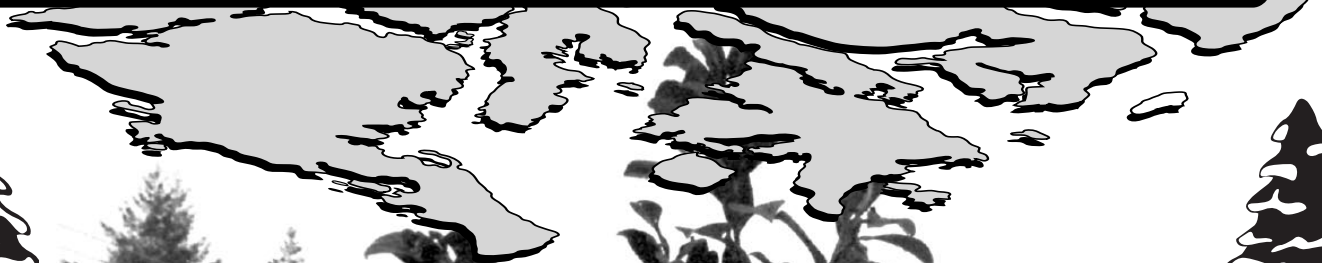


# *Discovery Islander*

Community News and Events from Quadra, Cortes and the Outer Islands  
[www.discoveryislands.bc.ca/news](http://www.discoveryislands.bc.ca/news)



**S  
E  
A  
S  
O  
N  
S**

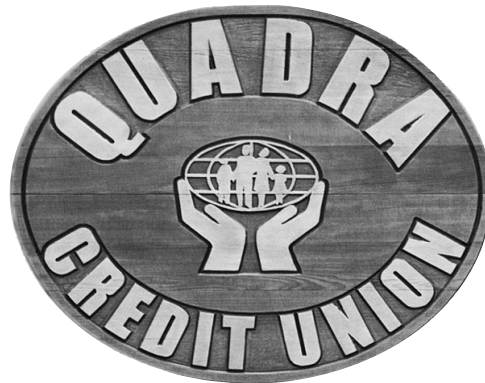


**Issue # 229  
DECEMBER 22ND, 2000  
FREE**



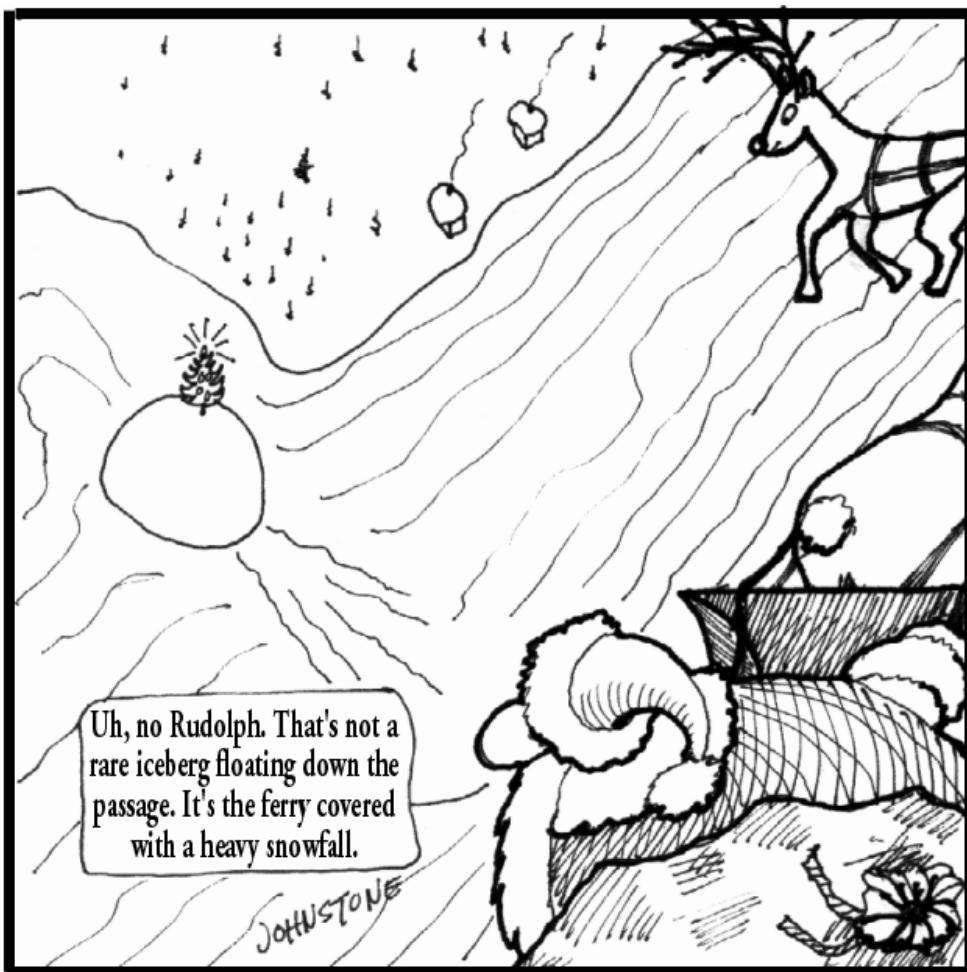
**G  
R  
E  
E  
T  
I  
N  
G  
S**

*The Board of Directors,  
Management and Staff of*



*extend our best wishes for a  
Merry Christmas  
and a Safe and  
Happy New Year  
to all our Members, suppliers,  
neighbours and friends  
throughout the  
Discovery Islands.*





## GROUSE MEADOW FARM

To all of our friends  
and customers  
Merry Xmas  
from  
The McPhee's at  
Grouse Meadow  
Farm

285-2315

## DORSETT SEA PRODUCTS LTD.

SPECIALIZING IN QUALITY SEAFOOD

Seasons Greetings  
to One & All!

**ROCK COD FILLETS**

**SMOKED  
SALMON  
\$18/LB**

SEE US AT THE WINTER MARKET SATURDAYS  
AT QUADRA COMMUNITY CENTRE

**285-2499**

**Home**  
building centre

**DEWALT**  
High Performance Industrial Accessories  
GUARANTEED TOUGH.

**Westcon  
Pavers**

**CONTRACTING**  
FLOOR LAYING

## Quadra Island Building Centre

Serving the Discovery Islands since 1975

### Store Hours

Mon-Sat 8:00 - 5:00 • Sun 10:00 - 4:00

Phone: 285-3221

Fax: 285-3701

630 Noble Rd

VIKING  
OUTDOOR  
CLOTHING

**IAMS  
COMPANY**

HANDY  
RENTALS

**Cloverdale**

We offer the convenience of..  
**SEARS** CATALOGUE  
SHOPPING

Pickup your FREE copy of our LATEST CATALOGUE

## On the cover



Snow(man?) Village Square  
photo: Philip Stone

**#229 December 22<sup>nd</sup>, 2000**

Published bi-weekly and distributed free throughout the Discovery Islands by:

**Hyacinthe Bay Publishing**

PO Box 482, Heriot Bay, B.C. V0P 1H0

Tel.: 250 285-2234 Fax: 250 285-2236

**Office hours Mon -Fri 9 am- 5 pm**

email: [news@discoveryislands.bc.ca](mailto:news@discoveryislands.bc.ca)

**Publishers:** Philip Stone &  
Sheahan Wilson

**Managing Editor:** Philip Stone

**Staff Reporter:** Tanya Storr

**Cartoonist:** Bruce Johnstone

**Printing:** Castle Printing 285-COPY

© Hyacinthe Bay Publishing 2000

All Rights Reserved

**Opinions expressed in this magazine are those of the writers and are not necessarily the views of the publishers.**

Agreement # 1408585

*Printed on recycled paper*

**Subscriptions available**

\$29<sup>00</sup>\* for 6 months

\$49<sup>00</sup>\* for 12 months (\* plus GST)

Call 250 285-2234 for details



## Submission Guidelines

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

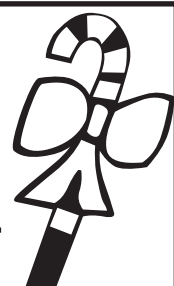
- Handwritten material must be printed clearly.
- Items prepared on a computer should be sent by email or saved on disk in **Word** or **rtf** to avoid us having to retype. Please NO BLOCK CAPITALS. No lines between paragraphs & please spell check in Canadian English, 600 words maximum for unsolicited material. No MS Publisher Files please.
- Send multiple items by email in separate messages.
- Please don't send original irreplaceable material make a trip to a copier first!!
- Please remember to caption & credit photos and artwork. Don't write on the back of photographic prints, use PostIts or other labels.
- Artwork sent by fax cannot be published.

*While every effort is made to include all items submitted, errors and accidental omissions do occur and the Discovery Islander should be only one part of your publicity efforts.*

**Next Deadline:** Noon Tuesday, Jan. 2<sup>nd</sup>



# A Very Merry Holiday Season



**to all our  
Readers, Contributors  
& Advertisers  
from the staff of the  
Discovery Islander**



**may your Hydro  
stay on all winter!**



**"Caring for children for community's sake"**

- Your Licensed, Community Childcare Centre for children 2 1/2 to 11 years of age.
- Serving the whole family
- Government subsidies available.

**GRANDPARENTS - LOOKING  
FOR A CHRISTMAS GIFT IDEA?**

*Call and ask about our gift certificates*



7:30 a.m. to 6:00 p.m.  
Monday — Friday

**285-3511**

**EMCO Resources Ltd.**  
**Electrical Contracting**

**Service and Maintenance**

Emery A. Savage

Campbell River

Tel: (250) 923-5577

Fax: (250) 923-7707

Bob Turner

Quadra Island

Tel: (250) 285-3926

Fax: (250) 285-3928

**Electrical Contracting • Design  
Service • Maintenance • Repairs**

**24 Hour Service**

# Island Calendar

## •1st Friday of every month

-Yak Shak Coffee House  
7:30-10pm

## •Every Saturday

-Fall, Winter, Spring Market  
10:00a.m.-2:00p.m

QCC

-Village Square Winter Market  
10:00a.m.-2:00 p.m.

Village Square

## Dec. 24, Sunday

-Breath of Heaven  
10:30am

QI United Church

-Carols and Candle Lighting Service  
7:30pm

QI United Church

-Christmas Eve Dinner/Katimavik  
5-7pm

QCC

## Dec. 26, Tuesday

-Casino Night  
7:30-12:00 midnight

Quadra Legion

## Jan. 1, Monday

-Sierra Quadra Hike  
1:00pm

Heriot Bay Store

## Jan. 17, Wednesday

-Quadra O.A.P. Meeting  
10:30am

Quadra Legion

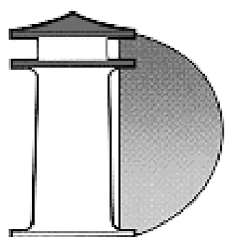
## Jan. 20, Saturday

-Koffeehous Katimavik  
7pm

QCC

## **The Next Deadline For Advertising & Editorial 12 noon, Tuesday Jan. 2<sup>nd</sup>, 2001**

*Only Items Received Before The Deadline  
can be guaranteed space in the upcoming issue.*



**Discovery  
Islands  
Realty**

**A Very  
Merry Festive  
Season to all  
Discovery Islanders**

Real Estate specialists on Quadra and the neighbouring Discovery Islands.  
Full real estate services including property management.  
Our office is conveniently located across from the school on Quadra Island.

## **Wilderness First Aid**

For outdoor guides, enthusiasts or anyone who works or recreates in remote locations. An Advanced Wilderness First Aid course will be held on Quadra Island March 14-23, 2001. For more info contact Greg at 285-3308

## **New Year's Eve Party**

At Aroma Cafe. December 31, 2000 at 10:00pm Aroma Cafe will host a New Year's Eve celebration featuring local performers. Evening will be hosted by Hilary Stewart and John Walton. All welcome, poets, writers, musicians, bring your instruments for a joyful and peaceful welcoming of the New Year.

Refreshments, (licensed premises) and light snacks will be available.

## **Fall, Winter, Spring Markets**

For all the islands. Quadra Community Centre. Every Saturday, 10am-2pm. Donation suggestions of \$5/table, \$2.50 half table or children. Quilters, crafts, garage sellers, jugglers, live music, fun etc. Better, cheaper and more convenient (no ferry fare needed) than Walmart, Zellers, Superstore etc. Come one, come all. Etc., etc., etc. .... for ever. For info. call 285-3766

## **New Year's Hike**

Celebrate the start of the real new millenium. Come and join Sierra Quadra's annual New Years Day surprise hike. We will be meeting at the Heriot Bay Market parking lot at 1:00 pm. on Jan 1, 2000. The hike will be for 2 or 3 hours and will be of moderate difficulty. Phone Ken at 2580 for further details.

## **Quadra's Young Ambassador**

Jenika Doherty is one of two Quadra Island School residents that has been accepted to go to Japan as part of the Young Ambassador program. Jenika leaves on March 16, 2000 for ten days.

To raise funds for the trip Jenika is undertaking a variety of fundraising activities. Some of things Jenika has been doing include performing skits & dances and selling crafts at the Christmas Craft Fair.

You can help too by taking part in Jenika's bottle drive. If you have any returnable cans or bottles laying around you can drop them off beside the Q-Cove Fire Hall or phone Jenika at 285-2993 and she'll have them picked up.

If you have any ideas for fundraising Jenika would like to hear from you too. Donations can be made to assist with Jenika's Young Ammbassador Program expenses at Quadra Credit Union account #920660.

## **DR. TERESA STRUKOFF NATUROPATHIC PHYSICIAN**

**\* Nutritional Counselling \*  
Herbal Medicine \* Homeopathy  
Chinese Medicine \* Acupuncture**

**I will be on Quadra, Friday, Jan 5  
at the Upper Realm, Q-Cove Plaza  
call 286-6225 for appointments**

**Suite #202 - 991 Alder St. Campbell River**



## **Quadra Seniors O.A.P. Club - Branch 91**

Executive elections were held Dec. 6, 2000. The nominating committee were Viola Wheeler and Robert Brown. Executive for 2001 are:

President - Ruth Amiabel, Past President - Colleen Karton; 1st Vice President- Jean Carefoot; 2nd Vice President- Marge Taylor; Secretary- Hanne Moss; Treasurer/ Memberships- Joyce Hargreaves; Directors- Viola Wheeler, Erika Zylstra, Robert Lasby

New executive will be sworn in January 10, 2001 by Prov. Exec. Steward, North Island, Martin Amiabel. Thanks for the excellent work done by past president Colleen Karton, Secretary Barbara McDonald and Director Chris McLean.

On December 15th, 2000 Christmas Luncheon, a Huge Success! A scrumptious luncheon was held at Tsa-Kwa-Luten Lodge thanks go to Carol Anne Terreberry and the Great Cooking staff. 67 O.A.P. members and guests attended. Joyce Baker donated her talents on Beautiful keyboard loaned to us by Lauren (from Quadra Foods). Thanks to both for the beautiful music that filled the air. We were entertained by baritone, and new member, Robert Taylor, Marcy Wolter and the Kamikaze Folk dancers which most of us had never seen before. Martin Amiabel sang 'the Good Ship Lollipop' in Dutch, dressed in a white naval uniform, ha ha! The three O.A.P hams Marge and Robert Brown and Ruth Amiabel won the boobie prize and were asked to sing an encore. Russ Swanson sang carols with us all, while Joyce Baker accompanied on the keyboard. After being welcomed by a bell ringing, Santa's helper Robert Brown gave us all candy canes and we then enjoyed a lovely turkey dinner with dessert. Twelve beautiful poinsettias were given to some lucky seniors.

This year Quadra Seniors donated \$350.00 to the Quadra Island Food Bank.

On Dec. 17, eleven of our seniors went on the Light Tour in Campbell River.

The next Senior Meeting will be held at the Legion on Wednesday, January 17, 2001 at 10:30am. Everyone welcome. Quadra Fire Department will be at this meeting.

Tai Chi will begin again Jan. 17 at 10am. Join our club and become active. Contact Ruth Amiabel 285-3801 or Joyce Hargreaves 285-3971

## **2001 Softball Calendars**

Fundraiser for 1986 Bantam Girls for 2001 season. On sale at Hummingbird Art & Office Supply and KT's General Store. Only \$5!

## **Legion News**

Hate that letdown after Christmas? Coming up Dec. 26 is our Annual Casino Night. 7:30-12:00 midnight. Come try your luck at our games of chance. All profits go to charity. Volunteers needed to help man the tables. Sign up at The Legion

## **Open Stage**

Come and share your talents in an evening of variety entertainment for the family, songs, poetry, juggling, dance. Admission \$3.50. Students & performers \$2. 1st Friday each month, 7:30 - 10:00pm, Yak Shack Coffee House, corner of Taku Rd.. and Heriot Bay Rd.. Downtown Heriot Bay. Next one is Friday, January 5th in support of Katimavik. For more info. call John at 285-2958

## **Koffeehouse Katimavik!!!**

Musicians, singers, actors, storytellers, poets, magicians and anyone else interested in showcasing a talent, or just being entertained by others, is welcome at

"Koffeehouse Katimavik". This event is the perfect opportunity to interact with our Katimavik group, as well as with others in the community, while enjoying a relaxed yet fun atmosphere. This unique evening will be taking place on Saturday January 20th, 2001 at 7pm at the Quadra Island Community Centre. The admission is by donation and all funds will go to the community centre's addition project. A delectable concession of snacks and drinks will also be provided so come on out and support your community through this evening of enjoyment! If you would like to perform, donate baked goods or just receive more information please contact Brennan at 285-3243 between 8am and 2pm.

## **Christmas Eve Dinner**

"Deck the halls with... Katimavik kids, lots of good food and tons of fun!" Your local Katimavik group invites you to celebrate the holiday season with us through an evening of pure pleasure. With the anticipation of Christmas in the air join in the festivities; mingle, laugh, share in the fun...oh and in the FOOD! This event will take place from 5-7pm at the Quadra Island Community Centre. There is no charge, although donations of food and volunteers would be greatly appreciated, and everyone is welcome. For more information please contact Adrian at 285 3979 or Brennan at 285-3243, between 8am-2pm.

## **Katima-Christmas**

Twas' the night before Christmas , in the Katimavik house,  
not a creature was stirring not even a mouse.  
The paperbags were hung by the bookshelf with care  
in hopes that Adrian would soon be there.  
The twelve of them, were all in their beds,  
while wild visions of home danced through their heads.  
With Janie in her pj's and Ben in his cap,  
they had just settled down for a warm BC nap.  
When out on the grass there came such a clatter.  
I jumped out of bed to see what's the matter,  
away to the the window I fell with a crash.  
I broke out the window and threw out the trash.  
When, what to my eyes should then appear,  
but a little fat man with 8 people I hear  
The little fat man was quick like a kite,  
I knew in a moment that it was our Dwight.  
More rapid then deer he watched as they came.  
He sat for a second and then called them by name,  
Now Brennan and Brenda and Jordan and Ben,  
on Tasha and Thomas , Chelsey, Josiane.  
And then in a twinkle I said what a goof  
walking and talking on top of my roof.  
He was dressed all in spandex from head to foot  
and his stuff was all dirty with ashes and soot.  
His eyes how thay twinkled, his dimples how merry,  
his eyes were all brown and his nose was all hairy.  
With a mouth full of chew held with his lip,  
he opened and closed the door with his hip.  
He talked and he stumbled and went straight to work.  
He filled all the bags and turned with a jerk  
and putting his hands deep in his clothes  
he flew with a twist out the window he goes.  
I heard him yell as he ran out of sight  
Merry Christmas to all and all a Good Night.

Thomas Morrish (Katimavik-tim)

# ISLE TECH

# AUTO SERVICE

*Discovery Islands' Automotive Specialists*

## Here's 2 ways to get through Winter

### 1-WINTER SERVICE SPECIAL

One of our specially-trained technicians will:

- Replace engine oil and oil filter
- Inspect brakes and suspension
- Lube chassis
- Inspect all lights, wiper blades, belts and hoses
- Analyze charging and starting systems
- Offer you a complimentary jug of washer fluid
- Check and top up all fluids (to a maximum of one litre)

**ONLY  
\$39.99\***

\*most cars & light trucks

Offer extended until  
January 21st, 2001

### 2-CHECK OUT THE LOWEST TIRE PRICES ON QUADRA!



**BFGoodrich**  
*Take control*

**RADIAL  
MUD-TERRAIN T/A**

- Conceived for mud, sand and snow
- 3-ply polyester carcass for superior bruise resistance
- Good steering response
- Long life and durability

**AUTO SENSE**  
AUTO PARTS

**Call us today for**

- Protection
- Prevention
- Repairs

for your car or truck

#### TIRES • BATTERIES • AUTO PARTS

• FUEL INJECTION  
DIAGNOSTICS & SERVICE  
• MOST PARTS AVAILABLE  
ON A SAME-DAY SERVICE

**285-3100**

We are a certified  
Government Inspection  
facility

8:30 - 6 Mon - Fri Sat 9 - 5

## We'll match or beat any competitor's price

## International Human Rights Day on Quadra

Those of us in the (Amnesty International) Women's Action Network group on Quadra would like to thank all the islanders who stopped at our table at the Cove on International Human Rights Day. You generously donated a total of \$250 towards the costs of medical care for the Afghan refugee women who are newly displaced in the camps in Pakistan because of the heavy fighting last spring. The funds will be donated to a project called SALAM, "save a life across the miles." SALAM in Farsi means peace and health. Thank you as well to all those who mailed postcards to the U.S. government and the Pakistan High Commissioner. We hope that continued pressure will help the women of Afghanistan.

If you are interested in helping others suffering human rights violations, you can pick up letters in Quadra Foods (on the pillar beside the bulletin board) which need only your signature, return address and envelope. Amnesty statistics tell us that in 1/3 of the situations addressed by these letters, some improvement is made in the situation of those on behalf of whom the appeal is made. Our next meeting will not be until the 4th week of January. Please call Susan at 285-3632 if you are interested in attending or being involved with this work in some other way.

## CCAP Update

The Community Centre Addition Project is well on its way to completion. The dry wall is being installed and plans are being made for the interior finishing. The Human Resources Development Canada (HRDC) crew are doing a fabulous job, check out the siding and rock skirting on the west wall of the addition!! Tours are available with Sandra during weekday office hours.

The fundraisers have managed to pay for 80% of the building costs but we are still working on that last 20%. Anyone who can help with a donation or an idea we would love to hear from you. Can we help you with your shopping this time of year? Grandparents, consider sending to your grandchildren this Christmas Hilary Stewart's colouring book which depicts Quadra scenes - only \$5. Before December 20th purchase a \$2 raffle ticket. Six wonderful prizes have been donated by the community. For a practical gift we have nice t-shirts available at only \$18.

We have received the first two grant payments from the BC Millennium Spirit Grant with the final payment due after March 31, 2001. The Vancouver Foundation have sent their donation of \$20,000. HRDC have a contract with Quadra Recreation until April 21, 2001 for the Job Creation Program which is employing six construction crew members.

CCAP would like to thank Harris Turner for his volunteer hours to design the electrical plans. Thank you to Harry Archibald for volunteering part of his

labour to install the plumbing in the building. Special thanks to Richard Benedito, stone mason, for the hours he volunteered to teach the crew as they built the rock skirting on the west wall. John Toelle Construction has loaned the project scaffolding and has also donated some construction materials - thank you John. M M Johnson continues to donate their time to the project, we really appreciate it.

On the fundraising scene, a big thank you to Steven Halliday and the Credit Union staff for initiating the raffle ticket, for donating a great prize (thanks Steven), and for doing such a great job selling the tickets!! The front counter at the Credit Union has raffle tickets for sale. Thanks to Nancy Allwarden for all her work collecting the raffle prizes and creating the tickets. Shirley Wallace volunteered her time and the paper for printing the raffle tickets. Thanks Shirley.

We have recently received cash donations from a number of private donors as well as the following Quadra businesses: Hope Springs Medical Clinic, Discovery View Estates, and Raven Forest Products. Quadra Builders are doing a great job for CCAP obtaining materials at minimal cost, thanks Barry and crew.

Even small donations help in a big way - if you haven't given to this cause and would like to, please make your cheques payable to CCAP and mail them to Quadra Recreation, PO Box 10, Quathiaski Cove, B.C. V0P 1N0.

## Do You Have an Announcement or Advertisement for Publication?

**The Next Deadline For  
Advertising & Editorial**  
12 noon, Tuesday Jan. 2<sup>nd</sup>, 2001

*Only Items Received Before The Deadline  
Can be guaranteed space in the upcoming issue.*

**Items can be dropped off at:**  
Hummingbird Office & Art Supply  
Quadra Foods and Heriot Bay Store,  
or submit by fax: 285-2236  
eMail: [news@discoveryislands.bc.ca](mailto:news@discoveryislands.bc.ca)  
or call 285-2234 for an appointment.

### ALL CLEAR SEPTIC SERVICE

*Have you thought about your septic tank in the last 3 or 4 years?*



**SAVE** costly drain field repairs by having your septic tank pumped out before trouble attacks!

Call Mel Doak **285-3561**

### NOLE CREEK SAWMILLS

*Portable Bandsaw Mill*

**We buy logs or standing timber  
On-site custom milling  
Kiln dried interior panelling & flooring**

*For a free estimate, call today  
Greg Hewitt 285-2762*

### Toelle Construction Ltd.

Box 207 Quathiaski Cove, B.C. • V0P 1N0

#### Custom Homes

**Renovations • Commercial**

- Foundations
- Framing
- Fine Finishing
- Contract Roofing
- Timber Framing
- R.R.A.P. Grants
- General Contracting
- Project Management

**John Toelle 285-3783**

**Kent O'Neill 285-2551**

Fax (250) 285-3781



# Storm season is here: tips from BC Hydro on what to do if the power goes out

**F**or outage information, or to report an outage, call 1-888-POWER-ON (769-3766). During a power outage, BC Hydro customers can call 1-888-POWER-ON. The system automatically recognizes the caller's phone number and matches it with a BC Hydro account. If the account is associated with a known power outage then a message is played with an estimated time the power will be restored to that area. BC Hydro call centre representatives are also available during the call to assist customers.

Power outage reports available on-line. BC Hydro customers can now view information about planned or unexpected power outages in their area through a link on BC Hydro's website. Details about the time and cause of an outage, the number of customers impacted, the area affected, and estimated time power will be restored are now available on the BC Hydro home page at [www.bchydro.com](http://www.bchydro.com). Customers and media can click on: 1) " - Quick Access - " 2) " - Current Outage Status - " then 3) " - Select Region - "

Users can then select one of four regions: Northern, South Interior, Vancouver Island or Lower Mainland. These regions link to a page that lists all outages and details for that particular area, using plain language in an easy-to-read chart format. Information about the outages is updated as often as possible by BC Hydro dispatchers at the Lower Mainland Control Centre, and outside the Lower Mainland by line managers or line clerks working in district offices.

Weather and trees cause most outages. Almost half of all power outages are caused by adverse weather conditions or trees / branches coming into contact with power lines. For BC Hydro, public safety during power outages is the first priority. While BC Hydro does its best to prevent outages and restore power as quickly as possible

- in fact, BC Hydro's service reliability is among the best in North America - power outages can be more common in the winter, when we experience wind and snow storms.

Make sure you're prepared for a power outage by following these tips:

## Safety first

- If you see a downed power line, call BC Hydro at 1-888-POWER-ON with the exact location. Keep back at least 10 metres (33 feet) from the wires or anything in contact with them, and warn others of the danger. Always assume the lines are energized. -more-

## Be prepared in advance

- Set aside a place to store emergency supplies where you can easily find them in the dark. Emergency supplies should include a flashlight, batteries, candles and candleholders, matches, a battery-powered radio, and a non-electric clock.

- Portable stoves, lamps and other camping equipment can be useful, but they - along with their fuels - should be stored in a shed or garage separated from the house. Liquid fuels give off combustible vapours and should be kept outside the house at all times.

## When the power goes off

- Find out if the power failure is limited to your home. If your neighbour's power is still on, check your circuit breaker panel or fuse box. When operating a breaker, remember to always face away from the panel. To report an outage, call BC Hydro at 1-888-POWER-ON.

- Switch off all appliances and tools as reducing the load on the electric system can restore power more easily. Also, appliances left on will start up automatically when the power is restored;

turning them off will reduce the risk of injury, fire, or damage to sensitive electronic equipment during re-energization.

- Don't open your freezer or fridge unless absolutely necessary. A full freezer will keep food frozen for 24 to 48 hours if the door remains closed.

- Don't use a charcoal or other outdoor barbecue indoors.

- When operating devices that use liquid fuel, such as portable stoves and lamps, ensure there is adequate ventilation.

- Use proper candleholders and never leave lit candles unattended.

- Leave one light switch on so you know when the power is restored.

- Home generators can be handy but there are hazards to be aware of. To operate a generator safely, follow the manufacturer's instructions, connect lights and appliances directly to the generator, not to an existing electrical system. If you need to use extension cords, make sure they are properly rated and CSA approved. Remember BC Hydro and the local electrical inspector must inspect any generator connected to BC Hydro's electric system.

## When power is restored

- Check to make sure your refrigerator and freezer are back on, and whether food can be re-frozen.

- Give the electrical system a chance to stabilize. Turn on only the most essential appliances and wait 10 to 15 minutes before reconnecting the others.

- Reset clocks, and check any automatic timers and alarms.

- Restock your emergency cupboard.

-BC HYDRO-



## FOOLS CHRISTMAS SALE!

Don't miss the huge variety of gift choices at the Gallery AND on Dec 22 and 23 Get your fresh floral arrangements by Lynne Ramos to pre order call 285-3754  
Gallery Hours 12 to 5 Wed-Sun  
Island Market, Heriot Bay

## TheHeriotBayInnDiningRoomand Craft&GiftShop

Willbe OPENSaturday, December23 from Noonto8PM foryourlast-minute ChristmasShopping&DiningPleasure  
Call285-3322

forreservationsorinformation  
Don'tforget,weofferdailyfoodserviceat ourHBIPub: 285-3539 takeoutordine-in



# Quadra Island Volunteer Fire Department

by Murray Johnson

## Smoke From Open Burning

Several weeks ago it was brought to our attention that the principal at Quadra Elementary School had received formal complaints about the air quality in the school due to the heavy smoke that was present in the Cove. The smoke was coming from open burning of logging slash on DL 206 along West Road, was getting into the school, and creating problems for people with breathing difficulties. Although this is not an area of Fire Department jurisdiction, I was also personally concerned, having a child attending the school with asthma. I dug out the relevant details from the BC Open Burning Smoke Control Regulation and contact information at the Ministries of Forests and Environment, and passed it on to the principal. I copied my comments to the MOF and Raven Industries. A brief condensed summary of the main points of this regulation, applicable when open burning is allowed under other regulations:

- explore all possible options to burning (reuse, reduce, recycle) before burning.
- burn ONLY vegetative matter such as tree stumps, roots, branches, etc.
- DO NOT burn prohibited materials (tires, plastics, drywall, demolition waste, domestic waste, asphalt, treated lumber, manure, rubber, paint, tar paper, fuel, lubricants, etc...)
- do not burn within 100 metres of a neighbouring residence or business, or within 500 metres of a hospital, continuing care facility, or a school in session.
- ensure that the ventilation index is "good" on the day you start the burn, and forecast to be "good" or "fair" the following day (phone 250-751-3100).
- follow a number of other conditions, which may be found on the Ministry of the Environment website at [www.elp.gov.bc.ca/epd/epdpa/ar/particulates/agttobsc](http://www.elp.gov.bc.ca/epd/epdpa/ar/particulates/agttobsc) or obtained from this author.

Following this, the school principal and I were each directed to the fine print of the regulations, which apparently state that any burning occurring as a result of timber harvesting and other resource extraction activities ARE EXEMPT FROM THE SMOKE CONTROL REGULATIONS. As unbelievable as this may seem to some of you (as it was for me), this is the way the law reads. All of the above restrictions apply to any of you if you go to burn a small pile in your backyard, however they do not apply to all those piles of logging slash presently piled along West Road. We understand that the Ministry of the Environment has discussed this situation with Raven Industries, and Raven has promised to voluntarily try to comply with smoke control rules.

One final note: the above situation occurs because on Quadra Island all burning is regulated through the Provincial government. We have no local burning bylaw, such as Campbell River does, for example, which is the only way more local control could be exercised over such activity.

## Donations to the Fire Department

Your Fire Department operates as a Local Improvement District, and is funded primarily through property taxes paid by District property owners. Additional sources of revenue come from providing coverage to Cape Mudge, leasing space to the BC Ambulance Service, and the occasional billing to the Ministry of Forests or Provincial Emergency Program. All of these revenue sources are carefully budgeted to cover the operating and capital expenses of the District.

We occasionally receive additional, unsolicited donations from individuals or private or public organizations. These funds are welcome, and are directed towards items or programs that would not necessarily be otherwise funded. In the past, such donations from the Royal Canadian Legion and others have allowed for the purchase of important life saving

equipment for auto extrication, specialized stretchers, and other equipment. This year, we have again received funds from the Legion, which were put towards the purchase of new CPR training dolls ("Annies"). Thank you, Legion people! We also received a generous donation from Camp Homewood, following our assistance with an incident there. After much thought, this donation has been used as the start of the Quadra Fire Department Benefit Fund, which will be used when needed to assist victims of the incidents to which we are called, as well as to assist with the purchase of special items as described above. The Firefighters would like to express their sincere appreciation to Camp Homewood!

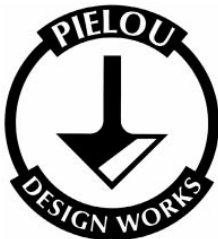
Donations to this fund, or for specific use within the Department, are always welcome and are guaranteed to be put to good use. Please contact any member of the Department.

## Trustee Meetings

Meetings of the Trustees of the South Quadra Island Fire Protection District are held at 7:30 p.m. on the second Monday of each month, at the #1 Fire Hall. Meetings are open to the public to attend, with any in-camera business held following the public session. If you wish to address a meeting, rather than just observe, the Trustees request that you contact them in advance to be put on the meeting agenda. Current Trustees of the SQIFPD are: Linda Richards, Ken Dinnes, Roy Matza, Jim Evans, and Derek Stevens.

*This column appears in the Discovery Islander every second issue. Our thanks to the publishers for giving us this opportunity. If you ever have any topics that you would like covered regarding the Fire Department, fire safety regulations, etc., or questions that we may be able to answer, please feel free to contact us: QIVFD, Box 80, Quathiaski Cove, BC, V0P 1N0, Attn: Fire Chief*

Phone 285-3262 Fax 285-3273 You may also contact this writer at email [murray@island.net](mailto:murray@island.net)



- CNC Router
- Cabinets
- Millwork
- Plastics
- Carved Signs

**Richard Pielou ph/fax 285-2065**

- New construction
- Renovations
- Pumps & pressure systems
- Service work
- Hot water heat
- Built-in vacuums
- Certified plumber

**Harry's Plumbing & Heating**

**285-3288**

All work guaranteed 1 year



**Acupressure & Lymph Drainage**

**Leslie Richter**

**at the Inner Garden**

(across from the library on Cramer Rd Heriot Bay)

**285-2727 or 285-2089**

Gentle body work that moves mountains



## Thank You Cortes!

The Cortes Island community extends a huge thank you to the following stores and their managers/owners who contributed so much to making our community Christmas dinner a success. Without their generosity, we would not have been able to provide so many people with an evening of good food and the spirit of giving of this season. Canadian Superstore, IGA, Supervalu and Overwaitea. Also a warm thanks to all the residents who, despite the inclement weather, power outages and road conditions, donated their time, energy and home cooking making the evening a great beginning to the festive season.



## Comox Strathcona Fisheries Renewal Partner Group

Close to forty people from all over the region came out to a public meeting held November 2 in Campbell River. The Regional Partner Group was unanimously supported to continue and charged to move forward with policy and priority decisions.

In the fall of 1998, participants from local stewardship groups, commercial and sports fisheries and First Nations established the Comox Strathcona Regional Partnership Group. This Partnership Group was based on three local area groups in Campbell River, the Comox Valley and the Mainland Inlets. The purpose of the partnership was to make recommendations to Fisheries Renewal BC on funding for salmonid renewal projects and to administer the funds received for approved projects. Strathcona Community Futures

Development Corporation has been the administrative partner for this initiative.

The first two funding periods of this program have contributed over \$2.5 million to restoration and enhancement projects in the Comox Strathcona region. \$1 million from Fisheries Renewal leveraged an additional \$1.5 million from other funders and in-kind donations.

Projects in the first two years produced 142 jobs, directly providing 4101 days employment. Numerous volunteers have also been involved. "These figures are significant. They show how important the support is to our communities in addition to our fish." Says Frank Shepherd, Interim Chair for the Partner Group.

The current funding year has 27 projects approved and are either completed, underway or soon to start. This year's funding allocation is \$500,000 for our region. These funds come from Fisheries Renewal and include contributions from BC Hydro and Forest Renewal BC.

The Comox Strathcona Fisheries Renewal Partner Group is dedicated to more fish. They use a collaborative approach to consulting with community members in reaching that goal. A Call for Proposals has been issued for next year. The closing date for applications is January 15, 2001.

Please call Mardy Bodie-Atkin at (250) 334 8879 for more information.

**Roasters of Fine World Coffees**

**AROMA** **WEEKLY SPECIAL**

**ISLAND ROASTED COFFEES** **East Timor**  
**\$12.50**  
reg. \$16.<sup>16</sup>

Village Square • Quadra Island

Organic, Fairtrade & Bird Friendly Coffees

**QUADRA IS.**

**FOREST PRODUCTS LTD.**


**Lumber • Timbers**  
**Cedar Roofing**  
**Materials**

**Custom Sawing**  
**&**  
**Planing Available**

**530 Cape Mudge Rd**  
**285-3294**  
**FAX: 285-3294-11**

**QUALITY**  
**FOREST PRODUCTS**  
**for ISLANDERS**

**QUADRA NUTRITION**  
**DARLENE BOOTH RNC**



- Stevia •
- Ghr 15 •
- Nutritional Evaluations •
- Dietary Guidance •
- Supplements •
- Sugar Free Cookbook •

**Nutritional programs**  
**for your unique needs**

Home: 285-2764  
Office: 285 - 2726  
Email: booth4@oberon.ark.com  
Located at: 1060 Topcliffe Rd.



**TimberWest**

**Firewood Permits**  
**Available at**  
**Q.I. Community Centre**  
**\$10 for 3 cords**

**offer open until December 31st, 2000**



# Island Forum

## Dear Editor:

Despite the repeated efforts of a small group of Quadra residents working on behalf of a much larger interest group, Raven Industries Limited continues to clear cut their property in the very heart of Quathiaski Cove. It appears that no appeals, no amount of negotiating, nor biological studies which identify parts of their Lot 123 as "a unique example of a rare ecosystem within the Georgia Basin," will stop the owners of Raven Industries from clearcutting. The only thing they seem to understand is the dollar figure on the bottom line. It is their land and they can do as they please. If a community is against their plans, their only suggestion seems to be for the community to buy the land and the "timber values" therein. They seem to have no feelings of responsibility for the wishes of the community in which they are land owners, nor for the variety of other values contained within a forested area upon which we all depend. Unfortunately, our government has not yet seen the validity of regulating the logging of private lands, so that our community on Quadra, and many others along the West Coast, are completely at the mercy of industrial logging companies and their profits.

Of recent importance to the situation on Quadra, is a letter addressed to Harry Harker of the Comox-Strathcona Regional District (dated Oct. 16, 2000) from Peggy Ward, Ecosystem Mapping Coordinator for The Canadian Wildlife Service and Carmen Cadrin, Vegetation Ecologist, Ministry of Environment, Lands and Parks informing of the results of an

ecological inventory which was carried out in the summer 2000 on Southern Quadra Island. The inventory was part of a larger Sensitive Ecosystems Inventory (SEI) of the Sunshine Coast and Islands in the Northern Strait of Georgia. The letter from Ms. Ward and Ms Cadrin stated that: "this site represents a unique example of a rare ecosystem within the Georgia Basin." Ms. Ward and Ms Cadrin continue: "Very few sites included Sitka spruce stands such as those found on DL 123, and no other site included Sitka spruce of this size or age class." If for no other reason than this, Raven Industries should be prepared to stop clear-cutting on Lot 123.

All of us risk losing in Raven's clear-cutting venture. Firstly, the residents lose the beauty they have come to love and appreciate in their community. Secondly, the elevation of the wetlands in question (on Lot 123) suggest that the water supply for Quathiaski Cove could be impacted. Thirdly, the tourism industry which is growing and strengthening each year in this area, loses the visual values upon which their industry relies. And fourthly, the children and future residents of Quadra will lose the opportunity to observe the size and grandeur of ancient plants that our earth is capable of producing given its own time and the enduring forces of nature.

The Raven Industries Property (Lot 123) on Quadra provides an example of what is wrong with unregulated logging on private land by companies who have no concern for the surrounding communities. Although the owners of Raven make


statements about their concern for environmental issues, their behaviour indicates a complete lack of responsibility as stewards of land on this island. In a recently video-taped interview with owners Lee Luckhurst stated: "It is our fondest wish on Quadra to see the great majority of this property preserved." He went on to say: "And certainly the part that's most endangered and most valuable in terms of ecology will be preserved."

I am asking you once again Mr. Martin and Mr. Luckhurst, to put your stated concern for the environment into practise by acting as responsible corporate citizens and guardians of large tracts of land on islands in the Georgia Basin. Preserve the ecologically sensitive areas of this property (Lot 123) and the forest which surrounds them for the benefit of all who come after you. Our community has neither the wealth nor the time to meet your prices or deadlines, in spite of over a year's worth of trying.

And to Mr. Robertson and Mr. Duncan, the Provincial and Federal representatives of one of the most beautiful areas remaining on our endangered planet, please note the increasing tension between logging and other values as our forest resources dwindle like so many codfish or coho. Make the logging regulations on both public and private land as strict as necessary to stop clear-cutting and allow the human, animal and plant residents the environmental respect they deserve!

Sincerely, Louella Baker

Quadra Island Resident

**TUTORING AND EDITING SERVICE**  
*Essay/Exam Help*  
*Document Editing*  
Tanya Storr, BA English  
tstorr@connected.bc.ca  
\*reasonable rates\*  
**CALL 285-3937**

**Looking**  
**For an affordable**  
**way to advertise?**  
**This ad only \$25<sup>00</sup>**  
**Call for more details**  
**285-2234**

**CASTLE PRINTING**  
Fax 285-2163      E-mail: castle@island.net  
Business Cards • Letterhead  
Envelopes • Continuous Forms  
Cheques • Invoices • Brochures  
**Phone 285-COPY**

## Dear Mr. Martin and Mr. Luckhurst,

Twenty five or so years ago you made an investment on Quadra by purchasing over 600 acres of land. As you have stated, that investment was difficult to make as there was no prospect of immediate returns. Time has shown what a good investment it was. Almost all your land has now been logged, the profits have been very substantial and you still own the majority of the original land.

In our discussions you indicated that the focus of your company is changing from logging to land development. Like your company, our community is trying to prepare ourselves for the future. We can no longer rely so heavily on logging and fishing to drive our economy. We need to diversify into tourism, secondary manufacturing, high-technology, retirement community services, remote workers and anything else we can think of. Many of these options require that we maintain a healthy environment, retain our natural beauty, protect our special places and support our community structures.

Business and individuals on Quadra have a great record of supporting our community. We contribute both substantial time and money to things like our community centre, tennis courts, skateboard park, riding ring, ball fields, trail systems, Therapeutic Riding Society, food bank, Mayday celebrations, seniors housing and on and on. Our investments have not only created a healthy and vibrant community, a wonderful place to live but have improved the viability of many businesses including that of land development.

I believe the time is right for you to make another investment on Quadra. Like the last one it has no prospect of immediate returns. The amount may seem large but the endangered ecosystem on Lot 123, a 50 m. buffer around it and some buffers along the road to protect the visuals represent a tiny fraction of the value that have recovered from your first investment and that you can further recover from your remaining lands.

Let us work together so we can all prosper in the future. There are many possibilities. Now that a part of Lot 123 has been designated by the Canadian Wildlife Service as an extremely rare ecosystem, perhaps the endangered ecosystem and buffer can be donated to the regional district and generate a tax credit for the full fair market value. Perhaps the rest of Lot 123 can be rezoned to smaller acreages to your great advantage.

The choice is now yours. Destroy the ecosystem, impair the viability of other Quadra businesses, ignore the wishes of a large group of Quadra citizens or stop the logging and engage in meaningful dialog to find a long term solution.

Ken Roxburgh

## Thank You, Thank You

From my heart to the Ambulance crew, RCMP, Fire crew, and all the people who stopped at my accident on Hyacinthe Bay Road.

Thank you again,  
Colleen Karton

## Thank you Quadra Community

I would like to express my gratitude to the Quadra Volunteer Firefighters for their response to the fire on my boat on Saturday, December 9th. It was only your expertise, teamwork and hard work that saved a bad situation from becoming far worse. Your efforts caused the absolute best possible outcome. I also appreciate the fact that you spent the majority of your evening on the end of the dock rather than at your Christmas party. Thank you all so much - men and ladies.

At the same time, I would like to thank the ferry crew for making the 911 call, calling myself and standing by. Thanks also to the Coast Guard for responding.

Sincerely,  
Bill Bird

## Thank You Santa!

North Island Therapeutic Riding Society would like to THANK SANTA and his team of horses for donating his Saturday to giving free rides to all the kids who attended the Country Christmas. He had his elves in attendance and fun was had by all. We would also like to thank the volunteers and Heriot Bay Store for donating Hot Dogs and Quadra Foods for jugs of Apple Cider. The day was a wonderful success. There are still a few more Christmas Trees for sale.

## Quadra Island Cemetary

### Thank You

For many years the cemetery trustees have used their own personal lawn mowers, rakes, shovels and fuel etc. With the help of Raven Industries Ltd. we now have tools to work with and a building is being erected to house them in.

A used 'ride along' mower has been donated by the Quadra Recreation Society for which we are most grateful. The entrance gate pillars will soon be finished thanks to Richard D. Benedette who volunteered his time to assist us with his expertise.

Thanks to one and all who stop by and lend a hand.

Owen P. Humphries, Trustee

*Articles, letters and artwork  
are all welcome for publication under Island Forum*

Opinions expressed herein are those of the writers and  
do not represent the views of the publishers.

Next deadline noon Tuesday, January 2<sup>nd</sup> 2001



**Your Complete  
Home Building Specialists:**  
*from concrete to cabinets*

- Project Management
- Commercial & Residential Buildings
- Renovations
- Custom Homes & Additions
- Qualified Journeyman Carpenters



*Building a better Quadra Island*

Free Estimates  
Phone & Fax

**285-3583**

# Your Support

of our advertisers  
brings you the

## *Discovery Islander*

island owned & produced,  
independent, free press

Next time you frequent one of  
our advertisers, tell them you saw  
their ad in the Discovery Islander  
it counts!

# Twelve Habits for a Healthy New Year

Darlene Booth RNC

**W**ith Christmas just around the corner, it will not be long before we are once again celebrating the coming of a fresh new year. Does the turning of the calendar motivate you to start with a clean slate, inspire you to try something new or just remind you that you are another year older and not that much wiser? The New Years resolution for some can be a strong motivator to precipitate a change for the better but for many the road paved with good intentions can quickly become clouded in an amnesiac fog. Better yet, why do today, what I can put off till tomorrow? Why not make 2001 the year that you muster that resolve and head towards a healthier you.

Old habits die hard but the good news is that it only takes 3 weeks to establish a new habit. Just think what you can accomplish in fifty two weeks! That would be approximately 17 habits! That would also take me over my word limit! So we will simplify that and strive for 1 new focus for each month.

**January** - Breathe! Oxygenate! Slowly breathe in to capacity, breathe in a little more and then slowly breathe out. Smoking will shorten your life. There are many aids available to help you through this addiction but they will only work if you are ready to quit. It starts with awareness, and then it becomes a reality.

**February** - Get moving! Daily exercise is essential for good health. It stimulates our immune system,

relieves stress and burns fat! Make a daily walk part of your routine or explore other activities such as yoga, aerobics, tai chi, weight training, swimming, hiking and so much more!

**March** - Drink your water! It is the single most important nutrient needed for life on this planet. You can go weeks without food, but only days without H<sub>2</sub>O. Dehydration can lead to many symptoms associated with disease. We need to drink 6 - 8 glasses of water daily for optimal health.

**April** - Avoid refined sugars. These empty calories contribute to a long list of common problems including diabetes, obesity, dental caries, heart disease and much more. Enjoy the natural sweetness that fruit can offer or try using stevia to sweeten your goodies.

**May** - Reduce wheat consumption - especially white flour products. Use more whole grains and experiment with some of the many varieties available such as Spelt, Kamut, Quinoa, Barley or Rye.

**June** - Avoid hydrogenated and partially hydrogenated fats. Plant and fish oils rich in EFA S are essential to good health. Best sources are butter, olive oil, avocados, fresh raw nuts and seeds, and the naturally occurring fats in free-range fish, eggs and poultry. Avoid margarine, processed oils and fried foods.

**July** - Quiet time. Take time each day to connect with your spirit. Whether it is through meditation, prayer, reflection, or visualization - make this a time to throw out the

clutter in your mind and focus on happy, positive energy.

**August** - Clean out the cupboards. Get rid of all the junk food. Focus on bringing healthier, more wholesome foods into your life. Processed foods are killing us and killing the planet.

**September** - Reduce or eliminate coffee. A healthy body does not need caffeine to keep going. Among other things, excess caffeine stresses the hormonal balance, the nervous system and can deplete mineral stores such as calcium. Wean off gradually to avoid the withdrawal headache.

**October** - Clean house. 80% of degenerative disease is said to start in the colon. Talk to your natural health practitioner about what colon cleanse would be right for you. Replenish friendly bacteria with acidophilus and make sure you are getting adequate fiber in your diet. Use a supplement if needed.


**November** - Rest! It is absolutely essential to good health. Make sure you are getting a good nights sleep. This is a time when your body can do repairs, maintenance and housecleaning. A healthy body will awaken refreshed and ready to take on the day.

**December** - Take a day off each week and enjoy life. Forget about everything else and just have fun! Laughter is the best medicine!

Merry Christmas and have a Healthy New Year!

**PRO SHARP**  
KNIFE AND TOOL  
SHARPENING SERVICE  
Pickup and Drop-off  
• Monday, Wednesday and Friday  
Locations:  
• Quadra Island Building Supply- 285-3221  
• Heriot Bay Consignment Shop- 285-3217  
Reasonably priced, Volume Discounts

- software or hardware problems?
- tutorials, modem & Internet setup
- PC's, parts, software and supplies

**ENERT Computer Support Services**  
  
Matt & Etta Martinelli  
285-2431 fax: 285-2421  
email: mattmart@connected.bc.ca

FULLY INSURED ∞ FREE ESTIMATES  
  
**BILL'S TREE SERVICE**  
BILL BRADSHAW  
(250) 285-3608  
BOX 336, HERIOT BAY, B.C. VOP 1H0



## Looked at your portfolio lately?

While authoring this column is something that I really enjoy, there are times when it is an incredible challenge to come up with a subject that is one upon which I can speak knowledgeably and/or able to research, that conforms to the economic slant of this column, and is of general interest. However, that is not the case this week. The *subject* comes readily to mind, but the *conclusions* are a little bit tougher.

Several members of my staff and I entered into an investment challenge in September, competing against 103 other teams from across western Canada. The challenge? Take a hypothetical \$100,000 and invest it in 4 separate investment funds (out of a total of 20 available), make at least 3 trades within the 20 funds over the next 12 weeks, and the highest dollar value portfolio on December 20, 2000 wins. While I am not the captain of our team, you can safely surmise that I ensured my opinion counted in our portfolio purchases, and I am sure most readers are familiar with my investment opinions. In fact, our team name is the *Quadra Contrarians*. Our strategy? We agreed that North American equities were overvalued and due for a fall, that Europe was a more attractive investment at this time, and that we would keep at least 50% of our portfolio in bonds or money market instruments. Well, what can I say? We have been in 1<sup>st</sup> place since October 25<sup>th</sup>, and unless North American markets rally dramatically between today (Dec. 18) and the 20<sup>th</sup> we seem certain of victory. Look for our smiling faces in the next issue of the *Islander*.

In this instance, a contrarian (or bearish, if you prefer) stance proved successful in the short term. Of course, this strategy would have been a dismal failure had we pursued it at any time prior to....oh, let's say April of this year, the acknowledged start of today's bear market. From 1991

until that point an aggressive investment strategy in North American equities, heavy on technology, would have been the winner. But as Money Matters readers know I have been bearish since the debut of this column in June of 1997, much to my chagrin. Unfortunately my (and that of my research sources) timing was a little out of whack, but the markets have been behaving in an irrational manner for at least that long as well, rendering all those who dared to take a bearish stance as "old economy whiners" by all the analysts and day traders who were making a killing.

What was it that made me and so many others nervous about the markets? Several things. Forgetting the "dot-com" phenomena, which is a story unto itself, the ridiculous valuations applied to companies whose numbers, when judged by old standards such as price earnings ratios, inventory turnover, debt service coverage, etc., suggested values significantly less than they now commanded.

Also, the fortuitous timing that allows millions of Americans to enter the market with their individual retirement accounts, joined soon by others who saw a quick way to riches. Some people literally mortgaged the farm, quit their jobs and piled whole-hog into the market as 24-hour wonder day traders. Mutual funds, battling each other to see who could generate triple digit returns in the shortest possible period, help drive up the prices. Companies, eager to bump up their earning per share, mortgaged the company in the bond market to raise funds to buyback their own shares (at inflated values, of course).

The media did its share, with analysis from overnight experts exhorting the public to "get in before it's too late". And finally, good old Alan Greenspan certainly did his part, managing to convince investors that the Federal Reserve would not stand by and let anyone lose money.

The Fed unleashed torrents of liquidity into the marketplace, something that came to public's attention during the LTCM crisis in October 1998. Only since the spring of this year has the Fed flow of funds slowed, and markets have been reacting slowly but inexorably in a downward fashion.

So what does the future hold? Based upon today's daily dose of bad news of slowing sales, disappointing earnings, layoffs and slowing consumer purchases, coupled with a vast oversupply of inventories of everything from cars to computers, cell phones to broadband capacity, and a consumer/corporate debt load that has grown by \$4 trillion in the past 5 years alone, and a US current account deficit of over \$400 billion, ***all signs are pointing to trouble ahead.*** The consensus of most analysts that I follow is that we are in a bear market, one that will last for several years at least. A recession in 2001 is inescapable. Japan's recession started in 1990, and their stock market is still trades at less than 50% of its 1990 values. The fantastic surpluses envisioned in the US (to be fueled largely by huge capital gains tax revenues, from stock market profits, of course) will simply not materialize over the long term. Asset values on things such as stocks and homes will decline from their inflated highs, leaving those who foolishly borrowed to invest in one heck of a bind.

What to do? Invest wisely, in things you understand. Do some research, and consider investing in an industry, not a single company. Spread your risk, and maintain a suitable amount of your portfolio in guaranteed investments. Don't be a trend follower, be a trend spotter. Invest for the long term, but manage for the short term. Buy low, sell high. Oh, and while your at it, have a Merry Christmas and a wonderful New Year. See you in 2001!

**Discovery**  
**Islander**  
**ONLINE**

[www.discoveryislands.bc.ca/news](http://www.discoveryislands.bc.ca/news)

Subscriptions • Submission Guidelines • Advertising Information.

Read each issue online or download as a pdf for viewing & printing on a computer anywhere in the world.

**Join our email news list.**

# Business Profile

## Spirit Boxes and Bowls

by Tanya Storr

When I asked Mike Balatti what he enjoys most about carving for a profession, he replied that the process itself, although hard work, is almost like meditating.

"It's very enjoyable to sit down with a piece of wood and carve it. Time goes someplace else, and then at the end you have something you didn't necessarily expect. Some pieces take on a force of their own," he told me.

We were conversing during an open house showcasing Mike's work on November 25, held at the home he shares with his wife, Wendy Terral Balatti. Their house had been transformed into a gallery for the occasion, with Mike's pieces lining the walls and the aroma of cedar filling the air.

The kitchen table was laden with platters of seafood smoked by Mike's brother Vic and hors d'oeuvres made by Kim Murray, and a visitors were arriving steadily to admire Mike's work. Wendy later told me that approximately 120 people came to the two-day open house.

"It was very supportive and encouraging and a lot of fun," she told me.

Mike has operated his carving business for five years now, and currently shares a workshop on Raydon Road with three other woodworkers. When he and Wendy first lived together, Mike carved in their kitchen.

"That went pretty well," Mike recalled with a grin, "but I wrecked the floor."

He then moved his carving tools out to the porch, which soon became covered in piles of sawdust. At Wendy's suggestion, Mike built a shop up the hill from the house. Last year he moved his carving operation to the workshop on Raydon Road.

Before he became a carver, Mike worked for 15 years in logging and construction. He still does some logging and construction work at times, but prefers carving.

"Carving is a lot easier on the body. I'm carving full time for the time being, but we'll see how it goes," he said.



Mike Balatti with some of his work

Photo: Tanya Storr

Mike said several people taught him how to carve, and although carving wasn't a profession he had thought about doing, he's very glad he began to do it.

Red and yellow cedar, alder, mahogany, and juniper are some of the types of wood Mike carves. He collects his wood from a

variety of sources—some from the beach, some he buys or trades, and some people give to him.

One of the most interesting aspects of carving is reading a piece of wood before you begin, Mike said. "You've got to be able to see the potential in wood."



Mike, who was born in Vancouver and grew up in Nanaimo and on Quadra, describes himself as a Westcoast Metis. "I'm Native from both sides, but we don't know what it is. I'm also part Italian, part Irish, and part Scottish."

Mike's repertoire includes boxes, chests, panels, cradles, paddles, rattles, bowls, spoons, wall hangings, and masks. Many of his pieces are inspired by Westcoast Native legends. "You can do a lot with the stories," he said.

A large alder cedar chest carved on all sides with a double beaver on the lid depicts the 'Salmon in the Beaver House' story. The chest took Mike more than two months to make, due to its size and the intricacy of the design. When he opened the lid, the pungent smell of the cedar trays inside wafted towards us.

An elaborate feast dish with three removable bowls, carved out of Honduras mahogany, portrays the legend 'Raven Steals the Light'. Mike explained that he turned the wood on a lathe and then spent many hours carving the designs and accenting the bowl with abalone and bone.

"The bone is from a cow. We stewed it up for soup and then I carved the bone and made teeth out of it," he told me with a smile.

As well as shaping and carving pieces of wood, Mike also transforms found objects. A shaman rattle he carved and filled with cherry pits was a wooden gillnet float in its last incarnation.

At the open house, an alder cradle bearing the sign 'Family Cradle Owned by Children Not Yet Born' held carved fish-shaped wall hangings in various stages of completion.

"I can make each fish individual even though it's a standard cutout. I just play with them as I'm carving them. If you do the same thing over and over, it loses its artwork."

In Mike's experience, European tourists

like to buy smaller pieces that are easy to carry while American tourists are often interested in larger pieces.

He and Wendy have taken his work on the road during some summers, selling it on Vancouver Island and in the States.

"We've had a blessed time doing road trips," said Wendy. "We sell art along the way and deliver to clients. We've gone as far south as Carmel, California, and we're hoping to go to the States again this spring."

Mike's work has been exhibited at the Snow Goose Gallery in Seattle and at the Burke Museum at the University of Washington. He has had two shows at Pumpnickel's Café in Campbell River, and currently has work in Explore Gallery (the 'Salmon in the Beaver House' chest), Batoche Gallery, and the Heriot Bay Inn's Christmas craft shop.

Mike also does custom work and welcomes new orders. For more information about Spirit Boxes and Bowls, call Mike and Wendy at 285-3108.



Mike Balatti with his alder cedar chest  
Photo: Tanya Storr

## G. ROY DAHLNAS EXCAVATING LTD.

- EXCAVATING • TRUCKING • SAND
- GRAVEL • TOP SOIL • DRAIN ROCK
- ROAD CRUSH • WELL CASINGS



## Marlena's Salon



**HEAD  
Toe 2**

Skin Care Studio  
by Gail O'Brennan  
Esthetician  
Wed, Thur & Sat

**Treat yourself  
285-2938**

726 Cramer Road, Heriot Bay

## HUMMINGBIRD OFFICE & ART SUPPLY



**All Your Office  
School & Art  
Supply Needs**

**Colour & B/W  
Photocopying  
Faxing**

**Mon-Fri 9 to 5  
Sat 10-4  
Tel: 285-3334  
Fax: 285-3331**

## A Unified Voice for the Islands' Business Community



## JOIN TODAY

- Forum for Island businesses.
- Coordinating island promotion.
- Low annual membership dues

### FOR MEMBERSHIP INFO

[www.discoveryislands.bc.ca/chamber](http://www.discoveryislands.bc.ca/chamber)

D.I.C.C. c/o Box 190, Quathiaski Cove. BC V0P 1N0

Call 285-2724 or eMail [chamber@discoveryislands.bc.ca](mailto:chamber@discoveryislands.bc.ca)

## MELARY TOWING

- 24-hour service on Quadra Is.
- Cortes Is. service on request

Wheel lift equipped for safer transport

**CELL 830-7998**

FOR BCAA MEMBERS CALL  
1 800 663-2222

Mel Doak 285-3590

Larry Stevens 285-2998







# *Island Report*

## Update on Lot 123

by Tanya Storr

**A**s reported in the last *Discovery Islander*, a demonstration took place outside Raven Industries offices in Campbell River on December 5 to protest logging on Raven's Lot 123 near a rare, red listed wetland plant community. The red listed plant community was identified in a Sensitive Ecosystems Inventory conducted on Quadra last summer.

At the time of the December 5 protest, Raven had logged along the western edge of the wetland and was starting to log the eastern edge.

A delegation of six islanders met with Lee Luckhurst, co-owner of Raven Industries, while the demonstration was taking place. According to Judy Johnson, a member of the delegation, the group asked that Raven preserve the wetland and a 50-metre buffer along it where logging had not already taken place.

A minimum 50-metre buffer was recommended in reports by a hydrologist and biologist, due to the need to protect the veteran Sitka Spruce in the wetland from the wind.

"Both the hydrologist and biologist stated that removal of the forest along the windward (southeast) edge would potentially hazard the larger vets because they are shallow rooted due to the high water table," Johnson said.

Luckhurst agreed to stop the logging near the wetland for now, but said a long-term solution will have to be found.

In a telephone interview the day before the protest, Luckhurst said there is valuable timber in the buffer and Raven shouldn't have to bear the cost of that.

"Preserving a 50-metre buffer would be very expensive. There's a lot of value in the second growth Douglas fir there. I'd like to see as much preservation as possible too, but not all at our economic expense. We'd certainly consider it if a group wanted to acquire it in terms of a land purchase or covenant. It doesn't have to all be in cash. I suggest they approach the government regarding a land trade," he said.

A land trade with the provincial government is a very unlikely possibility, Johnson said, as it is so difficult for the government to come up with a parcel of land to trade. She and other members of the delegation have met with North Island MLA Glenn Robertson, but "it doesn't look like there is anything the government can do."

In terms of raising funds to purchase the buffers and wetland, Johnson noted that most funding organizations have lengthy application processes so timing could be a problem.

In a December 12 conversation with Ian Legge from Raven, Johnson asked exactly what was going to be logged and how much time was available before the buffers were logged.

Legge replied that logging would continue until December 22, followed by a two-week break over Christmas. He confirmed that logging would not take place within a 50-metre distance of the wetland before the Christmas break, and said they would leave a 20 or 25-metre visual buffer along Heriot Bay Road. Raven plans to send a forester over during the two-week break to assess the value of the trees in the wetland and 50-metre buffer.

Johnson stated that the next step for those interested in preserving the wetland and buffer will be to meet with Raven and find out what they want for the trees after the company has done its assessment.

"Then we'll have to see if enough people are interested in trying to raise funds. We're hoping to form a committee within the next few weeks," she said.

In the December 4 telephone interview, Luckhurst said Raven loggers are now doing some clean-up on Lot 206.

Regional district director Jim Abram said over the phone on December 18 that he is concerned about the number of logging slash burn piles on Lot 206 along West Road, adding that he has been receiving numerous complaints from people who share his concern.

"I think it's ridiculous to consider burning piles that size in a populated neighbourhood next to an elementary school because of the detrimental effect it will have on air quality. I think they should have opened the area up to firewood cutters prior to the slash being piled in that way. I'd like to see the piles moved to a suitable location for disposal," Abram said.

Abram has had discussions with the Ministry of Environment and Ministry of Forests regarding the burn piles, and the Ministry of Forests has stepped in and said it's their jurisdiction.

"I've asked to have a face-to-face meeting with the Ministry of Forests, Ministry of Environment, regional district planners, and myself regarding this issue," said Abram.

# Fashion File Island Style

by Diva 421

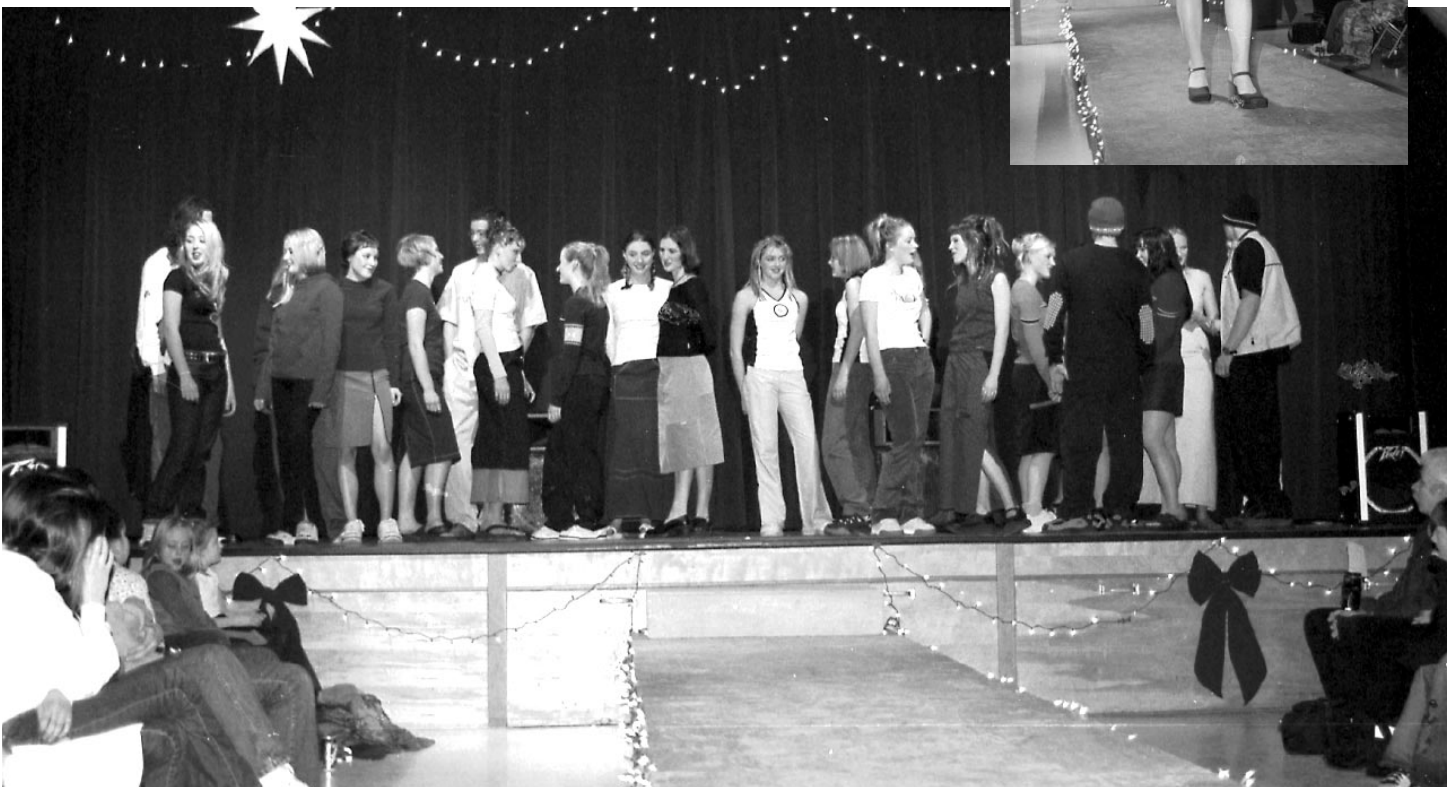
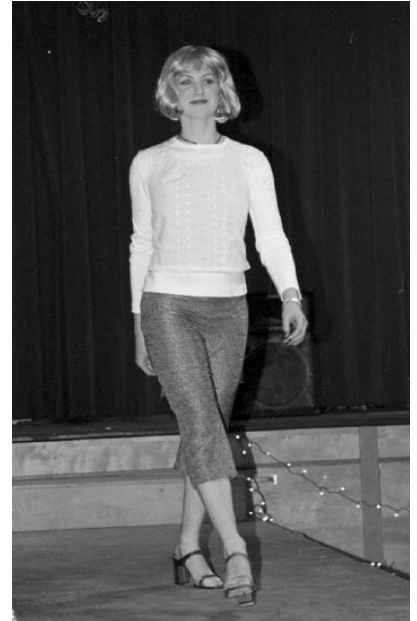
**F**or just a moment close your eyes, take a deep breath, and imagine yourself dressed in your "dream outfit". MMMMM.. doesn't that feel good. That is what fashion today is all about. Having fun, being creative, and feeling good! As our levels of openness are shifting many people are beginning to embrace their individuality and are tuning into fashion as a powerful form of self expression. It is no longer necessary to be a department store clone as there are so many other funky possibilities for the individual to explore.

So, what does all this fashion talk have to do with Quadra? LOTS! Something very fun and fresh is happening in our community and it has a whole lot to do with style. This creative stirring was in full bloom at the sold out Pre-Christmas Show, Blame It On Bossanova earlier this month. This eagerly awaited event was the brainchild of the up and coming local fashionistah, Kami Robb of Bossanova Designs, and featured the wildly eclectic collections of Rosalind Dysart, Jill Ogasawara, Doof Records and Clothing, and Kami Robb, herself. From customized couture, vintage, one

offs, classics, rave, and streetwear, there was something in the show for everyone.

The evening opened up with Doof's rendition of a "funked up" Gap ad featuring all 23 models standing around in various stages of conversation, looking casually fly and ready to bust out. The vibe of the clothing was youthful, flirty, and fresh, directly reflecting the electronic music scene it supports. From Jungle to Breakbeat, Doof Records and Clothing is quickly proving to be the hottest outlet for apparel, gear, and vinyl north of Victoria. Doof's set ended with a trippy blacklight juggling act (props to Trevor of Hurling Halequins ) choreographed to a hypnotic housebeat and left the audience mesmerized but not for long... \*GOTTA GET\* Vivid Designs by Sasha @ Doof\*

The rest of the show took the audience on a dizzying blast into the past and the future with a kaleidoscope of ideas, looks (great makeup Mary and Kate from Nutrimetics), music, attitudes, and hairstyles. ( KAPOW!) Bruce and Fern of Island Escape Hair Design used their creative juices to take hair to new heights,





lengths, and shapes throughout the evening and added a super fun element to the show. The producer of the show, Kami Robb of Bossanova Designs featured the most diverse collection of the evening ranging from her mint condition vintage clothing from the last five decades, her upbeat streetwear collection of classic and contemporary styles for men and women, and her own label, where she truly shines, Wench Wear. Whether your dream is to be a 70's polyester diva, a conservative punk rock pixie, or a feathered boa, satin gloved glam queen, Kami has it all with fairy dust pizzaz at Bossanova, the new fashion headquarters on Quadra. Kami you rock! \*GOTTA GET\* Fun neon wigs Deathcake T-shirts Burnt orange Wench Wear evening gown modelled by Kate Flick

One of the most playful highlights of the evening was the new designs



of Jill Ogasawara of Reborn Wear and Clothing. Although, Jill has no formal training in fashion design she has been making clothes for herself since she was a wee little girl. Her amazing eye for unusual detail and her uncanny ability to reuse the most unsuspecting cloth makes her clothes super progressive and ultra unique. Jill's collection was playful and full of wonderful style and attitude contradictions. Her combinations had such an understated "naughty shock conservative" feel to them that I kept thinking of Mrs. Robinson in a neon blue pageboy wig dressed as a librarian with her corset on the outside. The imagery was great. I can't wait to see what Jill has in store for her spring line. Meow! \*GOTTA GET\* Unisex silver lame pants Hooded floor length velvet dress with thigh high slits

The darling of the evening and the one with the smallest collection was Rosalind Dysart of Soulo Designs. Her look screamed "nordic glam goes uptown". Her clothes were girlish, edgy, sexy, and designed to attract attention. VIVA GLAM! VIVA GLAM! Her classic tailored designs trimmed in white fake fur with big 80's "just out of bed hair" made this first showing of her work ultra hot and the perfect tease for all the flirty, glam goddesses in the crowd. \*GOTTA GET\* Too hard to pick. Watch for girls in bikinis with wet hair for spring.

So, if I had to sum up the evening, individuality was the buzzword. Although, after the curtain was drawn and all the roses were handed out the one thing that stood out in my mind was that Blame It On Bossanova was so much more than a fashion show and that it had been hugely successful on many levels. It was about being part of a community, about supporting other peoples creativity, and about the pure joy of expressing oneself through clothing. Big thanks to all those people, groups, and businesses who volunteered their time, talents, and equipment. If you are interested in purchasing any of the designs all clothing from the show is available at Bossanova.



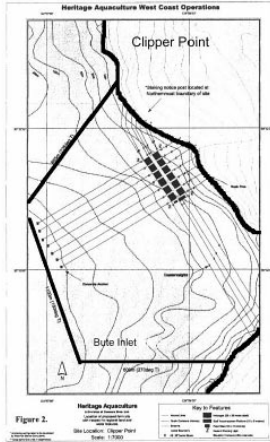
List Your Web & Email Addresses on the Quadra Web Directory

[www.quadraisland.bc.ca](http://www.quadraisland.bc.ca)



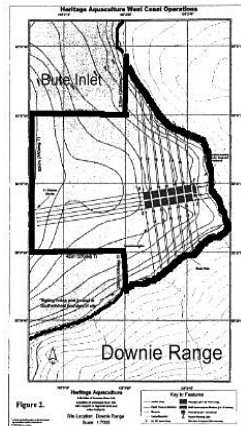
## LEGAL

### NOTICE OF INTENTION TO APPLY FOR DISPOSITION OF CROWN LAND



Take notice that Connors Bros. Ltd. of Campbell River, occupation fish farm, intends to make application to British Columbia Assets and Land Corporation (BCAL) regional office in Nanaimo for a licence of occupation of foreshore generally situated in Bute Inlet adjacent to Clipper Point, 58 km north northeast of Campbell River. Commencing at a post planted 50°32'50"N, 124°56'44"W thence 885m at 225°; thence 1100m at 160°; thence 609m at 090° to shore; thence follow shoreline to post of commencement and containing 82 ha more or less. The purpose for which the disposition is required is fish farming. Comments regarding this application may be made to BCAL, 2080-A Labieux Road, Nanaimo, BC, B9T 6J9, Phone (250) 751-3160, Facsimile (250) 751-3116. Consideration will be given to comments received within 30 days from the publication. Be advised any responses to this advertisement will be considered part of the public record. For information, contact a Freedom of Information Advisor at British Columbia Assets and Land Corporation, Vancouver Island Region. File Number: 2407767 Dated: December 15, 2000.

### NOTICE OF INTENTION TO APPLY FOR DISPOSITION OF CROWN LAND



Take notice that Connors Bros. Ltd. of Campbell River, occupation fish farm, intends to make application to British Columbia Assets and Land Corporation (BCAL) regional office in Nanaimo for a licence of occupation of foreshore generally situated in Bute Inlet below the Downie Range, across from Lawrence Point, 46 km north northeast of Campbell River. Commencing at a post planted 50°26'53"N, 125°03'00"W thence 258m at 000°; thence 422m at 270°; thence 930m at 000° to shore; thence 440m at 090°; thence 378m at 000° to shore; thence follow shoreline to post of commencement and containing 65 ha more or less. The purpose for which the disposition is required is fish farming. Comments regarding this application may be made to BCAL, 2080-A Labieux Road, Nanaimo, BC, B9T 6J9, Phone (250) 751-3160, Facsimile (250) 751-3116. Consideration will be given to comments received within 30 days from the publication. Be advised any responses to this advertisement will be considered part of the public record. For information, contact a Freedom of Information Advisor at British Columbia Assets and Land Corporation, Vancouver Island Region. File Number: 2407768 Dated: December 15, 2000.

# Classified

## CALL FOR PROPOSALS

The Comox Strathcona Fisheries Renewal Partner Group is receiving proposals for the 2001/2002 funding year in support of salmonid renewal projects within the Comox Valley, Mainland Inlets and Campbell River areas. Eligible project activities are:

- The inventory, assessment and mapping of salmonid habitats and stocks
- Watershed monitoring and evaluation
- Salmonid habitat restoration
- Local salmonid enhancement
- Community-based watershed planning and stewardship
- Public awareness and education
- Fisheries-sensitive land-use practices

We wish to support projects that are part of a well-developed long-term plan. Project activities must take place between April 1, 2001 and March 31, 2002. Deadline for applications is 4:00 pm on Monday, January 15, 2001.

New proposal packages are available at the fisheries renewal Partner Group Office located in Community futures at #205, 2270 Cliffe Avenue, Courtenay, and at suite 2, 920 alder Street, Campbell River; by fax at 250-334-8875 or by e-mail at deb.roberts@strathfutures.bc.ca For further information please call Deb Roberts at 250-8879

## BUSINESS OPPS

**FOR SALE:** Share in successful Quadra island business. Required investment approx \$40,000 Some terms negotiable.

Reply in confidence to this paper re: *Share For Sale*, Box 482, Heriot Bay BC V0P 1H0

## DISPLAY CLASSIFIED



**Buy Bulk!**  
**Custom Roasted 5lb Bags**

**Free Delivery on Quadra**  
**Call Kelly 285-2173**

## IT'S A BEAUTIFUL DAY SOAPWORKS



Products Are Available  
Saturdays from 11 to 2:30  
at the Upper Realm  
above the Quadra Foods  
Plaza or directly from us.  
**Call 285-2067**  
to place an order for pickup or delivery

**CERTIFIED CARPENTER**  
**Renos - New Construction**

Experienced Drywall Finisher  
Repairs - Texture - New Installation  
**Guaranteed Workmanship**

**K COUSINS**  
**CONTRACTING 850-1139**

## Hands on winter care for fruit & ornamental trees



Experienced orchardist  
& silviculturalist  
Pruning, spraying  
general care & cleanup.  
Reasonable rates.

**call Paul Nimmon 285-2845**

## Discovery Islander

Put your business  
in the spotlight!  
Display Classified Ads  
Only \$10 per issue.  
Call 285-2234

**Alpine Pacific**  
Images and Design

Affordable and Effective  
Design for Ads, Brochures and Web Sites  
Sharpen Your Image  
**285-2234**  
www.island.net/~alpine alpine@island.net

# Classified

## FOR SALE

### Ongoing Moving Sale

Every Sunday 10-2 at 1370 Hooley Rd.. (in the studio). Everything must go! Musical instruments, books (reference & reading), art supplies, plants, knick knacks and miscellaneous. Also items from friends & neighbours included. Call Sue at 285-3660

### 5th Wheel Trailer for Sale

35 x 8 foot 1979 Coachmen 5th Wheel. Propane stove & oven, electric hot water tank & fridge, sliding glass door, lots of windows & skylights, wood cabinets, bathtub & shower, toilet, etc. Makes a great home! \$3000 o.b.o. Call 285-3937 for details.

### For Sale

1993 Dodge Caravan, 4 Cyl, low mileage, good condition, \$7,000.00 obo, 285-2609 (after 6:30 pm on weekdays)

### A Great Little Gift!

David Parkinson's new recording of Stanley Holloway Monologues - including "Albert and the Lion." CD's available at Quadra Crafts, Batoche and Explore Galleries.

**Blaze King Heater** w/fan, G.S.W. Chimney - 5-3ft lengths, 1-2ft length, cap, flashing & roof jack. Both for 500.00. Call 255-2789

**For Sale** New multicoloured carpet, \$200.00 OBO. 285-3866 or 830-3213

**Eggs for Sale.** Free range, \$2.75/doz.-u-pickup, \$3.00/doz.-delivered to Q-Cove or Cape Mudge Village. Empty egg cartons very much needed and appreciated. Call Frank on Sutil Rd.. at 285-2654

## FOR RENT

### Large, Bright 1 Bedroom

with sundeck, lovely view of Heriot Bay & mountains, private yard, use of vegetable patch. Looking for a long term tenant. Non smoker preferred. \$550/mo. includes heat, light & laundry. 285-2452

**Home for Rent** on West Rd.. Newly renovated mobile home with addition, available Oct. 1<sup>st</sup>, 3 bedrooms, washer & dryer, fridge and range, oil and electric heat, non-smoking, references, \$500/month. Call Jerry @ 285-2804.

Enjoy Gardening? **Small one bedroom house** on hobby farm is available for \$400/mo includes washer/dryer, close to Q.Cove. References required. Call 285-2315

**Bachelor Suite to Rent**, 1 bedroom, approx. 500 sq. feet. Quiet neighbourhood. \$500/month including hydro. Electric heat, shared w/d. Suitable for one person only, non smoker, no pets. 285-3866 or 830-3213

## MISC.

**6.9¢ -Anytime, 5¢-weekends**  
9.9¢ U.S. 1 second billing  
Direct 1 + dialing. Long distance savings. Islands rep  
Erin 1 800 775 0764 pgr  
Inquiries welcome

**Lose Weight, feel great!**  
Up to 20lbs in one month.  
Call now, I'll tell you how!  
287-9176

Three must-see web sites that put our community on the information super highway road map.

### Discovery Islander

[www.discoveryislands.bc.ca/news](http://www.discoveryislands.bc.ca/news)

Community News and events from Quadra, Cortes and the Outer Islands.  
Subscriptions, Submission Guidelines and Advertising Information.

Download each issue as a pdf for viewing on a computer anywhere in the world. Great way to keep in touch on travels or for friends and relatives to keep tabs on island life.

### Discovery Islands

[www.discoveryislands.bc.ca](http://www.discoveryislands.bc.ca)

British Columbia's Inner Coast Paradise  
Visitor Information, Accommodation, Dining and Business Listings  
Download a complete copy of the Guide to the Discovery Islands as a pdf for viewing on a computer anywhere in the world.



[www.quadraisland.bc.ca](http://www.quadraisland.bc.ca)

Quadra Island's Own Internet Gateway  
Community information & links. Suggestions??  
Focus site: hosting small business web sites while providing all the benefits of a high profile domain.  
Welcome Island Cycle!  
[www.quadraisland.bc.ca/islandcycle](http://www.quadraisland.bc.ca/islandcycle)

285-2234  
info@quadraisland.bc.ca

## PLACE YOUR CLASSIFIED WHERE IT GETS SEEN!

Discovery Islander Classified ads are \$10.70 for two issues for up to 35 words or \$8/inch for longer ads. Display Classified are \$10.70 per issue (includes GST)

Enclose payment (cheque or money order) with ad and drop off at Hummingbird Office & Art Supply, Quadra Foods the Heriot Bay Store or call ahead and drop off at our office at 1713 Hyacinthe Bay Rd.. 9-5 Mon-Fri Next deadline is Noon, Tuesday, November 21st

# 285-2234

## Island Tides

For Quathiaski Cove

DEC. 23 -JAN 5, 2000

		Time	ft	m
23		0430	13.1	4.0
SA		0920	11.8	3.6
		1420	13.8	4.2
		2240	3.3	1.0
24		0510	14.1	4.3
SU		1005	12.1	3.7
		1455	13.5	4.1
		2310	3.0	0.9
25		0545	14.1	4.3
MO		1055	12.1	3.7
		1525	13.1	4.0
		2330	3.0	0.9
26		0620	14.1	4.3
TU		1150	12.1	3.7
		1600	13.1	4.0
		2340	3.0	0.9
27		0655	14.1	4.3
WE		1140	12.1	3.7
		1625	12.8	3.9
28		0035	3.3	1.0
TH		0735	14.4	4.4
		1255	11.8	3.6
		1700	12.5	3.8
29		0035	3.6	1.1
FR		0810	14.4	4.4
		1510	11.5	3.5
		1735	11.8	3.6
30		0105	4.3	1.3
SA		0850	14.1	4.3
		1615	10.8	3.3
		1825	11.2	3.4
31		0140	4.9	1.5
SU		0930	14.1	4.3
		1715	10.2	3.1
		1930	10.5	3.2
1		0210	5.9	1.8
MO		1005	14.1	4.3
		1805	9.2	2.8
		2055	9.8	3.0
2		0245	6.9	2.1
TU		1040	14.1	4.3
		1845	8.2	2.5
		2255	9.8	3.0
3		0330	8.2	2.5
WE		1110	14.1	4.3
		1925	7.2	2.2
4		0040	10.2	3.1
TH		0425	9.2	2.8
		1140	14.1	4.3
		2000	5.9	1.8
5		0155	11.2	3.4
FR		0520	10.2	3.1
		1215	14.1	4.3
		2035	4.9	1.5





## Season's Greetings



...And so we come to the end of another year and begin the new year 2001.

From all the staff at Quadra Foods, we would like to thank you for your business and continued support throughout the year.

We wish you and your family a very Happy Holidays and a prosperous New Year!

**HOLIDAY HOURS: Monday-Saturday 9am-7pm, Sunday 10am-6pm**

**EXCEPT: Dec 23rd 9-7, Dec 24th 9-5, Dec 25th closed, Dec 26th 11-5, Dec 31 9-5, Jan 1 closed**





## WEEKLY SPECIALS

For December 24-30 While Supplies Last

Merry Christmas  
& Happy New Year  
From All the Staff  
At Your  
Heriot Bay Store

**Thrifty  
Orange  
Juice**  
**\$2.79**  
1.89L

**Coca  
Cola**  
Soft Drinks  
**\$2.99**  
12 Pack

**Old Dutch  
Think Big  
Potato  
Chips**  
**\$1.69**  
300g

**Thrifty  
Waffles**  
**\$5.99**  
48 Pack

**Bick's  
Pickles**  
**\$2.39**  
1L

**Del Monte  
Vegetables**  
**69¢**  
341-398ml

### BAKERY

**Dinner  
Rolls**  
**\$1.19**  
Dozen

### DELI

**Spinach &  
Artichoke  
Dip**  
**\$1.19**  
100g

### PRODUCE

**California  
Organic  
Navel  
Oranges**  
**69¢**  
\$1.52/kg lb

**California  
Cauliflower**  
**\$1.99**  
Each

**Muffins**  
**6 for  
\$2.49**

**Garlic  
Coil**  
**89¢**  
100g

**California  
Head  
Lettuce**  
**99¢**  
Each

**Imported  
Honeydew  
Melon**  
**79¢**  
\$1.74/kg lb



Store Hours Sunday to Saturday 9 am to 8 pm  
Xmas Eve 9-5, Xmas Day CLOSED, Boxing Day 10-5,  
New Year's Eve 9-5, New Year's Day 10-5