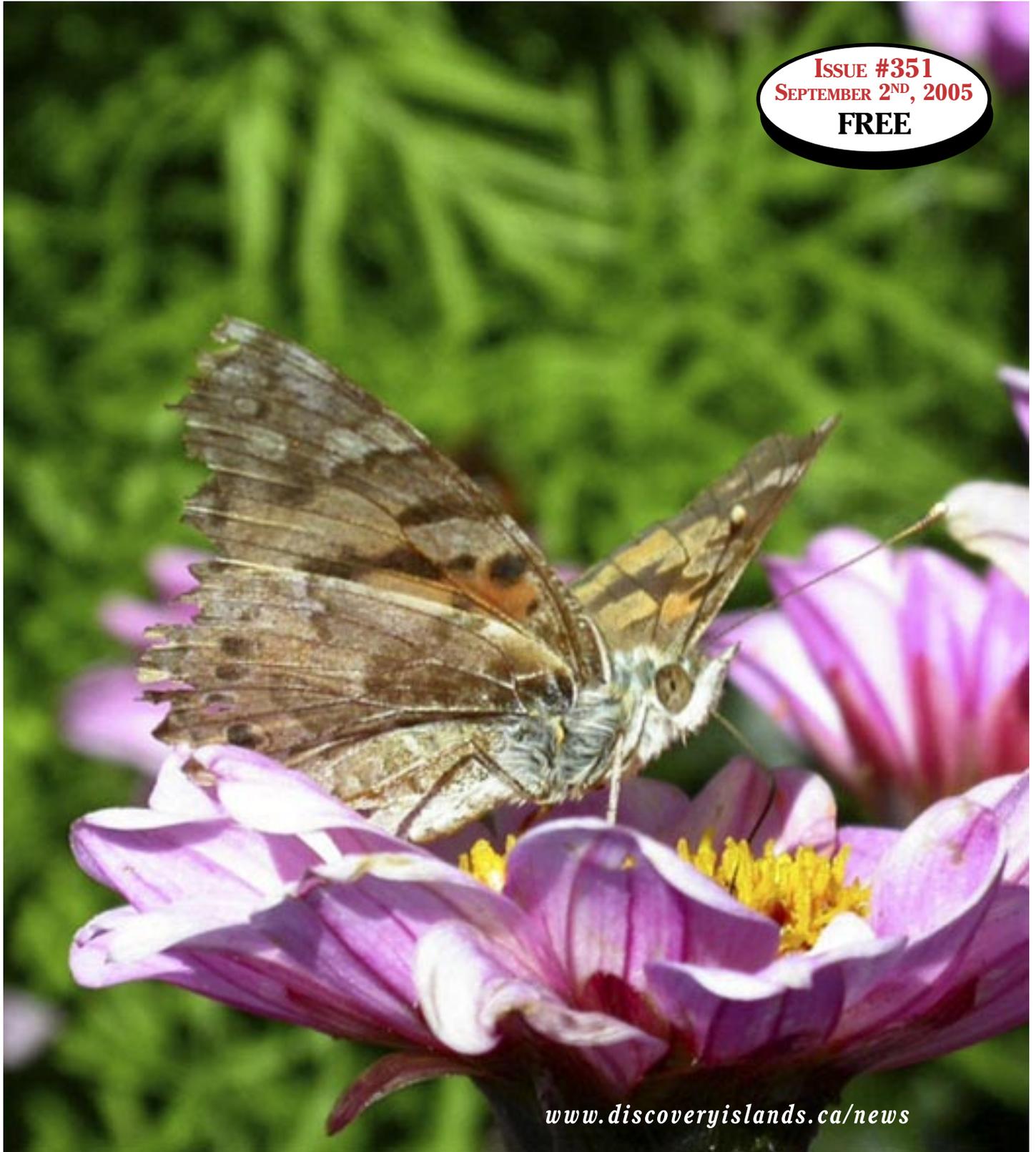


Discovery Islander

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

**ISSUE #351
SEPTEMBER 2ND, 2005
FREE**



www.discoveryislands.ca/news

Area J Regional Director's Report

Hopefully today's cloud, thunder and showers are not the beginning of the end of summer. It seems to have gone quickly! So, there are a number of things that I will be reporting on and I hope that you don't get terribly bored. It has been an incredibly busy summer with no let up whatsoever in numbers of meetings nor important issues that needed immediate attention. Even though provincial and other agencies schedule their holidays for the summer and things slow down at their levels, we at the local level are still expected to get the job done no matter what. I will only list the more important issues that I have been dealing with. I won't bore you with the day to day.

RECYCLING BINS

As I have reported previously, the issue of relocating the recycling bins has been resolved and they will be in their new location within the next few weeks. The Ministry of Transportation and Highways has been very generous in donating the space and very cooperative in providing the necessary permits. Murray Johnson has done a great job of managing the project and we will all benefit from a first class depot when it is finished. I would also like to thank the Regional District (RD) staff and the board for their help in making this happen at no cost to taxpayers. It is all funded through the Solid Waste function Education Program which gets its funds through user fees, not property taxes.

GOLF COURSE

The applicants for the golf course have been working diligently throughout the past months to try and address all of the conditions that were assigned to their project by the RD, at the request of the community, at third reading of the bylaw. They were told to go off and complete a long list of conditions before they could come back for final adoption. At this stage they have done all of the items on the list and have presented their engineers' report to the planners. This mainly deals with the issues around water and the report looks very positive. The RD is having it peer reviewed by another engineering firm this next week with the intention of bringing the bylaw to the September board meeting for final adoption if the report meets all of the RD requirements. I would like to commend the members of the group for the hard work they have put into what I am sure has been a very frustrating process.

HOSKYN CHANNEL LANDING (Surge Narrows Road end)

The finishing touches have been put on the road to the new community dock at the road end, which was put there with RD, community and business cooperation. We will be erecting a beautiful sign, that the RD commissioned one of our Quadra woodworkers to construct, around the middle of September. Everyone will be welcome to attend. Time and date to follow.

GRANITE BAY/KANISH BAY ROAD AND MORE

As I have stated in earlier articles, I have been spending a lot of my time trying to get the short piece of road from the Granite Bay road into the Kanish Bay estates made into public road so that it can be maintained to Highways standards. I could liken the efforts to pulling teeth, but that would be too simple. It is far more like moving mountains! (and they are not fully moved yet!). We are getting close to a solution and I am meeting with Timber-West next week to discuss their part in this ever increasingly complex saga.

At the same time, I have been working with the residents of Kanish Bay to get Telus phone service to their area. It is already in Granite Bay area and this should be doable!

And right along with the phone service, residents are asking that Hydro service be extended to their area. I will be spending lots of time in September lobbying to make this happen and will be meeting with residents as soon as we can set up a meeting on all of these issues.

HARBOUR AUTHORITY BUILDING

This is one that I would not have even commented on except for the fact that the Harbour Master wrote a letter for publication in an earlier issue telling the RD that the Harbour Authority did not need to rezone their property to fit the use. This is NOT for me to decide. It is an administrative and planning issue and those departments feel very strongly that there is a definite requirement to rezone and to have a public hearing. I do not want to see anyone inconvenienced by the bureaucratic necessities, but the RD is trying to be consistent and fair to all residents. This issue will be before the RD board on Monday for direction. I will let you know what comes of it.

EVAS BAY

I am still in negotiations with Transport Canada, Highways, Crown Lands, the upland owner and the community of Read Island over the disposition of the public wharf at Evans Bay on the east side of Read Island. This has been a very complex issue and is coming to a conclusion. I will be meeting, along with our senior staff, with the senior staff at Highways and at Lands, on Sept. 20th. If we get everything confirmed that we need to have confirmed at that meeting, we will be very close to a transfer of the wharf to the community. The only hurdle remaining will be Transport Canada and they have been very cooperative to date. More to follow.

STUART ISLAND COMMUNITY ISSUES

Another set of issues have arisen in the Stuart Island community. I have attended meetings there regarding the Visual Quality Objectives that are being proposed by the Forest Service in the area surrounding the Stuart Island area. This area is very dependant on its tourism base and attracts a great deal of wealth to the area annually. The objectives of the Forest Service and the community are not compatible at this time and it is going to take a lot more work to come to agreement on how the area should be managed. I will continue to attend meetings and represent the needs of that community.

Secondly, they too, are having issues with their wharf, which was divested from the Federal gov't. The community has done a remarkable job of rebuilding the wharf and expanding the uses. They are now in the process of trying to obtain the upland property and I have been assisting them in trying to get the property from the current owner, which is School District #72 (Campbell River). So, we will see how that goes. I will also be assisting them with trying to find funding for their continuing improvements to the community facilities, like their community hall.

OK, that should probably give you enough of an idea of what is happening at this time. I will continue to do my best to resolve issues and act on your behalf.

Enjoy what is left of summer and contact me when needed at 285-3355, Monday through Friday, between 8:30 am and 7:00 pm (not on weekends, please!). Or, you can fax me at

285-3533 or email me at abramfam@oberon.ark.com anytime. My mailing address is Box 278, Q. Cove, V0P 1N0

Respectfully submitted,

Jim Abram

Director, Discovery Islands - Mainland Inlets (Area J), RDCS



Help Me! I've fallen and can't get up

Even angels get old and can find themselves in a hell of a predicament. That's why J-Tell brings you the Heaven-buzzer. Just press the heaven-buzzer and the angel recovery team is on its way.



Island Calendar

Day by day

Submit your event:

eMail: news@discoveryislands.ca
drop-off: 701 Cape Mudge Rd.

fax: 285-2236

The Regulars

- **1st and 3rd Wednesday** - Food Bank 1-2 Community Centre
- **Every Monday** - "Vision" Rev. Jill Brocklehurst on CRTV 9:30 PM
- Yoga 9 am and 7:30 pm Community Centre
- **Every Tuesday** - Kalina Folkdancers -QCC, 7:30 to 9:30 pm, Sept.to Apr.
- "Vision" Rev. Jill Brocklehurst on CRTV 11:30 AM and 4:30 PM
- **Every Wednesday** -Yoga 4 pm and 7:30 pm Community Centre
- **Every Thursday** - Motorcycle Club meet 5pm Heriot Bay Inn Pub
- Prayer Meeting, 7:30pm at Quadra Island Bible Church
- Mo's Jam 9 pm Heriot Bay Inn Pub
- **Every Friday** -Live dance music 8:30 pm Heriot Bay Inn Pub
-Seafood dinner & Ron Hadley piano - Tsa-Kwa-Luten
- Yoga 9 am and 7:30 pm Community Centre
- **2nd Friday of Every Month** - Yak Shack 2 Upper Realm 7:30 p.m.
- **Every Saturday** - Farmers' Market and Bazaar 10am-2pm behind QCU
-Meat Draw 5-6:30 pm Quadra Legion (members & guests welcome)
- **Last Saturday** - Bonus \$50 cash draw. Quadra Legion 6:30pm (members & guests welcome)
- **Every Sunday** -Sunday School - Quadra Island Bible Church 9:45 am
-- Sunday Service QI United Church 10:30
- Positive Living Celebration, 10:30am Community Centre
- Worship Service 11:00am Quadra Island Bible Church
- Jazz nights in the Heriot Bay Inn Pub every Sunday 6-9 pm 285-3539
- Children's Program - Centre for Positive Living - 10:30 AM
- **2nd Sunday of Every Month** - Praise and Worship Time, Q.I. Bible Church 7:00 pm

Next Deadline: Monday, September 12 2005

Sept. 4, Sunday

- Geshe YongDong, Guru Yoga, 11am
- Rev. Bert Ramsey, noon

Upper Realm
Q. United Church

Sept. 7, Wednesday

- Quadra Singers Potluck, 6pm

Rebecca Spit

Sept. 12, Monday

- QI Garden Club, 7pm

QCC

Sept. 13, Tuesday

- QI Quilters Club, 9-2

QCC

Sept. 14, Wednesday

- Ray Kent, 7:00 pm

QCC

Sept. 16, Friday

- Kiki Pinto, 8pm

QCC

Sept. 18, Sunday

- Giant Garage Sale 10-2

QCC

Sept. 24, Saturday

- Pot Luck & Slave Auction

Legion



BRENDA DEMPSEY

250-285-3054

Yoga Classes

Tuesday 5-7pm

Thursday 9-11am

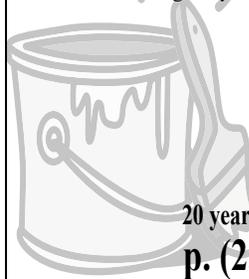
& 5-7pm

drop-in \$10

beginners welcome

Blaine Smith Painting & Contracting

Serving all your residential and commercial needs.



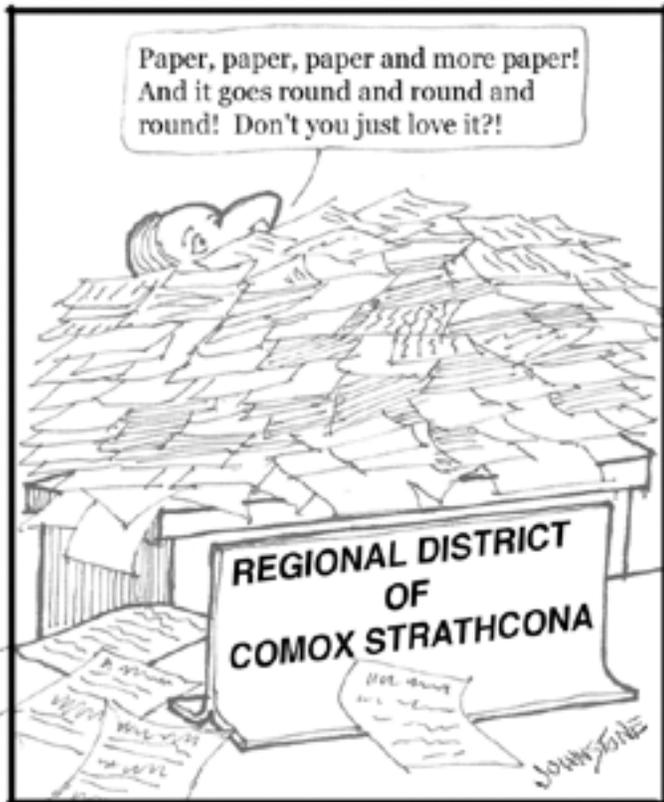
- painting • finishing • tiling
- decks • drywall • flooring • renovations

You name it I do it!

20 years painting experience Seniors discount available
p. (250) 285-3045 c. (250) 202-6299

Island Calendar online: www.discoveryislands.ca/news

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



On the cover



photo by Frank Boas

Tanya Storr

B.A. English

Freelance Writing
& Editing

285-3937

tstorr@connected.bc.ca

Discovery Islander

Community News and events from Quadra, Cortes and the Outer Islands



#351 September 2nd, 2005

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

Discovery Islander Publications

PO Box 280 Quathiaski Cove,

B.C. V0P 1N0

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

701 Cape Mudge Rd.

Office hours: on publishing week only: Mon. 10-2, Tue. 8-3, Wed 8-12

email: news@discoveryislands.ca

Publishers: Sheahan Wilson

Managing Editor: Chris Thompson

Staff Reporter: Tanya Storr

Cartoonist: Bruce Johnstone

Printing: Castle Printing 285-COPY

Graphics: Tara Williamson

© Discovery Islander 2004 All Rights Reserved

Opinions expressed in this magazine are those of the contributors and do not represent the views of the publishers.

Agreement # 1408585

Printed on recycled paper



Subscriptions available

\$30^{00*} for 6 months

\$50^{00*} for 12 months (* includes 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:*

- Please print handwritten material clearly.
- Electronic items sent by email or on disk must be saved as **Word** or **rtf** formats. Please spell check in Canadian English.
- **No MS Publisher, WordPerfect** files or graphics in Word files please. Send imported graphics separately.
- **Please** use the title of the item as email subject & send multiple items in separate emails.
- 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 photos use labels or Postits™.

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

Next Deadline

7 pm. Monday, September 12



Time to spruce up the property?
Time to replace the old clunker?
Time to take a break from it all?
Time to pay off those high
interest credit cards?

*Then it's time
for a personal loan from
Quadra Credit Union*

**Personal loans are
available from as low as
4.25%**

www.quadracu.com

See us today for all your financial needs

Quadra Office

657 Harper Road PO Box 190 Quathiaski Cove, BC

(250) 285-3327

Cortes Office

Sutil Point Road PO Box 218 Manson's Landing, BC

(250) 935-6617

Imagine  A Caring Company

Tools of the Trade

The Art of Glassblowing

by Peter Park

The art of making glass first appeared about 5,000 years ago in Mesopotamia. Small earthen furnaces shaped like beehives heated the raw material and simple tools were used to extract it. The molten glass was then wrapped around a frame moulded into the shape of the desired vessel.

The technique remained virtually unchanged until the first century BC, when the Romans began to use a hollow pipe to extract the hot glass. By blowing through the pipe, the artisan could quickly produce a variety of intricate shapes out of the 'gather' of molten glass at the other end.

Here on Quadra Island, Cherie Hemmingsen of "i blew it" studio continues to practice this ancient art. Cherie begins by heating the raw material in a special furnace at temperatures upwards of 2,050 F. She then uses a hollow stainless steel pipe to gather the molten glass from the furnace. The handle end is tapered to create a mouthpiece into which Cherie blows a slow, steady stream of air.

After blowing the initial bubble, Cherie proceeds to shape the glass using a variety of implements. They consist of a 'jack', which looks like a giant pair of tweezers; a block, which resembles a large wooden spoon; and a paddle-like tool called a pastorage. Cherie also uses a pad of folded wet newspaper and a flat, heat-absorbing surface called a marver.

Cherie explained that since the glass begins to cool and become less malleable during shaping, heat management is extremely important. To bring the glass back to a softened state for continued shaping it is placed into the 'glory hole', a propane-fired oven heated to 2,300 F. If she is creating a large piece, Cherie may 'gather' molten glass three or four times and make several trips to the glory hole.

Once the molten glass has been shaped into the desired object, it is fired in a kiln at 950 F. The temperature is lowered in stages to produce the finished piece. At the end of the day, Cherie holds aloft a beautiful vase or bowl and proudly exclaims, "I blew it!"



photo by Peter Park

www.quadraisland.ca

Quadra Island's
internet portal.
Make it your home page
today.



ISLAND MUSIC

Serving Quadra & Cortes Islands



- Private and Group Music Lessons
- Over 20 years experienced teaching staff
- Lessons, Rentals, Repairs & Sales

285-2168



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

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

High Performance Wall Systems
Certified Installers



Building a better Quadra Island

Free Estimates - Phone

285-3583

Fax 285-3573

www.quadrabuilders.com

SEARS CATALOGUE SHOPPING

MAKITA
PORTER+CABLE
DEWALT

DELTA
National
Cloverdale
JM
Formaldehyde Free

Capture the tastes of summer!

We have what you need for all your home canning

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

630 Noble Rd

Ph: 285-3221

Cortes Toll Free: 1-877-585-3221

Fax: 285-3701



by Steven Halliday

Deep in the heart of America, right in the thick of so-called “Red State” country (so known because of their strong conservative political orientation) lies the city of Madison, Wisconsin.

This city of 6 million people has long been known to buck the trend, and has been described by *The Insiders Guide* (www.insiders.com) thusly – “Just 80 miles west of Milwaukee and 142 miles northwest of Chicago, Madison, Wisconsin, is a veritable hotbed for free speech and free thought. Its history of grassroots activism and political progressivism, its citizens’ belief in the benefits of hard work, the availability and access to educational resources and the careful stewardship of the land all have cast a favorable spotlight on this Midwestern mecca”. Madison is home to an excellent daily newspaper called the *Capital Times*, which has been unstinting in its criticism of the Bush Administration and their mis-adventures in Iraq.

In an editorial dated August 28, 2005 entitled “Why They Hate Us”, it’s editor comments on the furor caused by Pat Robertson’s (infamous neo-conservative Christian broadcaster) statements on his television network’s (Christian Broadcasting Network) program “The 700 Club”, where he called explicitly for the assassination of Venezuelan President Hugo Chavez – “We don’t need another \$200 billion war to get rid of one, you know, strong arm dictator”... “We have the ability to take him out, and I think the time has come to exercise that ability”. The *Capital Times* editorial concludes “Robertson has a right to his warped opinions – even when he tries to gloss them over with the disingenuous suggestion that he wasn’t really talking assassination, but rather some other strategy to “take out” Chavez. But the fact that he is a key player on the same team that produced President Bush has done more than merely make one more right-wing television personality look like a fool. It has produced another reminder to the great majority of Latin Americans that when a leader stands up on their behalf, powerful players in America want him dead. No message could possibly do more damage to the reputation of the United States”.

So who is Hugo Chavez? He’s no dictator, but rather the popularly elected leader of the country that is America’s 5th largest oil supplier, and he is an outspoken and committed socialist. Put the words “oil” and “socialism” in the same sentence and you’ll cause heart

North and South

attacks in Washington, DC, and Chavez has been constantly defending himself from American meddling since first elected in 1998; he is also not shy about firing back at every opportunity. Recent polls in Venezuela peg his approval rating at 70%, and it widely expected he will win a landslide re-election in 2006.

One of the main reasons for his popularity is that immediately upon his election he increased taxes and royalties on oil production (which had been well below normal for the preceding 20-plus years under former rulers) and has directed 50% of revenues to improving the lot of Venezuela’s poor, who on average live on about \$200 per month, well below South American living standards. By the way, the 10% or so of the population who benefited under previous regimes, the wealthy elite, positively detest Chavez and have previously engineered a failed coup and a backfiring referendum to remove Chavez from power. They only entrenched his rule.

Chavez greatly admires Fidel Castro of Cuba (Venezuela is providing Cuba cheap oil in exchange for several thousand Cuban doctors who are deployed to remote settlements), which also grates on certain nerves in the US. He has recently started going after the multi-national oil companies for back taxes amounting to some \$3 billion dollars, another thorn in Washington’s side, but considering Shell Oil paid up their share of \$130 million immediately the claims seem legitimate. Further, a recent Bloomberg article confirmed that the major oil players have no intention of departing Venezuela. They know which way the tide is flowing for Venezuela’s 26 million people.

Were Mr. Chavez to suffer any harm, it is unlikely it would come from his countrymen. This is one reason why Pat Robertson’s comments were so unwelcome, as they only reinforced the popular South American opinion regarding the USA, an opinion formed after observing US policies carried out in Latin America over the last 100 years. If the USA doesn’t like the country’s policies or its leadership, they initiate or assist in the removal of that leadership – numerous examples abound. Venezuelan’s have a right to be sensitive, and wary. Consider the comments by their Ambassador to the USA, Alfredo Toro Hardy: “As everybody knows, the Christian right is the muscle behind the Republican party and the current Bush administration. Pat Robertson is, in turn, the undoubted patriarch of the Christian right. The fact that Robertson is openly calling for the assassination of President Chavez, invoking... the supposed rights of the US over its Latin American backyard, is extremely serious and worrisome” (*The Guardian* – August 24/05).

American policies as developed and executed

by the Bush Administration seem intent upon alienating the USA from the rest of the world, save as trading partners in unilaterally beneficial trade. It is beyond question that the world’s view of America since Bush’s questionable election and re-election has grown more negative; much more so since the misguided invasion of Iraq. Here, in Canada, we have a very major bone to pick with his administration, and on that subject they just recently gave us another kick in the pants.

On August 10, 2005, a NAFTA panel ruled the US had once again failed to adequately demonstrate how US producers were hurt by Canadian export policy, and ordered some \$5 billion in unjust duties collected by the US be returned to Canadian producers. The US response? The administration states they have no intention of lifting the duties or returning the money, and will appeal – again. Canada, meanwhile, has gone to the WTO – again – to receive their blessing to impose retaliatory tariffs to collect that \$5 billion. It is expected that PM Martin will “call” Mr. Bush to complain – again. But don’t expect to see any retaliatory tariffs soon – Ottawa hasn’t the stomach for such a move.

The *Toronto Star* published a column by Mel Clark and David Orchard entitled “A simple solution to US bullying” (August 23/05) that calls a spade... a spade. They say that NAFTA has been a remarkably successful trade agreement... for the USA. They point out that under the previous GATT treaty (now known as the WTO) trade relations were excellent for almost 40 years. “In all that time, the United States was never able to levy a countervailing or anti-dumping duty on our exports of lumber. During those four decades Canada traded profitably, our standard of living rose, Canada won almost all of its trade disputes with the US – and Washington abided by the rulings.”

Their suggestion to resolving our current trade dispute? “There is a simple way out, without bluster or insults. Canada does not have to give up ownership of its forest, its industries and its institutions. With a simple letter to the US, under FTA Article 2106, NAFTA Article 2005, Canada can, with six months notice, withdraw from these agreements without penalty and without conditions. Our trading relations would then revert automatically back to GATT/WTO framework of international law”.

Notwithstanding the current state of affairs, both Canada and Venezuela are long-standing trade partners with USA, and it would behoove those in Washington, DC to start mending the fences so grievously damaged in the last 5 years, before it is too late. And I’ll bet you dollars to donuts they feel the same way in Madison, Wisconsin.

News & Events

The classical North Indian Kathak Dance and Music ensemble *Vandhana* will be performing. *Vandhana* means invocation. This refers to the first movement of the dance in which the Sacred Presence at the heart of the divine dance, and the guru,s who have created and sustained this tradition over millennia, are remembered, honoured, and adored. Kathak literally means to speak or to tell, alluding to the ancient and lyrical story-telling part of this dance form.

The other part of the dance form is the rhythm-play, in which the dancer and musicians perform both composed and improvised rhythmic phrases and compositions, with a complexity and intensity similar to flamenco.

In addition to performing the traditional Hindustani stories of Krishna, Radha, Shiva, and other deities, Kathak dancer Megan Black brings an element of innovation to the dance form by also reciting poetry from Rumi, and others, while choreographing the dance to express the poems. Her dance style is both light and lyrical, intense and dramatic, personal and emotional. QCC, Monday September 26, 7:30 pm.



The Golf Islands

Mark your calendars for September 24 for the 26th Annual Quadra Island Golf Tournament! Open to all Quadra Islanders, it will be held at Storey's Creek. Watch for registration and game details in a few weeks.

Cranio Sacral Workshop

This Cranio Sacral Therapy 1 Certification Class will be at QCC on Oct 14-16 (Friday noon to 8, Saturday 8 to 5, and Sunday, noon to 8), Room 3.

The students focus will be on the structural systems of the body. Using fascial, craniosacral & electromagnetic systems, students will learn to detect & correct restrictive patterns in the patient's body with full-body techniques to restore health to soft tissues such as: Diaphragm and Joint releases, Sacral pelvic releases, Intracranial membrane releases, Direction of Energy techniques & Stillpoints. The bones of the head & Sacrum are used as handles to facilitate release of the membranes.

This is a workshop taught by Nancy Soliven DC, MD

Dr. Soliven received her chiropractic degree from Palmer College of Chiropractic -West and her medical degree from Saba University School of Medicine. Working with CranioSacral Therapy since 1983, she has served as team leader of the Upledger Brain and Spinal Cord Dysfunction Center, taught CranioSacral Therapy internationally and maintains a private practice in Wisconsin. She is president and founder of Integrative Bodywork Institute, a teaching institute which focuses and promotes an intuitive approach to CranioSacral Therapy.

The Cost is \$300. Your cash or check payment to Catriona O'Curry must be received in full by Friday September 30th. No refunds after that.

To register for this workshop, please call Catriona at (250) 285 2776.

TENNIS ANYONE ????

Quadra Island mixed doubles tennis tournament. September 10 & 11. Find a good looking partner who plays TENNIS too then sign up as soon as possible !!! \$ 10,.. per person. For info and sign up please call Ken Roxburg 2580 or Rita Vitringa 3678.

April Point Resort, Okanagan Springs and Jonassen and Co, will be some of the sponsors for this FUN event.

Cops for Cancer

I would like to say thank you to all the people on Quadra for the great support they gave for the fund raiser held at the Quadra Legion for Cops for Cancer. My name is John Goodall and I am a rider for the Tour de Valley, which will ride from Tsawwassen to Boston Bar and back to support this cause. As riders, we commit ourselves to raise funds prior to this ride, and as I used to live here on Quadra, I thought it would be a great place to do this.

The next day, the day of the Shave-a-thon, which is what it was being called, was a day of anticipation for myself, as I was beginning to see all the time and work that had been put into the preparations, and not knowing how it was going to turn out. As it turned out, there was nothing to worry about. We had the BBQs going, Salmon, Hamburgers and wieners being cooked by Bill from the Fire Hall and also by Craig Peterson. There were salads and desserts galore, and then at around 4pm the first of the head shaving started with one of the participants and his son, who was such a brave little guy (the son, not the dad). This set the tone for the rest of the event. There were all shapes and sizes, with a team of grandmother (Barb MacDonald) and granddaughter (Nikki) both getting defollicled at the same time. There were young and old all falling under the magic hands of the volunteer hair cutters, who, from all indications, did not need to stitch anyone up. There were people that got the pledge bug at the event volunteered on the spot to get their heads shaved. It was fantastic.

Shortly after, the band, Duffy and Friends, who had also volunteered there musical abilities for the event, started playing, and it was a great mix of really good tunes. I can only say, and words are not enough. My wholehearted thanks goes out to the Quadra R.C.M.P., the Volunteer Fire Department, the R.C. Legion, Duffy and friends, all the cooks, bakers and salad makers, ticket sellers, H.B. Store, Q.Cove store, all the companies that donated, both from the island and from Campbell River, all the individuals that donated, not only prizes, but time also, all the ones that lost their hair, and although I am sure I am missing a lot, I want to thank all the people of Quadra Island for the fantastic job that they did.

email: john.goodall@gov.bc.ca



Letz Sing Community Choir

Become part of the growing force of voices on the central coast.. For people who love to sing and those who think they can't, this choir offers an opportunity to integrate singing into your daily life. We will sing songs, taught in the oral tradition of call and response, from a diversity of traditions and inspiration. Each week singers meet in Comox, Black Creek and Quadra Island to learn and sing the same melodies and harmonies We are not a performance choir, rather, each term the three locations of the Letz Sing Choir gathers on a Sunday afternoon to hear the full force of their voices raised in song.

All voices welcome are welcome in this choir. Mondays, September 12 – December 12th 2:00-3:30. Quadra Community Center, Room 3 Participation fee : \$84/12 sessions Sliding scale available on request.

For more information contact Tina Erickson, letzsing@crcn.net or 923-7709

GIANT GARAGE SALE

WE NEED YOUR STUFF! for the Quadra/Philippines

Connection,s 11th annual Giant Garage Sale to be held on Sunday, September 18th from 10am to 2 pm. All clean donations that inspire purchase and are in good working order will be gratefully accepted. Drop-off at various locations around the island begins September 5th (following the labor day week-end).

Please phone ahead. See posters and the previous Discovery Islander for drop-off locations. Direct drop-off to the community center on Saturday, September 17th is also an option. If you wish to volunteer for the garage sale, offer your truck for the week-end or require any further information, call Carol at 285-3035.

Quadra Singers Potluck Dinner at Rebecca Spit Wednesday September 7 at 6 PM. For Singers past, present and future: we hope everyone who has sung with us before and those who are interested in joining this year will be at the Spit for great food and talk. Singer's rehearsals begin September 14 at 7 PM and every Wednesday night until the concert date December 17. For more information call Nancy 285-3800.

Quadra Singers Starts Up Sept 14

If you like to sing come and join us on Wednesday September 14. We meet weekly until our Christmas concert December 17. Practice starts at 7:00 pm and ends shortly before 10:00pm. We all bring snacks and take a break around 8:30. You can come and check it out... there is no need to commit until the third week for new members, and there is an affordable monthly payment plan. For more info call Nancy @ 285-3800

The Community Kitchen has been a wonderful resource on Quadra for the last few years. Volunteers come to the Community Centre on Wednesdays and make soups and then serve them to anyone who wishes to attend lunch. People donate to the lunch and any profits go toward buying food for the Quadra Food Bank which operates out of the Community Centre. The weekly lunch is a happy communal time to meet new people on the island and old friends. This is a new season and changes are inevitable, so we would like to meet with everyone, old and new to see who wants to help this season. The meeting is Wednesday September 14 at 1:00 in room 1 at the Q.C.C. Please come and share your ideas and volunteer for a few days a month. We are thinking of having the first lunch October 5, but if there is a surge of enthusiasm to start sooner, we will! As ever, we thank all those who have participated over the years. Call 285 3243 Q.C.C., for more information.

Ray Kent Speaks on Fasting, Raw foods, Love and Sunshine

For those who are interested in finding healthy ways to eat and look after your body, you will find Ray a very interesting person to listen to. His common sense approach to letting your body find its own balance resonates with wisdom.

Ray Kent is a master iridologist, and author of the book "Independently Healthy –the Ultimate Freedom" He teaches how to live in harmony and balance within Natural Laws thereby creating vibrant health. Ray will speak about the benefits of CLEANSING and HEALING through FASTING, RAW FOOD, SUNSHINE and LOVE. Ray says "Never be sick again."

Quadra Community Centre, Wednesday September 14, 7:00 pm. Room C, use the south entrance. For more information call Michael 285-2330.

LEGION NEWS

WHAT A SUCCESS!! The "Cops for Cancer" Shave-a-thon hosted by the Legion exceeded all expectations. This was a real "family night" with young & old alike having a great time. To everyone who participated in any way at all, we extend a great big "thank you".

SHAVE-A-THON PICS. If you have any, please call Barb at 285-2258 or e-mail them to quadra.legion@crcn.net. We goofed up with our camera so did not get all the pics we wanted to get in order to make a Cops for Cancer album. If you can help us out we'll be very grateful.

MANY THANKS to Angus Acres for sponsoring our Aug. \$50 cash draw. The next cash draw will be Sat. Sept. 24 courtesy of Kenwood Designs.

SLAVE AUCTION!! You won't want to miss this - Sat., Sept. 24 at the Legion & you don't have to be a Legion member to get in on the fun. Offer your expertise/talent as a slave or make a bid for a slave's services. We can guarantee this will be good for a lot of laughs! The event is planned as a fundraiser for the Legion to help us pay down our debt so let's have another great turnout from one & all. Oh yes, everything kicks off with a family "pot luck" dinner - details TBA.

DARTS, DARTS, DARTS. The pub league for men & women (& open to all) will be starting next month. If you want to play or spare, call Don McGuffie (for the men's league) at 285-3116 or Bette Binnersley (for the women's league) at 285-3574. Are there any dart players on the Island who would like an "in house" night of darts at the Legion? Call Barb at 285-2258 & if you want to get something going.

LEGION MEMBERS - do you have e-mail? If you so, please send your e-mail address to quadra.legion@crcn.net. It is almost time to send out our annual newsletter to all members & e-mailing will certainly help to cut down on our costs. Your cooperation in this regard is most appreciated - thank you.

2006 MEMBERSHIP CARDS are now in. You can pick yours up at the bar. Sorry, but we have had to discontinue the discounted dues for seniors. Dues for ALL members (up to Nov. 30) are \$33.00. Be an "Early Bird" - get your 2006 card now.

QUADRA QUILTERS GUILD

The first meeting for the 2005 - 06 year is on September 13 at 9 am. The guild meets on the second Tuesday of the month from September to June. Between 9 am and the formal meeting at 10 am, members can select books from our library, block and pin quilts on large tables, get help from more experienced quilters, socialise and generally catch up with everyone. We also have a block of the month programme whereby you can take a block to piece during the following month and display it at the next meeting. Each month if you contributed a block, you are eligible for the draw. The winner gets all the colour co-ordinated blocks, usually enough to make a large quilt. What a great way to get a head start on a quilt! Mini workshops, demonstrations and preparations for future events all take place after lunch and the meeting finishes at 2 pm.

This Fall will be a particularly busy one for the Quilters. For the first time we are hosting 'Hands Across the Water' on October 1 when we are welcoming members of all Quilting Guilds from both sides of the northern Georgia Strait. We expect quilters from Powell River to Gold River and Port Hardy and all places in between. Although the main event is on Saturday October 1, there are workshops on the Friday and Sunday. The teachers are all well known and their projects exciting. There are a very few spaces left. If interested contact Shirley Duncan or Marcia Wolter. November brings our annual Quilters Marathon on November 19 and 20 when we once again will be sewing up a storm (hopefully without last year's power outage), producing quilts for cancer patients at B. C. Childrens Hospital and Ronald Macdonald house.

If you can sew or would like to and would like to learn to quilt, we offer instruction for beginners. If you are a newcomer to the island, a visitor or have lived here all your life, you are very welcome to come and see what it is all about. Membership is \$20 per year and many fabric stores offer discounts to guild members. You may want to join us and have a great time sewing up a storm.



sorry
thought
it said
quills

GARDEN CLUB

We have had a cooler, damper summer than the previous two years. For many gardens the harvest is later than normal, yet the air makes us feel autumn has arrived. The very appropriate seasonal topic for the September 12th Garden Club meeting is The Pleasures of Gardening in the Fall. Our guest speaker, Rose-Marie Silkens, is a local north island garden columnist who, upon retiring from 'gainful employment', as she puts it, started her nursery, Salmon River Gardens, near Sayward. September is a new beginning in the world of gardens and Rose-Marie will inspire us to stay active in winter instead of hanging up our trowels. She will talk about practical tasks to be done in the autumn, and will also discuss plants that brighten our winter landscape. The food gardeners among us will learn '...about all those lovely fall and winter vegetables'. Rose-Marie lives in a harsher climate than Quadra Island and says, "...the Salmon River valley and the winds of Johnstone Strait are not for the feeble." This tenacious spirit is the mark of a true gardener and encourages us all to look forward to the next season despite the weather. To catch some of this offered enthusiasm, come listen to a great talk on gardening, and get some advice for your winter garden. Beyond the autumnal equinox is the Garden Club's next adventure.

The Club meets at the Community Centre at 7pm, first Mondays of the month (with exceptions) from September to April. We share plants, magazines, and garden knowledge. Bring something beautiful, practical or curiously interesting for the show and tell table. Annual membership is \$10 which gives a discount at many local nurseries. Drop Ins \$2.

Fundraiser/Writer

From Letters to Brochures...
Specializing in Grant Proposals
for Small Non-Profits

Melissa Abram

BFA, Creative Writing

(250) 285-3013

mabram1@uniserve.com

NEWS FROM THE PRESCHOOL

Kids wanted! Quadra Preschool is hosting an open house on Saturday and Sunday, September 10th, 11th, 17th, and 18th from 10 am to 12 noon for children aged 2 to 5 and their families. Come and check out the beautiful preschool, visit our soon-to-be-remodelled playground, and meet and welcome our new teacher, Ann Almond. Ann is a Quadra artist and craftsperson and has 15 years experience in the childcare and early childhood education field. The preschool runs from 9:30 to 12 on Tuesdays and Thursdays, is very affordable and provides a wonderful place for preschoolers to play, create, snack, and learn about working together as a group. The first regular day of preschool is September 6th. For more information, call Nina at 285-3491.

Thanks to The Water Guy for the kind donation of his time helping with our water system. We are still selling Thrifty Foods \$50 and \$100 gift cards. It costs you nothing extra to spend what you normally would at Thrifty's and a portion goes to the preschool. The cards also make lovely gifts.

Don't Forget

You can check in
with the activities of
the Quadra Community
Association online at:
[www.quadraisland.ca/
community_association](http://www.quadraisland.ca/community_association)

**Bob Harris, M.A., &
Catriona O'Curry, M.A.**

**654 Harper Rd. #204
(in the medical building)
Quathiaski Cove
Quadra Island,**

**Holistic Healing & Therapy
for Couples
and Families**

285 - 2776



FIREFIGHTERS GET SHAVED!

Quadra Island – you’ve done it again! With your incomparable and incredible Island spirit and generosity, the local Cops For Cancer fundraiser, held at the Quadra Legion last Saturday night, was a huge success! Among those who donated their heads to be shaved in exchange for money pledged to the cause were 5 of your local volunteer firefighters. It all started when Craig Peterson, RCMP and Firefighter, came looking for pledges at our fire practice, in exchange for getting his head shaved along with his mustache of 24 years! Then Deputy Chief Sharon Clandening offered her locks if the firefighters raised \$1000 for it. Before long Fire Chief Murray Johnson’s life-long hair was on the block if the total hit \$2000. With the diligent efforts of firefighters like Lt. Tracy Jonsson, the huge support of the Heriot Bay Store, and the generosity of so many of you reading this, a total of about \$5000 was raised towards making the department’s leaders bald – it wasn’t even a close race! Before the night was out, Lt. Brad Hallam and Lt. Troy Bouchard

Quadra firefighters who had their heads shaved to raise money for Cops For Cancer on August 27 include, from left to right: Lieutenant Troy Bouchard, Chief Murray Johnson, RCMP Constable and Firefighter Craig Peterson, Deputy Chief Sharon Clandening, and Lieutenant Brad Hallam.

had also gallantly faced the clippers and there is now a lot of hat-size adjusting going on in the Fire Department! Many other people also raised money and got shaved along with the firefighters, raising a total of over \$11,000!! On behalf of everyone at the Fire Department, I would like to thank each of you who donated, worked to collect pledges, sold raffle tickets or teddy bears, donated prizes, came to the Legion, and otherwise supported this worthwhile effort. Awesome...

OUR THERMAL IMAGING CAMERA IS HERE!

The Fire Department has just taken delivery of our first Thermal Imaging Camera and it is now in service. This is a huge leap forward for us in terms of modern rescue and firefighting technology as we join the ranks of a growing number of departments who use this fantastic tool. Every penny of the almost \$10,000 it took to buy this (including \$609 in PST, if you can believe it...) was raised by the volunteers of the Department through various fundraisers, or was donated to us by individuals or companies who appreciated our efforts over the past couple of years. Thanks so much to all of you who helped in this effort! Your potential safety in emergencies, as well as that of our firefighters, just improved dramatically. A thermal imaging camera allows us to see through thick smoke or darkness to view images which give off heat – as much heat as a hot fire or as little as a footprint. This will allow us to much more quickly pinpoint the heart of a fire, to locate an unconscious person trapped in smoke, to find an accident victim in the darkness, to detect overheating electrical equipment, to find hot spots while mopping up a forest fire, and much more. Once we have completed some training in its use, we will try to find an opportunity to offer you a demonstration to show all you burger-eaters, garage-sale patrons, and just plain generous people what you have helped us buy...

BECOMING A FIREFIGHTER

The Quadra Island Volunteer Fire Department is actively seeking a few good volunteers to train as firefighters. Recruit training will begin in the fall. If you are over eighteen, in good health, willing to undergo a criminal record check, have a clean driving record, and can commit some of your time, we’d like to see you come out. Please contact the Fire Chief or Deputy Chief at 285-3262.

Our thanks to the publisher of the Discovery Islander for allowing us to put this column in every now and then. For Fire Department information, write or call: QIVFD, Box 80, Q-Cove, BC, V0P 1N0, Attn: Fire Chief, Phone 285-3262 Fax 285-3273. You are also welcome to contact me at murray@island.net

<p>Occult Radio 66.6 FM</p>		<p>EXCITING INTERVIEWS FROM THE GRAVE THIS WEEK...THE BC GREEN PARTY</p>
<p>ALL DEAD...ALL THE TIME</p>		
<p>OCULT RADIO WHERE THE MEDIUM REALLY IS THE MESSAGE</p>		

Island Forum

The following businesses generously supported the Campbell River and Area Special Olympics by donating prizes to be used in last weekends Howie Meeker Charity Golf Classic:

James Pottery, Walcan Seafoods, Spirit of West Adventures, April Point Resort and Spa

All proceeds raised go directly to purchasing uniforms, equipment and hosting events for the local Special Olympics Athletes.

This year's golf tournament was as successful as ever with many big grins out on the greens. Thanks to the Quadra businesses who helped make it such a great day.

Thank-you to everyone who helped us celebrate Harold's 50 Birthday bash. The music was great. Vision Limited (Will Rendal, Larry Hansen, Joe Otter and Rockin Ronnie Pielle) entertained until their early morning hours.

We would like to apologize to our neighbours for any inconvenience. A good time was had by all. Everyone from 15 - 79 contributed to make this a memorable night

Thanks again from Harold and Mava.

Writing in reply to Ellen Tye's letter re: Heriot Bay Inn extended hours. I would like to express a few thoughts. I agree that traffic on the roads in the wee hours has the potential to disturb. Maintaining appropriate behaviour on the roads is the responsibility of the RCMP and I would assume, that at that hour, their vigilance would encourage respectful and safe driving behaviours.

From a more personal perspective, I, along with my friends and family, regularly enjoy the entertainments being offered at the Heriot Bay Inn. The pub regularly fill sup with local young people who certainly appreciate a "nightlife" on Quadra. Not to say that a number of us "old timers" also like to shake it up would be remiss. From where I see it, many tourists, guests, locals, young and old do in fact enjoy life after dark on Quadra.

Let's hope we don't become another gulf island retirement community with a

lot of suffocating rules and regulations put in place to maintain a "quiet island" lifestyle. Respect, open-communication and cooperation are far more meaningful when building communities.

I agree with Ellen that everyone should have a voice in proposed changes to the status quo. Make yourself heard.

Dave Oldroyd.

To Island Folk

First. Many people have asked me why I quit the Heriot bay Inn. I did not quit. I was told, quite simply, that my services were no longer required. I was not acceptable to the new owner. Just like to clear this up for the folks out there.

Second. I am not pleased that they wish to lengthen the hours at the HBI. On a band night, when I was there, it was impossible to keep track of the alcohol consumption of everyone and there were times when over-service was a problem. Many times I took car keys away and made phone calls for patrons who insisted they were OK to drive. I was amazed at how much was consumed in a short period of time. I was worried who was driving and sometimes who was walking. When a bartender is stressed with a room full of people, they may not pay enough attention to their customers until it is too late and trouble, arguments and fights break out.

We are a quiet island and I agree with Ms. Tye that this is a concern for all of us, because it will affect us all. I believe increased drinking will bring an increase in all that goes along with it and I don't think we need it. Neither do those kids squealing out not the parking lot. In an ideal world there is always a designated driver, but this is Quadra and very real.

I also object to licensing the outside decks for loud music. My other neighbours don't play loud music in their yards (and we all listen to music outside, we're just considerate). I prefer my own times to suit my own moods.

Marti Moen

BALD IS BEAUTIFUL!

Our first ever Cops for Cancer Shave-a-thon was a huge success. Would you believe? We raised \$11,178.34 in support of kids with cancer. Take a bow, all you Islanders - you deserve it.

We had 16 "shavees" ranging in age from almost 3 years old to... well, don't ask a woman her age. But when you see these folks around & about you will know they are making the latest Quadra Island fashion statement.

Winners of the raffle were Mike Clarkson (the Norman Marshall painting Shannon Peterson (the child's bike & Doug Lloyd (the First Nations hummingbird print).

We are most grateful to everyone who donated to this event & yes, everything was donated - pledges, raffle prizes, draw prizes, food for the BBQ, the band & especially lots of volunteer time & effort to make it all happen. And to all you folks who came out for the event, thanks for making this a great evening of family fun. Can we do it again next year? You betcha we can!!



Office Hours:
Monday 1-6 pm Wednesday, Friday 9-6 pm
Ask us about Custom Orthotics
Phone: 285-2848
Fax: 285-2934
Located at Cove Centre, Q-Cove
No referral necessary

Marlena's Salon



Treat yourself

285-2938

726 Cramer Road, Heriot Bay

Honey Sun Massage
 specializing in the beautiful experience of
**Traditional
 Hawaiian
 Lomi Lomi
 Massage**
 Sunday Dennis
 Phone: 285-3197
 certified by Aunty Margaret & Nancy Kahalewai



Dualling reviews

The Corporation
 a film by Abbott and Achbar

The Corporation is a 245 minute shockumentary whose basic premise is that corporations act like psychopaths. While I have no problem with the film's premise, I found it difficult to sit through over two hours of brain washing. What makes it worse is that the film makers use the same techniques they castigate the corporations for using. It seems to me that if your points are valid you don't need to use Frankenstein and shark images to back you up. The "Evil Empire" rhetoric used throughout the film makes even a believer like me a little suspicious. In a film that begs for corporations to act in a more fair and democratic fashion, why do all the right wing opinions come from right wing straw men. Where did they get that moron from the Fraser Institute anyway? Did they sneak in late at night and take him out of his cryogenic chamber just for this film? There's lots of intelligent people out there that believe in capitalism. I would have like to have heard from them.

now is simply because technology makes it easier and faster to do harm.

In the end, the success of the movie is judged not by whether people like me, who are onside before the movie starts, liked the film but by how much it changed the thinking of those people to whom the movie's claim was a revelation. My guess is that the film is preaching almost exclusively to the converted on either side of the political spectrum and those few people who are so poorly informed that they thought corporations were benign tumors will not be having preventative surgery in the near future. The movie's excruciating length and its heavy handedness don't help its cause. If you lean to the left and want some of your views validated you can probably watch it till the end. If you lean to the right then the first five minutes is probably all you need to see. If you're somewhere in the middle then you should probably watch the thing in half hour doses over the week and remember to keep your thinking cap on.

Chris Thompson

The Corporation - The Must-see Documentary

Living in the backwoods of Quadra island does bring many of us some peace and privacy but even in this lovely rural setting we are not saved from the influence of the real world. we still need gas to fill our cars, electricity to heat and light our houses and supplies from large corporate stores such as the Super-store to stock our cupboards. to remind us that we are but one small bit of a very large picture in this world I highly recommend viewing "The

SORENSEN - MACDONALD ENTERPRISES LTD.

Erik Sorensen mini-excavator

**Need a little digging?
 Give us a call**

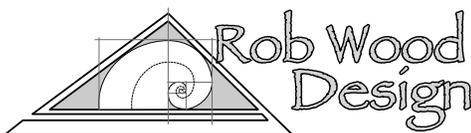
285-3906
 203-3906 (cell)

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**



Design for Healthy Living

Helping to build
 dreams in the
 Discovery Islands
 since 1978

- Site analysis
- Design assistance
- Energy conservation
- Handcrafted drawings

287-1945 quintano@island.net

view my portfolio online
www.island.net/~robwood

Heidi Ridgway
 Your Resident Quadra Island Realtor
 For professionalism
 and integrity Call me!

ROYAL LEPAGE
Advance Realty

Deanna Collins
 Cortes Island Real Estate Specialist
 Call today for a complimentary
 catalogue of listings

Toll free 1-888-286- 1932
 3 walk on waterfront lots *plus*
 Single Family 2 storey on 5.27 treed acres
 workshop, garden area

NOW \$354,000
 Call Heidi for details

Heidi@QuadraIslandRealEstate.com

deannacollins@royallepage.ca

250 285-2217 www.QuadraIslandRealEstate.com

www.CortesIsland.bc.ca

250-286-3293

Corporation”, a film based on the book with the same name but the added subtitle “The pathological Pursuit of profit and Power” by Joel Bakan.

The film reminds us that corporations are undeniably intertwined in our lives. If we haven't already thought about how corporations influence us, Mark Achbar, the film's producer and The Corporation's team, aims to show us. the premise of this documentary is to present us with the idea that the corporation can be compared to a psychopathic personality. Using detailed analysis through an extensive array of interviews from an impressive list of sources, clips from pop-culture, historical film, advertising, TV news and corporate propaganda the film addresses the question “What character traits are there in the personality of a corporation.

The film starts with the historical background of how corporations came into being. Originally, corporations were a gift to the people to serve the public good. We are informed of how the corporate mind-set developed, and how corporations came to have the equal rights as individual. The film puts the corporation of the shrink's couch and scrutinizes it as a personality. Interviews of over 40 professionals include corporate insiders, intellectuals such as Noam Chomsky, Naomi Klein, Elaine Bernard, a Nobel prize-winning economist Milton Friedman and CEO's from several large multi-nationals such as tom Kline from Pfizer. Interviews, film clips and examples of newscasts build up the corporate personality profile. Bakan is well-informed and Achbar's skill make clever metaphor. It doesn't take long for the viewer to feel the overpowering sensation that the picture painted here is not very comfortable.

A personality checklist is developed and many aspects of corporate influence are discussed and offer the viewer with an enlightened but desparate understanding of the state of the world as we have created it. Ignorance in our case is not bliss. The film serves to inform us of what has gone so terribly wrong in the world. Corporate mind-set and greed may be responsible for the plight of the world. Many of us may feel overwhelmed by the world's problems: global warming, environmental destruction, species extinction, resource depletion, famine, over-population - you name it, at some point corporations (and us) contributed to this list. The film reminds us about the ails of the world but still leaves us with and impression that it is up to us as individuals to fight for real democracy.

Despite the powerful infra structure of corporations individuals are making their voices heard. In Bolivia, for instance, the people have won their fight against huge multi-national corporations working with their government trying to take over their water rights. In India the basmati rice patent was overturned, again by individuals who questioned and retaliated against government and RiseTek, a multi-national. People are seeking to take back their power. This film leaves the viewer with the impression that there is hope for democracy through networking, retaliation and fighting for the rights of what is right and moral. the Corporation leaves one with the sense that there is hope in awareness. Let's not sit back and ignore these problems. The Corporation is available at Quadra Video. Mignon Smienk



G. ROY DAHLNAS EXCAVATING LTD.

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



- 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

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**

WINE MAKING FERMENTATIONS

ESTABLISHED 2001

At the Village Square

Ph: 285-3822 Fx: 285-3935

ferment@oberon.ark.com

Erik & Wendy Sorensen

Heriot Bay Inn



Join us for Dinner Jazz every Sunday6:30 pm

We're Cookin!

HBI Pub & Herons Dining Room
open every day... serving meals
7 am - 10 pm every day

Duffy Live

Fri. Sept. 2

Dinner Jazz

Dave Bliinzinger Jr.

Sun. Sept. 4

Iymozeen

Fri. Sept. 9

285-3322

Pub 285-3539

www.HeriotBayInn.com

BEARD CONSTRUCTION

Complete Construction Services

Serving North Island & Discovery Islands

Gov't Certified Journeyman Carpenters

Renovations, Additions, Residential

Commercial, Project Management

Matt Knoedler 285-2754

email: heatherknoedler@telus.net





Island Report

Homestay Program Makes Cultural Connections

by Tanya Storr

Families from Quadra and Campbell River participated in a unique homestay program in August, hosting guests from Japan for 9 days. The English immersion program, organized by Quadra resident Pat Lowes of Island ESL Vacations and Japan-based English teacher Mike Lyon, brought three generations of Japanese students to BC.

“It was an exciting and unusual program, and provided a great opportunity for us to share our culture with very young and older Japanese students,” reflected Pat.

Ten students, ranging in age from 7 to 69 years, arrived at the Campbell River Airport on August 12. Pat reported that they were tired from the journey but excited about their stay in Canada.

The group members, all students of Mike Lyon’s English School in Gifu Prefecture, Japan, consisted of two mothers with preschool sons, two grandmothers with three granddaughters, and one friend of a granddaughter.

The mothers with preschool sons stayed with families in Campbell River, while the grandmothers and granddaughters were hosted by families on Quadra. The four



photo by Tanya Storr

girls, ages 7 – 11, stayed separately from their grandmothers. They were matched with families who have children around the same age.

“The main objective was for the children to learn English and have fun,” said Pat.

To this end, the four girls took part in the Quadra Children’s Centre day camp program. They went horseback riding and swimming, and enjoyed activities at the Centre. The preschool boys attended the Christian Life Daycare in Campbell River.

One of the grandmothers, Miyoko Matsuoka, took daily English lessons with Pat. All the guests were encouraged to participate in activities with their homestay families.

I visited with some of the Japanese guests and their homestay families during a potluck dinner at Cheryl and Ed Jordan’s house partway through their stay. Although each family had to work through language barriers and, in some cases, homesickness, finding common ground was a recurring theme in the conversation that night.

Inger Crighton, whose family hosted 11-year-old Anna Matsuoka, said Anna was getting along very well with her kids.

“The kids bridge the cultural gap even more than the adults. Every night has been like a sleepover party at our house, with Anna and our kids giggling and having fun. The girls have also attended two Quadra kids’ birthday parties while they’ve been here.”

Inger and Bill’s older daughter, Brianna, who is 12, went to Japan this year with the Young Ambassadors Program.

“Brianna stayed with a Japanese family for about the same amount of time and loved it,” said Inger.

Travelling across the Pacific at a young age to stay with a family that doesn’t speak your language requires both fortitude and a sense of adventure.

“Anna just turned 11 and we can’t get over how outgoing and brave she is,” Inger noted.

“She understands a lot of what we are saying to her. If not, she just shakes her head.”

Anna’s grandmother, Miyoko Matsuoka, stayed with Karen Dunn. With the help of Quadra resident Masumi Umemura as translator, I asked Miyoko how she was enjoying her stay on Quadra Island.

“I am very happy because Anna and I are staying by ourselves with English-speaking families, so our English has improved,” Miyoko replied. “Anna’s host family are taking excellent care of her and I am enjoying staying with Karen very much.”

Miyoko, who is 69, told me that she retired from her job as a kindergarten principal when she was 54. She now works on her organic rice and vegetable farm, takes care of her grandchildren, and attends English lessons in her spare time.

Karen and Miyoko discovered they share a keen interest in gardening. For Karen, whose son took Japanese language classes in grade 11, hosting Miyoko was a mind-expanding experience.

“I’ve been referring to my son’s Japanese textbooks and Miyoko has an electronic dictionary. We’re both learning lots,” Karen said.

Cheryl Jordan, whose family hosted 11-year-old Yuuka Inoue, said there was a great deal of two-way learning taking place at their house too.

“One night we were eating dinner on the deck and our kids asked Yuuka how to say ‘wasp’ in Japanese. We drew a picture of a wasp and she taught us the word.”

Before Yuuka arrived, Cheryl’s family had been e-mailing her in simple English to find out a bit about her.

“The exposure is great for our kids. Ed and I went to Japan to teach English for three months during the winter of 1994. That experience taught us what it would be like for Japanese guests to come here,” Cheryl told me.

The Jordans took Yuuka to the climbing wall at the Quadra Community Centre and to see the shoreline carvings in Campbell River, as well as out on their boat to pull prawn traps.

After a farewell potluck at the home of Ron and Lynn Gamache in Campbell River on August 21, the homestay students flew

www.discoveryislands.ca/news

to Vancouver. They spent two nights there, doing some sightseeing and shopping, before returning to Japan.

Looking back on the Japanese homestay program, Pat said from her point of view it was a great success.

"We have an excellent group of homestay families. I feel good about placing guests with them. The families and the students connected very well and became quite attached, crossing over cultural barriers," she said.

Pat went on to say that the program is intense and during the short nine days, many good friendships were made. The children's English improved noticeably, and they became more confident with each passing day.

"Some of the hosts have said that during this intense time, their own families tended to be together much more than usual, and that was an unexpected but positive by-product. The daycare programs also went very well." Pat said the organizers hope to hold the Japanese homestay program on an annual basis.

"I've only had very positive feedback from the students as well as the homestay families. There are some administrative details that I will improve on for next time, but other than that, I think this is a very successful formula."

For more information about the homestay program, e-mail Pat at esl-fun@island.net



photo by Cheryl Jordan

Vignettes from the Farmer's Market

My daughter, who is a vegetarian, looked disdainfully at my lunch. "Your hamburger and fries do not make a balanced meal," she said. "You have to find an alternative."

After lunch we went to the farmer's market. As we neared Dan Bingham's stall, I had an idea. Who better to ask about that alternative lunch than Dan. He is Quadra's resident raw food guru. Dan, who can always be depended on to be at the market, would come to my rescue with an answer. Lo and behold, he was selling what looked like a hamburger and fries. As we stood there among the other customers I looked over his display of books, drinks and food. When at last we were the only ones there Dan said with his usual friendly smile, "Hello my friends."

"Dan, you have a burger and fries," I said happily.

"Not just any burger and fries," he explained. "The bun is a Portobello mushroom, the patty is a raw food mixture." He showed me the book he got the recipe from. The fries are made from "jacima" cut with a French fry cutter and sprinkled with paprika and other spices to give them a red and color and flavour.

I bought one and shared it with a friend. Even half was very filling. Dan explained the benefits of a raw food diet. He showed us all his books on the subject. If you ever consider a raw food diet or if you want an alternative to hamburger and fries, see Dan.

Elena Mason

TAMARACK

CONSTRUCTION

Div. of 0702687 B.C. Ltd.




- Licensed Registered Builder
- General Contractor
- Custom Homes
- Renovations
- Timber Framing
- Journeyman Carpenter

St. Paul
Guarantee
Insurance Company



Box 589
Heriot Bay B.C.
VOP 1H0

285-2123

203-1979 (cell) 285-2113 (fax)

established in 1984

if someone told
you to look here,
you were very badly
mooseinformed



"Caring for children for community's sake"



Preschool Program

For 2.5 to 5 years
(Toilet training not required)

Quadra Kids

school age program
For 6 to 11 years

Cost \$3/hour (3 hour min.)

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

285-3511

www.quadraisland.ca/qcc

Doc Com

Digital Dharma

"Summer's lease hath all too short a date," the man wrote. As soon as the rains come, it will be time to sit down at the buzz box and try to organize those digital memories. Now where on my hard drive did I park those pictures of the water fight at the Spit? Or maybe I should make up a slide show on a CD of my cute pet gerbil and send it to Aunt Lucy. Or email or print a few to hang up.

These days, every graphics gizmo you get seems to come with some kind of graphics software. If you have a printer, scanner and camera, you're likely to have three different sets of programs that are supposed to save and organize your images. Kodak, Canon, Nikon, Fuji, Epson: each wants to load software to handle images. When you install them, they each will probably try to become the one program that loads when you click on a picture file, and they will often replace handling pictures from the one you have been using until then. Things get confusing pretty quickly, so it would be nice to have one program that catalogued, displayed thumbnails of each picture, and then allowed you to archive, email, print, make collages, slide shows.

For those who want to do advanced photo editing (e.g. delete former spouses from old wedding photos, put your head on someone else's fine body), I would suggest you look into something like Adobe Photo Shop or even its less pricey sibling, Adobe Elements (about \$125). These both reward study and practice to get the most from their powerful photo editing features. But for the rest of us who need an all in one, easy to use, but powerful image organizer and editing program, I am impressed by what you can do with the free software from Google called Picasa2. At a little over 3MB to download, it's in the realm of the possible even for folks with slower dial up Internet. (Unfortunately, it's not yet available for Mac, but then Windows has been more graphically challenged than Mac and the Macaholics can probably do all this stuff anyway).

Go to <http://www.google.com/downloads>, save the Picasa2 file to the desktop, click on it to install, and after the usual whirring and clicking is over, allow it to search your drive for all pictures and display them as thumbnail images arranged in folders. Plug

in your camera and import the pictures on it directly to the program and then when your pictures are cataloged, you can rename them, add captions or even rate your favorites.

The most useful feature of this program, though, is the variety of photo editing tools included: remove red eye, adjust lighting, change the colour balance, turn the picture from colour to black and white or to sepia. And if you don't like what you've done, reverse the changes. Select the Print button below to choose the output size in Print Layout and then click Printer Setup to make your final adjustments before sending your work to the printer.

You can also share your photos several ways: email through your local client (Outlook Express or Thunderbird, e.g.) or send them by way of Google's web based service or via Google's Gmail. Want to send Aunt Lucy those pictures of your cute pet rodent? Make a Gift CD (CD burner required); Picasa will burn your pictures to a disk which Aunt Lucy can display as a slide show.

If your hard drive crashes, you can probably reconstruct that lost resume, but your pictures will only be sad memories unless you back them up. Click on the Back Up button, select the folders you want to archive onto CD, put a blank into your CD burner and in a couple of minutes you can put a feather in your cap for having done a good thing.

The breadth of Picasa's features may at first seem a bit intimidating, but after you work with it for a short while you will see how easy the program is to use; and all this in one package, too.

We are not on the Google payroll (unfortunately, though). <http://www.firewallguide.com/freeware.htm>. Questions, comments, suggestions? Email: mattmart@connected.bc.ca or 285-2431

<http://www.firewallguide.com/freeware.htm>. Matt & Etta Martinelli operate ENERT Computer Support @ 655 Cape Mudge Rd.





Custom Homebuilding
Toelle Construction Ltd.
Commercial • Residential
John Toelle
285-3783
www.jtoelle.com



Everything But The Blues

by Rev. Jill Brocklehurst

I was riding down the community trails thinking how great life is and how grateful I am to live on Quadra when suddenly, out of nowhere, I remembered I had forgotten to write my article and forward it off before the deadline. What happened to yesterday that it slipped my mind?

I have had a wonderfully relaxing summer and yesterday while lazily strolling through my day I bumped into a friend. Immediately we began a deep discussion on a tendency to feel guilty when we aren't rushing around fulfilling some arbitrary deadline. And so here I am today, busted, caught in the throws of such a schedule.

Funny how we become so busy, hurrying here and there, rushing to completion on one task only to begin another and for what real purpose. Stepping back and looking at the bigger picture of our lives, it may appear that we rush around to accomplish all kinds of things ... and then life is over. From the age of 1 to teens children do a good job of living and then somehow get swept up in adult life and drop the living part replacing it with work and responsibility.

Science of Mind® teaches what we put our attention to expands. I know this to be true for when I am busy that is all I talk about and busier I get. July came and I had a real clear intention to relax and rejuvenate and clear attention is usually brings about results.

'Live' I have this summer. I have slowed down just enough to really smell the roses, put a grandchild on my knee to tell stories, pick berries, and make pies for the family. These are the things that I am grateful for.

I invite you to explore the good in your own life today and watch it expand into a rich and rewarding lifestyle. I also invite you to join us Sundays for our morning celebration 10:30 AM at the Community Centre. This week, September 4, we have a guest speaker from Vancouver and guest musician playing Hawaiian chant music.

No more applications please!

Claire's job with the paper has been filled! There is no need anymore to mail us bags of bribe money or to throw yourself on the desk saying you would do anything to be on staff at the Islander! Thank you all for your interest in the position. We are pleased to announce that our new staff writer is Tom Hobs. His column is called The Social Contract. With over 50 years of experience as a human, some of them as an adult, Tom is well qualified to explore, translate and report on the workings of human society. The first couple of his columns will examine how we can all get along better with our friends and neighbours.

My first column will be about the escalating I message. Some people think the I message is the opposite of the evil eye. Wrongo. The evil eye is used by people who do voodoo. You do the I message to stop things from escalating to the point where somebody loses an eye. For those of you who haven't been to a daycare for a few years let me explain how it works and then I'll give you an example of where and why you use it.

The escalating I message.

Here's a typical teenage scenario. The first I message should be about your feelings in the hopes that person who is doing something you don't like will change their behaviour out of the goodness of their heart: "When your music is loud I have trouble concentrating on my work." When then doesn't work, and it never does unless a teacher is in the room, you move on to stage two. The second I message should still convey your feelings but hints at some consequences should the behaviour continue: "When you turn your music up louder I feel like phoning your real parents and telling them they can have you and their money back." The third I message is mostly about consequences. "If you do not turn down the music I will shove a fork so far down your throat your feet will stick to the floor."

Let's see this at work in another hypothetical scenario. Imagine if you will a world of gangs where there are two ways of getting respect: money and fighting. Let's say you're a bully called Sam and you are the head of a very rich gang. Let's get a bit of history on Sam. He's the new kid on the block. He's filthy rich but although he talks tough his track record as a fighter isn't so good. He won his first fight against St John Smythe III but St John threw the fight so he

could concentrate on N. Boney Parts. Sam got whopped by Johnny Canuck and then won a referees decision against Paulo. He was benched for the two big fights against Fritz though he came in for the last quarter of each as a sub. He won against Nagamura but had to use an illegal weapon. He drew against Hong and then was humiliated by Tong. For the next couple of decades he traded threats against Boris. When Boris folded, Sam became a weapon without a target.

So, there we are. Sam is talking tough and spoiling for a fight when along comes Big Al and knocks down one of Sam's huge idols dedicated to the god of greed which kills some of Sam's gang members. Sam goes ballistic. He says it's about his friends but considering he has always been willing to sacrifice a thousand fold more of his friends to avenge any slight we know Sam is mad because he was embarrassed. Sam gave Big Al money. Taught him how to fight and set him out to wreck havoc amongst Al's enemies.... completely forgetting that A) He, Sam, had been stealing from Al for hundreds of years; B) Sam's allies have been stealing from Al for hundreds of years prior and C) one of Sam's best friends has been engaged in a turf war with Al's friends for thousands of years.

Sam has a choice here. He can go off half cocked and pick fights with anybody who even looks like Big Al (and maybe try and take out the guy who laughed at his dad) or he can start with an I message. If he goes with option A, then the smart person would invest heavily in flags and body bags because things are going to start to get very messy very fast. If Sam starts with an I message, however, there's a chance things could get worked out. Sam: "When you knock down my idols and kill my people I feel very sad." Al: "Oh yeah, when you send

in terrorists disguised as business men and ambassadors to prop up dictators and steal my money I get very frustrated." Sam, seeing he is partially to blame and knowing that fighting Al is going to cost him billions of dollars says to Al. "Ok, I feel your pain. I will spend one quarter of the money I have allocated to fight you to bring clean water, electricity and education to all your people. As a bonus will toss in internet access so that you too will start building Statues to the God of Greed."

Whew, the I message sure averted disaster there!

It takes a whole village to raise a child. It takes one person to raise an army.

reprinted by permission from Despot's Monthly: Queen Victoria Issue



APRIL POINT Resort & SPA!!
QUADRA ISLAND 

The Tradition Continues

Jazz at the Point
Every Tuesday 7 - 10 pm

September 6 Milton Road
September 13 Take 3
September 20 Bourbon Street

Awesome Sunsets, Excellent Service and Sensational Food

285-2222


Oak Bay Marine Group

**Moonlight
Shadows
B & B
Now Open**

3 large rooms, one with private bath, two will share a tub this year only. Continental breakfast Within walking of all Heriot Bay amenities **It's Peaceful Here**



672 Macklin Rd. corner of West Rd. Heriot Bay, BC
Ph/Fax: 250-285-2422
Email: moonlightshadows@gicable.com
Web: moonlightshadowsbandb.com

It Could Have Happened

Sounds Fishy to me

One very hot day this summer I was working in the garden. There was still much to do but I was tired so I took a break and sat in the gazebo and watched the fish slowly swimming in the pond. I had brought out a gallon of ice so it could melt and I could have a cool drink. I drank several glasses and poured the remainder, including a few ice cubes, into the pond. As I watched, the biggest of my gold fish swam over to the ice water that I had just poured into the pond. The fish swam around and around and finally broke water several times. Was that fish entertaining me in gratitude for the cool water? While I had the fish's attention I pushed my luck (I hope you won't tell anyone that I talk to fish) "You know I wouldn't mind a pond full of little fish," I said aloud.

That was the last I saw of the gold fish all day. The next morning when Conner went to feed the fish there were nine babies! What happened there? Could it have been the ice cubes? Maybe Dr. Doolittle had something to do with this or maybe I just had too much sun.

Elena Mason

The Paint Lady Brighten Up Your Winter!



Spruce up your house, guest room or cabin. I do wallpaper removal, interior painting, decorative painting and fabulous faux finishes
285-3896
tidy • friendly • fast

ACUPUNCTURE



Herbs & Nutrition.
Free consultation.
Sliding scale for treatment
(\$40 - \$20)

Dr. Eileen Sowerby
M.B. Ch.B. M.A. D.T.C.M.

Phone/Fax: 285-2434

HEDEFINE CONTRACTING

DISCOVERY ISLANDS ROOFING SPECIALISTS

**INSTALLATION / REPAIR
& MAINTENANCE
FOR ALL TYPES OF ROOFING**

Custom-Fabricated Sheet Metal

Call Shane Hedefine

285-2866

FULLY INSURED ∞ FREE ESTIMATES



BILL'S TREE SERVICE

BILL BRADSHAW

(250) 285-3608

BOX 336, HERIOT BAY, B.C. VOP 1H0

Quadra Island Pure Honey



100% Product of Quadra Island

Call: Frank 285-2654 or Ted 285-3228

www.discoveryislandsrealty.ca

Real Estate Catalogues

Complete information on every property listed for sale



Discovery Islands Realty



Contact Nancy:

- phone 250 285-2800

- email islands@island.net

- or drop by our office

Real Estate specialists on Quadra and Cortes.
Full real estate services including property management.

Our office is conveniently located across from the school on Quadra Island.

ON
QUADRA
TIME...
by
GREG
SCHLEEN
www.disy
films.com
© 2008



Classifieds

Wanted

Wanted: 1 or more acres of undeveloped or partially developed land on the eastern side of Quadra Island - most preferably near Open Bay, Shellalligin Trail and the Breton Islands. Need not be for immediate sale, looking to purchase within next five years and would definitely consider a pre-purchase agreement or reverse mortgage option. Please e-mail Islandlife@mac.com or phone 923-3797 - thanks.

RENTALS

Small office for rent

Central location, good rate
call 2852626

Industrial shop and warehouse
space for rent. RV and boat
storage also available. 285-3783

Ocean View House for Rent

Available July 1
Rent: \$875. 3 bedroom Schooner Rd home, 2 baths, heating Electric and wood backup. Wanting long term, non-smoking, quiet tenants.

250-339-2323

Online search Google:
Schooner Heights

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!

SERVICES

Two Boys Stone Masonry
Specializing in stone arches,
interior features, walls, exterior
facades, driveway pillars,
stone walls, fireplaces. New to
Quadra Island keen to get to
work! Call 285-3811 or email:
twoboysstonemasonry@hotmail.com

Yoga Classe at QCC

\$35/Any 6 classes or \$10 drop-in.
Monday 4:00 - 5:30 pm starts
Sept.19th \$70/10 classes
Wednesday 9:30-10:30am
Starts Sept.21 \$40/5 classes
Call Sue at 285-2948
Email suebeatt@telus.net

Q-COVE APPLIANCE

REPAIR Now doing repairs to
all makes and models of automatic
washers and dryers. Also new & used
parts depot for all your appliance
needs. Affordable rates. We carry
a good selection of quality used
washers and dryers. All appliances
come with 1 year warranty on parts
& labour. Free delivery on Quadra.
Call 285-3425 or cell 202-3425

COMPANY COMING?

FIRESIGN B&B has 3 cozy &
cool bedrooms, separate guest
entrance, kitchenette & living
room with space to relax...a
true home away from home.
Full breakfast, near hiking,
beach, ferry. Your hosts: Nanci
& Tracy 285-3390 <http://www.firesignartanddesign.com>

Waggin' Tails is up and
running! Give your pet a little
TLC while you're away. Available
for daily and overnight pet care
7 days a week.
Contact Michael at 285-2367 for
details.

AMPED ON NUTRITION

- Quadra Island's health food
store. Need help investigating
your health concerns - we have
great books to browse through,
quality vitamins, minerals and
supplements homeopathic
remedies, bulk foods and
alternative groceries. Open 11-
7, closed Sun. 'tel 285-3142

FOR SALE

Topcliff Farm has apples for
sale. Different varieties \$@/lb. We
also have a juice press. Bring your
own apples and we will juice them
50/50
Call 285-2343

For Sale: 5.7 acres, end Spruce
Drive, from Cedar Drive, Smiths
Road, forested, mixture of Fir,
Hemlock, Alder, relatively level,
gentle slope to the west, borders
on 40-acre grazing property. dug
well, once approved for septic
field. Sign on tree. Info at 285-
3727 or <http://mypage.uniserve.com/~esoteric/index.html>

Yellow Dog Trading Company

Bulk Foods & Baking Supplies

Open Mon. - Fri.

11 am - 5 pm

Saturday 10 am - 5 pm

Buy as much as you want,
or as little as you need.

285-2867

Walk or drive around behind
Q-Cove's 'Old Yellow Dog' Plaza

ENERT

Quality Computer Systems
delivered & setup in your home/office.



Service, Repairs,
System Cleanup
Parts, Upgrades,
Software & Internet Hookup

mattmart@connected.bc.ca

655 Cape
Mudge Rd

Call: 285-2431

Term Notes: \$5,000 - \$50,000
Interest Paid Monthly, Quarterly,
Annual or Compounded
Interest Redeemable, paid within
5 days 6% p.a. calculated &
credited monthly
No minimum amount to
existing clients
1 year term: 7%, 7.5%, 8%
3 year term: 9%, 9.5%, 10%
5 year term: 11%, 11.5%, 12%
Phone: Barbara Buffington
250-935-6383

Island Tides

For Quathiaski Cove

September 3 - September 16

D	T	FT	M
3	4:48	12.1	3.7
	11:50	4.6	1.4
	18:24	12.9	3.9
	23:24	9.3	2.8
4	5:27	12.1	3.7
	12:03	5.1	1.6
	18:47	13.0	4.0
5	00:12	8.5	2.6
	6:08	11.8	3.6
	12:18	5.9	1.8
	19:08	13.0	4.0
6	1:01	7.7	2.3
	6:53	11.8	3.6
	12:37	6.8	2.1
	19:25	13.1	4.0
7	1:47	6.8	2.1
	7:46	11.6	3.5
	13:00	7.8	2.4
	19:40	13.1	4.0
8	2:30	6.0	1.8
	8:51	11.5	3.5
	13:25	8.9	2.7
	20:00	13.1	4.0
9	3:13	5.2	1.6
	10:14	11.5	3.5
	13:56	10.0	3.1
	20:26	13.0	4.0
10	4:01	4.6	1.4
	11:47	11.5	3.5
	14:37	11.1	3.4
	20:58	12.9	3.9
11	4:58	4.2	1.3
	13:17	12.1	3.7
	16:12	11.9	3.6
	21:37	12.7	3.9
12	6:10	3.9	1.2
	14:29	12.6	3.8
	18:51	12.0	3.7
	22:31	12.4	3.8
13	7:34	3.5	1.1
	15:17	13.0	4.0
	19:56	11.7	3.6
14	00:08	12.1	3.7
	8:43	3.2	1.0
	15:56	13.2	4.0
	20:37	11.2	3.4
15	1:58	12.3	3.8
	9:38	3.0	0.9
	16:30	13.4	4.1
	21:18	10.3	3.1
16	3:12	12.6	3.8
	10:26	3.2	1.0
	17:02	13.6	4.1
	22:05	9.3	2.8

TIMES IN DAYLIGHT SAVING

HERIOT BAY STORE

Bottle Returns for September

Will be donated to

Quadra Elementary Parent Advisory Committee

Sunday thru Thursday 9 am - 8 pm

Friday and Saturday 9 am - 9 pm

Specials For September 4 - September 10 While Supplies Last

GROCERY

Sunrype
Juice Boxes **\$1.88**
5PK

Milk It **99¢**
500ml
Flavoured Milk Drink

Ocean's **\$1.28**
170g
Tuna- chunk or flaked

Island Farms **\$5.98**
12PK
Multipack Yogurt

Pillsbury **\$2.98**
4pk
Pizza Pops

Kellogg's **\$6.98**
1.35kg
Jumbo Corn Flakes

PRODUCE

BC Crop **98¢**
lb
\$2.16/kg

Royal Gala Apples

BC Hothouse **\$1.28**
ea

Long English Cucumbers

BC Hot House **\$1.68**
lb
\$3.70/kg

Tomatoes On the Vine

MEAT

Farmers Best
Prime Rib
Roast **\$5.99**
lb
\$13.21/kg

Boneless
Blade
Steak **\$2.79**
lb
\$6.15/kg

Made
In-Store **\$2.99**
lb
Chorizo
Sausage \$6.59/kg

DELI/BAKERY ITEMS

Assorted **\$1.88**
ea
Cakes & Squares

Grainary **\$1.99**
ea
Bread

Honey **\$1.19**
100g
Ham

Assorted **\$7.48**
600g
Tru Value
Cheese Sticks

