

Issue 417

March 14, 2008

DI

# Discovery *Islander*.ca

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



[www.discoveryislander.ca](http://www.discoveryislander.ca)

# Ferry Schedules

## Campbell River - Quadra Island

Crossing Time: 10 minutes

### Leave Quadra Island

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

### Leave Campbell River

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

## Quadra Island - Cortes Island

Crossing Time: 45 minutes

Leave Quadra Island	Leave Cortes Island
† 9:05 am	† 7:50 am
**11:05 am	9:50 am
1:05 pm	11:50 am
3:05 pm	**1:50 pm
5:05 pm	3:50 pm
6:45 pm	5:50 pm

\* - Fridays and Saturdays only. † - Daily except Sundays.  
 \*\* - Tuesday sailings are for Dangerous Cargo - No passengers.

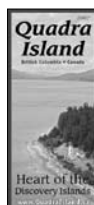
## Avoid Line-Ups

Peak local traffic are during morning and evening commutes. On Monday and Thursday Quadra - CR 9 am sailings, Cortes Island traffic has priority.

## For More Information

### Pick Up A Copy

of the Guide to the Discovery Islands and the Quadra Island map-brochure



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

# March is Fraud Awareness Month

Fraud is a growing threat to all of us as more and more commerce occurs via electronic means, with electronic authorizations. Protecting your personal data is a critical step in protecting yourself.

Awareness is also critical. Be aware of your credit and debit cards location at all times, and make sure no-one else is aware of your PIN! Monitor your accounts as frequently as possible, and report suspicious activity to the card issuer immediately.

Scams abound today, from deceptive tele-marketers with "free" trips to sophisticated "phishing" operations that use on-line means of obtaining your personal data.

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# Island Calendar

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

## The Regulars

- **Quadra Legion** - Now open Fridays and Saturdays at 4:00pm
- **Every Monday** - Parent and Tots 9:30 am - noon Q.C.C.  
- Badminton, 7:30 pm Cape Mudge Hall  
- Quadra Circle Social Dancing, 7:00 - 8:30 pm
- **Every Tuesday** - Smile Makers Kidz Klub Q.I. Bible Church from 2:4 - 4:15 pm  
- Kalina Folkdancers -QCC, 7:30 to 9:30 pm, Sept. to Apr.  
- Sketching group at Firesign Studio 10 am-12:00 pm  
- Al-anon meeting, 7.30 pm at the Children's Centre
- **Every Wednesday** - Moms and Babies 11 am - noon Q.C.C.  
-Community Lunch noon Q.C.C.
- **Every Thursday** - Parent and Tots 9:30 am - noon Q.C.C.  
- Isle Sing 3-4:30 pm Q.C.C. upstairs, use South entrance  
- Prayer Meeting, 7:00pm at Quadra Island Bible Church  
- 7-9:30 PM: Life drawing sessions at Firesign Studio 285-3390  
- Badminton, 7:30 pm Cape Mudge Hall
- **Every Friday** - Free Pool, Darts and Shuffleboard at the Legion 4 pm to 1am
- **Every Saturday** - Legion Meat Draw 5:00pm to 6:30pm
- **Every Sunday** - Sunday Service QI United Church 11:00 am (Sept.-June)  
- Family Worship Service 10:30am Quadra Island Bible Church  
- Buddhist Meditation 10:00 am Upper Realm  
- Sunday Celebration, Centre for Positive Living - 900 Alder St. C.R. 10:20 - 11:20 am
- **1st and 3rd Wednesday** - Food Bank 1-2 Community Centre
- **3rd Sunday of Month** - Raw Food Pot Luck 5 - 7pm 285-3827
- **Last Saturday** - Bonus \$50 cash draw or gift certificate. Quadra Legion 6:30 pm

**Next Deadline: Monday, March 24<sup>th</sup> 2008**

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.

Fri	Sat	Sun	Mon
9°C 5°C 40%	11°C 2°C 30%	9°C 2°C	10°C 4°C

For links to the latest weather, tides, currents and marine weather forecast log on to [www.Quadraland.ca](http://www.Quadraland.ca)

*Next deadline for the  
Discovery  
Islander*

**March 24<sup>th</sup>**

**701 Cape Mudge Rd**  
[news@discoveryislands.ca](mailto:news@discoveryislands.ca)

## On the cover



*Bald Eagle takes to the air.  
Photo: Philip Stone*

## Day by day

### Friday, March 14

- Friday Flicks presents: Offside Q.C.C.  
Doors 7:30 - Showtime 7:45 pm

### Saturday, March 15

- Senior Housing Fundraiser Garage Sale Quadra Legion

### Sunday, March 16

- Geshe YongDong speaks on Upper Realm, Q.C.  
"Body, Speech & Mind" 11 a.m.  
- Montreal Guitar Trio Q.C.C.  
tickets \$17 advance (\$20 at the door) 7:00 pm

### Friday, March 21

- Symposium on the Blues Cafe Aroma  
Hal Douglas and Steve Moore Tickets \$5 7:30 - 9:30 p.m.

### Wednesday March 26

- Quadra Island Cemetery AGM Quadra Legion  
8:00 pm

### Friday, March 28th

Friday Flicks presents: The Flying Scotsman Q.C.C.  
Doors 7:30 - Showtime 7:45 pm

### Saturday, March 29

- Writers' Workshop Q.C.C.  
with Brian Brett and Harold Rhenisch 10 am - 4 pm

### Monday, March 31

- Discovery Islands Chamber of Commerce AGM Taku Resort  
R.S.V.P. [chamber@discoveryislands.ca](mailto:chamber@discoveryislands.ca) 7 pm

### Saturday, April 5

- Rainwater Conservation Q.C.C.  
Presented by Sierra Quadra 7:00 pm

### Wednesday, April 9

- Quadra Island Conservancy and Stewardship Society AGM  
QCC 7:30 pm

Island Calendar online: [www.discoveryislander.ca](http://www.discoveryislander.ca)



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# Discovery Islander

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## Submission Guidelines

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

- Please print handwritten material clearly.
- Electronic items sent by email & must be saved as Word or rtf formats. Please spell check in Canadian English. Sorry no floppies.
- 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, March 24<sup>th</sup>



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

## Gratitude

This is a story told to me in 1972 in Kitkatla by the late Charles Hill who was chief at that time. He illustrated the story by casting shadows with his hands on the cedar wall, lit by a kerosene lamp. He was a master at this art and my favourite character was the wolf, whose movements he did to perfection. The combination of the dancing shadows and his deep, slow voice, were mesmerizing as the story came to life.

Kitkatla, like all the coastal villages, was built on the strip of land between high tide and the forest. In the late spring, the whole village would move to their summer camp, where they gathered and prepared the food they would store for the winter.

An elderly couple stayed in the village to take care of things while the others were away. They lived at the very end of the village, right beside the forest. After a while, the old man got sick and was too weak to get up from his bed and his wife had to take care of him. Soon they ran out of food and hunger made the man even weaker.

One evening near dusk, the wife left the house to go pee. She saw a big dark shape emerge from the trees and slowly move towards her. At first it looked like a shadow, but as it came closer, she could see that it was a large wolf. She was just about to go back into the house, when the wolf whined and slowly opened his jaws wide and rubbed his paw along his snout, as if trying to remove something. He did this over and over, opening and closing his mouth, rubbing with his paw and whining. He walked a few steps towards her, then stopped and repeated these actions over and over. Soon he was right in front of her and she could see that near his back teeth, the upper gum was very swollen and inflamed. The huge wolf lifted his head in appeal and whimpered. She put her arm around around his furry neck and, holding his head steady, she lifted his lip and saw the swelling. It was obvious that he was unable to hunt or eat and was in a weakened condition. She knew that if she didn't help him, he would soon die. She searched with gentle fingers and found a large bone splinter jammed between a molar and the gum. When she touched it, the wolf whimpered and jerked, then stood still and silent, waiting for her to act. When she got a firm hold on that bone, she gave it a firm yank and it popped out, amidst a big gush of pus. She jumped back and the wolf ran away, disappearing into the woods.

The next morning when the woman went outside, there was a freshly killed deer on her doorstep. The wolf kept them in fresh meat until the other villagers returned.

Luise Grav

# Island Forum

## Dear Editor,

I noticed when I moved back to Quadra 2 years ago that there is little or no produce for sale at the local Farmers' Market. In Terrace, where I came from, people bring in all the extras from their gardens, as well as the local truck farmers.

When I inquired why this was, I was told it had to do with new food-safe laws.

We are very concerned about some of these new food laws that have been brought in by the Provincial Government. Contrary to generations of tradition it is now illegal for small farmers to produce their own meat and sell it to their neighbours and friends. These laws were designed by large industrial producers and serve only their needs.

They take away the people's right to be self-sufficient. Farmers' Markets have been put on notice that the government will be coming after them too. Targeting vegetables, pies, jellies, everything across the board.

This fear is driven by a Boogey-man, fear about people's health, that those purchasing goods from Farmers' Markets were getting sick as a result.

There is no evidence of one person getting sick from Farmers' Market sales. The Food Safe Act has crippled food producers in remote areas. This is clearly not favourable to local food production.

Roberta Robson, Robin Austen, Nathan Culler

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# Area J Regional Director's Report

March 10, 2008

by Jim Abram

## Regional District schism

February 15th came and went and we all took our oaths of office to the new entity called the Strathcona Regional District (SRD). And we were off and running! We elected Craig Anderson, Mayor of Gold River, as our Chair and Tom Pater, Electoral Area G representative, as our Vice Chair.

The dominant topic of discussion for the first two meetings was "what time should we meet?" Scintillating debate! Campbell River (CR) directors insisted on meetings late in the day and the rest of the Board wanted to meet during the day to keep costs of staff overtime and director's overnight travel to a minimum. After two days of unbelievable debate, rational thought prevailed and the CR motion to have late meetings was defeated. But not without a great deal of animosity being generated. So now I am sure relations will be just "ducky" for the next while. Oh well, another day at the office! We will be in budget discussions for two days this week and proceed to final budget adoption at the end of this month. With CR holding the majority of the votes on this new SRD anything could happen. I'll keep you posted. The documents will all be posted on the web site.

## Granite Bay wharf upgrade update

While we are on the topic of the Regional District I may as well give you a quick update on the upgrades proposed. I have managed to get all of the floats donated to us, free of charge, the trucking to Menzies Bay donated, the cross terminal fees donated and the towing by boat donated. So what is the hold up? Good question. The RD wanted an engineer to provide assurance that the floats are up to standard. Completely reasonable, in my opinion, since they will be libel for the facility. However, it is not reasonable to take months to even take the first step, which was to ask an engineer to do the work. That just happened last week. I have been requesting staff to get on with this on a regular basis and we are still waiting. My hope is that we do not jeopardize the donations. Once again, I will keep you posted. I have had a number of generous offers of assistance from island volunteers, should we ever actually get the floats to Granite Bay!

If you think I sound a bit caustic in my previous two paragraphs, you are right. I am used to getting things done. I don't like

hold-ups, especially avoidable ones. We, as a community, have done a lot of work in the past couple of years with donated money and time, hard work of volunteers and some funding from the RD. This needs to continue if we want to have the amenities that we need on this and other islands. I will continue to plead, pressure, push or do whatever necessary to keep making progress on the islands. I appreciate your support and your unselfish volunteer time.

## Was that a protest, or what?

My congratulations to all of the organizers and all of the participants for one of the best local ferry protests that we have had in years! Well done, everyone! The weather was awful, but spirits were high and the media was in attendance and we had a province - wide audience! The signs, songs and the band were great. The minister was so shaken that he didn't tell the whole truth when interviewed on TV. He stated that the Province gives the ferry users \$130 million dollars in subsidies. What he should have said is that the Federal government gives the province \$25 million (approx) in subsidies and the Province gives \$105 million dollars for a total of \$130 million. I believe that the \$105 million is about the same amount they gave last year which means that the Province refused to acknowledge the need for a higher subsidy this year and chose, I repeat, chose, to pass all of the increases on to the users through fare increases. A dastardly deed, indeed!

There have been numerous follow-ups in the Legislature by our MLA and other MLA's and there is a forum being held in Nanaimo on March 11 with the Leader of the Opposition (after my deadline for this report). I sincerely hope that we can turn things around with the ferry issue. It is getting to be too difficult for islanders to keep up with the rate of increases to our fares. It certainly is making me put even more effort into providing for our needs right here on the island, wherever possible.

## A short history of Telus ADSL on Quadra

(for those of you who are new to the island)

It all started with one of the dozens of referrals that I get every month from the Province through the RD. This particular referral caught my attention because it was for a linear lease of the ocean floor between Open Bay and Cortes Island. I inquired as to what this was for. "Phone lines", I was told.

Hmmmm. "What type of phone lines?", I asked. "Fibre optic lines", I was told. Another "Hmmmmmm".... "So how will the fibre optic lines get to Open Bay?", I asked. "Well, they will come across to Gowlland Harbour and then down Gowlland Harbour Rd. to West Rd., etc", I was told.

And so began the saga of "Why can't the line then go to our central office on Heriot Bay Rd, to be distributed from there?". I met by phone and conference calls with nine different planners and senior managers of Telus over a period of many months to then get them to agree to also bring the line to the office on Heriot Bay Rd. and then distribute by normal copper wire to homes within four kilometres of wire from the office. It wasn't as easy as all of that.

First I had to write a detailed business case for how many customers might subscribe to the service and I did it not just for the Cove but for all areas right up to and including Open Bay, in increments of 4 km's. Telus would have done all areas at once if the capability would have been there. But it wasn't, and still isn't. I'll explain. There are five switch boxes located about 3 to 4 km's from the central office. Inside these boxes there resides a switching mechanism that would need to be upgraded to allow another 3 to 4km's of line distance to service more customers. Sounds easy, just replace the switches! The hard part was paying for them. They were estimated to be around \$30,000.00 each and they would need to be paid for by the customers. So, cancel that idea. Back to the drawing board. I started to correspond with Telus a number of months ago to see if we could get on with the upgrades through some sort of federal or provincial grants to "connect communities" (both levels gov't keep talking about it as if it were a top priority!).

To date the discussions have been nothing more than that. I will persevere. I was very heartened to see that Jerry Benner was also lobbying Telus to get on with it and hope he will continue. The more help on this one, the better. I realize that there are other providers of high speed internet on the island and I mean to take nothing away from them in any way. They do a great job and if they provided service to my area, I would sign up in a minute (I am still on dial up, folks). Telus is the only provider that has the infrastructure in place in almost all areas of the island and that is why I have pursued this option.



## A comment on wildlife

Firstly, my sympathy to any pet owner or livestock owner who may have lost an animal to wolves or other predators. I am very sorry for your loss. Our German Shepherd was almost one of those statistics on three occasions - once with a wolf and twice with cougars.

Secondly, I hope that we as islanders will understand that we live in an incredibly beautiful and lush environment. Part of what makes it so is the abundance of wildlife. We have, at the south end, cougars, bears, wolves, deer, eagles, herons, ravens and a long list of other critters that have been here long before we were. We live on their island, so to speak. It is so important that we keep our place on the island in perspective. As long as we cherish rural values and maintaining greenway corridors, we will have the benefit of having these wild creatures in our lives. We are fortunate to have such an array of wild creatures around us and some of us are fortunate to have the occasional sighting of one of them. I sincerely hope that we will not over-react to what is a perfectly natural phenomenon. Too many examples exist of man trying to control wild populations. We don't do a very good job. Caution must be exercised, both in being around wild animals and in trying to control them. But in general we must co-exist. Enough said.

I'm an hour past the deadline so I had better end here. Feel free to call me between the hours of 8:30 am and 7:00 pm, Monday through Friday (not on weekends, folks!) at 285-3355, or you can fax me at 285-3533 or you can email me anytime at [abramfam@oberon.ark.com](mailto:abramfam@oberon.ark.com), or by mail at Box 278 in the Cove, VOP 1N0... Lots of choices!

Respectfully submitted,  
Jim Abram

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

## Demonstrations Reinforce Ferry Concerns

by John Sprungman, Chair,  
Ferry Advisory Committee

It was gratifying to read about the March 3 demonstration on the Quadra ferry when I returned home last weekend. It was also encouraging to hear that 82 per cent of Quadra's registered voters signed a petition asking the Liberal government to freeze fares and have a review of the Coastal Ferry Act.

A similar demonstration was scheduled last Saturday by Gabriola residents who planned to march into Nanaimo with a petition for their MLA. They had much nicer weather so I imagine they had a good turnout.

These actions and your letters to news media and to provincial politicians let the government know that it is not just the members of the coast's 12 Ferry Advisory Committees who are experiencing the effects of the Liberal's ferry policies.

In the March 5 Campbell River Mirror, North Island MLA Claire Trevena makes the point that the fares increases over the last five years are way out of line with B.C. annual rate of 2% inflation. And on April 1st there is going to be another across-the-board 4% hike.

Quadra Regional Director Jim Abram is spot on in telling The Mirror that it is not BC Ferries' fault. "There's no one to blame but the Transportation Minister and the B.C. government," he said.

As spring approaches, there is some encouraging news on the ferry front. In February, while I was away, other FAC chairs met with Minister of Transportation officials in Nanaimo, and the result was the creation of a Coastal Communities Ferry Advisory Committee as a formal advisory board to MoT.

This means we have 12 seats around a table inside Parliament where we can continue to press our case. Cortes Regional Director Jenny Hiebert attended on my behalf. Tony Law, chair of the Denman-Hornby FAC, was selected to chair the group, and I was asked to serve as vice-chair.

There are some very talented people on the CCFAC who have business and government experience and can take apart the statistics BC Ferries presents to us and ask some pointed questions. Without going into details at this point, that is one reason the April 1st increase is not going to be a lot higher, as we had thought it might.

In addition, BC Ferries Executive V-P and Chief Financial Officer Rob Clarke has asked for a meeting with the CCFAC later this month to look at the fare structures of the minor routes with an eye to taking advantage of the flexibility offered by the introduction of the plastic "Experience Card" which will begin to be sold over the next month or so.

BC Ferries' President & CEO David Hahn also is almost solely responsible for providing the support and encouragement which has put the 12 coastal FACs in touch with each other and led to the government's recognition of them as an advisory group. I know skeptics may say nothing will come of this, but it is giving us an opportunity to ask questions, get information and present facts in support of our concerns. Perseverance furthers, I hope.

Meanwhile, on land and sea, I'm sure everyone has noticed that construction has begun on the new Quathiaski Cove terminal building and that the deck shelter was moved from the Queen of Powell River to the Bowen Queen when the QPR left for deck replacement March 1st. Credit Jim Abram and the Quadra Seniors for making an issue of this earlier, and credit David Hahn for following through on a promise in September to move the shelter this time.

There are a lot of other things happening which I will cover in subsequent reports. You can email me at [sprungman@twincomm.ca](mailto:sprungman@twincomm.ca).



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# News and Events

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

## Quadra Island Cemetery AGM

Wednesday March 26th, 2008; 8:00pm at the Quadra Legion

## Garden Sharing

There is a plan to form a registry to link those who would love to grow vegetables but have no suitable space with those who have gardens but lack the time, energy or mobility. Produce could be shared. Anyone interested please contact Irene Dicaire preferably by Email: [dici@shaw.ca](mailto:dici@shaw.ca) or at 285-2111.

This is a joint Quadra Circle/ ICAN ( Island Climate Action Network) initiative. Food grown locally is not only tastier and healthier but conserves fossil fuels otherwise used on transport.

## Blues and lyric writing at Aroma

with Hal Douglas and Steve Moore

Friday March 21st, 7:30 - 9:30 p.m. Tickets are \$5

Steve (drums) and Hal (guitar and vocals) will present a symposium on the Blues. As members of the Hal Douglas Blues Band, they have presented this event several times in Courtney and Campbell River. Come down to hear the blues, hear about the blues, and/or try your hand at writing some blues lyrics. All attempts will be set to music and either sung by the author or by Hal. Prizes and loads of fun are in store. The cafe opens at 7:00 p.m. and will be serving the usual array of tasty food and drink. Advance tickets available at Hummingbird, Quadra Crafts and Cafe Aroma. For more info call Hal at 285-2894

## Quadra Legion

Quadra Legion Lounge open Friday and Saturday at 4:00pm. Complimentary pool tables, darts and shuffleboard. Meat draws support Quadra Island based nonprofit organizations every Saturday 5:00pm to 6:30pm. New and established members with guests welcome. See you at the Legion!

## Quadra Climbing Wall Open

The Quadra Vertical Climbing wall will be open January thru April every Sunday from 3 - 5 pm, except for March 16 and 30.

The drop in fee is \$5 and gets you a harness, belay instruction and lots of encouragement! If you are interested in volunteering or otherwise becoming involved (or donating used climbing shoes) Contact Matthew at 285-2543 for more info.

## Simple Pleasure of Conversational French

There is an interest identified by the Circle for some French conversational activities drop in. All levels are welcome including those who have French as their first language. The idea is to group people in such a way that we can help each other from the top down. Activities of around 60 minutes will be discussed with the participants at the first meeting. Please contact Irène Dicaire preferably at [dici@shaw.ca](mailto:dici@shaw.ca) or at 285-2111.

## Senior Housing

Society is going to kick-off a fund raising campaign March 15 at the Legion Garage Sale. If you can donate saleable items, please contact Kurt @ 2150, Carol @ 2652, or Muriel @ 3216 for pickup. Let's Make It Happen!

## QUADRA CONSERVANCY AGM

Wednesday,  
April 9, 2008  
7:30 pm

Quadra Community Hall

- On the agenda
- Minutes 2007 A.G.M.
  - Financial report
  - Chairman's Annual Report
  - Election of four or more Stewards



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## Quadra Island Seniors Great Job- Well Done!!

It was 8:30am on a cold, wet and windy morning, but that did not deter you from showing up at the Protest Rally with your placards held high or as in some cases, hanging around your neck, expressing your disgust as to the way BC Ferries, BC Ferries Commissioner and the Minister of Transport are constantly (every 6months) increasing the cost of using the "Highway" ferry, you all did a great job, thank you and well done to every one who took part.

I was given the opportunity to read the letter of protest I had compiled on your behalf (a copy of which is shown, addressed to the above mentioned), to fellow protester and the media, after which I gave a copy to Claire Trevena MLA Nth Island, Claire was later presented with signed petitions, representing approximately 82% of the population of Quadra, which in turn, will be presented at the Legislative Assembly

This is just the beginning, I'm sorry to say, it is going to be a long hard battle before anyone takes notice and realizes how much of an impact, these increases are going to cause, financially, mentally and to the general well-being of all the island communities, not only Quadra,.

It was a good start, with pretty good coverage by the media, both TV and the tabloids, this is

what we will need plenty of, if we are going to get support from the mainland populous as well. With this in mind, I hope you are keeping any family and friends up to date on this situation and asking them to spread the word, because it affects every one, not just Islanders' and we will need that support

At our Monthly General Meeting, March 5th, we were very pleased to welcome members of the QI Volunteer Fire Department. They gave a talk on the use of Smoke Detectors and household Fire Extinguishers that was recognized to be so important by our members, that the 30min pre-meeting presentation rule was extended for its conclusion on a unanimous vote, To my recollection, that is a 1st.

I again wish to thank the QIVFD members, Fire Chief Sharon Clandening; Capt Coleen Swanson and FO Murray Abercrombie; for a most interesting and informative lecture and for making the time available to us, out of their extremely busy schedule.

At the conclusion of the meeting we surprised Etta Byers with a 90th Birthday celebration which included a surprise visit of her family, (thanks to Daphne Young for organizing that part) and a pot-luck lunch, a good time was had by all..

Just a reminder— 1) Free fire wood for Seniors will be available Sat 15th March, give me a call at Tel # 285 -2907 for details

2) We will be celebrating Easter at the next monthly meeting with a hat Parade - prizes for serious and comical

3) If you are a member and have not yet paid your dues or would like to become a member

Contact our membership Director Marshall Toelle Tel# 285 3226

Bob Brown (President) Br #91 BCOAPO

### April Painting Workshops in Firesign Studio

Painters (and aspiring painters) don't have to leave Quadra Island for great workshops this year! Grant Fuller will come up from Comox to teach a weekend workshop "Mainly Seascapes" on the beach and in the studio. April 5 and 6, 9 AM-4 PM \$195 includes lunches. Then Victoria artist Brian Simons returns to Firesign to teach his popular "Seven Step to a Successful Painting" April 14-18 for all skill levels. Kristen Scholfield-Sweet will teach "A Master Class" for intermediate to advanced artists wanting help in their chosen media April 28-May 2. Sign up now! See [www.firesignartanddesign.com](http://www.firesignartanddesign.com) for details or call Nanci 285-3390



## Geshe YongDong

Geshe YongDong, a Tibetan monk, is coming to Quadra Island to lead a meditation and speak on "Body, Speech & Mind".

Geshe YongDong has been a monk since age 13 and has received training from both Buddhist and Bon teachers in Tibet and India. In 1992 at the age of 24, he gained the Rajampa Geshe degree, the highest academic degree awarded in the Tibetan monastic education.

In the spring of 1992, Geshe YongDong escaped from Tibet by walking for 10 days through the Himalaya mountains into Katmandu, Nepal. He then travelled to Dharmasala, India to meet the 14th Dalai Lama and continued his studies.

Since 1999, Geshe YongDong has been teaching students in Germany, Holland, France, USA and Canada. Recently he has located in Courtenay B.C. We are very fortunate that he comes to visit us in Quadra Island.

Geshe YongDong has picked a very interesting topic. Our thoughts, our words and our actions are the product of this intimate relationship between "Body, Speech & Mind." Instead of being swept away by negative emotions, mindfulness of our thoughts can influence what comes out of our mouth in a positive way. This, in turn, can influence the body to act in a more compassionate and peaceful manner towards our loved ones and all beings.

We create our own Karma by what we think, what we say and what we do. Understanding the interrelationship of body, speech and mind is crucial to creating good Karma.

Geshe's talk starts at 11 a.m. on Sunday, March 16 in the Upper Realm of Q. Cove on Quadra Island. Suggested donation is \$10 but pay what you can.

Call Danielle or Steve at 285-3323 for more information. Cortes islanders can get a ride to and from the ferry by calling the above phone #.

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## Learn to Love Running Clinic

Let's be honest- running is hard specially in the beginning. It just feels like another obligation or exercise.

Ever noticed how the kids at the school playground love to run? It comes naturally, without thought a burst of energy born of a pure love of movement. It's play.

You where like that. Remember?

Let's go back again- release all the constrictions you heard about running, no time, no distance, pace or route. Just go and run freely like a child. This will give you a good feeling and a good start...

Running offers renewal each time we head out of the door. It strips us down to our centers.

It is blood pumping through our arteries, oxygen filling our lungs. A rhythmic, meditative movement over the earth.

It is the sun, sweat and breeze against our skin that reconnects us with mother nature. We feel our body, our muscles contracting with each stride powerful and strong.

It's true we are running to keep your weight down and your energy up, but running isn't only about performance and improvement.

Running can be an important stress relief, a tool to control our moods and ups and downs in life.

Running can be sharing- a time for a deep conversation with a friend. It can be creativity, working out a problem or new ideas.

Find the motivation, inspiration and information you need to begin your life as a runner.

Join Mark Cryderman a certified running instructor and coach, and Marion Eberlein personal trainer and fitness leader, for an 8 week running clinic starting March 25th.

Tuesdays at 5pm at the Community Hall. Cost is \$69

Register today call Marion at 285 2895

## Theatre Sports for Kids

(Ages 6-12)

In this fun-filled class, children learn theatre games, theatre skill development and basic acting skills. The first half of the class includes warm-up followed by theatre and improv skill development: in the final half of the class the children will play various theatre games designed for stage performances.

Quadra Island Community Centre Every Wednesday 2:45 to 4:15 pm Cost is \$2:00 drop in. For more information call Tara Kaye @ 285-3843 Children snack-time is 2:45- 3:00, kids bring own snack

## Quadra Runners

Quadra Runners is a no pressure running group; whose objective is enjoying jogging and running together. Participation is free. For more information contact Tara Kaye at 285-3843.

Beginners Jog/Walk: Thursdays at 3:00 at the Rebecca Spit Park Field.

This jog is designed for new runners or runners reintroducing jogging into their fitness program. This group runs from the Rebecca Spit Field Parking Lot to the Spit's End and then back again. This group jogs at a light pace and stops running to walk frequently

Intermediate Jog/Run: Sundays at 8am at the junction of Heriot Bay Rd and Rebecca Spit Rd. This group is great for the intermediate runner. The group runs from the junction point to the end of the spit then back again. We run at a moderate pace and stop running to walk occasionally.

We Run Rain or Shine!



**Q-Beans Coffee**

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

## Get on the Ball: Core Stability

Only a few seats left !

The body ball challenges your muscles in new ways helping to strengthen and built up the deep "core" muscles in the body.

These muscles are involved in almost every movement in every day life, work and sport. They work together in spinal movement, weight bearing and trunk support.

They also stabilize and play a major role in maintaining good posture, which is so important if we are spending much of our working life in a sitting position.

Your core is the center of power. It needs to be solid and strong

Aerobic ball classes are an excellent workout and an perfect way to train core stability, strength and balance.

You will also learn proper technique on the swiss ball you may incorporate into your daily fitness routine.

Get on the Ball and join a Ball Class at the Quadra Community Center

Wednesday nights 7pm-8pm. March 19th till May 7th

Beginner Class / No impact

8 classes \$ 50 . Preregistering required, only limited amount of balls available.

Drop in with your own ball \$ 8

Please contact Marion Eberlein at 285 2895 for questions and registration.

## Quadra Author Shortlisted

Robert Bringham from Heriot Bay has been shortlisted for the Hubert Evans Non-fiction Prize awarded to the author of the best original non-fiction literary work by the The West Coast Book Prize Society for his book - Everywhere Being is Dancing (Gaspereau Press).

The BC Book Prizes, established in 1985, celebrate the achievements of British Columbia writers and publishers.

The winners in all seven categories will be announced at the Lieutenant Governor's BC Book Prizes Gala on Saturday, April 26, 2008 at the Fairmont Waterfront Hotel in Vancouver. The event will be hosted by broadcaster Fanny Kiefer. British Columbia's new Lieutenant Governor, the Honourable Steven L. Point, OBC, will be in attendance.

## Aerobics

Enjoy a refreshing, well rounded body workout with Marion.

Low impact cardio, strength training upper and lower body, core conditioning and stretching to the beat of great music. Improve your fitness. Get more energy and be part of a fun group class.

Everyone welcome. Suitable for beginners. Classes are Mondays and Thursdays from 6:00- 7:30pm at the Community Centre.

7:00- 7:30pm will be focused on stretching and relaxation. Drop in \$ 7 incl. stretching. For more information call Marion at 285 2895

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Nuts to You  
**Peanut  
Butter**

ORGANIC

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Crofter's - Premium  
**Fruit  
Spreads**

ORGANIC

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235ml

Lundberg  
**Rice  
Cakes**

ORGANIC

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Sauces**

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298g  
NEW Product!

Ginger Stir Fry, Curry,  
Sweet & Sour & Thai Peanut

Knudsen's  
**Fruit  
Spritzers**

**\$5.48**  
6 Pack

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Baked BBQ

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**\$2.98**  
113g

Northern Gold  
**Granola**

**\$2.88**  
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Assorted Varieties

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**Hot  
Chocolates**

**\$3.98**  
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**Cano  
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**Tea**  
Assorted

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Rice**

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**Grapes \$1.98**  
lb  
\$4.37/kg

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Murcott

**Tangerines**

**\$1.68**  
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\$3.70/kg

BC, On-the-Vine  
**Tomatoes**

**\$1.98**  
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\$4.37/kg

ORGANIC

Earthbound  
Mini Peeled

**Carrots & Dip**

**\$1.98**  
3 Pack

Mexican  
**Field  
Cucumbers**

**98¢**  
lb  
\$2.16/kg

ORGANIC

**Cauliflower**

**\$2.98**  
each

## BULK

Roasted  
**Cashews**

Salted or Unsalted

**\$1.48**  
/ 100g

Sunkist  
**Pistachios**

**98¢**  
/ 100g

ORGANIC

Pitted  
**Prunes**

**\$1.68**  
/ 100g

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**48¢**  
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**Sunflower Seeds**

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Bottle Returns in March will be Donated to the Royal Canadian Legion, Quadra Island

Spring Hours - Fri



# A Happy St. Paddy's Day and Happy Easter to you all from everyone at Heriot Bay Tru-Value

ola	<b>\$2.98</b> 946ml	Tenderflake Pastry Shells	<b>\$2.88</b> 320-397g
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s	<b>\$2.48</b> 20's	Delnor Shredded Hashbrowns	<b>\$1.88</b> 750g
on ain	<b>\$8.48</b> 8kg	Aroma Easter Blend Coffee	<b>\$9.88</b> 1lb

## MEAT

Gunter's - Boneless <b>Leg Hams</b>	<b>\$2.48</b> / lb \$5.47/kg Antibiotic & Hormone Free	Fresh <b>Chicken Thighs</b>	<b>\$1.98</b> \$4.37/kg lb Family Pack
Gunter's - Bone-In <b>Leg Hams</b>	<b>\$1.98</b> / lb \$4.37/kg Antibiotic & Hormone Free	Farmer's Best Outside Round <b>Roasts</b>	<b>\$2.98</b> \$6.57/kg lb
Farmer's Best Rib Eye <b>Steaks</b>	<b>\$7.88</b> / lb \$17.37/kg <b>HOT PRICE!!!</b>	Frozen - Turkey <b>ORGANIC</b> <b>Burgers</b>	<b>\$6.98</b> 454g
		Grimm's Naturally Smoked <b>Sausage</b>	<b>\$5.98</b> Each 500g
		Kolbasa Country Classic or Mennonite	

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Cheese & Olive Mediterranean <b>Bread</b>	<b>\$2.28</b> 454g	<b>Hot Cross Buns</b>	Baked Fresh In-Store <b>\$3.48</b> 6 Pack
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<b>Mince Pies</b>	<b>\$4.98</b> 660g	D'Italiano Thick Sliced <b>Breads</b>	2 <b>\$5.00</b> For Original, Seeded & 100% Wholewheat

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Freybe's <b>Honey Ham</b>	<b>\$1.28</b> /100g	Coombs Country <b>Meat Pies</b>	<b>\$5.98</b> 8 inch
<b>NEW Product!</b> Wild Rice <b>Salad</b>	<b>88¢</b> /100g	Freybe <b>Liver Pate</b>	Herb, Fine & Coarse <b>\$1.78</b> 125g
<b>Warm &amp; Fresh</b> Chicken, Beef or Spicy Jamaican <b>Sausage Rolls</b>	2 <b>\$1.98</b> for	Natural Pastures <b>Comox Brie</b>	<b>\$2.48</b> /100g

. - Sat. 7 am - 9 pm Sun.-Thurs. 7 am - 8 pm



285-2436

## OysterFest '08

Saturday, May 17

### Squirrel Cove, Cortes Island

"When the tide's out, the table is set"

A festival is a time of celebration; a time to exult our good fortune. Cortes Island is a very special place, and we have a lot to celebrate. OysterFest this year will celebrate our Oyster Pioneers – those hard working men and women of Cortes who have shaped our industry.

The very essence of Cortes life is based on our ability to produce quality shellfish – the Island economy revolves around it. To celebrate, we throw a party each year for the Island... an Oyster Festival, of course! It is a festival in every sense; one that has evolved into a warm, comfortable, homey feel where most Islanders get involved. We have an oyster bar, a bandstand, entertainers, craft booths, contests and competitions, a raffle and an auction... and don't forget the food – lots and lots of glorious seafood prepared by locals and served fresh by the sea.

Everyone loves shellfish... there's nothing like a plate full of delicately seasoned clams, mussels and oysters, washed down with a bottle or three of chilled beer or a favourite wine, as soft music drifts down over the waters.

As a lead-up to OysterFest, our web site [www.cortesoysters.ca](http://www.cortesoysters.ca) will feature a four-part series of monthly articles beginning in February on the history of shellfish on Cortes Is: 1.- Antiquity, 2.- Wild Harvest, 3.- Shellfish Farming, 4.- The Pioneers

We invite you to share our love of the Island – come, join us in our celebration. We will have transportation available to/from the ferry, so come as a foot passenger.

Check out the web site for details, or contact: Marcel Creurer – phone/Fax (250) 935-6681; e-mail [jumarcortes@MSN.com](mailto:jumarcortes@MSN.com);

**See you there!**

## Montreal Guitar Trio

Guitarists especially and music lovers in general will enjoy the upcoming concert by the Montreal Guitar Trio, on Sunday, March 16, at 7:00 pm in the Quadra Community Centre, sponsored by the Quadra Island Cultural Committee. Described by the CBC as "...the hottest guitar ensemble in Canada," the Montreal Guitar Trio, also known as MG3, takes listeners on a musical journey through the world's many cultures from Asia to the Balkans, from South America to Quebec. The evening will be enriched by the presence of Quadra Island guitar-maker Richard Pielou, who will be displaying a selection of his beautiful guitars. The audience will have the opportunity to hear this local artisan's guitars played by the best!



MG3 members Glenn Levesque, Marc Morin and Sebastien Dufour use a variety of playing styles in an eclectic program ranging from film music to opera, oriental legends to Brazilian love stories, flamenco to Celtic Reel. Their arrangements and original compositions have been inspired by dance forms like tango, samba, and rumba and are augmented by percussive effects on the guitar body. The Trio is also known to sing and play alternative stringed instruments such as mandolin and chirango. Combining exotic melodies and hot rhythms with a sense of humour and virtuoso guitar playing, MG3 creates an energetic and passionate performance that brings audiences to their feet.

Since its inception in 1998 at the University of Montreal, MG3 has toured extensively across North America and Europe. Among the hundreds of concerts they've given, many have been recorded and broadcast by national networks such as CBC, BRAVO, Radio-France, the Romanian National Television and Société Radio-Canada. MG3's 2002 Montreal concert, entitled "The Heat of the Day," was nominated for Concert of the Year (Jazz and World Music) at the prestigious Prix Opus 2002, celebrating musical excellence in Quebec.

The Trio's recording history began with "Meninas" in 1999. Among the collection are three tango-style pieces by the renowned composer Astor Piazzola. Their second album, Garam Masala, which was nominated for Disk of the Year (J&WM) in 2002 includes an original composition by MG3 member Sebastian Dufour. In the fall of 2006, the Trio released their 3<sup>rd</sup>, self-titled CD showcasing more original compositions by each musician.

Music critics use words like "exuberant" and "spectacular" to describe MG3. Bill Rankin of the Edmonton Journal wrote: "... They delivered loads of infectious good humour and some solid ensemble playing that skirted the four corners of the musical world." "The Montreal Trio's guitars know no limits. They journey along with brio from jazz to classical music, from India to Canada...sweeping listeners away on the thunder of their strings." (La Montagne Newspaper, France.)

Tickets for MG3 are \$17 advance (\$20 at the door) and are available at the usual ticket outlets: Hummingbird Office and Art Supply in Q. Cove, Quadra Crafts in Heriot Bay and the Music Plant in Campbell River. For youth 16 and under accompanied by an adult, this concert is free!



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## IWD

On March 8 we had a lovely potluck celebrating International Women's Day on Quadra. Our Member of Parliament, Catherine Bell sent the following letter that was read out and we would like to share it with others who could not be present.

Also, next year will mark the 20th Anniversary of the first IWD celebration on Quadra and we would like to make it special. If you have some ideas, please email the coordinating committee at [lolaquadra@yahoo.ca](mailto:lolaquadra@yahoo.ca)

### Dear Sisters,

It gives me great pleasure to wish you all a Happy International Women's day for 2008. I'm sorry I can't be with you in person but I am certainly with you in spirit as I remember the sisterhood and celebrations we had last year on Quadra.

This year's theme for IWD, Strong Women / Strong World has caused me to think about the strength of women in Canada and how far we have come in our struggle for equality and empowerment.

Much progress has been made since Canada first marked International Women's Day in 1977. More than ever before, women are breaking down barriers and challenging stereotypes.

But we still have work to do to achieve full equality. Women across the world suffer extreme poverty, violence and violation of their basic human rights.

In Canada, lack of attention to women's rights from successive governments has stalled progress, and the outright opposition to women's equality from the Harper Conservatives is threatening to turn the clock back.

But there is hope in our communities because women such as yourselves are re-organizing, and re-committing to the struggle to achieve the dream of full equality for women.

I am proud to be part of a party with the highest representation of elected women. I and my colleagues will continue to raise the issues in Parliament of fairness for women as we all work towards our common goals.

I wish you all a wonderful evening of celebrating women's achievements and look forward to working with you as strong women in a strong world.

Peace and Sisterhood,  
Catherine Bell  
MP Vancouver Island North

## Rainwater Harvesting – Presentation and Workshop

At this time of this year it is difficult to imagine a shortage of water on Quadra. But the summer is eventually coming and with it come hot, sunny and very dry days. Learn all about harvesting rainwater at a Sierra Club presentation by Bob Burgess on Sat Apr 5 at 7:00 pm. Bob Burgess is a rainwater specialist providing consulting services to governments as well as designing systems for private residences. His company "The Rainwater Connection" has designed and installed hundreds of systems over the past 6 years, and supplies clients and do-it-yourselfers with products to make the task easier.

Bob will also be offering a hands-on workshop on Sun Apr 6 at 9:00 am. This workshop is a must for anyone considering building their own rainwater system. Participants will get enough information to design and build their system. This includes the quantity of rainwater you can collect from your roof; the most appropriate size and type of cistern; the best gutter and downspout design; how to "clean" the water before it gets to the cistern; how to keep the water "fresh" and safe for its intended purpose, and different ways to deliver the water to its destination. The final step will be a preliminary estimate of construction costs.

The cost of the workshop is \$80 and pre-registration is required. Enrollment is limited to 8 persons so contact Bob Burgess now at 877 777-2155 or email [bob@rainwaterconnection.com](mailto:bob@rainwaterconnection.com).

As a service to outer islanders who would like to take the workshop, Sierra Quadra will be offering billeting for Saturday night. Phone Ken at 2580 to arrange billeting after first registering with Bob.



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## Qigong Workshop

Come and experience this ancient and powerful Chinese system with this workshop - Balancing the Heart Qigong.

Workshop is at the Quadra Community Centre in Room 3. Please use the south entrance. Saturday April 5 between 10 am and 3 pm. Cost is \$50. To pre-register or more info call Denise at 285-3743.

## Drop In Yoga

February 27 – March 26 2008, Wednesdays 5:30 - 7:00 p.m. Cost \$12. Students \$10. Everyone welcome!

“West Road Yoga” upstairs at 680 Industrial Way. I teach traditional Hatha Yoga to give you a foundation of basic standing, sitting, inverted and relaxation poses. A precision oriented method; this yoga seeks to develop flexibility, strength, stamina and concentration in a balanced way. Beginners welcome – come give it a try!

## RCMP Appoints New Inspector for Campbell River Detachment

The Commissioner of the RCMP, on February 29, 2008 formally appointed Inspector Lyle Gelinas as the RCMP officer to assume the Inspector role of the Campbell River detachment. Prior to being made the Inspector for Campbell River detachment, Mr. Lyle Gelinas has been with the Force for 18 years. He has been posted to Prince George, the North District Major Crime Unit; as Detachment Commander in the outer Gulf Islands and as Detachment Commander in Port McNeill. Before coming to Campbell River he was one of four advisory non-commissioned officers reporting to the Chief Superintendent for the Vancouver Island located out of Victoria.

Inspector Gelinas is originally from Alberta and has a wife, two children and three granddaughters. His eldest son is graduating from RCMP Depot on March 17th.

When in charge of the Port McNeill detachment he volunteered the detachment as a pilot project for the Crime Reduction Strategy being proposed by E Division, BC and established four priorities for crime reduction within the detachment. Inspector Gelinas will start with the Campbell River detachment on April 1, 2008, replacing Inspector Larry Stright who's last day of work was January 31, 2008.

## Tonight at Friday Flicks:

### OFFSIDE - Iran

March 14th Q.C.C.

Doors 7:30 Showtime 7:45

Adm: \$5.00, Stu/Snr - \$4.00



Soccer was on everyone's mind in the summer of 2006 because of that tournament of tournaments, the World Cup. This global extravaganza of athleticism has become nothing less than a cultural phenomenon. Iranian director Jafar Panahi has centered OFFSIDE on Iran's World Cup qualifying match against Bahrain. Panahi's film is about fans who turn up to watch a game, but are arrested before they've even passed through the turnstile. Are these known troublemakers and hooligans? No, they are women.

Set against the backdrop of the actual match, OFFSIDE focuses on a group of soccer-crazy young women. They must disguise themselves as men and hope to fool the stadium guards. If caught, they are marched off to a holding pen, then handed over to the vice squad after the game.

The immediacy and candor inherent in the documentary style and the feisty characters of the girls give OFFSIDE enormous appeal while delving into sober subject matter. A gently satiric comedy.



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## Last Friday Flick of the Season!

### THE FLYING SCOTSMAN

March 28th , Q.C.C.

Doors 7:30 – Showtime 7:45

Adm: \$5.00, Stu/Snr - \$4.00

THE FLYING SCOTSMAN is based on the remarkable, true story of Scottish cycling legend, Graeme Obree, who smashed the world one-hour cycling record on a homemade bicycle he constructed using old washing machine parts. In addition to the feel-good, triumph-over-adversity sporting drama, the film also examines Graeme's lifelong battle with depression due to bi-polar disorder.

Jonny Lee Miller squeezes into Obree's snug biker shorts to inhabit the character of a man driven by ambition but plagued by an oppressive shroud of depression. Obree is also a man touched by genius. An amateur cyclist accustomed to street training against a vehicle, Obree makes it his mission to beat the one-hour world record for biking.



Obree meets with scepticism and resistance from the old guard. It's an uphill battle against rules fuzzy in their logic or rewritten to try and hinder the unlikely champion's progress. His unshakable supporters are his wife, Anne, his best friend Malky and his clergyman/confidant Douglas Baxter. Each one plays their part with the utmost humanity, never defaulting to triumphant sports movie clichés. The Scottish landscape also does its part. And the cycling scenes are excellent. The bike Obree built and named Old Faithful is identical to the one in the film, and may be the real article. Obree himself doubles for the actor in some of the film's more lycra-clad moments.

You want to learn Obree's story, because depression really is a kind of hell on Earth, and this man overcame it to win a championship no one ever expected him to win. When he failed in his first attempt to break the hour record in 1993, he insisted on doing the gruelling course again, the very next day. In 1995 he beat the odds, winning the world record on Old Faithful.



# From our School Board Trustee

by Helen Moats

As the second largest employer in the Campbell River area, School District 72 has a complex organization that continuously moves ahead on many fronts. This report will focus on three matters that I believe will be of interest to Islanders.

1. School District 72's Strategic Plan. The Board of Education (new name for the School Board) has asked the district superintendent, Julie McCrae, to lead the process of creating a strategic plan which will guide our educational decisions for the next few years. This is particularly important as our school populations continue to decline and we face decisions regarding the best use of decreasing resources. District elementary schools have already felt the impact of reduced student populations with the closure of Maple, Evergreen, Rockland and Campbellton Schools; the closure of Robron Middle School and movement of its students to Southgate and Phoenix Middle Schools has addressed the issue of Grades 7-9 and kept the remaining two schools at healthy sizes. In the next three years, both Carihi and Timberline Secondary Schools (grades 10-12) will feel a major impact as the population downturn continues to move through the system and they lose about 25% of their students. If these two schools are to remain viable, ideas with regard to their use will have to be carefully considered, and changes will have to be made. The strategic plan will help to guide us through this and many other changes as well.

Your Board of Education has no appetite to close any more schools. Island people sometimes worry when they hear about decreasing populations, but I can reassure community members that there has been absolutely no conversation about closing Quadra, Cortes, or Surge Narrows Schools. I have no reason to think that will change.

2. School District 72's Heriot Bay property. For approximately 30 years, SD 72 leased its HB property (Lot 3, D.L. 216, Sayward District, Plan 1109) for a nominal fee to the Preschool Society for its preschool. Sadly, because of population decline, they have had to close their doors, and the Board has now made the decision to "seek fair market value, through lease or sale" of this 2.02 hectare property at 1478 Hyacinthe Road. They will convert the proceeds to other assets that will be of more benefit to the overall school district. Jim Abram and I have discussed the possibility of having the Regional District

purchase the property in order to keep it in public hands, and Jim is working toward that end. He will report to you when there is some result to his efforts.

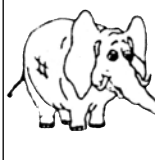
3. Carbon neutral by 2010. The provincial government has legislated that all school districts must be carbon-neutral, meaning they must produce net zero emissions, by 2010. In a nutshell, we must begin by measuring emissions from energy use, work to reduce these emissions, and then offset the emissions by buying carbon credits. Currently, the government is pouring effort into creating a measurement tool, the necessary first step. I recently attended a conference called "Through the Green Glass" which was organized by the Columbia Institute, Centre for Civic Governance, and have become one of the growing number of people in this school district who are working toward change in our environmental practices. Changes necessitate education of students, parents, and employees (please don't idle cars in front of schools or in ferry line-ups is a good place to begin!), plus examining and modifying practices around heating, lighting, transportation, water use, paper use, recycling, and so on. Much has already been done, but we all have a huge task ahead of us. As 25 year-old conference keynote speaker Severn Cullis-Suzuki pointed out, "Climate change will be the context for the rest of our lives". In her singularly inspirational way, she sure wasn't showing any signs of rolling over and playing dead, and neither will the rest of us as we apply ourselves to this monumental but not overwhelming task.

Meanwhile, please feel free to contact me on any of the above topics, or other concerns you may have.

Until next time,  
Helen Moats

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# Halliday's Viewpoint

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## Viva Cuba Libre!

by Steven Halliday

On October 31 2007, the UN General Assembly voted (for the 16th straight year) to require the USA to lift its trade embargo against Cuba. The resolution, which was titled "Necessity of Ending the Economic, Commercial and Financial Embargo of the USA against Cuba", passed with 184 nations voting in favour; only the USA, Marshall Islands, Palau and Israel voted no. Absurdly, Micronesia abstained. Only the USA and its few protectorates see any wisdom in extending the punishment of Cuba's 11 million people, punishment for the actions one man – Fidel Castro.

Statements made by President Bush since the resignation of Fidel and subsequent replacement with brother Raul made it clear he won't lift the embargo, and none of the leading candidates to replace Bush have offered a differing view, with the exception of Democratic presidential candidate Barack Obama, who is in favour of some immediate changes, including talks. All the following quotes are from the New York Times (February 22/08) - "My policy will be based on the principle of liberty for the Cuban people, and I will seek that goal through strong and direct presidential diplomacy, and an immediate change in policy to allow for unlimited family visitation and remittances to the island. In November, the American people will have a clear choice: a new direction versus more war in Iraq, more not talking to leaders we don't like, and more of a Cuba policy that has failed to achieve freedom for the Cuban people." However, in the words of Republican John McCain, "Not so long ago Senator Obama favoured complete normalization of relations with Fidel Castro's Cuba. Last night, he said that as president he'd meet with the imprisoned island's new leader 'without preconditions.' So Raul Castro gets an audience with an American president, and all the prestige such a meeting confers, without having to release political prisoners, allow free media, political parties, and labour unions, or schedule internationally monitored free elections." And finally, Hilary Clinton's thoughts on meeting Raul: "I would not meet with him until there was evidence that change was happening, because I think it's important that they demonstrate clearly that they are committed to change the direction. Then I think, you know, something like diplomatic encounters and negotiations over specifics could take place."

From what little is known of the man, Raul Castro is certainly no angel. Wikipedia, not the most reliable source on the planet, reiterates a rumour I'd heard about Raul from Cubans, which was that Raul earned no distinctions during the

Revolution of 1958, but was the man responsible for the execution of "scores" of captured Batista followers. The number put to me was in the hundreds, and apparently Raul personally carried out a few on his own. Since that time, he has been titular head of Cuba's military, but has made little impression neither upon Cuban people nor outside observers. Canadian columnist Eric Margolis (ericmargolis.com) writes regularly about Cuba, and in his March 3/08 column entitled Back to the Past in Cuba he notes the recent power change; "Not since 1980's era Soviet Politburo and post-Mao China have we seen such political gerontocracy...what we've just seen in Cuba, a vibrant, peppery nation filled with youngsters, appears more like old timer's nostalgia than a plan to lead the island nation into the future."

Like many others, Margolis sees the transition to non-Castro leadership as relatively brief and uneventful - "Slow speed ahead, for the present, with modest reforms." And he and I are both impressed with the calibre of Cuban leadership waiting in the wings, such as Foreign Minister Felipe Roque and Carlos Lage, a senior Vice President, both of whom are young, smart, well educated and completely open about their ambitions for Cuba, which includes good relations with everyone, including the USA, and bettering the lives of the Cuban people through political reform...but slowly, within a Socialist model. Roque recently attended the United Nations to sign two documents Fidel Castro adamantly had refused to endorse; the International Covenants on Human Rights, and the Universal Periodic Review Mechanism, the agreement for compliance monitoring. It is quite clear that many of the 75 or so (the number is hotly disputed) political prisoners presently held in Cuba can likely look forward to freedom quite soon.

Why the delay? Put very simply, Fidel Castro is a very popular figure in Cuba, and really, isn't that the only opinion that matters? Margolis describes him as "adored and respected in Cuba as the national father figure", and I heard little or nothing to contradict during my visit to that delightful country. And he commands tremendous respect, which is why things are changing so slowly. Change is happening, but as Margolis notes - "As I previously reported from Cuba, major change... is unlikely to occur until after Fidel's death. To do so while he lives would be an insult, and show lack of respect to the man who defeated scores of attempts by the US to assassinate him and force Cuba back into the US orbit".

But in the same article, Margolis makes a disturbing comment about some surfacing

tensions that are off the average tourist's radar. "Foreign visitors enthuse over Cuba's laudable achievements in public health, education and science, but hardly ever see the ubiquitous apparatus of apartment, neighbourhood, office and factory informers and secret police that keeps the Communist regime in power. French intelligence sources tell me there is a growing risk of major street violence by poor blacks, who make up 60% of the population and live in slums ringing Havana." In my brief visit it was apparent the police do generate a tremendous amount of apprehension - perhaps one could call it obsequious respect - rather than simple admiration of their excellent pay and benefits, which are the best in the country. And it is true that while Cubans are extremely proud of their unique blended heritage, they do take pains to distance themselves from any slave background, and the poorest of the poor that we observed were definitely of a darker hue than average, something I saw mirrored in our hotel's employee hierarchy to a very large extent.

Canada has a lot of interest in Cuba, far beyond that of providing 40% of their tourist traffic. We have several industrial joint ventures in Cuba that are mutually beneficial, and which provide much needed employment. It is in everyone's best interest to see Cuba succeed, as in the words of Lissa Weinmann of the World Policy Institute - "The Cuban people have a right and deserve an opportunity to participate in the evolution of their country without the corrupting influence of outside interests". Certainly the US embargo, representing the conflicted interest of the USA and supported by no other major country, represents a huge corrupting influence on how Cuban's view the world; their collective memory will ensure that, even when US/Cuba relations are eventually normalized, Cuba's friends of today, particularly Canadians, will remain steadfast. Further, Cuba's external relationships with China, Spain and other Latin American countries in addition to that with Canada, will certainly trump any competing interests from the USA made possible by the inevitable end of a colossal mistake, perpetuated by 9 successive US Presidents. While the Cubans have suffered unnecessarily under the embargo, things weren't so great while firmly "in the US orbit" pre-Revolution days under Batista either, so US corporate interests will suffer for years ahead from Cuban preference for all things un-American, even if freely available to them. And that, in the end, will be a good thing for Cuba and its wonderful people. Don't look for a Wal-Mart in Havana anytime soon.



# QISES Extension Centre: Hands-on Watershed Education

by Tanya Storr

Turning a vision into reality is always satisfying, despite the huge amount of work the task may entail. The Quadra Island Salmon Enhancement Society (QISES) directors, contractors, and volunteers are thrilled to see their dream of an Extension and Education Centre come true.

"This has been a collaborative effort involving lots of talented local people," said QISES manager Lawrie Bowles. "It is very exciting to reach this point in the project."

QISES's Extension and Education Centre officially opened on February 23. Although not staffed on a regular basis yet, the plan is to hire an interpreter and open the facility daily during the summer months.

The focus of the Extension and Education Centre is watersheds. Quadra has 19 in total, stretching from Chonat Creek at the north end to Pidcock Creek draining into Quathiaski Cove.

Taking care of our watersheds is one way to contribute to a healthy environment and minimize our "footprint", Lawrie explained.

"Everything within a watershed is interconnected, so human activity can affect the health of the entire system. There are simple things we can do to help protect the vitality of our watersheds."

With this educational goal in mind, QISES began work on the Extension and Education Centre in an underused portion of their hatchery building two years ago. Sorting through 20 years of accumulated hatchery stuff, tearing out the old ceiling, and preparing the space for renovations was the first step.

From there, those working on the project installed a divider wall, pine paneling, and track lighting; replaced the roof; and began creating interpretive displays. With the focus



QISES Manager Lawrie Bowles shows a visitor the displays in the newly opened Extension and Education Centre.  
Photo by Tanya Storr.

on watershed education, the displays had to be captivating and informative.

"I had ideas for the wording and we hired Deb Cowper to work on the text and photos. Lesley Matthews produced the artwork and Robyn Budd did the graphic design," said Lawrie.

Keith Plamondon of Epic Design Studio in Campbell River printed the finished designs on large scale 4 x 8' and 4 x 10' sheets for display. Creating the displays took 10 months from concept to finished product. As Lawrie pointed out, the end result is "top quality."

Walking in, your eyes are drawn to the first display board on the left wall: "What is a Watershed?" The text goes on to define a

watershed as "a gatherer—a dynamic, living place that draws water through and across the land."

This theme of interconnectedness is continued throughout the panels. "What Happens to All the Water?" and "How Do We Impact Watersheds?" are some of the other questions that are addressed.

"Once you've read and started to absorb the information, you realise you're part of a larger cycle," Lawrie affirmed.

Lesley Matthews' vibrant painting of a forested creek and the many creatures that live in and around it illustrates the panel entitled "How Are Salmon and Watersheds Linked?" The last panel—"How Can We

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Protect Quadra's Watersheds?"—lists practical suggestions that can help make a difference. These include disposing of all garbage properly; using only organic herbicides, pesticides, and garden products; taking old paint and oil to approved disposal sites; and being careful not to spill gas, oil, or antifreeze.

Lawrie pointed out that hard surfaces like pavement are best avoided as they change the natural flow of water. Gravel and grass swales allow water to soak into the ground, maintaining the health of the watershed.

Green fixtures for the home, such as low flow taps and showerheads, reduce water consumption. Collecting rainwater for gardening and other household uses is another way to minimize our impact.

Local groups have contributed to the Extension and Education Centre. North Island Woodlot Association produced a display depicting scenes from the nine woodlots on Quadra. The photos and text feature highlights like horse logging and innovative, low impact stream crossings.

"Woodlot operators are serious about the commitment to the entire ecosystem," said North Island Woodlot Association president Jerry Benner. "QISES has done a great job of bringing to the public's attention the vital link between the management of the forests and the watersheds that flow through, and the fish, fauna and flora that are dependent on them."

Educating children and youth about the importance of healthy watersheds is a key component of QISES's vision. More child and youth-friendly displays are planned. As well as bringing young people to the centre, the society will continue to provide hands-on stream tours to students.

Quadra homeschoolers and their parents have helped out at the hatchery site, volunteering and learning about QISES's work. Lawrie would like to see a youth group based out of the Extension and Education Centre.

At the grand opening on February 23, a five-year-old boy had a great time playing in the sand box. No ordinary sand box, this one is set up on an angle with a "stream" carved through the middle of the sand. Complete with small-scale logs and boulders, the sand box mimics a watershed.

"He was pouring water in and I kept asking him what was happening. Too much water and the bank would cave in, more water and the stream straightened out and an estuary formed. In ten minutes and at five years old he had an understanding of how water flows," said Lawrie.

QISES celebrated its 30th anniversary in 2007. In recent years the society has focused on habitat and monitoring projects, rather than raising salmon at the hatchery. Much of their work has involved drought proofing efforts in local streams. According to the displays at

the Extension and Education Centre, the west coast of BC is expected to receive increased amounts of annual precipitation, but with a shift to drier summers and wetter winters.

Last summer was on the wet side, but in the dry summer of 2006 the drought proofing work helped keep water flowing for young coho in island creeks. The society plans to continue this work as well as operating the Extension and Education Centre.

The funders who made the construction of the Extension and Education Centre possible include the Pacific Salmon Foundation, Coast Sustainability Trust Fund, Union of BC Municipalities, CSRD (Jim Abram—Area 'J' Director), and local residents who have generously supported QISES fundraisers.

Future plans for the centre include installing a composting toilet, producing a brochure that visitors can take home, and building a kids' area with child-oriented displays.

QISES is holding its first annual Fundraising Dinner and Auction on Saturday, June 14 at Tsa Kwa Lutén Lodge. The evening will feature a seafood buffet, silent and live auctions, raffles, and music. Weekend packages with accommodation and an optional interpretive field tour of the island on June 15 will be available.

"It promises to be a great event. All proceeds will go to Quadra Island Salmon Enhancement Society. The primary goal is to establish a core funding pot to help us obtain matching grants," said Lawrie.

Fundraising is ongoing and donations are always welcome. Cheques may be mailed to QISES, Box 413, Quathiaski Cove, VOP 1N0. Tax receipts will be issued.

For more information or to enquire about volunteering, call Lawrie at 285-2957 or e-mail [todspond@gicable.com](mailto:todspond@gicable.com)

## Writer's Workshop on Quadra Island with Brian Brett and Harold Rhenisch

The Museum at Campbell River is offering a rare opportunity to attend a workshop hosting by two nationally acclaimed writers. On Saturday, March 29, from 10am to 4 pm, join Brian Brett and Harold Rhenisch for a workshop entitled "Voice: Oral Language, Written Language, Your Language". This workshop will be held at the Community Center on Quadra Island and is for both new and published writers. The workshop will be a free-wheeling exploration of voice and style, working with two established authors in an open forum that aims to balance debate with technical tips. Each participant will work to refine their written voice. A maximum of five pages of a current text (poetry, fiction, memoir, drama, radio, screenplay, non-fiction) can be submitted in advance of the session.

Brian Brett is the 2008 Haig-Brown writer-in-residence and is a widely published and noted author of poetry, fiction, memoir, essays, magazine and newspaper articles, anthologies, and a spoken word CD. He's also a publisher and professional editor. Brett has given numerous readings on CBC as well as public performances funded by private organizations, universities, Harbourfront, Vancouver Island Writer's Festival, Saltwater Festival, National Book Festival and the Canada Council.

Harold Rhenisch has published 21 books, including poetry, 4 works of creative nonfiction, translation, essays, and fiction. He holds degrees in Creative Writing from UVic and UBC, and is the winner of the Malahat Review Long Poem Prize, the CBC Literary Prize, and the George Ryga Prize for Social Awareness in Literature. He writes and works as an editor of children's books, photographic books, poetry, fiction and nonfiction from his home in Campbell River.

Following the workshop, on the evening of March 29, Rhenisch and Brett will host a Poetry Night at the Aroma Café on Quadra beginning at 7 pm. This is an excellent opportunity to hear both writers in one venue. If you missed their readings at the Museum at Campbell River last month, you don't want to miss this one! The cost for the day long workshop is \$75.00. Admission to the Poetry Night is \$5.00 (free for workshop participants). Call the Museum at Campbell River at 287-3103 to register for this rare writer's event! Space is limited.



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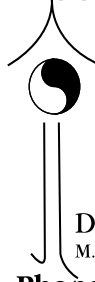
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14	00:49	4.3	14.1
Friday	05:29	3.6	11.8
	10:19	4.3	14.1
	18:11	1.1	3.6
15	02:12	4.4	14.4
Saturday	07:08	3.7	12.1
	11:20	4.1	13.5
	19:20	1.2	3.9
16	03:21	4.5	14.8
Sunday	08:50	3.6	11.8
	12:46	3.9	12.8
	20:28	1.2	3.9
17	04:13	4.7	15.4
Monday	10:01	3.3	10.8
	14:21	3.9	12.8
	21:30	1.2	3.9
18	04:55	4.8	15.7
Tuesday	10:51	2.9	9.5
	15:42	3.9	12.8
	22:26	1.3	4.3
19	05:31	4.8	15.7
Wednesday	11:31	2.6	8.5
	16:50	4.1	13.5
	23:15	1.4	4.6
20	06:03	4.8	15.7
Thursday	12:08	2.3	7.5
	17:49	4.2	13.8
21	00:01	1.6	5.2
Friday	06:31	4.7	15.4
	12:43	2.0	6.6
	18:43	4.3	14.1
22	00:43	1.9	6.2
Saturday	06:55	4.6	15.1
	13:16	1.7	5.6
	19:34	4.3	14.1
23	01:22	2.3	7.5
Sunday	07:16	4.5	14.8
	13:50	1.5	4.9
	20:26	4.3	14.1
24	01:59	2.7	8.9
Monday	07:33	4.4	14.4
	14:24	1.4	4.6
	21:20	4.3	14.1
25	02:35	3.0	9.8
Tuesday	07:47	4.3	14.1
	14:59	1.3	4.3
	22:20	4.2	13.8
26	03:11	3.4	11.2
Wednesday	08:00	4.3	14.1
	15:37	1.3	4.3
	23:29	4.2	13.8
27	03:50	3.7	12.1
Thursday	08:12	4.2	13.8
	16:19	1.3	4.3
28	00:52	4.1	13.5
Friday	04:44	3.9	12.8
	08:24	4.1	13.5
	17:08	1.4	4.6

Pacific Daylight Time (+7)

## Public Hearing Notice BYLAW NO. 4

### “Quadra Island Official Community Plan Bylaw, 2007, Amendment No. 1”

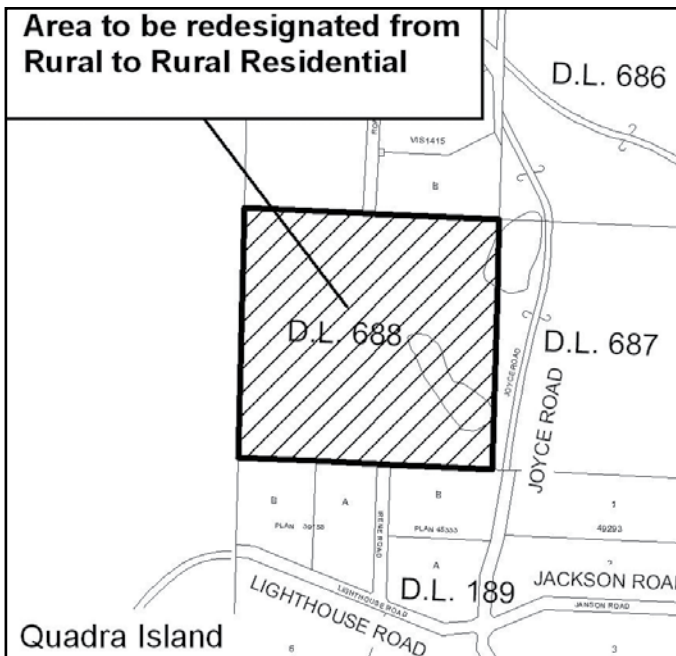
**Wednesday, March 19, 2008**

**Starting at 7:00 pm**

Quadra Island Community Centre  
970 West Road, Quadra Island, BC

#### Bylaw No. 4

This bylaw, if adopted, would redesignate the property legally described as District Lot 688, Sayward District from ‘Rural’ to ‘Rural Residential’ to permit a 7-lot subdivision of more than 2.0 hectares (4.94 acres) each. The area affected is shown on the map below.



A copy of the proposed bylaw and related information may be viewed at the regional district offices, 600 Comox Road, Courtenay, BC between 8:00 a.m. and 4:30 p.m., Monday through Friday, excluding holidays from Wednesday, March 5, 2008 until Wednesday, March 19, 2008 or at [www.strathconard.ca](http://www.strathconard.ca).

Anyone who believes the proposed bylaw will affect their interests will be given an opportunity to speak at the public hearing. Legally, the SRD cannot consider any representations made after the close of the public hearing. If you cannot attend the public hearing, all written submissions, mailed or electronic, must be received by this office no later than 4:30 p.m., Wednesday, March 19, 2008.

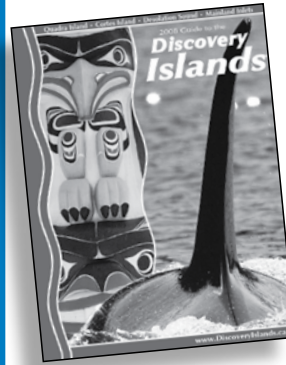
**Enquiries should be directed to:** Lisa Berg, planner  
Community Planning Services  
Strathcona Regional District, 600 Comox Road  
Courtenay, BC V9N 3P6  
Tel: 250 334-6000 Toll-free: 800 331-6007 Fax: 250 334-8156  
Email: [planning@comoxvalleyrd.ca](mailto:planning@comoxvalleyrd.ca) Web: [www.strathconard.ca](http://www.strathconard.ca)

The Strathcona Regional District (SRD) is a partnership of five electoral areas and five municipalities providing nearly 43,000 residents with 77 services—from parks to a full-service sports facility to liquid and solid waste systems.

**STRATHCONA REGIONAL DISTRICT**

## Advertising Deadlines

### 2008 Guide to the Discovery Islands

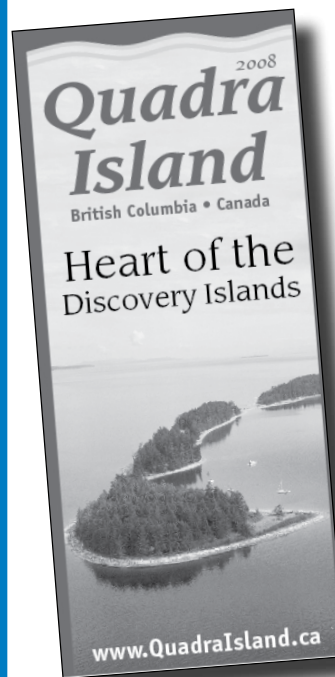


Advertising sales are now closed and the magazine will be sent off to be printed March 21.

Expected arrival in the second week of April.

Thanks to all who supported the 2008 edition

### 2008 Quadra Island Map - Brochure



Listing space is still available although limited.

First run of new 2008 maps expected by the end of March.

Call or email now to renew, update or submit a new listing.

Maps are printed several times a year and listings may be updated or added depending on availability and printing schedules

**Call Philip Stone  
at 285-2234 or email  
[ads@discoveryislands.ca](mailto:ads@discoveryislands.ca)**

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