

DISCOVERY ISLANDER

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



WILD SALMON'S WARRIOR MAKES MIGRATION

In the face of government inaction - some might say collusion, Alexandra Morton is taking to the streets and waterways to take the message to Victoria, open-net fish farms must go.

In an act of desperate courage Alexandra Morton is leading a rally on Victoria to deliver a simple and clear message to the government - open-cage fish farms must 'get out' of BC's coastal waters.

Morton's migration is being supported and joined by people from all over British Columbia and has powerful allies in the province's First Nations.

Making stops on her route from Sointula down Johnstone Strait and en route to Victoria Alexandra will be making a call on Quadra Island at Heriot Bay on April 27th.

Come out and show your support for our wild salmon and this true BC hero.

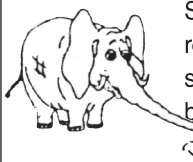
For more information about the 'Get Out' Migration: www.salmonaresacred.org

INSIDE

- Noba Anderson's Report
...page 2
- Letters - Ferry tales,
Abram's vindication and
more
...page 4
- About Homeopathy
...page 9
- Cortes Radios Update
...page 14
- Halliday's Viewpoint
...page 16
- Chamber of Commerce
Recognition Awards
...page 19

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REGIONAL DIRECTOR'S REPORT

Area B

by Noba Anderson

Official Community Plan 'Phase Two' Kick Off and Feast!

"The Table Is Set: Sharing Results, Encouraging Dialogue, & Moving Towards Solutions ... and eating pasta!"

Thursday, April 15th, 5-8pm, Gorge Hall

!! Free Pasta Dinner !!

This is the beginning of the real content work of the Official Community Plan (OCP) review. If you have been holding back waiting for the real work to begin, wait no longer! Until now we have been gathering data, building the core team, focusing on process design and have now hired an expert team to help us make the best possible OCP for Cortes.

Celebrate the completion of 'Phase One'

Hear final conclusions as related to the OCP and recommended next steps from:

- the Cortes Climate Action Team,
- the Cortes Housing Initiative's housing survey,

- the seniors & elders engagement project including results from interviews with seniors and their questionnaire,

- the water project & survey, and

- a sustainability indicator analysis project.

Many of the summary findings are available on the OCP website at www.cortescommunityplan.ca.

Initiate 'Phase Two' (the real content work)

On April 15th we will turn our attention to the content of the existing OCP. What still works really well? What needs updating? What needs to be added? The OCP Steering Committee (Julia Rendall, Frances Guthrie, Bruce Ellingsen, Kristen Scholfield-Sweet, Paul Brewer, Sarah O'Shannessy, Fran Woodcock, Krista Ma, David Rousseau & Oliver Kellhammer), Regional District staff and team members from 'Focus' have designed a workplan and timeline for the rest of 2010 and now we need your participation to craft the actual content of your Community Plan. What do you envision for the future of our Island?

On the 15th, you will also meet the consulting team from 'Focus Corp.', Felice Mazzoni, Richard Giele and Jason Niles who will be assisting us over the next many months. The planning team at Focus, led by Felice, is a small and exclusively small town and rural focused group. They are very impressed with the sophistication of our existing OCP and are very encouraged by the level of community knowledge and engagement. Felice was the Director of Planning Services for 10 years in Ucluelet, a community with a very progressive OCP and won the distinction of 'Planner of the Year' in 2007 from the Planning Institute of BC. I know there is an aversion by some to 'outsiders' yet there is also much to be gained by their expertise and knowledge of best practices and leading edge models from other places. After having spent a couple of days with them here on island in early March, I can honestly say that I look forward to working them.

Focus Corp has hired Sarah Downey, Cortes Island resident, for Phase 2 of the Cortes Island Official Community Plan (OCP) review. The position shall increase efficiency, take advantage of local expertise and knowledge and be a key "point person" for local contacts. Cortes Islanders can contact Sarah at her Whaletown office on Mon-Wed 9am to 1pm or by email at sairadowney@gmail.com with any comments, questions or concerns pertaining to OCP related issues.

This is the time to come out, get oriented, give input, and learn how to engage for the rest of 2010.

April 15th, 5pm (doors open at 4:30), Gorge Hall

In gratitude,
Noba Anderson
250-935-0320
director@cortesisland.com

South Quadra Fire Protection District ANNUAL GENERAL MEETING

Thursday, April 29, 2010
7:00 pm

#1 Fire Hall
844 Heriot Bay Road

Voting Requirements

Voters Must Be

- Canadian Citizen
- 18 Years Of Age Or Older
- An Owner Of Land In The Improvement District

See You There!!

ISLAND CALENDAR

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

Friday, April 9

Hal Douglas Trio, Heriot Bay Inn
9 pm to 1 pm

Saturday, April 10

Seniors' Housing Classical Music Benefit
Hérons at the HBI \$49, Reservations 250-285-3322

Sunday, April 11

Geshe YongDong on Dzogchen Contemplation
11 a.m to 1 p.m. Q.C.C.

Monday April 12th

Quadra Garden Club annual giant plant sale with guest speaker Dr. Patrick White expert Rosarian presenting 'Gardening without Chemicals'.
7pm Q.C.C.

Saturday, April 17

Ladies' Auxiliary Plant Sale (drop off extra plants before 10 am)
Quadra Legion 10 am

Fundraiser for North Island Survivors Healing Society
Dinner and music by Quadra Singers and Eileen Sowerby.
\$20 at the door.
6:30 pm.

Hal Douglas and Julie Frank - Acoustic Music, Cafe Aroma,
Doors 7:30 pm Show 8:00 - 10:00 pm \$5 Cover

Monday, April 19

Quadra Island Seniors' Housing AGM
Q.C.C. 7 pm

Wednesday, April 21

Free Day/Free Money, etc. Q.C.C..
11:30 am to 2 pm

Sunday, April 25

Annual Earth Day Beach Clean-Up

Tuesday, April 27

Alexandra's Get Out Migration for the sacred salmon.

Saturday, May 1

Quadra Childrens' Centre Garage Sale

Friday, May 7

The Wailin' Jennys
Quadra Community Centre, 8 pm
tickets \$20 on sale at Quadra Crafts and Hummingbird Office and Art Supply, and at the Music Plant (CR)

NEXT DEADLINE: MONDAY, APRIL 19TH, 2010

THE REGULARS

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

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

DISCOVERY ISLANDER

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Submission Guidelines

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

Please print handwritten
material clearly.

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

Please spell check in Canadian
English.

Please use the title of the item as
email subject.

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

Please don't send original
irreplaceable material.

Please remember to caption &
credit photos and artwork.

Don't write on the back of
photos, use labels or sticky notes.

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

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Next Deadline
Monday, April 19th

ISLAND FORUM



Vindication

For many months Jim has been in the hot seat over the Gunner Point Application where he gave fish farms a chance to exist by making changes to their procedures; closed containment. This would have allowed wild fish a better chance for survival.

Many of us have always believed in his strategy for this application. I hope that those people who didn't believe will now take the time to give Jim Abram the applause he deserves for treating issues fairly in a diverse community.

Thank you Jim Abram Strathcona Regional Director Area J

Sincerely
Roger Minor
Director
Stuart Island Community
Association (1964)

Flawed But Not Hollow

As much as I appreciate Steven Halliday educating me about Canadian politics, I have to take exception to his description of the passage of Obama's health care bill as a "hollow victory". This is the biggest fundamental change in U.S. domestic policy since the Civil Rights Act of 1964.

I was a teenager in Louisiana when that passed. The hysterical howl down there included violence, and all without counsel of Fox News. LBJ knew that the Act would cost the Democrats the South, but he did the right thing. So has Obama. The law is flawed and corporate-friendly, but 30+ million more Americans will be insured. Like Medicare, it will need regular tweaking. But in a nation hamstrung by special interest groups, this first step to universal coverage is astounding.

Allen Perkins

Good Will Wanting

I have lived on three islands, Quadra, Cortes and Read for over 27 years of my adult life.

I return to Quadra every year from my life overseas to find interesting poli-tics each time! That is positive!

What is not too positive is to see the good will decreasing, the wish to communicate with open minds ever challenged, and the kindness of islanders to all islanders polarizing along with the general state of world politics everywhere.

I all ways see Quadra as the SHIRE, ie, in the Lord of the Rings trilogy, the Shire is the protected place, the place where the Hobbits go on their domestic lives in general oblivion of the cruel domains and threats in the world outside. But of course, quadra and the islands are not the SHIRE. What just occurred with the Scallop farm issue was a disaster from my point of view. The cover of your mag was a real disappointment too. [Discovery Islander 470, March 26, 2010]

The Native people with whom I lived on the Quadra reserve for seven years, deserve better, much better! I wonder if some of the nay sayers are the people driving huge vehicles in defiance of the Copenhagen Conference on greenhouse gas emissions.?

I wonder if the people who voted it down, and really there should not even have been a vote as there is not right to "dictate" to the Native people and the farm from the people on the island at all----are ones who really think about the need for jobs and dignity on all the reserves not just the one we have here?

It seems to me that Quadra like the global world is reaping what it has sown. That is, disharmony, and a quality of small-mindedness that is very disturbing to witness and to hear; especially when it is repeated so the ears of the children can hear it and cognize it, and bring it back to the schoolyard. OUR future...

Joanmarie Tenzin Parkin

Well wasn't that a trip!

7 a.m. Got up this morning and learned the ferry to Campbell River was not running - Called our friends in Campbell River to let them know we would have to cancel our plans to get together for coffee.

8:30 we saw the Cortez ferry coming in so piled into the car and down to the Quathiaski Cove ferry as one knows if you do not get there before the Cortez group you stand a great chance of having to wait!

About 10th. car in line - a happy feeling! Wind whistling, flags on boats snapping off, rain pouring down, but all is well.....

Ferry attendant - very, very polite young man comes up to all vehicles and explains the ferry will not leave until the wind goes down a bit did I mention the fact the rain was coming down so one wondered if it was time to build the Ark?

..... waited..... attendant back and apologized like it was his fault saying it now sounds like it will be the 11 sailing we will be on did I mention we had reservations on the 12:45 p.m. from Duke Point to Tsawwassen? No matter as there is not a thing one can do.

Anyway at about 10:10 we see the attendant running down the row of trucks and then hear them starting up. One does not have to be a rocket scientist to know things are happening and on we go to the ferry

It departs at 10:30 and a great trip over if one were wanting an experience on a roller coaster but anyway we get over to Campbell River.....

Now it is foot to the floor, rain pelting down and wondering what the hell we were doing.. Kept looking at the odometer (kilometre or whatever the hell it is called these days) and knowing, even with my elementary mathematic skills that it was going to be very, very close to our cut-off for our reservations - 1/2 hour before departure and that being 12:45 p.m from Duke

Point to Tsawwassen Listen to the traffic channel on the radio and they are announcing our ferry is 30 percent full. As we get into Nanaimo it goes to 39 percent. No problem we feel as if we get there after our reservation cut-off time there is still room - ha!

Finally onto the Duke Point road at about 12:34 and into a jam up of traffic at the ticket booth. Atmosphere in our car was exciting.. or frustrating, maddening, insane, chaotic or whatever. Anyway we get to the check-out, give the lady our confirmation document and I suppose by our look - by now it was about 1 p.m. - she accepted it and directed us down the reserved lane.

Get on the ferry - oh joy.

Cast off about 1:15 p.m. and then the fun starts.....! Up down and around! They announce things could get a bit rough - likely told the people on the Titanic things might get a bit damp!

Booting along and the waves are higher and higher. I am reading my book not paying much attention. My wife is paying rapt attention to what is going on. All of a sudden we hit what sounded like a wave built out of a brick wall and a female comes on announcing that everyone sitting near a window should immediately move.....oh boy!.....did we hit an ice-berg or whatever! A lot of consternation amongst the passengers but after deciding he ship was not sinking all settled down but the "bridge" came on and said we were reducing speed due to conditions.....!!

Waves outside look like small mountains!

Decide to walk (stagger) around and see what is happening one entrance to the cafeteria is taped off ... (not a police line 'don't cross' but same idea!) Walk around the other side of the ship/boat/ferry and get into the cafeteria to find all the seating near the windows are also taped off. Water on the floor and two large windows have lost their inside double glazed panes which are evident by millions of shards on the floor. No wonder they announced in some panic just a couple minutes ago that everyone seated next to windows should move!!!!

By now the ferry is slowed down to a crawl. My brand new Sony e-book reader decides at that time to crap out on me because I have not charged the thing properly and

I watch the waves, and watch the waves...and....

Anyway....finally after umpteen walks around I spot the coal terminal at Roberts Bank. First time in my life I can say I was happy to see it but it meant we were getting close. Felt we should beat the crowd and get to our car which I forgot to mention was near the bow end of the ferry on the upper deck. We got into it - usual squeeze job as they manage to get 4 rows of vehicles into a space meant for 3 but that is another story. Got settled and experienced the joy of salt water spray wafting over the deck - and us!

Felt very smart to have beat the crowd at this time and then heard the "bridge" announce they were going to "hover" around the terminal until it was safe to dock and passengers are to remain seated! Felt I was in a helicopter! Smiled and said what the hell!..... alternative was get out and swim but am not up to that just at that time.

We hovered and then it was announced he was going to try and dock. Now that gave everyone a great and glorious feeling of confidence. Try and dock and if he could not we would reverse and wait out the winds.....!!

We hovered and then the "bridge" said we were going in.....dive, dive, dive!

A perfect landing and I had to say the Captain earned his stripes and pay on that one. Everyone off at about 4:30 and we were off to the Service Station in Tsawwassen which has the car wash. Another \$15.00 as we did not want our pride and joy to rust out thanks to the ravages of the passage, then home to unpack and be joyful to be back on terra firma!

Just another Quadra adventure!

Harry & Dianne Wallace

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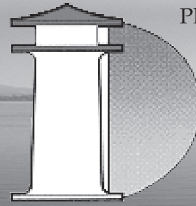


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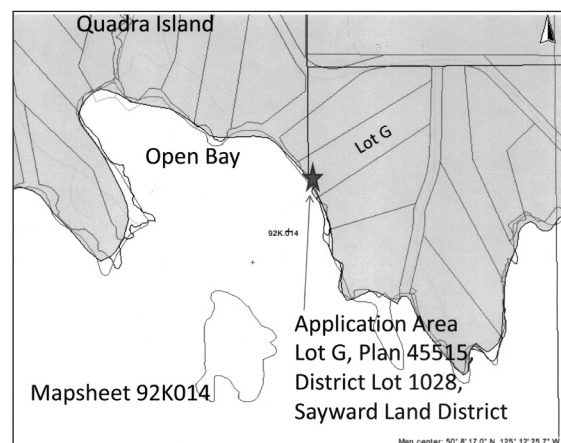
Land Act:

Notice of Intention to Apply for a Disposition of Crown Land

Take notice that **William David Wilson and Pamela Ruth Wilson of Heriot Bay, British Columbia**, intend to make application to Integrated Land Management Bureau (ILMB), West Coast Service Centre for a **Crown Land Tenure – Private Moorage** situated on Provincial Crown Land located in the vicinity of **Open Bay**.

The Lands File Number that has been established for this application is **File #1413848**. Written comments concerning this application should be directed to the Section Head, Integrated Land Management Bureau at 142 – 2080 Labieux Rd, Nanaimo, BC, V9T 6J9, or emailed to:

AuthorizingAgency.Nanaimo@gov.bc.ca. Comments will be received by ILMB until **April 26, 2010**. ILMB may not be able to consider comments received after this date. Please visit our website at <http://ilmbwww.gov.bc.ca> under the link: **Applications & Reasons for Decision** for more information. Be advised that any response to this advertisement will be considered part of the public record. For information, contact the Freedom of Information Advisor at Integrated Land Management Bureau's regional office.



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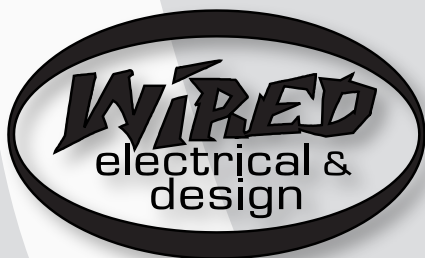
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Q.Cove Village Plan What You Said About the Cove

The Cove Character Questionnaire circulated from January to mid March as part of the neighbourhood plan process: 76 responses were received. Your comments were thoughtful, sometimes passionate, and actually are really helpful in shaping the plan. Here is a brief summary of what was said.

You really know The Cove well. Over 60% of respondents have lived on Quadra more than 20 years. 26% have lived on Quadra more than 10 years. 80% report that they know The Cove well or very well.

You really like the friendliness, services and location of The Cove. 79% like the concentration and variety of services in The Cove. 60% like the convenience to the ferry and the ease of getting around. There were comments about the friendly business operators, the feeling of community, the possibility of cycling, the quiet, the beautiful homes on Green Rd (North part) and the Saturday Market.

You really don't like the messy look and the traffic. 45% think the Cove is ugly. 40% report that it's hard to be a pedestrian with all the traffic and parking. 29% don't like the bare lots and open ditches, and 21% don't like the mess on the lot at the corner of Harper and Q.Cove Rds. There were comments about the scattered appearance, lack of trees and lack of rental housing. And people dislike the speeding traffic, parking on roads and unsafe walking on road shoulders.

You want more public space, trails, landscaping and housing options. 56% called for greens, squares, parks and landscaping. 37% want trails and walkways, and 14% would like to see traffic patterns improved and parking lots relocated. There were several comments on the need for compact seniors housing and more affordable options for young families. You also want public washrooms, a new library, a real arrival place and more attractive signs.

You have a clear sense of what makes a village. 64% said it must be walk-able. 29% said it must be very green with lots of meeting places, and 28% said it must be at a small scale. There were many images offered: contained, higher density residential connected to rural surroundings; organized,

attractive; a mix of all ages and incomes; mixed commercial and residential; cosy, quiet and charming; and a good place to grow old!

You recognize several obstacles to achieving the village. 33% noted lack of agreement among landowners as an obstacle, and 32% felt that costs are high and investment money limited. There were many comments about other obstacles: ferry traffic; lack of common/public land; not enough population to support it; too many large lots and existing structures to change; sewers and water needs; resistance to change and excessive bureaucracy.

There were so many other GREAT comments and constructive suggestions that I will save them for another article.

If you didn't have a chance to reply to the questionnaire, stay posted, there will be more newsletters and another public meeting in June. You may also call a steering committee member (names in DI, Jan 15 issue) or call or send an e-mail about specific concerns to me.

David Rousseau

250 935-6878 info@archemyconsulting.com

Celebrating Strathcona

In 2011 the Province will be celebrating the one hundredth anniversary of our world-renowned Provincial Parks with a year of events and initiatives.

The story of BC Parks began the preceding year, in 1910, by an expedition led by the Commissioner of Lands Price Ellison into what became Strathcona Park.

Plans are afoot to re-enact Ellison's expedition in the summer of 2010 including an ascent of Crown Mountain, a seminal point on the party's journey. The Lt. Governor has issued a proclamation marking the **Strathcona Centennial Expedition** as the official re-enactment.

The event is combined with the launch of a Legacy Fund that will raise and manage funds for stewardship, infrastructure, land acquisition and rehabilitation for the park. For more information log on to: www.sce2010.ca

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Childrens' Centre Garage Sale - May 1st

Quadra Children's Centre's annual garage sale is coming May 1st! We are asking the community for donations. They can be delivered to our back deck. No clothing please. For more info call 285-3511

Super Drum Jam

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

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

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

Island Voices Chamber Choir

presents "Songs of the People" in support of the Stephen Lewis Foundation, Grandmothers to Grandmothers campaign, 8 pm Friday April 16, Maritime Heritage Centre, Campbell River, and 7 pm Sunday April 18, Pentecostal Church, 1919 Guthrie Road, Comox.

Tickets at Visitor Info Centre-Campbell River, Laughing Oyster Books-Courtenay, Blue Heron Books-Comox. Info: Anne 250-287-4236, Jan 250-338-1439.

Geshe YongDong

Geshe YongDong will be speaking on "Dzogchen Contemplation" at the Quadra Community Centre at 11 a.m. on Sunday, April 11.

This is a practice called "contemplation", a method of journeying inward through which we explore and keep in touch with our inner world. Dzogchen contemplation is a state of presence beyond thoughts. It is being present in the inseparability of clarity & emptiness in the natural state of the mind. This teaching is suitable for all levels of practitioners.

Enlightenment is just a breath away. All that's needed is a few simple instructions and a disciplined daily practice.

See you there!

NEWS & EVENTS

Upper Realm Grand Re-Opening

There is a musical celebration of the Grand re-opening of the Upper Realm in Q. Cove. There is a new store selling only made-on-Quadra items, a much expanded bookstore, a community chess table, Dave's Music Store, John's Income Tax, a new gift store and Gypsy's massage & healing centre. We also have free chocolate, free candles, free poetry, free money, free shoulder massages & free live music by three talented local singers.

The Live Music starts at 8 p.m. featuring Sunday Dennis, Noelle Maffin and Ariell Hallson. Quadra Drummers will perform an a drum solo to open the event.

Doors open at 7 p.m. on Saturday, March 27 in Steve's Spirit Books in the Upper Realm, Q. Cove. Remember, everything is free. There is no admission charge, but we may have to pass the hat to support our talented performing artists. Call Steve for more info at 285-3323

T-Ball!!!

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

Seniors Social/ Lunch at HBI.

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

Dinner & Entertainment

A special evening will be held at the Legion on Saturday, April 17th, 6:30 pm. Enjoy a delicious dinner and delightful musical entertainment by Quadra Singers and Eileen Sowerby. This is a fundraiser for North Island Survivors Healing Society - Counselling Centre for Adults Affected by Abuse. Cost is \$20 at the door. With good food, music and opportunities to win prizes this is sure to be a fun event and we look forward to sharing it with you. For further information: Marg Heald 285-3864



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The photo shows Job Opportunity crew members on Quadra Island showing 70 cords of wood bucked up for Quadra Islands free firewood program to help families in need. The trees cut eliminated a fire hazard for the Blenkin memorial park facility. This was a joint effort between the Strathcona Regional District, Quadra Island recreation Society and Strategic Forest Management. This was a triple bottom line project that benefited the social, economic and environmental components on Quadra Island.

TEAM - Together Everyone Accomplishes More!

The wisdom of teamwork... we know it is valuable but the realities of the workplace can be a challenge.

Often times we are focused on competition or being the best and cooperation and collaboration can sometimes be left by the wayside. While striving to do the best you can is important, the combined skills, talents and strengths of a group can achieve amazing results. Teamwork doesn't always come naturally but it is a valuable principle to learn and implement. If you want to accomplish more in a supportive environment, solve problems and access fresh ideas, encourage teamwork in your workplace. Here are some secrets of a top team player from www.personalbest.com:

FOCUS on the goal. Sometimes individual gain must be sacrificed in order to make progress as a group.

COMMUNICATE clearly & effectively. Teams bring together different personalities and communication styles. Learn to listen actively and speak clearly. Get your message across so that others understand it, instead of trying to prove a point or improve your image.

KEEP PROMISES- Team members need to know they can count on each other.

IS TRUSTWORTHY -Teams can be torn apart by gossip, blame, dishonesty, credit stealing or other underhanded behaviors. Honesty and respect are important to team trust.

SHARE CREDIT- A true team player acknowledges the contributions and achievements of others, and celebrates them when things go right.

MANAGE CONFLICT- Every team has conflicts from time to time. Don't let them get out of hand. If you feel angry or frustrated, take a walk and some time to cool off before you return to talking about the issue. Negotiate to solve problems.

Whether you are on a team of 3 people or a dozen, give it your best effort and together you will be able to accomplish more!

Submitted by,
Tucker Dinnes

Jenny's One Voice

This is the sound of voices three
Singing together in harmony
Surrendering to the mystery

This is the sound of voices three
--"One Voice", Ruth Moody

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

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

The Wailin' Jennys musical sensibility and vocal prowess is no accident. Soprano Ruth Moody (guitar, banjo, accordion, bodhrán) is a classically trained vocalist and pianist who came to the stage as the lead singer for the Juno-nominated roots act Scrub Macduh. As a songwriter, she is known for her moving and haunting ballads. Mezzo Nicky Mehta (guitar, harmonica, ukulele, percussion) is a trained singer and dancer who's solo album *Weather*

Vane was nominated for a Canadian Music Award in 2002 for vocal ability and poetic songwriting. Alto Heather Masse, (upright bass) a jazz graduate and singer/musician with the Wayfaring Strangers, brings a jazz/bluegrass background to the group. Together, these three women deliver inspiring lyrics and good, old fashioned melody "...in harmonies that could melt a Manitoba February." (Boston Globe) "The three-part harmonies of Winnipeg's Wailin' Jennys should be considered some kind of national treasure." (The Hamilton Spectator)

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

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



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Think of a movement that has different "schools" or "streams,"

G. Jung, DSHomMED

Homeopathy

Homeopathy, or "like suffering," is an alternative school of medicine that treats disease using minute doses of natural substances in accordance with the 'Law of Similars', a principle stating that a substance that can cause disease (toxic) symptoms in healthy people can also cure similar symptoms in the sick. This principle of "like cures like" can be understood with a simple illustration of the homeopathic remedy, 'allium cepa', or red onion. As red onions can cause tearing, redness and burning of the eyes, and copious, watery, acrid nasal discharge, similar symptoms found in a sick person with the cold can be cured by the homeopathic remedy, allium cepa (Boericke). Homeopathy was discovered by Samuel Hahnemann, a German physician, more than two hundred years ago and treats the great majority of chronic and acute ailments, including such conditions as cancer, epilepsy, depression, and malaria. Homeopathic remedies are prepared from natural sources through a process called 'potentization' and prescribed according to the Law of Similars and the principles of 'the single remedy', 'the minimum dose', and 'individualization' of a holistic 'totality of symptoms'. 'Because of its principles and despite its supporting evidence, homeopathy remains a highly controversial school of medicine that is both widely contested and practiced around the world in varying degrees.

After noticing that 'cinchona', a Peruvian bark, could produce malaria-like symptoms when ingested by healthy people, Hahnemann observed the curative

effects of the Law of Similars by successfully administering it to and curing malaria-stricken people. He further developed his initial observation through strict adherence to the scientific method (inductive experimentation) and outlined its resulting principles in the 'Organon of Medicine'. 'In addition to the Law of Similars, homeopathy adheres to the principle of 'one remedy', which states that only one remedy shall be prescribed at a time in the treatment of the sick. Concurrent administration of multiple drugs can prevent a physician from knowing which drug, if any, affected a change(s) (therapeutic or side effect), thus limiting true knowledge of a drug's properties beyond controlled drug-trial settings. The principle of 'minimum dose' states that only the smallest dose of a drug necessary to affect healing shall be prescribed, and the majority of homeopathic remedies do not contain any trace of the original medicinal substance.

Due to the controversial nature of homeopathy, its practice and regulation differ worldwide. In some countries medical degrees are required for practice; while here in Ontario, Canada, homeopathy is currently in the transitional phase of becoming regulated by its provincial government, a first worldwide. In some countries, homeopathy is covered under insurance policies, while in others homeopathy is a part of the national health care system. Unlike conventional medicine, regulation and testing of homeopathic remedies is not required in many countries because ultradiluted homeopathic remedies are not considered harmful (Homeopathy).

Cafe Aroma Acoustic Music Night

Singer songwriter Hal Douglas, along with special guest Julie Frank, will present a night of original songs and cover tunes. Known for their work with the Hal Douglas Blues Band, you can hear Julie and Hal in this quieter setting using only acoustic guitars. Julie has a rich background in various kinds of music, including country and blues. This is an opportunity to experience her soulful voice in this smaller venue. Hal will be showcasing some original songs not usually heard with the band. Come down Saturday, April 17th for great music, food and drink. Doors open at 7:30 p.m. Show 8:00 - 10:00 p.m.

Tickets available in advance at Cafe Aroma, or Saturday night at the show, Cover \$5.

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Getting Around Campbell River During Hwy 19A Construction

Highway 19A between Hilchey and Rockland is under construction March to November. Please note the detour routes:

Route A: Travelling North: Follow Hilchey to Galerno. Right on Galerno. Return to 19A via Rockland Rd.

Travelling South: Follow Rockland to South Alder. Left on South Alder. Return to 19A via Hilchey Rd.

Route B: Travelling North: Follow Hilchey to Dogwood. Right on Dogwood. Return to 19A via 2nd or follow Dogwood into downtown.

Travelling South: Access Dogwood from downtown or 2nd. Follow to Hilchey. Return to 19A via Hilchey.

Route C: Travelling North: Follow Jubilee Parkway to Highway 19. Follow Hwy 19 to 19A.

Travelling South: Follow Highway 19 to Jubilee Parkway. Return to 19A via Jubilee.



For more information: www.campbellriver.ca
E-mail: 19Aupgrade@campbellriver.ca





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Some other interesting facts about raisins:

Fresno, California is the Raisin Capital of the World.

It takes over 4 tons of grapes to produce 1 ton of raisins.

Raisins contain many B vitamins known for boosting energy.

Raisins are high in calories which are also important in increasing energy.

Thompson seedless raisins are on sale this week at Q.V.M.!

ABOUT RAISINS...



It is believed that humans discovered raisins when they happened upon grapes drying on a vine. History books note that raisins were sun-dried from grapes as long ago as 1490 B.C. Several hundred years passed before it was determined which grape variety would make the best raisin.

California discovered the commercial potential of raisins quite by accident. In 1873, a freak hot spell withered the grapes on the vine. One enterprising San Francisco grocer advertised these shrivelled grapes as "Peruvian Delicacies"

and the rest is history. California is now the world's leading producer of raisins.

In 1876, William Thompson, a Scottish immigrant living in the Northern Sacramento Valley, first introduced the Lady deCoverly seedless grape at the Marysville (California) District Fair. These grapes, which would become known as the Thompson seedless grapes, were thin-skinned, seedless, sweet and very tasty.

ENTER TO WIN OUR WEEKLY MEAT DRAW!

We pull a lucky winner's name every Monday for a **\$25** meat pack!
CONGRATULATIONS to recent winners Mary-Ellen Wilkins and Cal Clandening

Grocery

Golden Boy
Thompson Seedless
Raisins

\$3.98 750g

Simply Natural Salsa
All Varieties **Organic**

\$2.88 470ml

Kettle Potato Chips
All Natural, All Flavours

2/\$5.00 142g

Oreo or Fudgee-O
Cookies

\$3.88 350g

Gerolsteiner
Mineral Water

2/\$4.00 1l

Treasured Ocean
Quadra Island Product
Smoked Wild Salmon

\$4.88 170g tin

Tide Compact for
Coldwater

31 load 2kg

**Buy One,
Get One Free!**

Dole Pineapple Juice

2/\$3.00 1l

Cousine Camino
Cocoa Powder **Organic**

\$6.88 224g

Shake 'n Bake
All Varieties

\$2.68 142g-192g

Western Family
Iced Tea Mix

\$3.88 1kg

Nature's Path
Organic Corn Flakes

\$3.48 300g

Western Family Jam
Choose Three
Berry, Apricot, or
Strawberry

\$4.38 500ml

Cortes Sourdough
Bakery
Choose Sourdough
French Loaf or
Baguette

\$4.78 907g

Present this coupon

and receive
a 2 litre bottle of any
flavor of Western
Family Pop for
only 99¢



One coupon per person.
Valid until April 22nd, 2010

Brain Food

Solution in our next issue

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

?

Vitamin A is known to prevent "night blindness", and carrots are loaded with Vitamin A. One carrot provides more than 200% of recommended daily intake of Vitamin A.

Food Trivia Quiz

THIS WAS ONCE a major source of potash and iodine, and today it is used to obtain alginic acid. Alginic acid is used in tire manufacturing, in ice cream to prevent it from crystallizing and in paints. What is it? (Hint: it lives in the ocean)

Last Food Trivia Quiz answer:

Parmigiano-Reggiano from Italy's Parma region, the highest quality and original Parmesan Cheese.

Last issue's Brain Food solution

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

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

COMMENTS? Get in touch!

Phone us at 285-3391, or email qvmarket@telus.net

QVM WINTER HOURS

9am-7pm, Sun through Thurs

9am-9pm, Friday & Saturday

?

R. Blechyden served tea with ice at the St. Louis World's Fair in 1904 and invented iced tea.

Specials prices are effective April 9 to 22 while quantities last

Meat & Sea

Fresh Canadian New York Striploin Steak
\$7.99 lb \$17.62/kg

Fresh Canadian Pork Loin Chops Bone-In
\$2.99 lb \$6.59/kg

Fresh Boneless Skinless Chicken Breasts
\$5.99 lb \$13.21/kg

Frozen Whole Pink Salmon
\$2.27 lb \$.49/100g

Bulk Foods

Honey Roasted Nuts
\$1.99 /100g

Dried Cranberries
\$1.88 /100g

White Sesame Seeds
59¢ /100g

Black Rice
29¢ /100g

Dried Apple Rings
88¢ /100g

Crystallized Ginger
79¢ /100g

Roasted Almonds
\$1.49 /100g

Fruit Bears
\$1.29 /100g

The Deli

Bavarian Meatloaf
\$1.28 /100g

Harvest Medley Salad With Cranberries
99¢ /100g

Natural Pastures Comox Brie
\$3.28 /100g

Raincoast Crisps All Flavours
\$5.98 170g

Bakery

Gourmet Mini Cakes
\$1.99 6pack

Powdered and Old Fashioned Donut Bites
2/\$6.00 268g-423g

Produce

BC Hothouse Long English Cucumbers
\$1.39 each

Organic Carrots
\$1.99 2lb bag

California Cauliflower
98¢ /lb

Organic Grapefruit
2/\$1.50

Washington Pink Lady Apples
99¢ /lb

Dairy

Becel Margarine
\$3.48 454g

Five Alive Chilled Juice Choose Citrus, Peach Citrus, or Mango Citrus
\$2.88 1.89 litre

Quadra Island Seniors Housing Society Notice Of Annual Meeting

The QISHS annual meeting will take place at the Quadra Community Center at 7 PM April 19th. Please support the society by attending, and learn about the last year's progress and plans for start of construction in May.

Volunteers have made great progress, and your board of directors has worked hard to meet all requirements for public rental housing for our seniors.

Ken and Shirley Duncan are retiring from the board, and one other director's term is expiring, so two or more replacement directors are required immediately. It would be great to have three or more candidates - then there could be an election.

What are we looking for in a director? Persons with enthusiasm for the project, and who would enjoy the fun of construction and landscaping. Team members who like to work with others toward the same goal.

If you would like to be a candidate, or know someone you would recommend, please phone Val at 2841, Ken at 3787, or Bob at 3501.

See you at the AGM

C.V. Shellfish Festival

The 4th annual Comox Valley Shellfish Festival is quickly approaching on Saturday & Sunday, June 19 & 20. Tickets for the Gala Evening Dinner are now on sale. This high-end evening promises to be better than ever as this year we are pleased to announce the addition of two of Vancouver's top chefs preparing succulent seafood dishes for 200 guests outside along the banks of Baynes Sound at the historic Filberg Lodge.

Based on past years, it's advised you get your tickets sooner rather than later as they sell out quickly. Visit our website www.comoxvalleyshellfishfestival.ca or call for more information.

Sea you at the festival!

New online exhibit 'Images of Pioneer Life on Cortes'

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

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

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

April is Homeopathy Awareness Month!

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

Quadra Island Bicycle Commuters...

...And all islanders alike are invited to join and contribute to this discussion group. Initially, it was started in an effort to develop a Code of Conduct for cyclists commuting on the ferry. Since this time though, it has become apparent to most users that BC Ferries management is not actually interested in working collaboratively with Island Bicyclist in an effort to support this "greener" form of commuting.

Having said that, many issues raised in this group continue to have relevance to ferry users, particularly on a day like today where BC Ferries is implementing a \$2 bicycle charge. This charge applies to non-"Experience Card" passengers on the minor routes but I think we can reasonably anticipate that "Experienced" cyclists will soon also have to pay this charge as well. There are pros and cons to this issue and there is certainly many creative and lawful ways of dealing with it. Along the way I've been learning that Quadra Island Bicyclists have had a long history of "activity" and am heartened and inspired by creative resistance tactics employed by my fore-mothers and fathers. I am so proud to be a part of this community.

To conclude: this discussion group has been re-purposed as a place to go to find like-minded bicyclist and their allies, to share strategies for coping and to hatch and organize action plans if and when there's a mind for it. As such and to ensure the safety of contributors, access to the group is limited to members who join the group. To join the group simply click this link to log on:

<http://groups.google.ca/group/quadra-island-bicycle-commuters>

Log on, stay tuned and ride safe!

Bill Threatens Therapies

Bill C-6 has replaced Bill C-51 regarding the therapeutic product regulation in Canada. This bill effectively criminalizes all use of herbs in any form, even from your own garden for personal use. It also completely disables or closes professions like Acupuncture and Homeopathy. We defeated Bill C-51 by the sheer number of people who signed the petition. Here's your next chance. Spread the word. <http://www.petitiononline.com/3654148/petition.html>



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Scholarship available

Kay Dubois Memorial Scholarship available to students, descendants of Canadian Veterans, entering post-secondary education. Awarded by the Quadra legion Ladies' Auxiliary and based on academic & citizenship criteria. Apply (before May 31) to: Box 242, Heriot Bay, BC V0P 1H0 (Must be 1st year student)

Pilates

- Is your body ready for Summer?

Condition your core with specific exercises using precision and control. Balance strength and flexibility and build effective breathing patterns.

A new session commences April 22nd: Thursdays 9:30-10:30am and 5-6pm, Saturdays 9-10am. \$100/10 classes. \$150/twice a week.

Visit www.practicalpilates.ca or call Natasha on 285-2930.

Fire Department Notice

Are you community minded and want to get involved? The Quadra Island Fire Department is looking for new members. If you live on Quadra Island, are over 19 years old, are able to attend weekly fire training and

- Are in good health and physical condition
- Can pass a criminal record check
- Have a valid Class 5 BC Drivers License

contact Fire Chief Sharon Clandening at 250-285-3262 or just come to Firehall #1 on any Tuesday evening at 7:00 PM.

Make a difference to your community. Become a Quadra Island Firefighter!

Garden Club Giant Annual-Plant Sale

It's time for the Garden Club's giant annual plant sale on April 12th at the community centre. Following the plant sale, the guest speaker for this special night will be Dr. Patrick White, an expert rose grower from Victoria. Patrick has made presentations locally, nationally, and abroad - including Santiago de Chile, and the Russian Far East. His garden has been featured in Better Homes and Gardens 2002, and more recently, in Canadian Gardening May, 2009. Patrick will talk about 'Growing Roses without Chemicals' - no insecticides, no fungicides, and no inorganic fertilisers. His passion for growing roses began with the first four roses his wife gave him in the early 1980's. He promptly killed them with inexperience and so began his horticultural hobby. Today the Whites have a 2 acre garden with hundreds of roses - which they care for by themselves. He has become a consultant rosarian, an accredited rose judge, vice president of the Canadian Rose Society, and vice president for North America for the World Federation of Rose Societies.

Plant sale begins at 7:00, Patrick's talk on roses at 7:30. Please enter by the main hall doors to pick up your draw ticket. There will be a draw for door prizes at the end of the night. If you have plants to donate bring them to the backstage overhead door between 2 and 4:00 p.m. on April 12th. Plants may be left outside earlier, at the stage door. Please pot up or wrap in newsprint, and label the plants with a botanical or common name. Come on out to the final meeting this Spring and enjoy good friends, inexpensive local tried and true plants, an excellent and interesting talk and perhaps get lucky and win one of the door prizes.

Songwriting Contest

(Duncan, BC) The Cowichan Folk Guild has embarked on an ambitious project, launching the first 'Islander exclusive' song contest. You must be a resident of Vancouver Island or the Gulf Islands to enter.

The contest runs from mid-March to the closing deadline on May 15th.

The theme of the contest is Island life, says the Folk Guild's Artistic Director, Robert McCourty.

"We're looking for a great song which reflects what it means to live on an Island. How has it affected your life and what does it mean to you to live in such a special place. We are a unique breed to have chosen this location to live, so we thought it would be fun to hear how songwriters feel about it."

The contest will be divided into three regional semi-finals to be held in June; Courtenay for North Island, Duncan for Central Island and Victoria for South Island respectively. The field will be narrowed to nine songwriters for each regional performance where they will perform their songs for the audience, who will in turn vote for their three favourites from each region.

The nine semi-finalists will then be invited to perform live on the opening Friday night of the 26th Annual Islands Folk Festival. (July 23rd) Three winners will be selected by a panel of music business professionals. The grand prize winner will receive one thousand dollars of studio recording time, a brand new guitar, another performance at the Festival, media interviews, radio airplay etc...

The Folk Guild is hoping to make the contest into an annual event. Full contest regulations and a printable registration form are available on the Cowichan Folk Guild's website at www.folkfest.bc.ca

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www.HomeopathicFamilyClinic.com

Quadra Island Seniors BR. 91—B.C.O.A.P.O.

We are very sad, regarding the passing on March 23rd/10, of long Life time Member, and good friend Marshall Toelle. Our Condolences are expressed to the family on your loss of a great Father & Grandfather. Marshall was always on hand to help anyone when needed. He loved his new Pup, the Sheltie, who was always at his side.

Marshall initiated the "Wood for Seniors", group who worked tirelessly, for free firewood for our Seniors. He always gathered Cornstalks, to tie on the posts at the Legion for our Harvest Fall Fair. Marshall and his dear wife Betty, who he missed greatly in the last year, were always participating at our contests and affairs. Marshall was a very talented Carver, a Mushroom collector, and a avid Fisherman, who loved to see the Wildlife on the shores of our many Islands. We have lost a wonderful man.

Despite the windstorms, falling trees, and power outages, tough Quadra Island residents manage to function as normal, with the help of woodstoves, wells etc.

At our Regional meeting on March 17th, our long time member, Helen Swanson, at Piano, entertained 10 North Island Branches, along with Pres. Bob Brown, Judy Hagen & dear dancing dog Maggie, fiddler James Ludgate, dancers & bell ringers Rhonda Thieven, and Barb MacKenzie. Liliane Melton led the singing, which we all enjoyed. Thanks, to all for your sincere efforts, to make our day a cheery one.

Our April 7th meeting will be another fun day, which is our Easter Party, we will have a Easter hat contest for the Nicest and Funniest Spring hats, with prizes for the winners. Maybe Peter Cottontail will show up with chocolate eggs.

On May5th/10 we will have a guest speaker, Reg Wescott, with a Red tailed hawk, from the Mountaineer Avian Rescue.

Starting May 1st, we will be working in the Tourist Information Centre, under the supervision of Judy Hagen, welcoming visitors to enjoy our beautiful Discovery Islands. Drop by to say hello.

Walk on Sundays, at 11:00 a.m, with Peter & Lloyd, on Rebecca spit, meet at the Launch ramp, or catch up by driving to the big Park lot, where they may be coming along the trail.

Check the Legion on Wednesdays at 10:a.m, where we have exercises, bowling, cards or just a chat, with a coffee, & snacks.

For membership in our lively group phone Muriel @3216 or Ruth @ 3801.

Don't forget the Senior Housing Dinner with Classical Music & a Silent auction on April 10th/2010. Call the Heriot Bay Inn, about time and reservations.

"Help keep Seniors on our Island where they are safer, from robberies, and abuse."

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

Islanders and visitors have made resounding successes of all twelve previous Beach Clean-ups and we expect this year to be similar. After winter's and spring's high tides and storms, we find our beaches are again strewn with plastic, rope, styrofoam, tires, netting, etc. These materials are not only unsightly but they can also be hazardous to marine and bird life. We also know that plastics are eventually ground into fine particles by wave action, then enter the food chain as toxins where they are consumed by us.

As with other years, many Islanders have helped pick up beach litter to coincide with Earth Day celebrations around the world.

The Beach Clean-up headquarters will be set up at Rebecca Spit. A large banner will mark the site. Starting at 10:00 am you may pick up garbage bags from this location and then head for your favourite beach. Should you already be equipped, just drop by later for coffee, tea, juice and snacks from 12:00 to 4:00 pm.

Collected garbage can be brought to the headquarters or left at any of the following drop-off locations. A sign will be placed at each location to mark where the garbage should be piled. The last pick up at each site is at 3:00 pm.

- End of Petroglyph Road
- End of Sutil Road at Kay Dubois Trail
- End of We Wai Kai Road at Kay Dubois Trail
- Smith Road beach access
- Edgeware Road beach access
- Milford Road beach access
- Heriot Bay by the Esplanade
- Rebecca Spit, Main Parking Lot
- Rebecca Spit, South Parking Lot
- Rebecca Spit, center by narrow isthmus
- Open Bay area at Valdez and Marina Roads (new this year).

Gloves can come in handy as well as a pocketknife to help free tangled rope from driftwood. **DO NOT TOUCH ANY FLARE CANISTERS** (aluminum tubes about 4 inches in diameter and about two feet long) as they could still be active. Just note the location so Sierra Quadra can notify the R.C.M.P.

Volunteers with pick-up trucks are still needed to help transport garbage from the various collection sites to Rebecca Spit. If you can help, please call Ken at 2580.

This Beach Clean-up is sponsored by the Sierra Club of B.C., Quadra Island Group. Please join us, and bring friends and family for this helpful and satisfying event.

Cortes Radio Update

Cortes Radio is now in it's fifth year of operation, broadcasting from a portion of Manson's Hall, previously the home of the Island's medical clinic. The station realizes the potential of Community Radio broadcasting 24/7, with over 126 hours of live programming per week covering a wide variety of public interests, services, and local promotions, as well as offering relevant information on community planning, political and ecological issues. Programs include documentaries, live music, concerts, festivals, interviews, spoken word shows, selected imports, and children's story time.

The most popular shows are those run by an eclectic and dedicated group of DJ's whose passionate and diverse musical interests make this many people's favourite radio station bar none. The recent addition of a new 100 foot tall tower on the south end of The Gorge allows listeners with terrestrial or car antennas to receive a stronger signal, ranging up to a 30 mile radius, at 89.5 FM. The station has a wide and loyal following on Quadra, Read, Sonora, Stuart and Maurelle Islands, Refuge Cove, Lund, as well as the greater Campbell River area.

The signal is also available on-line at www.cortesisland.com, making the station available to the world at large. Regular on line listeners have been reported from Vancouver, the East Kootenay's, Ontario, New York, California, Australia, and Europe to name just a few.

Presently the Cortes Community Radio Society is in the process of applying to the Canadian Communications Radio Commission (CRTC) for a Class B Community FM Radio Broadcasting Licence. Part of the application requires hiring a licenced professional broadcasting Engineer to assure compliance with technical standards.

Financing for this application and the on going operating costs make fundraising and fund-raisers a constant requirement. A sense of community and a labour of love volunteer force are the backbone of the Society but survival of the station also depends on financial support from the very listeners it benefits.

On Quadra our local Building Supply sponsors the popular Saturday morning show Anything Goes, and the Spirit Board at the Heriot Bay Tru Valu Foods allows customers to direct their spirit points to the station. Other Quadra sponsors include the Heriot Bay Inn, and Last Drop Water Systems. There are presently plans to have a booth at this summer's Quadra Farmer's Market, Saturday mornings in Quathiaski Cove.

Programming time slots are open and listeners from Campbell River, Quadra, Cortes, and the Outer Islands are encouraged to fill them. Also on the horizon are plans to allow for mobile broadcasting. An extensive programming guide is now available on the www.cortesisland.com web site that instructs listeners on how to financially support the station in a number of ways including memberships, donations, and product purchases. To view the guide and donation details select the- Special Sections menu option from the home page then click on the Cortes Radio Guide option. Their mailing address is Cortes Community Radio Society Box 97, Manson's Landing BC V0P 1K0. Their email address is - radiofreecortes@yahoo.ca.

Museum at Campbell River Centenary of Strathcona Park

This year marks the 100th anniversary of the Price Ellison expedition that led to the formation of BC's first provincial park, Strathcona. In July this year, photographer, author and mountaineer Philip Stone of Quadra Island will be leading a group into Strathcona Provincial Park to replicate Price's expedition of 1910. To introduce the history of the Park and provide insight into this summer's expedition, Stone will present an illustrated talk at the Museum at Campbell River on Saturday, April 17 from 1 pm to 3 pm.

The Ellison expedition was undertaken at a time when 19th century attitudes were still prevalent in terms of looking at natural resources as something to exploit. Although Strathcona Park was viewed as a nature preserve and 'set apart as a public place and pleasure-ground for the benefit, advantage,

to its attractions: 'There are no venomous snakes, and no wild animals from which danger may be apprehended. In most localities flies and mosquitoes are nearly absent, and will not interfere with the trout fishing.'

While this idealized version of the park might have eventually attracted the general public, Strathcona never did become the 'Banff' of Vancouver Island and despite a mine being built in the park in the 1960's there has been relatively little development. Stone hopes that the current expedition will raise awareness of the park and help preserve its natural state.

Philip Stone himself has explored Strathcona Park extensively over the past 20 years and has written several books on hiking on Vancouver Island. He is currently the owner and editor of the Discovery Islander and Wild Isle publications.



Elkhorn Mt with Strathcona peaks behind

and enjoyment of the people of British Columbia'. (Strathcona Park Act March 1, 1911), there were ambitious plans to build a railway into the Buttle Lake area and to construct a resort in the tradition of the Canadian Pacific hotels.

An early brochure about the park makes glowing references

The talk is in conjunction with the Museum's exhibit 'Into the Wild: The 1910 Ellison Expedition and the Birth of BC Parks'. The cost for the talk is \$5.00. Please call 287-3103 to reserve a seat. For more information on this summer's expedition, check out Stone's website <http://www.wildisle.ca/strathcona-park/expedition>

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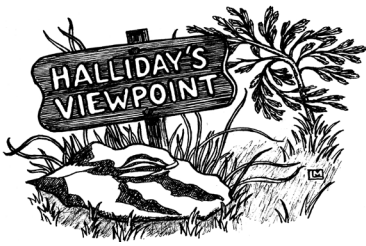
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HALLIDAY'S VIEWPOINT

by Steven Halliday

SCAMBAGS ABOUND

Fortunately for most of us, being victimized in a financial scam is most often a result of greed, pure and simple, and the majority of people are able to temper their greed with common sense. However, of late many scams seek play on our sympathies and are showing up with greater frequency after disaster strikes, such as recently occurred in Haiti.

Capitalizing on the massive media exposure of the event, scammers quickly established their own "charities" or claimed to be representing legitimate ones, then hit the phone lines or broadcast spam emails soliciting donations. Remarkably, my research found that the warnings of the first scams were being disseminated as quickly as January 14, only two days after the massive quake devastated the island nation. A February 5, 2010 USA Today story noted that the FBI were investigating some 170 suspect groups related to Haitian relief scams – one particularly enterprising con managed to hack into Facebook, gaining access to individuals contact files and using their account to send out testimonials recommending donations (complete with hot link) to a bogus charity.

I came across an article in The (Portsmouth, UK) Post of October 31, 2009 that described a truly sick mind at work. 48-year old John White was walking his dog on the trails around a local lake when a woman rushed at him, claiming her child had been attacked by a swan, and then pointed in the lake where Mr. White saw a clothed baby, floating face down. He threw off his coat and rushed into the cold (and according to the article, filthy) water, and upon reaching the baby and grabbing it he realized it was actually a doll. Back on shore, the putative mother and her male accomplice were rifling through Mr. White's coat, so he quickly rushed back to confront the duo who then sprayed him with a substance from a plastic bottle that irritated his eyes and sinus. The pair fled off into the forest taking with them about £100 and his pouch of tobacco and leaving behind a plastic doll that the police have taken into evidence. White says that while he felt stupid for falling for such a trick, but the worst part was that he might contemplate ignoring a similar but real situation due to an overabundance of caution from the current incident. Presumably these scammers will either take their act elsewhere due to the abundance of exposure it has received, or perhaps modify it somewhat, but is highly likely "scambags" like them will continue to exploit people's inherent goodness in one form or another for as long as they can get away with it.

There are hundreds of scams going on everywhere at any one time, but the aforementioned Facebook incident bears a closer look since the service is becoming so ubiquitous. Facebook itself warns of

the potential risks associated with using the social networking site, and that list is getting longer and longer as such sites continue gaining in popularity. For example, have you ever heard of a widget warrior? Apparently widgets are third party applications that you can add to your Facebook account – one theoretical example I found was a Weather Report Widget, which could bring weather updates direct from the Weather Channel to your Facebook page. Unfortunately, scammers are now routinely using these applications as warriors to steal data from your site once you innocently permit their installation. An on-line security firm named Kaspersky Lab has estimated that social networking sites such as Facebook and Twitter have been the targets of at least 20,000 separate attacks via malware in 2008 alone. What is malware, you ask? According to Wikipedia, malware is short for malicious software, or software designed to infiltrate without the owner's consent. Email users and web browsers are long

Email users and web browsers are long familiar with malware, more commonly called viruses, worms, Trojan horses or spyware. Now Facebooker's are the hot target.

familiar with malware, more commonly called viruses, worms, Trojan horses or spyware. Now Facebooker's are the hot target.

I myself do not participate in any networking sites, but many if not most of my family members do. Presumably many Discovery Islander readers do so as well, so here are several tips I have uncovered to help protect yourself:

- Never insert your birth date or hometown in your profile...for obvious reasons.
- Review your Privacy Profile to ensure that access to your data is properly limited.
- Verify that a page claiming to be from a friend is actually from that friend before clicking any links it contains.
- You wouldn't put a sign on your door announcing "Away for the weekend – back Monday night"...so why do anything similar on your Facebook page?
- Google yourself. See your profile as others see it, and adjust accordingly to protect your privacy.
- Facebooking at work is a bad idea, not just from the perspective of wasting time that is not yours to waste. Companies are learning that such activities can make their own systems

more vulnerable to attack and are increasingly intolerant.

- Limit your "friends" – the biggest number wins you no prizes, but rather increases your exposure and subsequent risk.

Scammers abound and the net is providing fertile ground for new methods to rip us off, but there are still a lot of tried and true scams that the public continues to fall for everyday. According to the Better Business Bureau, people are still getting clobbered by outfits advertising "thousands of \$\$ for working from home!", or accepting free trials of goods where you supply your credit card number to cover shipping. Potential "Mystery Shoppers" are easily enticed by emails or ads promising good earnings for shopping or dining out, but only after you have paid over some hard-earned money to qualify. Many people are still falling for the classified ads offering debt consolidation loans, then finding they need to pay relatively sizeable "application fees" for promised loans that never materialize.

And incredibly, the old Nigerian letter scam is still alive and well, in spite of well over a decade of media exposure. I know of a Credit Union manager in Ontario who, a number of years ago, went for the scheme, unfortunately using the Credit Union's money to do so...he's quite unique in going to jail for falling for a scam. But as recently as November 2008 a woman in Sweet Home, Oregon, lost many thousands of dollars in just such a scheme. Janella Spears is a registered nurse and ordained reverend who fell for a scheme promising her \$20 million dollars, supposedly left behind by her grandfather J.B. Spears (she has no idea of how they learned of the family history – Facebook perhaps?) but she would need to provide monies to cover the various costs associated with repatriating the money.

They only asked for \$100 up front, which she willingly provided. But the scam went on and on, replete with official-looking letters from the Bank of Nigeria and the United Nations. The scammers even provided letters from President Bush, FBI Director Robert Mueller and the President of Nigeria to assure her all was legit and payment was imminent. There were numerous delays, more requests for funds, more promises that the funds were almost ready to disburse...and for over two years Janella sent more and more money, liquidating her husband's retirement savings account and mortgaging her house and car to provide the funds. In spite of warnings from her banker, family, friends and even law enforcement Janella sent off over US\$400,000 to the scammers. As usual, no charges have been laid.

Scams are everywhere, in every format, all the time. As the old saying goes, if it is too good to be true, it generally is.

Have You Tried Reiki Yet?

By Kathy Seymour

Reiki is believed to have been in practice for thousands of years; Dr. Mikao Usui rediscovered it in the 1800's. Most of the stories concerning how Usui discovered it are many and conflicting. The most common one seems to be that while he was visiting Mount Koriyama in Japan, on his 21st. day of meditation and fasting, he experienced a powerful light between his eyes (the area known as the third eye or seat of intuition). He saw many bubbles in the colours of the rainbow along with ancient symbols. These symbols represent healing energies that Usui began to access for powerful healing experiences for himself and others.

His discoveries and symbols have been passed down thru the generations and today there are several thousand Reiki Masters worldwide.

Reiki works on four levels of our well being, - the physical, the emotional, the spiritual and mental states. When the client is in a very deep and relaxed state, the practitioner is able to channel the universal life force energy to the client. This can be extremely helpful in that it allows the client to release blockages that may be clouding their judgement, bringing about a new and more positive attitude (an uplift ness), and a better ability to deal with life's difficulties and to help resolve these issues, thus moving forward.

Though Reiki does not replace conventional medical treatment, it has been extremely helpful in complimenting them. Often where surgery has been involved, the healing time has been shortened, pain has been reduced and there has been increased mobility.

Reiki can:

Enhance the body's natural ability to heal itself by improving the immune system.
Encourage the release of disease in the mind, body and spirit
Help release toxins in the body
Promote a deep sense of relaxation and reduce stress

Develop a greater sense of creativity
Balance the body's energies

One does not need to believe in Reiki for it to be effective, all that is required is the client's desire to release stress, become relaxed and let the energy do its work. Reiki is a very safe, gentle and healing practice making is suitable for everyone including pets.

Kathy Seymour is a Reiki, Shaluha Ka and Quantum Touch practitioner coming to Vitalis in April

Free Day

Wednesday, April 21 is the last "Free Day" of the Fall/Winter season. We ran out of Free Dry Firewood, but there's till Free Money & Free Dog & Cat Food from 11:30 a.m. to Noon The Food Bank operates from 1 p.m. to

2 p.m. Community Lunch by donation goes from Noon to 1 p.m. All this takes place at the Quadra Community Centre.

Free Pizza is also available from 5:30 p.m. to 7 p.m. at the Upper Realm in Q. Cove.

The total costs for these November to April "Free Days",

including Free Firewood & Free Money & all the rest is less than \$10,000 a year. The Community Lunch even makes money and helps to support the Food Bank.

So for \$10,000 a year everyone on our beloved island has food in the belly, warmth from the wood stove, happy pets, some small bills in their pockets and, with the help of the public library & the books at the Q.C.C., a good book to read. Plus, the health of the body is taken care of for free with our wonderful public "socialist" health care system, which them Americans don't seem to like.

So here's the deal. We need just one millionaire (& we have several on the island) to give \$10,000 to the above mentioned programs for the November, 2010/April 2011 season. Call Steve Moore at 250-285-3323 & we can do some "Unconditional Love for our Community/Help those in need" business/karma together.

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From Haiti to Here: Quadra Emergency Program volunteers meet to discuss disasters both real and potential

by Darcy Mitchell and Frank Wallace

"Public health is provided by proper infrastructure, not physicians." Dr. John Penhall, who recently returned from a two-week mission in Haiti, ranks the lack of paved roads, building codes, water, sewers, food storage, power, and machine operators well above the absence of skilled medical care in contributing to the disastrous consequences of the recent earthquake on this island nation.

Dr. Penhall, who emigrated to Canada from northern Botswana in 2002, travelled to Haiti in February as part of a team consisting of three doctors and three nurses that spent 16 hour days providing medical care for up to 500 patients per day in both Port-au-Prince and remote mountain villages. Their work is under the auspices of "Food for the Hungry, a faith-based organization established in the US in the 1971 that supports sustainable development in twenty-six countries.

Speaking to some forty volunteers at the third Annual General Meeting of the Quadra Emergency Program (QEP), Dr. Penhall observed that – politically, environmentally and economically – Haiti "was a disaster before the earthquake", having faced staggering difficulties since its creation through a slave revolution in 1804. For a population of more than 9 million, there are no emergency services and little social or health support. Fifty percent of children die before the age of five; over 90% have internal parasites. There is no effective government and, because the headquarters of the permanent UN mission collapsed with over 200 people killed, a major source of leadership and coordination was lost in the first minutes of the disaster.

In his presentation, Dr. Penhall provided a personal and graphic description of the effects of a major disaster on a society that has little or no capacity to deal with such events. It is a very dry country and water supply is always a problem but along with the collapse of many breeze block buildings on their occupants a lot of the rainwater catchment tanks were destroyed: this with the lack of sewers and the decomposing bodies in the rubble compounded the severe health risks. For many of the

survivors the distress of losing family members was all the greater because they could not be laid to rest but many bodies had to be burned in the streets.

There are few paved roads; vehicles and heavy equipment are not readily available so even when bulldozers were flown in there were no trained operators to use them and the collapsed houses are mostly being cleared by hand. It is hard to realize how much we depend on the reliable provision of fuel, water, sanitation and transportation; aid organizations that are used to countries with these basic services found themselves practically helpless and a great quantity of donated goods could not be moved to where it was needed.

Compared with Canada, the contrast is not merely the lack of medical services, but the almost complete lack of physical and social infrastructure. The situation is compounded by the often ineffective efforts of international non-governmental organizations to provide support of the right sort, in sufficient quantities, and over a long-enough period of time. When asked how Canadian volunteers can best help, Dr. Penhall offered several pieces of advice:

- "take up a cause and stick with it";
- do your research to make sure NGO's make good use of your contributions, and especially check on the percentage of donations that are used for administration as opposed to projects in the field, and;
- "give money rather than stuff".

Dr. Penhall thanked the QEP for inviting him to speak, and praised Quadra Island for its outstanding organization and volunteer commitment. ("If there is a disaster, I think I'll swim Discovery Passage to get over here.") The QEP has indeed come a long way in a short time, growing from 65 to 103 trained volunteers (including five from Read Island) who contributed nearly 2700 hours of service in 2009. Over \$30,000 has been raised to purchase a portable 50 kilowatt emergency generator, and a new society, the Discovery Island Emergency Preparedness Association

has been established to coordinate fund-raising for other local needs. To find out more about Emergency Preparedness or to volunteer your help, please contact Betty Doak (285 3590), Judy Hagen (285 2150 after April 12) or Darcy Mitchell (285 2739).

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If you have any questions or would like to see if the Soleil Infrared Sauna is right for you, please contact Lori of Rejuvenation Bodywork, located at the Vitalis Wellness Centre - 203-2248.

Chamber Acknowledges Local Achievement



Chamber President Lynden McMartin (R) presents Darcy Manners & the staff of Heriot Bay Tru-Value with their award.

The Discovery Islands Chamber of Commerce recently announced their 2009 Business & Volunteer Awards, arrived at from input across the community. The 2009 Business Honorary Mentions are:

- Heriot Bay Inn
- Tsa-Kwa-Luten Lodge

Award Winner: Heriot Bay Tru-Value Foods, for providing superior customer services, for recognizing a community challenge and the need for a new recycle centre and for their spirit board donations to community nonprofit associations.

The 2009 Volunteer Award Honorary Mentions are: Dr. Mary Mc Intosh, Iggy Gonzalez, Carol Ann Terreberry and the Award Winner: **Judy Hagen**, for illustrating leadership, for benefiting the community, for her many volunteer services and for role modeling.

Congratulations to the award winners, all nominees and everyone who contributed to these excellent efforts and took the time to bring their suggestions forward so we can celebrate our community leaders.



Chamber President Lynden McMartin & Treasurer Deb Gilliland (L) present Judy Hagen (C) with her award.

HERIOT BAY TIDES

Date	PST	m	ft
09	03:52	4.4	14.4
Friday	10:21	2.9	9.5
	15:03	3.7	12.1
	21:26	2.1	6.9
10	04:21	4.4	14.4
Saturday	10:51	2.7	8.9
	16:07	3.8	12.5
	22:14	2.3	7.5
11	04:45	4.4	14.4
Sunday	11:18	2.4	7.9
	17:04	4.0	13.1
	22:57	2.4	7.9
12	05:08	4.4	14.4
Monday	11:44	2.0	6.6
	17:55	4.2	13.8
	23:36	2.6	8.5
13	05:30	4.4	14.4
Tuesday	12:10	1.7	5.6
	18:41	4.4	14.4
14	00:14	2.8	9.2
Wednesday	05:52	4.4	14.4
	12:39	1.4	4.6
	19:25	4.6	15.1
15	00:52	3.0	9.8
Thursday	06:14	4.4	14.4
	13:10	1.2	3.9
	20:09	4.7	15.4
16	01:32	3.2	10.5
Friday	06:39	4.4	14.4
	13:45	1.0	3.3
	20:55	4.7	15.4
17	02:15	3.4	11.2
Saturday	07:08	4.4	14.4
	14:26	0.9	3.0
	21:46	4.7	15.4
18	03:03	3.5	11.5
Sunday	07:43	4.3	14.1
	15:11	0.9	3.0
	22:43	4.7	15.4
19	04:01	3.6	11.8
Monday	08:24	4.2	13.8
	16:02	0.9	3.0
	23:47	4.7	15.4
20	05:17	3.6	11.8
Tuesday	09:16	4.1	13.5
	16:57	1.1	3.6
21	00:53	4.7	15.4
Wednesday	06:48	3.5	11.5
	10:29	3.9	12.8
	17:59	1.3	4.3
22	01:49	4.7	15.4
Thursday	08:07	3.2	10.5
	12:19	3.7	12.1
	19:08	1.6	5.2
23	02:36	4.7	15.4
Friday	09:06	2.8	9.2
	14:01	3.8	12.5
	20:17	1.9	6.2

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SERVICES

ARE THOSE SPRING BUDS WE SPY?!

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

HORTICULTURISTS FOR HIRE

Two experienced plantspeople, both certified horticulturists, are available to help with your beautiful island garden. We specialize in soil health, food gardens, and plant selection. Call 250-202-2326 to leave a message, or e-mail ryan@ryansgarden.com Please see www.ryansgarden.com for more information

FERNBANK SAWMILL

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

FOR SALE

1994 TOYOTA RAV-4

Right-hand drive, 2 door, Auto, Air, PW, PL, 80,000 km \$7,000 o.b.o. Call Marc 250-923-2485

VINYL WINDOW

New, never installed. 68" high, 94" wide. Cost \$2,000 asking \$900 o.b.o. Will deliver. Call Marc 250-923-2485

FOR RENT

FOR RENT

Quiet, Clean, Studio cabin for rent with all the amenities, wood and electric heat, dry heated storage included. No Dogs, smokers outside, Ref.

email tedmat@gicable.com

STORES

AMPED ON NUTRITION

Quadra Island's Health Food Store and Deli. We carry vitamins, supplements, alternative groceries and more. Energize yourself with our delicious, organic vegetarian deli delights. Combining what you need with what you want.

Open 10:00 am - 6 pm every day except closed Sundays and Mondays 250-285-3142

ACCOMMODATION

FIRE SIGN ART & DESIGN STUDIO AND B&B

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

SPRING GETAWAY

Consider Tsa-Kwa-Luten's two bedroom deluxe beachfront house by the wharf for your next retreat, romantic getaway, girl's weekend or visiting friends and family. Self contained and fully furnished with living room, gas fireplace, floor to ceiling windows, wrap around covered deck with BBQ, full kitchen with dishwasher, 2 bedrooms with queen beds, 2 bathrooms; one with oversize jetted tub and one with oversize shower. Special spring rate \$179.95 plus taxes. Call 250-285-2042 or book on-line and save 10%.

HELP WANTED

THE NUYUMBALEES CULTURAL CENTRE

re-opens for the season on May 1st, 2010. We are seeking interest from both mature and youthful individuals willing to volunteer their services to work with visitors to the centre and we are also seeking resumes in application for part or full time sales clerks or part time group tour guide. Previous sales/cash or tour guide experience would be an asset.

Deadline: April 11th, 2010.

Apply by fax: 250-285-2532 or

by Email: cat@capemudgeresort.bc.ca



The Lodge re-opens April 18th, 2010 and we are seeking both mature and youthful employees looking for part or full time employment. We are a progressive company offering competitive wages, an awesome oceanfront location and transportation provided to and from the ferry to the Lodge for most work schedules.

Positions Available:

Front Desk Clerk
Prep Cook/Dishwasher
Chambermaid
Server or Bartender
Dishwasher or Busser

Deadline: March 28, 2010

Apply by fax: 250-285-2532 or

by Email: cat@capemudgeresort.bc.ca

PERSONALS

GOLF ANYONE???

I am interested in joining or finding ladies to join me in a weekly golf game. Initially nine holes, possibly graduating to 18 as skills improve. If interested please call LeeAnn at 250.285.3654 or e-mail leeann53@gmail.com to make arrangements.

WELLNESS

SPRING INTO WELLNESS!

Buy a sauna pass and receive a \$10 off coupon for any massage, bodywork, or spa treatment with Rejuvenation Bodywork!

*4-week pass (2 per week) \$99

*5-session pass \$90

*10-session pass \$180

SeaFlora Body Treatments on Sale!

Exfoliating Rockweed Scrub & Moisture for the whole body, back, feet, or face: save \$5 - \$10! Whole body scrubs come with a Steam Shower, or book a Steam & Jacuzzi session and do the scrub yourself! Call Lori today @ 250-203-2248

FITNESS

PILATES

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

Visit www.practicalpilates.ca or call Natasha on 250-285-2930.

VACATIONS

LUXURY HOUSEBOAT RENTAL

Available Aug. 15 - 22, 2010. Fairmont Shuswap Lake Resort Club 50-ft boat sleeps 8. \$2500 OBO. Call 250 285 2142

REAL ESTATE

FOR SALE

11.7 acre bareland strata lot. West side of Read Island. Inland, 6 mi. N. of Heriot Bay, 3 mi. S. of Surge Narrows. Boat access only. Well, creek, garden areas, forest. One of 7 lots in the "Windfall" development, established 1979. Common Property areas include moorage facility, waterfront utility area, access road, and 64 acres nature reserve. \$140,000. call 250- 287-0910

OCEANFRONT OFFICE FOR RENT

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

Discovery Islander CLASSIFIEDS

ONLY \$10 PER ISSUE (INC. GST)

Simply drop off your 30 word ad along with cheque or money order to our office at 701 Cape Mudge Rd. You can also send it via email to news@discoveryislands.ca, or call us at

285-2234