & Ruth Moir, Canada's 18th Century Duo Keyboard Team in music from 'London's Pleasure Garden', J.C. Bach, Mozart, Haydn. **Saturday, September 26, 1998 8:00 p.m. at the Gorge Hall** in Whaletown, Cortes Island. Admission \$12.00 (includes coffee & sweets). For more information call (250) 935-6615

Items For "News and Events" Welcome.
No Business Related Material Please
Next 2 Deadlines - 5p.m. Wed Sept 30th, Mon Oct 9th

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Call Diane or Ruth for further
information at **285 2616.**

News & Events

Comox Valley Mac Users Group

Mac Symposium , Oct. 3 9:00 to 5:00 Royston Hall. Contact Gerry Royer mac@mars.ark.com

Legion News

Starting Wednesday, September 9 at the Legion: Tournament or Drop-in Crib, 8:00 pm sharp. Tournament runs 10 weeks or drop in and try for night money. For information call 285-2564.

Cedar: Tree of Life

The Mitlenatch Field Naturalists Society presents the first of the season's lecture events on Friday, October 2 at 8:00 pm in the Community Centre. Hilary Stewart, author and artist, will present a talk with displays of artifacts and demonstrations on the use and preparation of Cedar by coastal First Nations peoples. Join us to learn more about this fascinating subject. Refreshments.

Friday Flicks

It's that time again... time to mark every alternate Friday night for the new series of movies coming to the Community Centre via Friday Flicks Film Club. At the top of the list of fall movies is *The Sweet Hereafter* playing on September 25th. For more than a decade now, Armenian-Canadian film maker Atom Egoyan has been turning out strikingly original, idiosyncratic films that have become festival favourites. *The Sweet Hereafter* is an impeccably produced yet chilly drama, more low key than Egoyan's *Exotica*, yet still able to cast a hypnotic spell that is hard to shake. Dread and loss run through Egoyan's films, and here he ups the ante by multiplying the damage. *The Sweet Hereafter* is an updated version of the *Pied Piper* story, with the Piper being mere capricious fate. A school bus runs off the road on a wintry day and a frozen lake consumes it and most of the children aboard. In one fell swoop the small town of Sam Dent, British Columbia loses most of its children. The grief stricken town is invaded "by a viper, Mitchell Stephens (Ian Holm), a lawyer looking to poison the grief stricken parents with the venom of litigation and greed. The snake himself is seeking some kind of balm as he is unable to reach his own daughter" (Eisner). The grief is not only the classically tragic variety. There is an "element of perversion within the tales of woe" that gives bereavement a queasy and unsettling twist. In the hands of a lesser director, the emotional level would have been lost in the quest for answers, but Egoyan knows "there is no such thing as the simple truth". As always, the doors and cappuccino bar open at 7:30 and showtime is 7:45.

Quadra Island Child Care Society Parent Coopera- Preschool

A magical place for your child. Here in the warmth of our teacher and families, they will be encouraged to relate to friends and surroundings as they explore their world through music and art.

- For children age 2 yrs 8 mos. to 5 yrs
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CR Trail Riders Riding Clinic

A Centred Riding Clinic will be held by the Campbell River Trail Riders October 2nd, 3rd, and 4th, featuring Sue Falkner-March, a qualified Level 3 Centred Riding Instructor/Clinician. The three-day clinic will be held at the Trail Riders' Exhibition Grounds and offer direct instruction for riders and their horses, as well as ground work. Auditors will also be welcome.

Centred Riding first gained renown through Sally Swift, whose innovative approach to horsemanship includes the use of body awareness, centring, and imagery, to express the classic principles of riding. Falkner-March has been teaching Centred Riding for 9 years, and is also a Team Practitioner II. "Sue has also taught both English and Western riding for 19 years" said Janet Lloyd-Walters, clinic coordinator. "Centred Riding can be incorporated into any riding discipline, and Sue's experience enables her to work with both English and Western riders."

Space for riders at the October 2nd-4th clinic is limited. For early bird registration, or to request more information, contact Janet Lloyd-Walters at (250) 287-7463.

Stream Keeping Course

The Quadra Island Salmon Enhancement Society will be sponsoring a stream keeping course on Quadra, October 2 (Fri. evening), 3 and 4 (Sat. and Sun. daytime). As the stream-keeping group on Quadra, QISES intends to continue and expand its enhancement activities as a positive step toward protecting this valuable resource. There are few sights as awe inspiring as a stream full of spawning salmon and the hope for the future that they represent.

The course is designed to provide volunteers with some of the training necessary to help QISES protect and restore local aquatic habitats. The instructor will be Michele Jones of Mimulus Biological Consultants. Participants must be members of QISES (\$10/yr., you can join at the course) Cost to the participant will be \$25 for *The Streamkeepers Handbook*, published by The Department of Fisheries and Oceans Canada. QISES will provide the location, pay for the instructor and furnish other course materials and coffee. Students should bring their own lunch, appropriate rain gear and rubber boots for outside sections of the course. There are a limited number of spaces so contact QISES as soon as possible. Mail: QISES at box 413 Q Cove. Phone: Don McEachern at 285 2193.

Thank You Rodney Sumpter For The Quadra Island Salmon Enhancement Society

Daycare Open House

Come with your family and experience your community daycare & out-of-school program. Everyone welcome, bring a friend. Meet our E.C.E. trained staff members and Board of Directors. Free childcare coupon, coffee, juice, snacks and art projects!! Special visitor Shoo Shoo the clown will come at 11:00 a.m. Saturday September 26th, 10:00 a.m. to 2:00 p.m.

So You Like To Cook?

Coming this October three local chefs will be conducting a series of culinary workshops. If you love the idea of baking your own bread and creating your own delicious soups but cringe at the thought of attempting it yourself, relax! We would like to teach you how to WOW your family and friends with your creations. Workshops will be hands-on enabling you to produce home-made items from scratch. For more information call Linda at 285-2171 or Dave/Mark at 2410

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Skateboard News

Our first ever skateboard competition was a success drawing a field of 42 competitors and a couple hundred spectators. Everyone ended up having a lot of fun even with all the mistakes that were made and the restrictions of safety gear, although, judging from the condition of our brand new pads, they were needed. Its tough being an enforcer. (Grumble, grumble, grumble mostly from off islanders, we had great support from our own local skateboarders. We wish to thank all the businesses who sponsored us and helped make our first ever competition a success; Airwalk, Axion Footwear, Boardwalk, Burton, DC, Dragon, Droors-Denim, Duffs, E Merica, Enert Systems, ES, Eternal Skateboards, Explore Gallery, Fluent Sport, Heriot Bay Store, Investors Group, Island Escape Hair, OnLine Internet Cafe, Oxy Steam Plus, Plastic Soldier, Quadra Foods, Quadra Station, Red Radish Restaurant, Regional District of Comox Strathcona, S&J Sales West, Sea Trek Tours, Shore Lb Materials, Spokes, Subway, The Loft Restaurant, Walcan Seafoods Ltd, Water Pure and Simple.

And the winners are: 12 and under category - 1st Devin Babcock, 2nd Jordan McInnes, 3rd Elias Young. 13-16 category - 1st Blake Jordan, 2nd Trevor Ribeyre, 3rd AJ Smith. 17 and over - Craig Williams, 2nd Johnny Quan, 3rd Kyle Dempsey.

We, unfortunately, were not involved in the organization of this competition until about 10 days before the event and ended up in a last minute scramble to bring it all together and we realize that mistakes were made for which we apologize. We learned many things from this event that will enable further competitions to be even more successful and will pass this information on to the next organizers. Thanks to all of the parents who assisted us at such a late date.

Concession: Barb, Brook, Miles, Linda, Janice, Melissa, Mandy and Chris. First Aid: Robert, Sharon, Colleen., Security: Monty, Willy and Peter. Judges and Prizes: Mary Lynn & Corby Mcartney from Boardwalk Skates, Dave Campbell from Shore Lb, Chris from Plastic Soldier, Jeph from Eternal Skateboards. MC: Johnny and Andy. And the many skateboarders and audience who helped with the set up and take down. Money raised from this event totals almost \$1,000.00!

Another success fundraiser finished up on Sept. 12 with too many people to thank here. What a great enthusiastic turnout we had for our annual bottle drive. We managed to collect \$1,055.00 in bottles and cans! Thank you Jerry and Heriot Bay Store for your help. We're getting closer to having our loan paid off!

Watch for more Island Skateboard fundraisers to come: Sept 26- Talent Show and Coffee House. Community Centre - only \$3 to see a great local show. Phone Barb 285-3714 to register. Oct 24- Used Sports Equipment Sales - donations needed. November 7- Hits from the Blitz-Community Centre - a great night of entertainment with 1940's music. November 28, Used book sale- Community Centre. All donations welcome and needed for the sports sale and book sale. Phone Sharon 285-3124 or Lois 285-2880 for pick-up. Watch for our upcoming raffles. At this time Lois and I would like to resign as liaison between the skateboarders and recreation in order to focus solely on fundraising to finish off paying for the park. Anyone wishing to take on the job should enquire at recreation. It requires more than one person. The job can be filled by skateboarders so give it a try. It has been an absolute joy for us to work with the youth of this island and we feel that they have taught us a great deal. Thanks guys and we will be seeing you at all the fundraising events we will be sponsoring.

Naturopath, Ingrid Pincott

Naturopath, Ingrid Pincott, gives a 3 hour workshop: Menopause Naturally and Preventing and Reversing Osteoporosis. Menopause is a natural transition that can be assisted using nutritional, herbal and homeopathic remedies. Learn natural hormone replacement therapy and heart disease prevention. Thursday, Oct. 1, 6:30-9:30, \$25. Pre-reg at 286-3655.

Halloween Fun Night

12th Annual Halloween Fun Night needs a planning committee of fresh new faces! If you think your kids like this event, please help organize it. Can't make the meeting but want to help? Call 285 3243 and tell us. If no one comes to this meeting (like last year), Fun Night will die! Tues. Oct. 6, 10 a.m.

CCAP News

Seems it's been a good year for visitors to Quadra Island, and with all that great weather it's not surprising. The Tourist Info Centre, together with other outlets on the island, went through 1,400 Visitors Maps at \$1 (or more) donation each. every penny of the money raised went to the Community Centre Additions Project, because of the cooperation and generosity of Quadra Credit Union, courtesy Steve Halliday and some of the staff who provided both paper and printing without charge. (For the second year in a row.)

Another financial boost was the new Trail Guide Map, largely organized by Jim Thompson and Sierra Quadra, who donated 50% of their proceeds to CCAP.

We would like to acknowledge our warm thanks and appreciation to the above, plus: the Seniors staffing the Info Centre all summer, and those at resorts, stores

ISLAND SKATE SERIES ON QUADRA



Photos: Philip Stone & Peter Dirse (mid-left and bottom)

Complement of Cultures

The Campbell River Museum hosts "A Complement of Cultures" a living history presentation on **Sunday October 4 at beginning at noon**. Experience this one hour long entertaining and interactive introduction to life in the fur trade with a Vancouver based group, **Voyageur Adventures**. The presentation includes staff dressed in authentic costumes circa 1780; period flags of the four major trade companies competing in the Pacific Northwest; video and slides of historical paintings and photos; cultural props (including hatchets, paddles, fire making tools, drums and rattles, trade beads and furs,) music and song from native and French cultures; and a large map of Canada showing the river routes of the voyageurs and home territories of the various native groups. **Quinsam Long Rifles, the local black powder group, will conduct a special welcoming ceremony.**

For almost 200 years, the voyageurs travelled the vast waterways of Canada, singing songs, portaging trade goods, and meeting together at Rendezvous. The voyageurs, as the fuel of a fur trade empire many times larger than that of Imperial Rome, would canoe nearly 45,000 strokes per day, enduring all the rigours of the Canadian landscape. Their efforts created the first sea-to-sea company in North America, the Northwest Company, and the world's oldest free enterprise corporation, the Hudson's Bay Company. Despite all their hardships they remained a positive, fun-loving and proud people.

Also on October 4, Voyageur Adventures offers a "Learning Journey" where participants will have a chance to paddle a 35 foot "Montreal" style canoe. Starting at 2:00pm, this 3 hour trip is a journey back in time where participants will experience the challenge of people working together. Guides will share songs, stories and legends of the voyageurs and display historic materials.

The "Complement of Cultures" presentation is \$5 for adults and \$3 for students and seniors. Museum members receive a 10% discount. Registration is limited for the three hour "Learning Journey" canoe trip. The cost is \$30.00 per person. Please call the museum to pre-register for either program. For more information

Ms Adventures Comedy Review

Ms Adventures comedy review return with their hilarious show which debunks many popular traditions, Sunday, Oct. 4, 7:30.

Classical Concerts

Quadra Island Cultural Committee Classical Concerts. World renowned pianist Robert Silverman will continue his masterful performances of the Beethoven Sonata Cycle, performing four of the sonatas on Quadra, then continuing the series in Courtenay and Campbell River. If you missed Mr. Silverman's last visit, you won't want to miss this concert! He has toured throughout this continent, Europe, the Far East and Australia, performing with the Chicago, Sydney and BBC Symphony Orchestras, and the St Petersburg Philharmonic, as well as every major orchestra in Canada. His accolades have come from London, New York, Sydney, Toronto, Budapest, Kiev and Hong Kong. Robert Silverman makes his home in Vancouver, where he is Director of the School of Music at UBC.

Tickets for this concert are available at the Tidemark, Joanne's Country Charm and Quadra Crafts. Price is \$15 for adults, \$12 for seniors and \$5 for students under 18. Pick-up from either Cortes or Campbell River ferry can be arranged by calling 285-3700. Please call one week before the concert

Sunday, September 27/98 T the Community Centre, 2:30 pm, Pianist Robert Silverman.

Sunday October 18/98 at Tsa Kwa Lutén Lodge, 2:30 pm, the Omega String Trio featuring Mark Destrube, violin, Yariv Aloni, viola and Pamela Highbaugh-Aloni, cello.

N.I.T.R.S. Update

Our second session will end on September 24 for the year following a thank-you get together for dedicated volunteers. For just being our second year it has been rough in the financial department but rewarding in the final outcome of each individual rider.

We will miss all the smiles, hugs and interesting conversations with our riders. As a volunteer we have learned the emphasis must be on the riders ability, not disability in order for the person to go forward.

N.I.T.R.S. would like to thank the following for our 1998 program:

Order of the Royal Purple, Interfor, Willow Point Lions Club, Discovery Passage, Cape Mudge Band, Royal Canadian Legion Branch 154, Eagles (Lady's Auxiliary), Comox Strathcona Regional District, Altusa Club, C.R. Vet, Walcan Seafood, United Way, D.A. Roset, B.C. Tel Employee's Community Fund, Quadra Credit Union, Q.I. United Church, Graham & Frame, Chris M. Eidsvik, Catholic Women's League, Omega Salmon Group, Molsons, Gordie Howe Foundation, Paradise Bay Seafarms Ltd, Dr. Robert Somerville.

And also the individual community members who have donated from \$10.00 to \$200.00 each. Next year we will be adding another program to our agenda. This will be a Natural Horsemanship Program for troubled teens sponsored by the Koerner Foundation and Upper Island Youth Services.

Creativity Soars at the Preschool

Kites, kites, kites are what the children were creating with a flurry at the Quadra Island Preschool Open House. There was little elbow room at the rice table and all sorts of culinary delights being created with playdough. It was a great opportunity for parents and children to get to know each other and continue or begin our community building process.

Parents signed up for the one morning per month that we will assist Baerbel in the classroom. A day many of us look forward to because we love to see and hear all the amazing things that the children come up with. We also signed up for our committees. Whether it be painting the playground toys, participating in fund-raising or organizing the Halloween Party these tasks often take on a special meaning when done for children.

Baerbel says that the first month is mostly spent getting to know each other, playing a lot of name games. She will be trying to get the children outdoors as much as possible while the sun is still shining. It's great to see the sunflowers that the children planted last spring now full height. A trip to Wilby Farm is planned to see all of the flowers there and some great big trees. Welcome to all the new faces and welcome back to all you seasoned preschoolers!

Quadra Island Preschool incorporates the Reggio Emilia Approach. This means that as parents and instructors we follow the children's lead in learning. By encouraging the children to use play, paint, modelling, collage and conversation to express and share that which engages their minds, we can find clues as to what they want to learn about and experiment with.

There are still some spaces available. Call the preschool at 285-3711 or Marilyn at 285-3528 if you have any questions or

Bob Dylan to play...

Did you think even for one fleeting moment before reality said "No way" that it might be remotely possible? Dylan was unavailable but some of his tunes will be heard at the Lovin Oven on Sept. 25 from 7-9 pm. Maurelle Island musicians Jeremy Pearson and Tom Cartwright (fresh from the Farmer's Market Circuit) will don their guitars and voices for an evening of folk funk. Tom likes Phil Ochs and has that raspy sound that does a great job on those Dylan tunes.

The Niagra Falls area produced wine and shredded wheat. It gave us Tom who sailed into Heriot Bay on his boat and hasn't found the right wind and tide to leave yet. Jeremy came to Heriot Bay to visit his Dad, Tom Pearson, and fell in love with the islands. Our gain. Look for a guest appearance from a mandolin. So come: Eat, Drink and be Merry for tomorrow we have to start stacking firewood.

Singing for Kids (ages 6-11)

If you like to sing and have fun with it this group is for you. We use drums and rhythm instruments. We sing songs from around the world. This year I will teach you how to sing from your own sheet music. We will do some 2 part harmony singing. We move a lot and will do lots of actions and a little dancing.

In the spring we did the play 'The Elephants Child'. Last year we sang for the Daycare-Preschool Christmas Party, Camp Homewood Carol Service, Quadra Seniors, Yucalta Lodge and Quadra School.

Time: Mondays after school till 3:45, Location: my house - Judy Odell 285-3687, I live across from the school. Fee: \$20/month. The group begins Sept. 14. Late registration acceptable. This is an ongoing group. We will do music until Christmas, then begin in January and go till May.

Breton Island Picnic

Mitlenatch Field Naturalists, Quadra Conservancy and Sierra Quadra are going together to Breton Island for a **Canoe-Kayak-Rowboat-Sailboat or Get there any way you can picnic**. Leaving Rebecca Spit boat ramp at 1:30 pm Sunday 27 September. Please arrive a bit earlier. Bring your own food and refreshments. For those coming from Open Bay, Bold Point, Read Island etc. we expect to converge on Breton Island about 2:30 pm. Weather permitting of course. If you're not a member of one of these groups, or don't have a boat but would like to join us - call Ken Roxborough 285-2580 or Noel Lax 285-3648.

Watercolour Lessons

Beginners and up to professional. 2 days on Quadra with artist Bruce Cryer at Drahanchuk Studios, Wed & Thurs, September 30th & October 1st, 10 a.m. to 4 p.m. Please call for more details 285-3160

Dance Classes for Young & (not so) Old

For Kids; instructor, Sunday Dennis' playful approach to creative dance will include rhythm and movement games to enhance balance and coordination. Parents are welcome to come and take part. Classes are Tuesdays, 3-5 year olds, 2:00-2:45 and 6-8 year olds, 3:00-3:45. Cost is \$40/8 classes starting Sept. 22. If older children want a class, we will schedule one, so let us know!

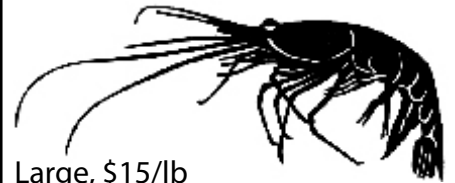
For adults; using a gentle but enthusiastic approach, facilitator, Sunday Dennis will lead you through a full body work-out. Emphasis will be on preventing injury, body alignment and breath awareness while enjoying creative movement. You will dance to recorded music from around the world as well as, on occasion, live drums and didgeridoo played by Zach Dennison. Classes are Fridays, 9:30-10:45 a.m., starting Sept. 25. Cost is \$55/8 classes.

Call Sunday Dennis to register, 285 2633.

Help Wanted

Help Wanted to sell tickets for the A.L.S. Draw, A beautiful Porcelain Doll is offered as first prize. If you can give me some time contact Mrs. Chrissie Lyons 285-3137 or after Sept. 18, 923-0483.

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Island Market, Heriot Bay



Quadra Credit Union



On September 26, 1998, we will be converting to a

New Computer System

to serve you better in the future. While we expect no serious service interruptions, we trust our members will be patient as our staff become more familiar with the system. This new system will allow us to offer new electronic services in the coming months.

We are pleased to announce that we are opening our Financial Planning Office at Cove Centre on October 16, 1998. We have engaged the services of Mr. Michele Vincenti, of Alder Insurance Services Ltd. as our Financial Planner.

Michele is completely qualified to professionally assist you with your investment, insurance and estate planning needs. Appointments are available by calling our Quadra office.

Quadra Credit Union is pleased to announce the recipients of our Curly Eastland Scholarships:

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Take notice that pursuant to Section 20 of the Forest Act, sealed tenders will be accepted by the District Manager, Campbell River, British Columbia, up to 11:00 a.m., September 30, 1998, for a timber sale license authorizing the removal of timber located in the vicinity of Blenkin Memorial Provincial Park, Quadra Island, Sayward Timber Supply Block.

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Species: Fir (83%), Hemlock (14%) and Alder (3%) more or less.

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Upset Stumpage: to be determined.

Logging Method: Hoe forwarding/
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Tenders from both Category 1 and Category 2 Small Business Forest Enterprise Program will be accepted. Tenders will be opened at 11:00 a.m., September 30, 1998, at the Forest District office, Campbell River, British Columbia.

Additional information may be obtained from the District Manager, 370 South Dogwood Street, Campbell River, British Columbia, V9W 6Y7, telephone (250) 286-9300

Editorial

They say a change is as good as a rest so with this in mind the Discovery Islander is about to make a radical change. Well not too radical but by changing our publication (and deadline dates) we know it is going to be a rocky couple of weeks ahead. So advance warning abounds in this issue, declaring our new publication day will become Friday as of Issue #172, Friday October 9th. What does this mean for the deadline? Well it will now move to Mondays so when Issue # 171 comes out on Monday October 5th that will be deadline day for the following issue.

Why the change? There are several reasons; we feel there is more time at the weekend to relax and savour the literary wonders found within these pages, many

events happen over the weekend and for our advertisers, customers have more time available to take advantage of special offers or to get things taken care of. In addition the change will return the concept of weekends to our production team. Here at the publishing end we often are working well into the night on Fridays and occasionally Saturday mornings too. And Craig & Vicki McGowan our noble printers have worked every second weekend since time immemorial, that will now change.

Please bear with us through the next few issues as we iron out this move and the hitches it will undoubtedly bring.

Philip

Deadlines For Next 2 Issues

5 pm Wed. September 30th, Mon. October 5th

Only Items Received Before The Deadline

can be guaranteed space in the upcoming issue.

Drop off at the Heriot Bay Store or Quadra Foods or fax to 285-2236
Lengthy items preferred on disk, Saved As "Word for Mac", RTF, or by email.
Disks will be returned. Any questions...call 285-2234, 9 to 5 Mon.-Fri...

Island Forum

Dear Sir:

I live for many years on Quadra and I am always delighted by the gentle help I receive from all the shops on the island.

Heriot Bay Store staff for example are always helpful and gentle, the same can be said for the stores at Quathiaski Cove.

It is a delight to be a customer, to realize everyone has time to smile and assist. I also want to acknowledge Mitch for looking after my car so well. After so many years thanks to him, his genuine care and concern, it is still running!! For

everyone in all the stores I say thank you for making it so pleasant to live on Quadra and for making shopping such an agreeable adventure not just an obligation.

Friendly and cordially
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Letters for *Island Forum* must be signed, and include your phone number (for verification only).

Letters may be edited for content.

Next deadline: 5pm Sept. 30th

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Discovery Islander

#170 September 21st 1998

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Letters, artwork, submissions of any kind welcome. Lengthy items are preferred by email or on 3.5" floppy disk in RTF or MS Word for Mac format, **please also supply a printed copy.** Items may be edited for content and/or formatting.

Submissions may be left at Quadra Foods or Heriot Bay Store.

Opinions expressed in this magazine are those of the writers and are not



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On the cover:

AJ Smith, Skateboard Competition Finals

Photo: Philip Stone

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Sierra Quadra

If Y2Y Then Q2Q

Ray Grigg

A conservation project is under way to connect America's Yellowstone to Canada's Yukon through a series of linked parks and wilderness areas, allowing the unfettered migration of animals—including grizzlies and wolves—throughout the entire region. This initiative, and the environmental and economic study related to it, should be of interest to Quadra Islanders.

This connective corridor idea, conceived by Harvey Locke, a Calgary lawyer and environmentalist, is "catching fire in scientific circles around the world," reports an article in the 22 April 1998 edition of the *Globe and Mail*. An analysis of the *Yellowstone To Yukon Conservation Initiative*—known as Y2Y—done by Dr. Ray Rasker of the Sonoran Institute in Montana, is relevant to Quadra, particularly since the success of the project was contingent on convincing local communities that preserving the environment would not displace economic activity.

The traditional wisdom has been that protecting the environment can take place only at the expense of jobs. The study found just the opposite—that ecological protection benefits economics, people, and nature, too. "This study," said Mr. Locke, "gives us the tools to say, 'Not only is this good for us emotionally and spiritually, but it's also good for us economically.' We are able to hit the self-interest button and the altruism button at the same time. That's very powerful medicine."

Dr. Rasker's report found that, "97 per cent of the growth in personal income in the U.S. portion of Y2Y over the past 25 years has come from industries not connected with the extraction of natural resources. In the Alberta

region of Y2Y, 99 per cent of 65,000 new jobs created between 1986 and 1991 were outside the domain of primary resources. In fact, even in the period when the oil and gas industry did not thrive, the economy of this part of the Y2Y network did. In the B.C. area of the region, service sectors of the economy grew even as jobs in mining, oil and gas, and the forestry industry declined."

In Dr. Raster's analysis, according to the *Globe and Mail*, more and more people in Canada and the U.S. are retiring to places of natural beauty, and bringing with them their "pension and stock market earnings." Additionally, both countries are experiencing waves of "urban refugees," people who are tired of cities and are coming with their assets to rural areas. This trend is being accelerated by advances in communication technology, changes that can make the office an anachronism. These entrepreneurs—software designers, consultants, mobile professionals—need only a computer, a modem and a telephone line and they are in business.

In the several studies cited by Dr. Rasker, communities prospered "largely through tourism." But they also became magnets "for people trading the pressures of urban life for the peace of the wilds. A healthy natural environment is widely considered the key to [their] success."

The Y2Y project is relevant to Quadra in two major ways. First, is the importance of interconnected protected areas—even on a small island like ours—so that species can travel safely from one locale to another through environmentally friendly corridors. On Quadra, these corridors, called Forest Ecosystem Networks (FENS), have been

proposed for more than ten years by the Ministry of Forests and timber companies but have still not been implemented as a part of managing the ecology of our forests.

Second, is the relevance of primary resource extraction industries—forestry and mining in particular—as generators of wealth on Quadra. The old myth is that these activities are important and essential ingredients if our economy is to grow. The truth may be the opposite. Indeed, if the principles of Dr. Rasker's study apply here—which they very likely do—an appreciable impairment of our island's landscape may cause more economic harm than good because it compromises the wild, natural, scenic character that invites all the other forms of wealth generation to gather here.

The world is changing at an unprecedented rate. And human and economic values are changing with equal rapidity. As cities get larger and less hospitable, evergreen islands like Quadra become more and more valuable for their natural beauty. As we consider our future, this new reality needs our attention. If Y2Y, then why not Q2Q? It could benefit both our environment and our prosperity.

Sierra Quadra meets at 7:00 pm on the second Monday evening of each month in the lower floor of the Quadra Island United Church.

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Planning With Care

Steven Halliday

The fastest growing occupation of the last decade or so has been in the area of Financial Planning. As a trend, it is good to see that many Canadians have woken up to the fact that one must have some sort of plan in place to ensure a comfortable retirement, as well as securing the family's financial position during the working years leading up to retirement. Unfortunately, the boom in the industry has meant that anyone with a mutual funds license is labelling themselves a Financial Planner, and in many cases the individual is in no way qualified nor motivated to properly analyse situations and recommend individual strategies, which could easily result in a person taking entirely the wrong steps.

A good financial plan involves several steps. The planner should first have a complete understanding of the client's present financial situation. By doing so, the planner can see what you have to work with, and by understanding your goals can recommend a plan to get you from here to there. This strategy is almost never limited to simply investing, but may involve debt consolidations to free up income or reduce interest costs, the purchase or reduction of life insurance and disability coverage, and ensuring that one has a proper estate plan in place. If the client is business owner, the planner may be able to recommend a strategy that works well in conjunction with a group plan that could be made available to the client's employees. The group package may make it possible for the client and their employees to obtain a benefit package similar to those offered by companies with a large number of employees, but at a cost that is reasonable once spread over the employee group. Another facet of the planning session is to ensure that the investments a client has now are suitable to their present circumstances. The volatility of an investment must be considered relative to the age of the client - generally speaking one's tolerance for risk goes down as one ages, and an investment portfolio should be periodically revised to account

for this change in tolerance.

So what should a person look for in a Financial Planner? The primary qualification is experience. A good Planner should have several years of working experience in the field, supplemented by appropriate educational qualifications or equivalent skills gained through work in the financial industry. The Planner should possess valid licensing for investment fund sales and life and disability insurance and completion of the Canadian Securities Course is an asset. A truly committed Financial Planner will either possess or be working towards their Chartered Financial Planner designation, and of course is working for a reputable company. Another consideration is how the Planner is compensated. Some work on a pure commission basis, which can create a problem where the Planner is not necessarily making a recommendation based upon your needs, but rather on what vehicle gives them the highest commission. Some planners work on a fee for service basis, meaning you will pay them a consulting fee similar to paying an accountant or a lawyer for advice. There are some planners who are paid a salary, generally coupled with a bonus based upon their performance. There is nothing wrong with asking a planner how they are compensated, or what qualifications they hold, or what experience they have.

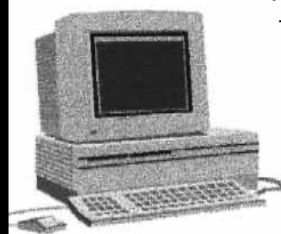
The most important thing for you as a client is that you completely comfortable with the Planner, as you will be working with that person over the years to ensure your plan remains current and appropriate, and the Planner must be intimate with your personal finances to properly do their job. A good Planner will review your financial situation on an annual basis, and recommend changes as necessary. Pick your Planner with care and you'll be well on your way to meeting your financial goals.

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Island Report

Book Yourself Some Time at Quadra's Library

by Tanya Storr

As the nights get longer and students go back to school, many people hit the books for study or pleasure reading. I stopped by the Quadra Island branch of the Vancouver Island Regional Library on a recent sunny September afternoon, and found branch head Barb Van Orden busy helping a steady stream of people find books and check them out.

The Quadra library, located in a well-kept white and blue building in Heriot Bay, is known for its personal service. Barb keeps an eye out for certain titles she knows regular library visitors will like, and she and assistant Sherrie Fudikof can order titles in from other branches on request.

"You get to know your customers and what they want, so when a new title comes in you can suggest it. I enjoy introducing people to new books. We also really encourage people to request books that they want—that's a big part of being a regional library. Any book from the Vancouver Island regional system can come here," Barb said, adding that people can order books at the library or from home on the Internet. Borrowers then pick up their request books at the Quadra branch.

Now that the Quadra branch is linked by computer to the other Vancouver Island regional branches, overdue fines are calculated

automatically. Before the library was linked up people had a little more leeway with overdues, Barb explained.

"Overdue fines help pay for books, which are expensive. People need to learn to be responsible for books," she said.

Taxes also finance libraries, and Barb said the amount taxpayers are levied for the Quadra branch works out to about the cost of one hardcover book per year.

Barb and Sherrie are happy to hear suggestions of books to purchase for the library, although Barb noted that they can't always get them in. The Quadra branch, one of 37 Vancouver Island regional branches, has a rotating stock of books. Every month staff members

pull some books from the shelves and send them away, and new books are coming in frequently.

"We need to get new books in often or our selection could get stale for the people who come in every week. I feel like I'm constantly learning about different authors.

The challenge is thinking of books people might want," Barb said, adding that she is an avid reader and library user herself.

The Quadra branch's hours have expanded every year since the library opened because the usage has gone up every year.

"It's all based on circulation. If the library is used more, we get more opening hours," Barb said.



The Quadra Island Branch of the Vancouver Island Regional Library and Inset: Barb van Orden helps Scott Williams at the counter. All photos: Tanya Storr

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Rowan Kehn reading at the Library

The Quadra branch, situated just up the hill from the Heriot Bay government dock, serves people from the outer islands as well as Quadra. Outer islanders can borrow books for six weeks, twice as long as Quadra islanders, because of their remote location. Maurelle Island resident Jeremy Pearson came in while I was there.

"This is the closest library to where I live. I have no t.v. on Maurelle so I read more than I did in the past. I used to live in Berkley, California, and I had cable t.v. and all that stuff then," said Jeremy, who has been using the Quadra library regularly for a couple of years. He added that the library contains a good deal of resources and information, and he likes the fact that he can order books from other branches and pick them up at the Quadra branch. Jeremy said he reads both fiction and nonfiction, and that one of his favourite genres is historical fiction.

Barb estimates that the Quadra library has about 200 very regular patrons, and she said they span a wide range of ages. The youngest reader to visit while I was in the library was two-and-a-half year old Wanita Jacobs, who came in with her Mom and Grandma, and enthusiastically chose six books. Wanita, who has been taking out books since before her second birthday, carried the stack over to the counter and sat on a high stool to check them out.

The library has a great children's reading room filled with kids' books and some videos. Large windows give a vista of Heriot Bay and let in lots of light, and there are several colourful posters on the walls. Siblings Rowan and Garnet Kehn, who are eight and six years old respectively, were enjoying a quiet read in the sun-filled room.

"It's a nice place to read books," commented Rowan. She and her brother

like to read lots of books, she went on to say, and have been coming to the Quadra library since they were very small.

"Kids feel less intimidated in a smaller library and they know me by name and I know them by name," said Barb. "We do a story time for three to five year old children once a week on Wednesdays before the library opens. As the kids are growing up they're so totally comfortable here."

The Quadra branch carries approximately 3,500 titles in many different subject areas. Barb said people often ask for best-sellers, and some popular subjects are gardening, arts, travel, health, mysteries, and UFOs. There are a large number of books on fishing and ocean voyaging too.

"We do statistics each month on what is taken out, and we find quite a balance between fiction and non-fiction. We have books for learning and books for escaping," Barb said.

Some of the books are in large print for people who have difficulty reading small type, and audio books are also available. Shut-ins, people who can't leave their homes for health reasons, are given six weeks to return books.

As well as books, the library also has magazines, videos, and cassette tapes. This past spring the Quadra branch got hooked up to the Internet, so now library members can browse the Net or send and receive e-mail from the library for free. Barb said it's a good idea to book a time slot for Internet use, as it is becoming very popular.

In order to help keep all the library's resources in order, the Quadra branch hires a high school student as a 'page'. The page helps shelve books and do minor repairs.

Before the library moved into its current location eight years ago, it was housed in a tiny bus called the 'Bookmobile'. Barb, who is now in her ninth year as branch head, said she really enjoys talking to people who come into the library.

"We're open four days and one evening, and sometimes there are 15-20 people in here on a winter evening. It's very social."

The Quadra library is open on Tuesdays from 10-12 and 1-5, Wednesdays from 12-5 and 6:30 to 8:30, Fridays from 1-5, and Saturdays from 10-12 and 1-5. For more information call the library at 285-2216.

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Dog and Cat Association Encourages Spaying/Neutering of Pets

by Tanya Storr

The Quadra Island Dog and Cat Association is concerned about the number of unwanted animals on Quadra and is encouraging owners to spay or neuter their pets.

"When people adopt or acquire kittens or pups they should spay or neuter them. The number of dogs and cats that are put down every year is appalling, and there are a lot of homeless animals on Quadra," said Dog and Cat Association member Shirley Wallace.

Shirley said if people come across an animal with no identification and no sign of a home, and if they don't want to adopt it, they should take the animal to the SPCA. The SPCA will try to find a home for it and will require anyone who adopts the animal to have it spayed or neutered.

The Dog and Cat Association will consider financial assistance where necessary to help islanders spay or neuter their cats and dogs.

An incident this summer highlighted the Dog and Cat Association's message about unwanted animals on Quadra. An island resident named Nancy, who

preferred that her last name not be used, found two very young kittens in a cardboard box next to the dumpster behind Quadra Foods.

"I was looking for packing boxes and I saw a box that looked like a good packing box over by the dumpster. I walked over and two little kittens were in it curled up in the corner. It was about 5 p.m. on a very hot Sunday in late June, and the kittens had no food or water or anything. It was awful—every time I think of I feel like crying," she said.

Nancy asked around the businesses in the area to see if anybody knew anything about the kittens but nobody did, so she brought them home.

"They were probably about five weeks old when I found them and for the longest time they hardly moved. The little guy had more courage but the female just lay on the couch and wouldn't do anything. I force fed her liquids with an eye-dropper for a couple of days. The kittens' eyes were glued shut for a long time and I was worried they might have distemper, but somebody gave me antiseptic to put on their eyes and it worked. A friend of mine gave me some wet cat food and they were able to get



The rescued kittens. Photo: Tanya Storr

on that fairly quickly, or at least the male was."

The kittens have now recovered fully from their ordeal and are very playful and energetic.

"They're lots of fun. They've gone from two little kittens who were terrified and petrified of people to two older kittens who are really affectionate and cuddly," said Nancy, who has named them Sasha and Patches.

Nancy plans to spay the female soon and the male will need neutering in the near future too. Since she also has a new puppy, Nancy said if she found the right home for the male kitten she would give him away, as it's a bit much having three pets under the age of six months.

"I didn't ask for cats—they just came into my life. I've had cats before and I find if something happens to them it's very hard emotionally. That's happened to me in the past," she said.

Nancy added that anyone who might be interested in providing a home for the male kitten should leave a message for her at the Campbell River Women's Centre (287-3044).

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Business Profile

Mexican Specialities with Elena Mason

by Tanya Storr

Elena Mason has been delighting people's taste buds with her cooking for a long time, and now she is putting her culinary talents to work in her new business: Miss Elena's Mexican Specialities. From burritos to salsa to sweet bunuelos and more, Elena offers a wide variety of delicious fresh or frozen Mexican dishes made from scratch.

"I've always liked to cook. Ever since I was a little kid I've been doing this kind of thing. What's most rewarding is when people come up to me and say they really enjoy my food. Those moments make me feel like I'm really accomplishing something," Elena said, as she deftly sliced up some hot peppers.

Elena and I were having our conversation at the Heriot Bay Inn, where she does the cooking for dining room Mexican Nights with assistant Tyler Shedden. The H.B.I. plans to hold one Mexican night a month over the winter, and the next one is slated for Wednesday, September 23. During Mexican nights in the summer, Elena and Tyler cooked for up to 150 people.

As well as cooking for Mexican nights, Elena also sells her products to the Legion, Pat's Tucker Truck, Dockers, the Heriot Bay Store, Quadra Foods, Buns on the Run, and to private individuals. Elena is currently working on establishing some other client contacts on Quadra. She is happy to make orders of any size, from just enough for dinner to dozens of items.

Elena has worked in the hospitality industry for 20 years and spent the last 15 years cooking at April Point Lodge. This year she decided to try to realise her dream of going into business for herself.

She found out about Community Futures' Self-Employment Assistance (S.E.A.) Program, a program that provides financial assistance for people on Employment Insurance (E.I.) who want to start their own business. Although the paperwork involved in applying for the program is considerable, Elena was not deterred from her goal.

Over the winter, she wrote a detailed business plan and developed a survey that she presented to pubs, restaurants, food wagons, and distributors on Quadra and in Campbell River, Courtenay, Nanaimo, and

Victoria. The survey asked whether the business would be slightly, moderately, or very interested in purchasing Mexican food products to sell.

"I got 16 surveys back and most of them said they would be very interested in buying products from me. It felt really neat to get all those positive responses," Elena said.

She took the surveys and her business plan to Ron Sooley, the S.E.A. Program Coordinator, and he reviewed them and then phoned the E.I. office to set up an appointment for Elena. After reviewing her business plan, the people at the E.I. office gave their approval for Elena to receive E.I. benefits for one year while she started her business. She also received a loan from Community Futures to help get her up and running.

Elena's first official day of business was July 15 and she made her first loan payment on August 15. "It's working out well. So far I've been making my payments and making a little bit extra for myself."

Except for when she is doing Mexican nights at the H.B.I., Elena rents the Legion kitchen to do her work, as she has to use an approved kitchen. The day before I met with her, she was cooking up a typical order at the Legion: three dozen chicken and bean burritos, two dozen bean burritos, and one dozen chicken tamales.

Elena makes everything from scratch, including her authentic New Mexican tortillas and refried beans.

"If you prepare everything from scratch it tastes much better and you know what's in it. I make all my tortillas by hand because even though you can buy some neat ones the flavour is pretty different," she said.

"I buy dry pinto beans by the 100-pound bag from Quadra Foods, and I cook ten pounds at a time in a pressure cooker and then refry them in a big cast iron frying pan. I add the Mexican herbs Papalo and Epozote as I'm cooking the beans, and then mash them using an electric wand. Canned refried beans taste like glue to me."

Elena also purchases her chicken and beef in bulk, and then roasts the chicken and browns the beef before shredding it. She uses

ground beef in some dishes and shredded beef in others. Elena grows her chili, ancho, and jalapeno peppers as well as tomatillos in her garden, and some friends are raising other vegetables for her.

Elena spends at least two days a week preparing her products in the Legion kitchen, and quite a bit of time doing deliveries. She also tries to schedule some time in her week



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Elena Mason preparing her excellent Mexican Cuisine.

Photo: Tanya Storr

for business development, such as visiting prospective clients.

Her products have been receiving rave reviews. One satisfied customer ran after Pat's Tucker Truck until he caught up to it one day, breathlessly asking if she had "any more Miss Elena burritos for sale?"

The only complaint Elena has received so far is that her food wasn't quite spicy enough for one individual's tastes. She now offers some very hot salsa, made by a Mexican friend on the island, for people who like it extra hot.

"I make the food just hot enough for the general public to like. You can't please everybody so you try to please most of them," she explained.

One of Elena's best-known dishes is her award-winning chili that has won prizes at the Legion's chili cook-off event and in New Mexico, achievements she calls "a real feather in my hat".

Elena was born in New Mexico 53 years ago, and raised in Las Vegas, New Mexico, "the town that wouldn't gamble." She met her husband, Bob, at university, and they emigrated to Canada in 1972 and lived in Dawson Creek for five years. In 1982 they moved to Campbell River and a year later came to Quadra and bought 24 acres with a friend for \$17,500. Bob passed away in 1994 and Elena still lives on the property (now 12 acres) with her youngest son, Louis. Her son Robert and his wife Jill and boy Connor also live on the property.

Elena's mother, who is 81, lives in New Mexico and runs a senior citizens' centre. When she found out Elena was starting her own cooking business, she sent her a bright

yellow turban to wear instead of a hair net.

"My Mom always says, 'No matter what you cook, if you add an ounce of love it'll be alright,'" Elena told me.

Elena said she has had a lot of help from family and friends in starting her business. Her friend Bruce helped her with her business plan, designed her bright yellow business cards, and is doing deliveries. He is also teaching Elena how to drive so she'll be able to do deliveries and marketing by car. Elena's daughter, Yolanda, and Bruce have both done promotional photography for the business.

As well as working on her business, Elena also teaches Spanish classes at North Island College, where she treats her students to her homemade tamales when they have 'restaurant class' nights.

Future plans are to expand her business to include catering and writing a cookbook. She'd also like to make pinatas and have door prizes for upcoming Mexican nights at the H.B.I.

"I think one of the best things for me is I'm having so much fun with this. The moral support I've got from everybody has been the most important thing. If it hadn't been for the people at S.E.A., Community Futures, and E.I., my family and friends, the Ladies Auxiliary and Legion, and all my clients I could never have realised my dream. To one and all I want to say a big Muchas Gracias!" she said.

Day	Time	Ht/ft
Tu	0055	6.6
2.0		
22	0545	12.5
3.8		
	1140	7.2
2.2		
	1755	13.1
4.0		
We	0115	6.2
1.9		
23	0635	12.5
3.8		
	1210	7.9
2.4		
	1825	12.8
3.9		
Th	0125	5.6
1.7		
24	0725	12.5
3.8		
	1255	8.5
2.6		
	1850	12.8
3.9		
Fr	0150	5.6
1.7		
25	0815	12.5
3.8		
	1340	9.2
2.8		
	1910	12.5
3.8		
Sa	0230	5.2
1.6		
26	0915	12.1
3.7		
	1440	9.8
3.0		
	1940	12.1
3.7		
Su	0310	5.2
1.6		
27	1020	12.1
3.7		
	1605	10.5
3.2		
	2010	11.8

Classified Ads

1 acre view lot

in Gowlland Harbour. Septic field and drilled well, including site and driveway in. Bright and sunny bluff lot. \$99,000.

Call Doug 285-3529

For Rent Oct. 1

3 bedroom house. Q. Loop. Great for gardeners. \$650.00 Nonsmokers, no dogs. Phone Sandy 285-3588

LOST! This all black male cat has been missing from the Hyacinthe Bay area since Aug 20. If you see this very friendly cat, please call Nancy or Vibeke @ 285-2800.

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Phenomenal Property! 170 acres with over 3000 ft. of waterfront. Includes 987 sq. ft. main home and attached greenhouse, with southwest exposure and a dock with outstanding moorage. Includes a separate workshop, guest cabin, and a heritage log cabin. Just a short walk to Rosen Lake!

Acreage - Excellent Value 10.3 acres with pasture, an orchard, a creek and part of a small lake. All of this is located just a short drive from Granite Bay. As an added bonus there is a heritage home built with hand squared timbers by Finnish craftsmen. A great restoration project! Just reduced to: \$89,500



A Gardener's Delight! Beautifully landscaped, fenced yard, raised garden beds.....bring your seeds and be nearly self sufficient! The 2324 sq. ft. home (including unfinished basement) on this 1/2 acre includes a spacious, bright family room and lots of space for hobbies/workshop downstairs. Appliances included. \$149,000. Quadra Island



This Home Has it All...sunny southwest exposure, low maintenance landscaping, paved driveway, attached workshop, 2 bay carport, new pellet stove, family room, office AND three bedrooms, 2 bathrooms. The kitchen has been recently remodelled and the living room boasts vaulted ceiling, ocean views, and a spectacular stone fireplace. Complete with loads of storage, covered deck

*** Nicely wooded 1.09 acre property with shared drilled well. Easy walking distance to stores, restaurants and Rebecca Spit Park. Bring your house plans! \$79,000. Quadra Island

*** Spectacular 5.7 nicely treed acres & nearly 190 ft. of easy access beach at Open Bay.. West facing building site, ocean views south towards Heriot Bay. \$210,000. Quadra Island

*** 4.7 acres with a private building site amongst several beautiful large fir trees. Located close to all of the amenities at Quathiaski Cove. There are several mature



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ABC Laundry **\$3.99**
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Red Seedless Grapes **\$1.39**
lb \$3.06/kg

Red **99¢**
Plums lb \$2.18/kg

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Bread

French **99¢**
Baguette

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DELI

Black Forest Ham **99¢** 100g

Specials in effect September 20-26 While Supplies Last
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