



Discovery Islander

Community News and Events from the Discovery Islands

ISSUE #180
JANUARY 29TH 1999



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Publishers' Notes

**Discovery
Islander**
Community News and Events from the Discovery Islands

#180 January 29th 1999

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



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Next Deadline 5pm Monday February 8th



On the cover:

Refreshed from a dip in the chuck, New Years revellers at Rebecca Spit

Photo: Tanya Storr

Correction

The publishers would like to apologise for the January 15th issue error in, "Notes from an artist". The text should have read "May your beautiful soul" not "May your beautiful sole".

Lost Your Watch?

Found...on my driveway...Jan. 24th.
Lorus quartz watch. Phone Hilary, 285-2805.



Quadra Island Recreation Society

Events and Workshops

Check out our new website! www.quadrarec.bc.ca

Women who are interested in helping organize International Women's Day, or have a song/poem/reading pertinent to IWD, please call Q.C.C. at 285 3243. This is a potluck gathering for women, Saturday, March 6 at 6:00.

Crop Circles! Join crop circle researcher Chad Deetken who studies sites in Britain and Canada. He has slides and information on lay lines and sacred geometry. Did you know that crop circles have shown up in Vanderhoof, Saskatchewan, Alberta and Ontario. Skeptical? Check it out, Saturday January 30, 7:30. Mignon Smienk at 285 3163 is the contact person.

Friday Flicks present: Kitchen Party, Friday February 5, 7:45.

Requested by the teen-set: Learn to jive to swing music! Everyone is welcome. „Be the first on the block% to revive this ancient art of the 40's and 50's....(are we recycling or what?)...Barb Shore is a good teacher who will get you knowing the right moves in 3 short hours. Saturday February 6, 1:00- 3:00. Cost is \$10. Pre-register at 285 3243. This will fill up fast, so call soon...

Quadra Recreation Society,s Annual General Meeting is Sunday February 7 at 7:30. The primary role of the Society is to plan, activate, facilitate and promote broadly based involvement in cultural, educational and recreational activities that contributeto the enrichment of the individual and the community. The Society fulfills its role through response to the needs, desires and interests of Quadra residents.

Mitlenatch presents: The endangered Vancouver Island Marmot. Join biologist Andrew Bryant for a look at one of the world,s rarest mammals, Friday February 12, 8 p.m.

The Quadra Island Pre-school is 20 years old this year! Come to the anniversary Valentine,s Dance and dance to the big band sound of Campa. Check it out, Saturday February 13. Sue Rose has more information at 285 2512.

Quadra Recreation Society,s Cultural Committee present: pianist, Erika Raum and violinist, Lydia Wong, Sunday February 14 at 2:30.

On February 20, 8 p.m. at the Community Centre join Pacific Yachting contributor Ian Douglas and Mary Jane Crawley for their bluewater sailing show „Five Years Round the Ring of Fire.% Discover South Sea atolls, five the great Barrier Reef, tie up in a Japanese fishing village and winter in the Carmel of the North. All proceeds to CCAP.

Island Calendar

•Every Sunday

-Winter Market

1:00-3:00 p.m.

Community Centre

•Feb. 21, Sun.

-Defining Boundaries

7:30 pm

United Church

Jan. 29 & 30

-World Community Film Fest

Courtenay, Filberg Centre

Feb. 6 & 7

-Pranic Healing Workshop

Community Centre

Feb. 12, Fri.

-Van. Island Marmots presentation Community Centre

8:00 p.m.

Feb. 20, Sat.

-Bluewater Sailing Slide Show

8:00 p.m.

Community Centre

Feb. 21, Sun.

-Defining Boundaries

7:30 p.m.

United Church

March 21, Sun.

-Evening Service

7:30 p.m.

United Church

April 28 & 29

-Quilting Class

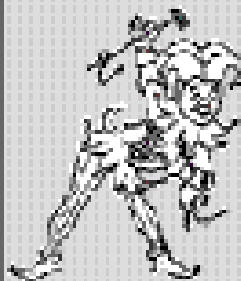
Karla@2393

ph.Shirley@3787,

Quadra Players
Annual General Meeting
Monday February 15, 1999
Community Centre
7:30

Fools Gallery

FOOLS BARE ALL!!



Watch for a brand new
show at the Fools Gallery.
If you want to participate
please call Urtator Candy --

285-3818

Winter Hours Thurs-Sun 12-5

Island Market, Harriet Bay

News & Events

Evaluating Antique Furniture

A workshop entitled "Evaluating Antique Furniture for Restoration and Repair" is offered by the Museum at Campbell River on Saturday February 13th, from 1:00PM to 3:30PM.. This presentation will show how to decide what needs to be done to maintain both the value and the history of a piece of antique furniture. Serving as a basic introduction to the field, it helps participants decide what work they would like to do, and whether or not to consult a professional.

Owners of antiques often attempt unnecessary restoration, when simple care and cleaning are all that is required. Since the finish is an intrinsic part of the furniture, and often very difficult to duplicate, care is needed in considering a restoration program. A cautious approach also helps maintain the value of the furniture. Instructor Kevin Brown will show furniture artifacts from the museum collection to illustrate procedures in evaluating the work required to restore furniture to museum standards. He will cover documentation, cleaning, repairs and finish. Participants are encouraged to bring a piece to the workshop to be evaluated and discussed.

Kevin Brown is manager of the Haig-Brown House Education Centre in Campbell River. He began his career as a commercial furniture finisher, and then moved into work in historic sites and museums. Kevin has extensive experience restoring and building furniture in a museum setting. He has worked as a furniture restorationist at Barkerville Historic Site, and as a historic carpenter at Barkerville, Fort Langley National Historic Site, Fort Steele Provincial Heritage Town and at the Haig-Brown House.

The workshop fee is \$25.00 with a 10% discount to museum society members. Please pre-register by February 10th at the museum, 5th Avenue and Island Highway. The museum is open noon to 5:00 p.m. Tuesday through Sunday. For more information call 287-3103.

Bruce Johnstone at Museum

"Mostly Hometown," a collection of paintings by local artist Bruce Johnstone is currently on display at the Museum at Campbell River. Many of the pictures, bearing titles such as "Baikie's Shingle Mill" and "Crawford's Store," reflect a bygone era, and the artist actually created these watercolour or acrylic scenes from historic photos in the Museum's archival collection. The exhibit is co-hosted with the Campbell River Community Arts Council.

Bruce Johnstone grew up in Campbell River. He developed drawing skills at an early age, but credits an evening class taught by Sybil Andrews with really opening his eyes. As a teenager, he learned from the renowned lino block artist how to work with charcoal, oil paints, watercolours and chalk pastels. Being practical, he says, he studied building technology in Vancouver and worked in the building design field for a number of years. He then learned printing production and was employed in the printing business until deciding to pursue a painting career full-time. He currently works from his home studio in Campbell River.

The Bruce Johnstone exhibit "Mostly Hometown" is at the Museum at Campbell River until February 14.

Ride the Rails at Museum


The Museum at Campbell River hosts "Riding the Rails," a "family drop-in" event on Saturday, February 6 and Sunday, February 7 from noon to 5:00PM each day. This popular family event attracted close to a thousand visitors last year.

The North Island Model Railroaders will lay down over 100 feet of model track and operate precision models of trains and rolling stock. Realistic miniature buildings and scenery complement this extensive layout. Club members will bring railway memorabilia for display and will be on hand to explain the module layout and answer questions about model railroading.

All members of the North Island Model Railroaders share a common interest in model railroading. Specialties within the group vary from scenery building to painting and detailing locomotives. The club utilizes their popular module layout to promote the hobby and bring the wonders of model trains to the public. By special invitation the group attended the National Model Railroad Convention in Portland in 1994. They also attend annual local events such as the spring model railroads meet in Nanaimo, and "Trains" in Burnaby, which attracts close to 3,000 visitors. New members are always welcome to join the North Island Model Railroaders.

Short workshops are offered at 3:00PM each day, introducing participants to model railroading as a hobby. Visitors are welcome to bring railroad equipment for analysis by club members. Videos depicting famous railroad layouts in North America and "The Railroadier," a classic comedy starring Buster Keaton, will be shown in the Westmin Theatre.

Admission to the Riding the Rails is by donation.



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Quadra Island Cultural Committee

Violinist Erika Raum

Sunday, February 14th, 1999, brings a Valentine's Day treat to Quadra Island, with a visit from Erika Raum, one of Canada's finest young musical artists. Erika Raum has been playing professionally since the age of twelve, winning prizes and critical acclaim both at home and abroad. Born into a musical family, Erika began her training before the age of 3. In 1993, her mother, Elizabeth Raum, composed for her a violin concerto entitled "Faces of Woman", which was broadcast nationally by the CBC. Erika's sister, Jessica, produced and directed the award-winning documentary which recorded the event. The Toronto Star describes Erika Raum as "one of Canada's most talented young string players". She has played in many European venues, with such orchestras as the Budapest



Radio Orchestra, Hungarian National Philharmony, the Vienna Symphony, the Austro-Hungarian Orchestra and the Franz Liszt Chamber Orchestra. She made her Canadian debut in 1995 with the Toronto Symphony Orchestra. She continues, as a recitalist and chamber musician, to perform across Canada, and returns often to international stages.

Accompanying Ms Raum is Lydia Wong, one of Canada's most sought-after collaborative pianists. Featured in venues across the globe from Carnegie Hall to London's Wigmore Hall, Ms Wong has been partnered with artists from Shauna Rolston to Joel Quarrington. Winner of Britain's Ivan Sutton Recital Prize, she has received numerous awards from the Canada Council and the Floyd Chalmers Fund.

The concert begins at 2:30 PM., at the Quadra Island Community Centre. Ticket prices are: Adults, \$15; Seniors, \$12 and Students, \$5, available at the door. For a ride from either the Cortes or Campbell River ferry, please call 285-3700 during the week before the concert.

"Five Years Round the Ring of Fire"

On February 20, 8pm at the Community Centre join Pacific Yachting contributor Ian Douglas and Mary Jane Crawley for their bluewater sailing show "Five Years Round the Ring of Fire." Discover South Sea atolls, dive the Great Barrier Reef, tie up in a Japanese fishing village and winter in the Carmel of the North. All proceeds go to CCAP.

Minor Softball Registration

Sat. Feb. 27, 10-2, Quadra Foods

Wed. Mar. 3, 4-6, Quadra School

Sat. Mar. 6, 10-1, Heriot Bay Store

*Bring your child's birth certificate for proof of age. A \$50 uniform deposit (separate cheque) is also required (made out to Minor Softball).

Quilting Teacher

Coming to Quadra

Janet Rice-Bredin of Parry Sound, Ont., one of Canada's leading quilting teachers, is coming to Quadra in April. Janet will be teaching a two day workshop on Wed. & Thurs. **April 28 & 29** called "Reflections of a Landscape," which will enable you to interpret a picture, or photograph in fabrics.

There are still some openings for this fun fabric project. For further details, phone Shirley at 3787 or Karla at 2393.

Swing Dance

The Quadra Island Pre-school is 20 years old this year! Come to the anniversary Valentine's Dance featuring the 15 piece swing band, CAMPA from the Comox Valley. Saturday, February 13. Doors open at 8 pm. Tickets are \$8. Sue Rose has more information at 285-2512. Martini specials and dance prizes!

Vancouver Island

Marmots

Ten years with sidehill gougers: new insights into the ecology of Vancouver Island marmots.

Wildlife Scientist Andrew Bryant spent over a decade in the mountains of Vancouver Island studying Canada's most critically endangered mammal. You can learn more about this unique creature, when Dr. Bryant reveals their world through a talk illustrated with spectacular slides. Why are they endangered-does climate change or logging play a role or are there other reasons which are not yet fully understood? He will discuss their ecology and history and also describe the ambitious program currently underway to prevent their extinction. For more information about marmots, you can contact the Recovery Project at 754-8080 or visit their award winning website at www.islandnet.com/~marmot. Presented by Mitlenatch Field Naturalists, Friday, February 12 at 8pm at the Quadra Community Centre.

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Friday Flicks: Kitchen Party

The next movie in Friday Flicks line up of great winter entertainment is ***Kitchen Party***, playing February 5th at the Community Centre. **Doors open at 7:30, showtime is 7:45.** Admission is \$4.50 for adults and \$3.50 for students and seniors.

Filmmaker Gary Burn's ***Kitchen Party*** won two special mentions in Italy at the Turin Festival of Young Cinema. This was not a surprise to the critics closer to home, who saw Burn's debut feature *The Suburbanators* as one of 1996's best kept secrets. Canadian made ***Kitchen Party*** picks up where it's predecessor left off. It is another "smart, sharp-edged comedy of bad manners, ambitious enough to skewer two screwed up generations at once" (Gemma Files).

Kitchen Party tells the story of two parallel house parties. When Scott's parents leave for an overnight dinner party, he seizes the rare opportunity and decides to throw a party of his own. Just a small party. But, what begins as a relatively harmless gathering slowly and "with an After Hours flair for tension, unravels into a series of small scale crises" (Michael Bertin). This in a home where the carpet is so prized it is forbidden to be trod upon.

Burns creates a "deftly constructed study of how urban banality can elevate itself to drama" (Bertin). To its merit, ***Kitchen Party*** doesn't get bogged down in the over-analysed drama of modern Middle class family dysfunction. The film holds its focus on the humourist aspects, concentrating on the kids, whose biggest fears are their parents, and the parents, whose biggest anxieties are the result of those kids. Burns tracks the progression of each party and inevitably, the two must clash.

In Burn's own words, ***Kitchen Party*** illustrates that, "When you put mom and dad under pressure and give them lots of booze, they reveal themselves to be equally juvenile and back stabbing and to still be going through exactly the same



shit that their kids are just discovering for themselves."

For more information on Friday Flicks' calendar of films and the Recreation Society, look it up on the web: www@quadrarec.bc.ca

Aerobics evening class

Be active again!

Join Marion Eberlein for a great aerobic workout, to a super music that gives you back your energie. Stabilize your cardio-vascular system, lose weight and find back to a healthy diet. Each session will be finished with a relaxed stretching. No fashion show or competition, we just want to have fun and feel better. The first class will be free for anyone who gives it a try. Mondays and wednesdays 5:30 to 6:30 p.m. at the Community Hall Costs \$ 40/8 classes, \$ 6 drop in.

For more information call Marion at 285 2895.

Climbing Wall for Quadra??

Anyone interested in establishing a climbing wall on Quadra or with ideas, suggestions etc... Give Heather Kellerhals a call at 285-3570

Buddhist Meditation

Buddhist Meditation is no longer at the Community Centre on Sundays. It has moved to private homes. The 1st and 4th Sunday of each month until June there will be meditation, tea, and a discussion at 129 Joyce Rd. at 11:00am.

The third Sunday of each month meditation is at Dan Bingham's house. If you have any questions please call 285-2882.

The 1st Sunday meditation will be Chenrezi, the Buddah of Compasion. The 4th Sunday will be Tara practice and silent mediation. All are welcome, especially those seeking to learn more about the mediative state of being.

United Church

Quadra Island United Church invites you to the evening service on **Sun., Feb. 21 at 7:30pm.** Dirk Van der Minne will present "Defining Boundaries". Sunday School continues weekly at 10:00 am. Everyone welcome.

History Course

Campbell River Museum is offering a five-part Saturday afternoon series on local history starting on February 27th. Course instructor, Jeanette Taylor, is a Quadra Island-based historian who will present a panoply of characters and events from ancient times through to WWII. The final session will be on using archival collections, the internet and tape recorded interviews to collect local history. For prices and details please call Terry Hall, CR Museum, 287-3103 or Jeanette Taylor at 285-3651; e.mail - Jeanette.Taylor@CRCN.NET.

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John Kaplan's
Magic Bus is stopping at
Quadra Elementary Feb. 25

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Pranic Healing

Teresa Evans of Victoria will present a weekend course in "The Ancient Art and Science of Pranic Healing" on **February 6 and 7 on Quadra Island**. For more information call Laurie at 285-3601.

According to Evans, the course is designed for all people who are interested in learning how to assist the healing process for themselves, their family and friends. "Pranic Healing is easy to learn," she says.

Teresa Evans, a former resident of Quadra Island is a registered nurse who until recently worked in the field of psychiatry. Engaged in her own journey of growth and healing over the last 20 years, she discovered Pranic Healing after exploring a variety of therapies. She now enjoys a full-time practice using Pranic Healing in Victoria, B.C., and is authorized by Master Choa Kok Sui to teach Pranic Healing.

Pranic Healing is a powerful non-touch form of energy healing that involves both a cleansing and energizing process. It can be used to treat both physical and psychological ailments. Pranic Healing is now being taught and practised in over 35 countries, from the cancer hospitals of India to Kaiser Medical Centre in Los Angeles.

Prana means "life force" in Sanskrit. The course offers a synthesis of ancient oriental techniques. Chinese healing master Choa Kok Sui has reintroduced these techniques to the modern world after years of scientific research and documentation at the Institute for Inner Studies in Manila. According to Evans, his goal is for Pranic Healing to be used as a tool of compassion and mercy to alleviate suffering around the world.

She points out that Kirilian photography has long since demonstrated the existence of a "vital" or energy body that interpenetrates and extends beyond the visible, physical body. Evans explains that disease actually appears first in this energy body.

Evans emphasizes that Pranic Healing is a compliment to traditional medicine, not a replacement.

For those who are unable to attend Evans' course, Betty Gravelle of Courtenay (also an authorized teacher) will be offering an introductory evening on Pranic Healing at C.R. Sportsplex, Rm.3 Monday, Feb. 8, 7:30-9:30. Call (250) 334-2191.

World Community Film Festival

B.C.'s largest social issues film festival is set to roll in Courtenay, **January 29th and 30th, 1999**. The eight World Community Film Festival featuring 34 video productions from all parts of the world will once again place engaging and exciting issues in front of festival-goers.

"We're excited about the positive aspects of this year's festival," says program coordinator, Wayne Bradley. "We always focus on videos that highlight challenging social issues, but this year we've really tried to feature productions that give the viewer a chance to become a part of the movement to make our planet a better place to live."

From the opening night with Nettie Wild's gripping documentary 'A Place Called Chiapas' through to the Saturday evening closing feature, 'Today is a Good Day: Remembering Chief Dan George', the festival presents productions which challenge, inspire, and move people. Festival organizers pay very close attention to the content of the videos with the aim of motivating people to become supporters of the struggles of people around the world, not just passive observers.

A special feature of this festival is the bazaar where community and activist groups have tables with information about the very issues presented in the videos. This opportunity to get more information and to connect with people who are already involved makes it easy to respond to challenging issues. As well, many groups have goods for sale from different parts of the world, and a vegetarian lunch and a salmon supper will be featured. "You can spend the whole day at the festival on Saturday with the three venues showing videos all day and the bazaar where you can relax. The festival becomes a small community for the day and people make great connections," says Bradley. "It's no exaggeration to say that this festival has changed the lives of more than a few people!"

The festival will be held at the Florence Filberg Centre in Courtenay. Admission is \$8.00 for Friday evening and \$15.00 for all day Saturday including the evening program. Children under 12 are free. People who are interested in getting more information can contact the festival at World Community Film Festival, Box 3192, Courtenay, B.C. V9W 7J3: Ph. 250-337-5412: email: wbradley@mars.ark.com



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Food for Thought

If Jack Sprat were alive today, he would have little trouble sticking to his no-fat regime. Low-fat and no-fat products line our grocery store shelves and many of the popular diets today maintain that by cutting fat, your health problems will be over. While it is very important to monitor your fat intake, this can be misleading. Just because a product is fat free, does not make it healthful. You only have to read the label to see that many of these foods are full of refined sugars that the body will process and store as fat anyway. Fat has the reputation of being a villain but all fat is not equal.

Most people are aware that a diet high in saturated fat is associated with increased risk of heart disease and believe that unsaturated fat is safe. This is not the whole truth. Most of the unsaturated oil sitting on our grocery shelves or used in food manufacturing has undergone extensive processing. It has been heat-treated, degummed, bleached, deodorized, refined, hydrogenated or partially hydrogenated. In short, all nutritional goodness has been removed and what you have is a shelf stable form of chemically altered molecules.

Hydrogenation, a process used to make oils \ldblquote spreadable\ rdblquote , actually changes the molecular structure and creates trans-fatty acids. These twisted molecules are foreign to our bodies and have a wide range of detrimental effects on our health. For years we have heard about the health benefits of margarine based on the fact that it is polyunsaturated fat. What they fail to mention is that by way

of hydrogenation, this polyunsaturated base is no longer in a form recognizable by Mother Nature herself.

While the unfriendly fats can bring about undesirable effects in our bodies, the opposite is true for a group of lipids called Essential Fatty Acids [EFAs]. These EFAs are fats that can not be made by the body and must be obtained from food or supplements. These beneficial fats are components of cell membranes, hormones and the nervous system. EFAs may actually aid in weight loss by increasing metabolic rates and energy levels. A deficiency of EFAs can be seen in the skin and the hair. It is linked to behavioral disorders in children and disorder of the nervous system in adults.

Essential fatty acids are classed as either Omega 3 [flax oil] or Omega 6 [Evening primrose oil]. For optimal health, a balance of both is needed. Other safe dietary sources of EFAs are butter, olive oil, avocado oil, macadamia nut oil and the naturally occurring fats in fish, eggs, poultry, fresh nuts and seeds. Choose unrefined, non-hydrogenated oils and try to obtain these essential nutrients from whole food sources whenever possible. If you wish to supplement your diet, purchase an EFA blend and be sure to keep it refrigerated. These have a short shelf life and must never be used for cooking or frying.

Typically, in an average western diet, over 40% of calories come from undesirable fats. For optimal health, keep these fats to a minimum. Especially avoid rancid fats and deep-fried foods of all kinds. Today's popular diet gurus

vary in their fat recommendations and range anywhere from 10% to 30%. I agree that the undesirable fats should be kept to a bare minimum while EFAs should round out the rest of the dietary fat intake. The bottom line is that although Jack Sprat can eat no fat, his wife can eat no lean, we really should strive for balance in between. Good health to you!

Nut butters are a great source of EFAs. Try them on fruit, or blend them into a salad dressing for a nice change. Grind walnuts or almonds in a blender, 1 cup at a time, until you have a powder, [don't worry if it is a little chunky]. Gradually add oil until you have a paste. Keep all nut butters in the refrigerator to prevent rancidity and oil separation. Use the following recipes as a guide and alter the oils if needed.

Walnut Butter

2 cups walnuts
1 Tbsp. flaxseed oil
2 Tbsp. walnut oil
1 Tbsp. water
Almond Butter
2 cups almonds
1 Tbsp. flaxseed oil
2-3 Tbsp. walnut or olive oil
1/4 cup water

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Money Matters

Steven Halliday

On January 12, the CBC programme "Marketplace" aired a repeat of a segment on Canadian bank closures, updated to incorporate the now defunct merger proposals. It profiled communities from rural Saskatchewan to urban Montreal and the impact bank branch closures had on the community or neighbourhood previously served. In closing the episode, the moderator speculated that now the banks will be unable to achieve economies of scale via merger, they will likely continue or even accelerate the closure of branches and the drive to get customers to switch to electronic services.

The programme showed that the closure of a branch impacted communities in many ways. Obviously, people that are unfamiliar or uncomfortable with electronic banking (ATM's, telephone or PC based) suffer the most, and are often forced to travel great distances in order to do routine banking. Businesses that handle large cash amounts are severely impacted and must take on inordinate risks of carrying the cash on hand as well as the cost of non productive funds. These same businesses are often called on by the community to act as a bank substitute, in areas such as cashing cheques or extending credit that they are ill suited to perform. Believe it or not, the lack of a local banking facility can

actually cause a business to fail. People of limited means find they cannot afford the service charges they must now pay for routine banking services performed electronically. And the community itself loses a valuable resource - one person rightfully pointed out that businesses and people looking at a community as a possible destination consider banking services as much a necessity as grocery stores or medical facilities. The lack of banking facilities could damage a community's growth prospects.

The strongest voice of protest belongs collectively to the seniors. They tend to be the hardest hit by the loss of the local bank, and the least equipped to use alternative services. For some seniors, their regular visit to the bank is often a social event, giving them an opportunity to interact with a friendly teller in an unhurried manner. For many of these people, electronic banking is not an option. One 80 year old woman explained that the banks have an obligation to continue to serve the minority of people such as herself that have been solid customers for many years, even though it may not be cost effective. She points out that her generation won't be around much longer, so the expense of providing them with expected services will not continue indefinitely. But one of the most striking comments made was in relation to the

commitment to a community. A branch in a mining community had closed after over 40 years service, abandoning the town as it struggled to adapt to the new economy. The interviewee stated that the bank had many, many profitable years in the community, but when the community needed them most they were gone. Is it fair to expect a bank to be socially responsible to the community it serves? In my opinion, expect is too soft a word - society demands social responsibility, and the bank (or any other business) ignores this at their peril. Unfortunately when the head office is in Toronto an institution tends to be ignorant or insensitive to the impact its actions can have in Smalltown, Canada.

Full service financial institutions are very expensive to build and operate. Most banks seek to reduce these costs by encouraging self service banking. As one lady put it, now she gets to do all the work AND pay a service charge for something a teller routinely did for nothing. This is progress? The banks routinely state these branches were losing money. Interestingly enough, in at least one instance a Credit Union took over the vacated bank building, opened a new branch, and is doing just fine (and I'll bet the service is better too!).

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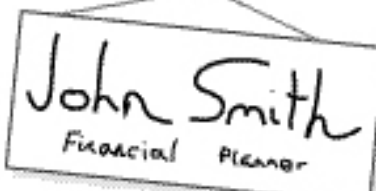

by Marion Eberlein

These days we hear more and more about fitness, health and weight control. For most people their ideal weight is how much they weigh on the scale. But this isn't really the best measurement. The issue isn't so much what you weigh, but what percentage of your weight is composed to fat. One pound of muscle tissue, for example is more active, denser, and smaller than one pound of larger fat tissue. It is possible that two people who are the same size can differ by ten pounds on the same scale. Yet the one who weighs more could actually have less body fat and better muscle tone. If you lose fat and gain muscle through exercising, your metabolism is also higher and you burn more calories, even at rest. But how to reach and maintain an ideal and healthy percent body fat? Don't even think of a crash diet. With a lack of nutrition your body will react with defence and slow down it's metabolism. You burn less calories and you will actually store even more fat than before, in preparation for the next crisis!

Did you know that fat has twice the calories per gram as carbohydrates or protein? Fat has 9 calories per gram. Carbohydrates or protein have 4 calories per gram! Excess body fat also increases a number of health risks: heart disease, diabetes, high blood pressure or joint problems. Aerobic exercise combined with eating the right food reduces these risks dramatically. With aerobic exercise you will also increase your body's ability to burn fat and you stimulate and stabilize your cardio - vascular system! There are many types of aerobic activities. Most movements which make

you bend and straighten knees and hips, rhythmically and continuously with music are great for aerobic exercise, like high-low impact aerobics or step aerobics. Walking, jogging, cycling are also very good. These activities use the large muscles of the thighs and hips. The rhythmic squeezing of these large muscles cause the heart to pump more blood and oxygen into the muscles and you reach your maximum burning fat, your aerobic zone. And as your aerobic fitness increases with regular but not overly intense exercise, your body activates more of the special enzymes that break down stored fat. This is the only safe and long-term effective way to mobilize excess stored fat from your body and to minimize health risks. Diet alone cannot do it !!

The best activities for you are the ones you enjoy most and are most convenient. It's as simple as that. But always watch your breathing. If you start gasping for air, your muscles become anaerobic. You are no longer in your aerobic zone. Use the breath test to stay aerobic. Exercise at a challenging pace, comfortable enough to complete a sentence without laboured breathing. Experts recommend at least a 20-45 minutes of exercise twice a week, to maximize the fat burning effect. More is even better. Sure it's not always easy to get up on your feet and start something new. But it's a lot of fun, too. And you will feel so much better. You have more energy for your day. You will be stronger and more self-confident, you will get in harmony with your body.

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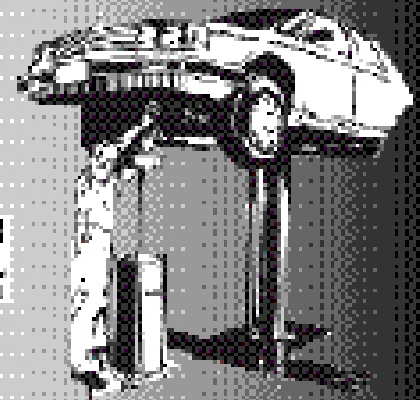
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Island Forum

Dear Editor,

In reading "Island Forum" I would like to make a comment. I hope the section will not become over subscribed with letters personally attacking any person or group who speaks up and takes a position or advocates a point of view on issues relevant to islanders.

One important ground rule I feel we should establish is to keep the personal attacks out of print. We need sincerely thought out points of view, humour, facts, clarifying information and responses. In particular I am referring to the January 15, 1999 "Into the Saltchuck 1" by Pete Calverly. The letter expressed a point of view, contained humour, a bit of sarcasm and clarification of fact. However, I was upset by the personal attack on Ray Grigg. I know Ray to be thoughtful and strongly spoken on issues dear to him. I also know Ray works very hard in the community on a number of causes beneficial to all. Like all of us, Ray may express a point of view not shared by others. This does not mean he or any other should be personally attacked for speaking up. Above all, we need to respond to one another with respect. After all, in a small community we are essentially "neighbours".

Mich Hirano

Dear Editor,

I was disappointed by the unfortunate tone of a "Letter to the Editor" in the last issue of "Discovery Islander". I feel that without absolving its writer, the D.I. shares responsibility in part. This situation is a direct consequence of your policy requiring articles or letters to be attributed to individuals rather than organisations.

It seems the policy of your publication is to print letters submitted by the deadline. This seems straightforward, and I am sure works in most instances. However, when a letter approaches the limit of what is acceptable, whether defamatory, belittling or hurtful, I believe it would not be unreasonable for the D.I. to simply call the author and suggest reconsideration. By doing this you would provide a second, or last, chance to avoid

the sort of thing which has just occurred. If the author declines reconsideration, the D.I. could then disassociate itself even beyond the usual disclaimer - which might be of benefit to your publication.

I believe intelligent and informed communication is the foundation for the understanding required for resolution of the issues which face our island - or the world for that matter.

The pieces written for Sierra Quadra are well researched, thoughtful and thought-provoking. To my mind they are one of your publication's better features. They are fitting for the Island.

Issues of personal gain can stifle good judgement, and the tyranny of greed belittle or inhibit free comment.

Sometimes it is tempting to simply sound off, but the issues which face our community are too important to be settled by the "Ready - Fire - Aim" Rules. Nobody says that finding solutions will be easy, but stepping beyond the bounds of courtesy quickly becomes counter-productive.

When we have the best interest of our island or global community really at heart, I believe we will try to consistently limit dialogue to the constructive and helpful. After all, it is not the personalities which are the issue - but ideas.

Yours truly,
Noel Lax

In Response

*Once again the spectre of 'personal attack' has raised its head in the pages of the **Discovery Islander**, or has it? In this instance, from an editorial stand point, we think not.*

The comments made by Peter Calverly in his letter "Into The Saltchuck 1" in issue 179 January 16th, although critical of Ray Grigg's activities as he observed them and in Mr Calverly's "humble opinion", did not 'cross the line' into insult. Contributors that make their opinions known in the media must be prepared to take criticism, this is the nature of public debate, especially on issues as contentious as those that Mr Grigg writes. The tone of Mr Calverly's remarks may very well have stepped "beyond the bounds of courtesy" even "hurtful" but, we believe, they were not defamatory. Had they been so they would not have made it into print.

Regarding our policy requiring submissions to be credited to the writer as opposed to an organization, for example Sierra Quadra, this is hardly a radical or unusual standpoint and one we intend to stand by.

If an organization wishes to make its opinions public under an anonymous banner then paid advertising is the appropriate form for that to take and not letters or articles to a newspaper or other publication. I would be extremely surprised if a clear example of such unsigned opinion could be found in the mainstream print media. If evidence could be clearly presented to the contrary we would be open to reconsidering this policy. Until then, we do not take responsibility in whole or in part for the content of Mr Calverly's letter nor Mr Grigg's articles.

Philip Stone, Managing Editor

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

The opinions expressed herein are those of the writers and do not represent the views of the publishers. All submissions must be signed and include a phone number (for verification only). Items may be edited for content or layout considerations.

Dear Editor,

I am writing regarding Pete Calverly's letter carried in issue #179, dated January 15, 1999.

Firstly I am concerned that the Islander, which I understand considers itself a community newspaper, would print a letter containing such a personal attack. Surely the Island Forum section should contain opinions, issues and ideas of importance to the community.

Secondly, I take great exception to his statement that: "A common "Green" strategy is to throw out some flimsy facts and build a seemingly unshakeable perception around them". Sierra Quadra draws information from sources we consider to be reliable and creditable.

Finally Pete writes: "It puzzles me why the "greens" are so worked up about our renewable resources". As a member of Sierra Quadra I invite Pete to get to know our group and members. The Sierra Club, founded in 1892 and presently with over 500,000 members across North America, is one of the largest and most respected environmental organizations in the world.

Yours truly,
Jim Thomson

Thanks

I would like to take this opportunity to thank all the people from Quadra Island and Campbell River who have been so supportive during our recent difficult times. A special thank you to Dr. Angela Burns and the Home Care nurses. We hear so many complaints about the health care system but Sally and I were treated with professionalism, compassion and caring everywhere we went and especially at home. Once again thank you all for the cards, food, gifts and thoughtfulness.

Dave Wellman and Family

Gate Erected

Discovery Forestry, the operator of woodlot Licence W1610, have applied to the Ministry of Forests to erect a gate at the entrance to the Missing Links Trail at North Gowlland Harbour. The reasons for the gate are to stop the ongoing dumping of garbage and firewood theft, and to prevent vehicle damage. A major clean-up will be carried out in the next two months. Any comments should be directed to the applicants at 250-285-3370, P.O. Box 250, Heriot Bay, V0P 1H0, or to Mr. Jim Simpson, Woodlot Forester, Min. of Forests, 370 South Dogwood, Campbell River, V9W 6Y7.

Card of Thanks

We would like to express our thanks to all our friends for their kind support and expressions of sympathy, on the recent loss of Marie's Mother.

Special thanks to the Quadra Ambulance attendants, Betty Doaks, Cst. John Clemens, and Dr. Frances. Your support meant so much to us.

Pat and Marie Brown

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To the Editor,

The Regional District of Comox-Strathcona does not usually respond to letters to the editor. However, a recent letter to the Discovery Islander from Mr. Bob Binnersley, Proprietor of QC Disposals Ltd., contains errors of omission and errors of fact which are serious enough to warrant a reply.

The Regional District has not arbitrarily changed a 24 year old agreement. The agreement of which Mr. Binnersley speaks began as a verbal agreement in 1975. The term of the agreement was continually extended by the Regional District's administrators. Over time, due to increasing fuel and ferry costs and the implementation of tipping fees, the cost of the tax funded service rose from \$26,000 to \$45,000 annually.

In 1996, during the preparation of the Regional Solid Waste Management Plan, staff discovered that no written contract existed between the District and Mr. Binnersley. As a result of their review and in light of the rising cost of providing the service staff recommended that the service be put to an open public tender.

Mr. Binnersley was, understandably, not in favour of tendering process and so negotiations began in February, 1996. The purpose of the negotiations was to bring an end to the era of verbal contracts. As a result of these negotiations

it was agreed that Mr. Binnersley would be paid a monthly subsidy until the end of 1996. After numerous meetings between staff, the Area Director and Mr. Binnersley, a further 2 year extension to Mr. Binnersley's verbal contract was granted to allow him time to prepare a business plan for the day when the subsidy finally ended.

On December 15, 1997, Mr. Binnersley signed a contract with an expiry date of December 31, 1998. At the time of signing, Mr. Binnersley was informed that the contract would not be renewed or extended. The details of this contract, including its expiry date were published in an issue of the Discovery Islander in February, 1998.

As a result of these actions, a \$45,000 per year tax burden has been removed from Quadra Island and a 1998 operating surplus will be returned to local tax payers.

Bruce Williams, Administrator
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Forests as Carbon Sinks-Part One

Earth's average surface temperature without an atmosphere would be about -18°C . With its present atmosphere that average is about 15°C . The gases of this atmosphere—about 78% nitrogen (N), 21% oxygen (O), and less than 1% carbon dioxide (CO_2)—filter radiation and retain heat, functions that are critical to sustaining life on the planet. Despite the relatively small proportion of CO_2 , its role in this process is critically important. But its increasing levels are becoming worrisome.

One of the principle functions of CO_2 in planetary ecology is to reflect the sun's radiant heat back to Earth, thereby increasing the surface temperature to liveable levels. Another is to provide breathable material for the planet's plants—they inhale CO_2 and exhale oxygen while animals, combustion and rotting reverse this process. The result—for the most part—has been a self-balancing system that maintains CO_2 at fairly constant levels. This is now changing.

Human activity, by burning stored hydrocarbons such as coal, oil and gas and by depleting forests, is altering this balance by increasing the amount of emitted CO_2 above the levels that are being converted back to carbon and oxygen. While this change in the composition of the atmosphere provides greater supplies of CO_2 for plants to inhale, it also increases the amount of radiant heat reflected back to Earth. The most apparent effect is global warming and weather change.

The United Nation's Intergovernmental Panel On Climate Change has now concluded after years of intensive study that, "the balance of evidence suggests that there is a discernible human influence on global climate."

National Geographic's May 1988 report, "Unlocking the Climate Puzzle," cites that CO_2 levels have been increasing on average about 0.3% per year since 1850 and are now about 30% higher than before the Industrial Revolution. Human production of CO_2 is now about 7 billion metric tons (tonnes) per year.

To place this quantity in some kind of meaningful perspective, the amount of CO_2 stored in the atmosphere is about 750 billion tonnes. About 4 billion tonnes are removed annually by the activity of terrestrial and marine plants, or absorbed into sea water—

the oceans apparently remove about 2 billion tonnes per year but no one knows how much longer this process can continue. The remainder, about 3 billion tonnes per year, is added to the atmosphere.

A rise in CO_2 levels will not only increase temperatures by the so-called greenhouse effect, it will also add to the amount of water vapour retained in the air—about 6% per 1°C . The consequent increase in rainfall will not necessarily be evenly distributed—wet areas will likely become wetter, dry areas will likely become drier. This will add to the disruptive effects on existing ecologies, including temperate rainforests like those along the coast of B.C.

The initial assumption might be that increased temperature and increased atmospheric carbon dioxide will increase tree growth because of greater warmth and greater availability of CO_2 . Although increased CO_2 levels will apparently increase growth in conifers, actual conifer growth may decline without enough frost-free cool weather to trigger the necessary hormonal activity in the trees. Abnormal heat and moisture are other conditions that can mitigate against increased growth. Warmer conditions can also increase insect and disease activity, again compromising any potential benefits to tree growth from greater atmospheric levels of CO_2 .

Although the detailed effects of increases in CO_2 are complicated and uncertain, the general scientific principles are now fairly clear. The result is warmer, more extreme weather. And global warming can be linked to depletion of the world's forests and their role as carbon sinks.

One of the invaluable function of forests is a climate regulator, a moderator of weather. Simply put, growing trees extract CO_2 from the air, chemically convert this gas through photosynthesis, release oxygen, and store the carbon in their trunks and branches as wood. Petroleum resources are long-term effect of plant-stored carbon.

During global warming, the function of trees escalates in importance as our diminishing forests are required to draw increasing volumes of CO_2 from the atmosphere. Meanwhile, emissions from factories, cars, planes, burning and domestic heating continue to rise unabated. And the forests get smaller.

To offer some measure of the importance of trees as carbon sinks, an old-growth Douglas fir forest may contain as much as 600 tonnes of carbon per hectare. A multi-year American study in Science (Franklin, Harman et al) concluded that conversion of old-growth to second-growth forests represents a net loss of 300 tonnes of carbon per hectare. In the states of Washington and Oregon alone, this conversion of forests represents a net loss of 1.5 to 1.8 billion tonnes of carbon storage. That's a significant amount of carbon.

So when TimberWest plans to cut about 429,000 m^3 of trees—about 13,000 truckloads—from Quadra Island over the next five years, the implications involve more than local scenic, recreational and ecological values.

Sierra Quadra meets on the second Monday of each month at 7:00 pm in the lower floor of the Quadra Island United Church. Next meeting February 8th.

Ray Grigg for Sierra Quadra

Island Report

What's it like to be a Firefighter? New Recruits Enjoy Comradeship, Challenge of QIVFD

Tanya Storr

Have you ever thought about joining the Quadra Island Volunteer Fire Department? If you are interested in becoming a member, now is a good time to join. The fire department is holding a recruiting drive in February, and will be actively seeking new members during the drive.

I interviewed two new recruits in mid-January, asking them what it's like to be a firefighter on Quadra. Dan Lyschik, who spent eight years as a volunteer firefighter in Oyster River, moved to Quadra last September and immediately joined the QIVFD. Julie Watson joined the fire department last October as a 'rookie', having never been on a fire department before.

"I first got curious about the fire department almost two years ago. I tried to be casual about it but when Sharon Clandening saw I was interested it was game over," said Julie, who works part-time at the gas station and also in a small engine repair shop in Campbellton. "I had no hesitation about joining with respect to the gender issue, because it's just not an issue. The only things that are keeping me from driving the big trucks are experience and seniority."

Dan, who is currently retraining and looking for full-time work after ten years in the logging industry, said he finds the teamwork aspect of

firefighting rewarding.

"There are no heroes. You do what you have to do because you have to do it. It's a big team thing—we all help each other. This fire department is like one big happy family. When I first started fighting fires it was an adrenaline rush. Now, after so many years doing it, I've seen what fire can do and the damage it can create, and I want to help people and make them feel as comfortable as possible."

New firefighters attend a one-day introductory class when they join the department. They learn about department procedures, fire behaviour, and how to put on a self-contained breathing apparatus. At the end of the class, new members are given a pager and asked to show up for calls and practices from that point on.

The breathing apparatus consists of a high-pressurized bottle of air, pressure hoses, a regulator, and a full facemask. Dan explained that it supplies a firefighter with clean, comfortable air: a necessity in a smoky or fume-filled environment.

In-house training is ongoing at the Quadra fire hall. The Justice Institute offers courses, and fire department members are encouraged to take them. In order to become a level one firefighter, a new recruit must pass ten modules including Self-Contained Breathing Apparatus, Fire Extinguishers, and Fire Behaviour. All firefighters are given a manual entitled

'Essentials of Firefighting'.

First responder training is also offered for members who are interested. Dan has his first responder ticket, and Julie attends first responder calls as an observer. First responders give first aid treatment until the ambulance arrives and assist the ambulance crew as needed. The fire department now receives more first responder calls than any other type of call.

Firefighters can also take courses to learn how to drive the big fire trucks. Drivers of trucks equipped with air brakes must have an air endorsement, and drivers of tandem-axle trucks must have a class three license.

Julie and Dan noted that safety is the number one priority in the Quadra fire department.

"We're taught to take the time to do everything right," Julie said.

Dan agreed, adding, "It's very safety-oriented. We wouldn't want to have to deal with an injured firefighter as well as the emergency."

At the scene of a fire, the officer in charge assesses the tasks involved and delegates them according to each firefighter's abilities. For a firefighter to perform

a particular task, the officer must feel he or she is capable and the fire fighter must feel capable of meeting the request.

"It's hard to do anything wrong because you follow what your officer tells you to do. You're trained to think ahead, how the fire might behave, what might be behind that door, and when confronted by a problem how to solve it in a hurry," said Dan.

Attending practices (held on Tuesday nights from 7:30-9:30) is an important part of being in the fire department. During some practices, firefighters learn about fire behaviour by doing simulations, e.g. setting fires in donated buildings.

"It would be great if people gave us more buildings to practice on, because it helps us learn about structures," Dan stated. "If we're fighting a fire in a similar dwelling later, we'll have an idea how it might behave." Julie added that simulations also help firefighters gain general experience.

Firefighters learn how to use the tools of the trade (hoses, nozzles, wrenches, axes, pike poles, ladders, etc.) during practices. Julie likened the process of four people extending a three-stage ladder

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When an emergency call comes through, firefighters are notified through their pagers. The pager tells them the nature of the call (first responder or fire), the address, and any major details that were reported. Firefighters rush to the nearest station or straight to the scene if they happen to have their gear with them. Dan noted that it helps a great deal if the driveway is clearly numbered and accessible to fire trucks.

Julie said it takes awhile to get used to wearing a pager 24 hours a day. If firefighters have work commitments or have passed the one drink limit, they turn off their pagers. Otherwise they are ready to go at any time of day or night.

One of the highlights of being a member of the fire department is the supportive atmosphere, Julie told me.

"Everybody's awesome. I was surprised how quickly I was accepted and how my efforts were respected from day one. I get a lot of energy from it and feel really good about the people I work with. Plus, I'm always learning new things, which I love doing!"

If you're interested in becoming a volunteer firefighter, call Tracy (285-2946 evenings) or Lee (285-2103) for more information. Look for the dates of the recruiting drive in the next Discovery Islander.

New Cemetery Trustees Elected

Tanya Storr

Five new cemetery trustees were elected at a meeting held at QCC on January 18. Regional district director Jim Abram chaired the meeting, and 25 people attended.

The voting was held by ballot, and Catherine Blackman, Wayne Pierce, Shelley Sjöholm, Jeanette Taylor, and Jane Labbé were elected.

Like the trustees already on the cemetery committee (Charlie Gilbert, Bill Nutting, Don McDonald, Owen Humphreys, Lloyd McIlwain, and Tom Vaniderstine), the new trustees are appointed for life. Their appointment must be ratified by the Attorney General before it is legal.

Trustees are volunteers, and their duties include administering the cemetery, allocating and laying out grave spaces, overseeing capital improvements, repairing old graves, landscaping, and surveying and developing new sections.

Plans for 1999 include installing cement markers on unmarked graves, reinforcing the veterans' memorial canopy, and installing granite for a Chinese memorial. The Chinese Benevolence Society is planning to produce a plaque to commemorate the Chinese cannery workers who lie in unmarked graves in the cemetery.

The election meeting became somewhat heated at times. Eight people were nominated for the five positions, and some of the nominees questioned why only five new trustees were to be elected. Other people present countered that a committee of 11 (five new trustees

plus the six already on the committee) would be more manageable and efficient than a committee of 14. Jim Abram put the question to the floor and the majority voted for a total of five new trustees to be elected.

Laurena Grimard (formerly Laurena Bagley), who was one of the nominees, brought up the subject of the gravestone she wants to place on her late husband Peter Bagley's grave as a second monument. Peter died in 1991 and Laurena made the hexagon-shaped stone last spring, planning to place it on his grave on the anniversary of his death.

However, the trustees denied her permission to do so, stating that their written policies only allow one monument per grave and monuments are not allowed to have any type of decoration. The Registrar of Cemeteries backed the trustees' decision.

After some discussion about the stone at the meeting, Laurena's husband, Dan Grimard, left the hall, returning a few minutes later with the gravestone which he laid on the table for all to see.

Laurena asked that the gravestone issue be revisited at the meeting by the existing and newly elected trustees, but Jim Abram explained that the new trustees have no legal power until they are appointed by the Attorney General. Cemetery committee secretary Charlie Gilbert later said that the issue will be reexamined at a future trustees' meeting, once the new trustees have been legally appointed.

Trustee Bill Nutting said he'd like to thank all the people who have helped to clean up the cemetery, and added that more volunteers are always welcome.



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Family Effort Saves Boy's Life

Tanya Storr

Thanks to a CPR course taken ten years ago, Barb Frank knew what to do when her nephew stopped breathing in an accident on December 13. Micky, her seven-year-old nephew, was playing on the banks of Hyacinthe Bay Creek with two of Barb's sons, Dustin (14) and Eliot (8). Barb was in the house, located up a small hill from the creek, at the time. Her husband, Billy Dubois, and their middle son, Kybor, were at one of Kybor's hockey games in Campbell River.

Dustin and Eliot were trying to untangle a rope swing from a tree when the accident occurred. Eliot found a big stick wedged under a heavy, waterlogged log, and decided to use the stick to try to extricate the swing. When he pried the stick loose, the log began to roll down the bank.

Micky, who was down below walking up the bank, was directly in the path of the rolling log. The two brothers yelled at him to get out of the way and Micky tried to jump the log, but it rolled on top of him. When Dustin and Eliot tried to shove the log off him it rolled further, pinning his head under water at the creek's edge.

"It was very scary. The boys were frantically trying to push the log off but it wasn't moving. I was in the house cooking an early Christmas dinner with music playing and I didn't hear any of it. Eliot came running up to the house and burst in the back door, screaming 'Micky's underwater and there's a log on top of him!' Barb recounted.

She ran down to the creek, where Micky was lying with his head trapped underwater and his legs on the creek bank. In the meantime, Dustin had been trying desperately to shift the log with his shoulder, peeling the skin off his shoulder in the process. By this time Micky had stopped kicking and Dustin was screaming, "He's dying, he's dying!"

Dustin and Barb struggled with the log but weren't having any success until Dustin found a big stick, which they used as a lever to pry the log off Micky.

"He floated out from under

the log, looking quite blue and his eyes were bulging. Dustin took one look and said he'd run to the house and call 911," said Barb. "While we had been trying to shift the log, I had been yelling for our exchange student, Brooke, to come down to the creek. She ran down and called out to me to keep Micky's

on top of him. Barb later estimated that Micky had stopped breathing for five minutes. He didn't have any water in his lungs and Barb thinks he may have been winded by the initial impact with the log. Eliot and Brooke brought blankets down to Barb and Micky, who were by this time getting quite cold on the wet

the Open Bay area. Dustin was at the top of the driveway and told the police car where to go. Barb heard the sirens approaching and told Micky what was happening so he wouldn't be scared. When the officer reached the creek bank, he put Micky and Barb in the police car and cranked the heater to warm them up.

The ambulance and the fire department's first responders arrived shortly after the police, and Dustin rode down the driveway with the ambulance crew. At that point, Dustin heard the good news that his mom had revived Micky.

Barb went up the driveway in the ambulance with Micky, and jumped out at the top when she saw Micky's parents, Jules and Ian, who had just arrived for the dinner party. They had seen the emergency services but weren't allowed down the driveway because it needed to stay clear for the ambulance, so they didn't know what was going on and were very worried.

Jules rode in the ambulance with Micky to the hospital, where he was kept in overnight for observation. One of Micky's ears was swollen and his eyes were very red for awhile after the accident, but otherwise he was fine.

When Micky came home from the hospital the next morning, Barb and family, plus Brooke (who was returning to her native New Zealand that day) went to visit him at home.

"We were all hugging him and he got tired of all the fuss and said he wanted to play games! It was so nice compared to the Christmas we might have had if things hadn't worked out the way they did," Barb said.

Looking back on the accident, Barb said it all felt quite unreal at the time and she just did what she had to do.

"Micky's with us so much he's like one of our own. I kept telling myself 'Micky can't be gone, he's got to be here.' When you're put in any kind of situation, you deal with it."

Barb added that she's very proud of Dustin for his quick



*Back L-R Barb Frank, Dustin, Front L-R Eliot, Micky
Photo: Tanya Storr*

back straight. That's when my CPR training kicked in, even though it's been over ten years since I took the course at the Quadra fire hall."

When Barb started performing CPR on Micky nothing happened at first. Then she remembered to pinch his nose when she gave mouth-to-mouth, and his chest rose and he started to make a wheezing sound, catching his breath. Soon Micky was breathing on his own and crying.

Barb stayed there holding him, not wanting to move him in case he was injured. She asked him if he knew where he was, and he said he remembered the log rolling

creek bank in the rain.

While Barb was giving Micky CPR, Dustin was on the phone to 911. After some confusion over their address (Dustin in his panic kept giving their post office box number), he told the emergency operator it was the Dubois residence and he would meet the ambulance at the top of the driveway. Dustin then jumped in his uncle's van that was parked in their yard and drove it up the long driveway. Barb said she was very surprised to see the van going across their bridge and driving off!

The police car was the first on the scene, as it happened to be in

thinking throughout the ordeal.

"He thought of using a stick to pry the log off Micky, he phoned 911, and he managed to drive the van up the driveway. He did very well for such a young guy."

Billy Dubois said he'd like to thank all the people involved in the rescue effort on behalf of both families.

Jules said she was very grateful for all the emotional support she and her family received from the community after the accident. "Our phone rang off the wall and we got cards and letters in the mail. That's the reason why I live in a place like Quadra Island—it feels like a huge extended family."

Len Beck, who is a first responder and paramedic, said the incident underlines the importance of having some CPR training.

"Barb took CPR ten years previously and in that moment of stress she remembered what to do. With any situation involving CPR, the patient needs rapid resuscitation, and it takes time for an on-call ambulance to respond. If people are in a situation where they need to perform CPR, it's most likely going to be on a family member or someone close to them," he noted.

Len observed that Micky's young age and the fact that Barb started CPR as soon as they got him out of the water gave him his best chance.

"I've heard of numerous cases, specifically kids, who were under cold water for longer than 45 minutes and resuscitated, so it's very important to do CPR."

Len said he considers Barb and Dustin real life heroes. "They give people medals for what those two did."

If enough people are interested in learning CPR, Len is willing to organise a course. You can contact him at 285-2204 for more information.

Writers' Conference a Success

Tanya Storr

Over 60 people attended the writers' conference held on January 23 at QCC, many from Victoria and other places on Vancouver Island. Diane Ettles and Mary Green did an excellent job of organising the event, and several volunteers also helped. Elaine Assu Price moderated the conference with skill and enthusiasm.

There was ample opportunity for Q+A throughout the day, and the many questions on various topics relating to writing and publishing were met with helpful and informative replies from presenters.

The morning panel consisted of Michelle Benjamin (Polestar Book Publishers), Dan Francis (author, freelance writer, and editor), Joy Gugeler (Beach Holme Publishing), Philip Stone (Hyacinthe Bay Publishing), and Ann West (freelance editor, writer, and publishing consultant).

Marisa Alps, who grew up on Quadra and now works as marketing director at Harbour Publishing, spoke

about the process of marketing in publishing in the afternoon. Her talk was very interesting and also included lots of time for questions.

The evening program, organised by Heather Kellerhals, was a delightful blend of words and music. Emcee Bob Griswold, nattily attired in a tux, gave a hilarious commentary between performances.


Patrick Stewart's stirring bass voice and Joyce Baker's wonderful piano playing were a great combination,



*The Panel: L-R Philip Stone, Elaine Price (moderator), Michelle Benjamin, Dan Francis, Ann West and Joy Gugeler
Photo: Tanya Storr*

Jocelyn Reekie's comic monologue—delivered in a perfect southern drawl—was very funny, and Dan Francis' reading illuminated the unifying role of hockey in Canada's national identity.

Marisa Alps' poems were beautifully written and evocative, and Jeanette Taylor's reading/slide show from the book she is currently working on was a fascinating account of shipwrecks in Discovery Passage. The evening event raised just under \$400 for CCAP. ■



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Buyback Blues

Harry Allen

The latest round of salmon license buybacks authorized by Minister of Fisheries and Oceans, David Anderson, has played havoc to fishermen in the North Island seine fleet. George Weston Ltd., parent company of B.C. Packers Ltd., is selling its branded canned seafood distribution to Bumble Bee Seafoods, part of International Home Foods Ltd. of the United States.

B.C. Packers chose the latest buyback round to divest itself of fourteen seining vessels based in Quathiaski Cove, Campbell River and Alert Bay for a direct loss of seventy fishing jobs.

This will also have a detrimental effect on gear and fuel sales and boat

repairs in the area.

Coast-wide, the buyback consists of 45 seine boats, twenty five trollers and 25 gillnetters, for a total loss of 300 jobs. This comes very close to the 382 jobs lost at the Gold River pulp mill, which has the opposition crying for government intervention, but no one seems to care about a few fishermen.

Further north, the Area Four First Nations Commercial Fishers Association is threatening legal action against D.F.O. on charges of mismanagement of the fishery causing the waste of thousands of sockeye.

They are also seeking a declaration that D.F.O. has a fiduciary obligation to ensure that natives have the right to make their livelihood from the fishery.

More fishy facts. The pilchards or

sardines, which had not been seen on the B.C. Coast since the early 1940's, came north with the warm waters of El Nino and became established first on the west coast and a couple of years ago in Johnstone Straits. Recently there has been a heavy die-off of this species. This has D.F.O. biologists scratching their heads. Some are blaming the cold waters from the mainland inlets and others are considering diseases which may or may not have been spread from salmon farms in the area.



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Notice Inviting Applications for a Woodlot Licence

Forest Act, Section 44. Woodlot Licence Number W1898

Take Notice that interested and eligible persons, corporations and Indian bands are invited to submit applications to the District Manager for Woodlot Licence Number W1898, over an area which includes 400 hectares of Crown land in the vicinity of west of September Lake, Quadra Island. The initial allowable annual cut of the Crown land is 1600 cubic meters.

Applications in sealed and properly designated containers must be received by the District Manager, at 370 South Dogwood Street, Campbell River, B.C. V9W 6Y7 on or before April 1, 1999. Applications are not to include a bonus bid. Weighting of the evaluation factors shall be: private land 45%; applicant qualifications 27%; and management intent 28%.

Applications will be opened at 11:00 a.m. on April 2, 1999.

Application forms and further particulars may be obtained from the District Manager, Ministry of Forests, Campbell River Forest District, 370 South Dogwood Street, Campbell River, BC V9W 6Y7, or the Regional Manager, Ministry of Forests, Vancouver Forest Region, 2100 Labieux Road, Nanaimo, BC V9T 6E9.



Notice Inviting Applications for a Woodlot Licence

Forest Act, Section 44. Woodlot Licence Number W1897

Take Notice that interested and eligible persons, corporations and Indian bands are invited to submit applications to the District Manager for Woodlot Licence Number W1897, over an area which includes 400 hectares of Crown land in the vicinity of west of September Lake, Quadra Island. The initial allowable annual cut of the Crown land is 2000 cubic meters.

Applications in sealed and properly designated containers must be received by the District Manager, at 370 South Dogwood Street, Campbell River, B.C. V9W 6Y7 on or before March 31, 1999. Applications are not to include a bonus bid. Weighting of the evaluation factors shall be: private land 29%; applicant qualifications 38%; and management intent 33%.

Applications will be opened at 11:00 a.m. on April 2, 1999.

Application forms and further particulars may be obtained from the District Manager, Ministry of Forests, Campbell River Forest District, 370 South Dogwood Street, Campbell River, BC V9W 6Y7, or the Regional Manager, Ministry of Forests, Vancouver Forest Region, 2100 Labieux Road, Nanaimo, BC V9T 6E9.



Notice Inviting Applications for a Woodlot Licence

Forest Act, Section 44. Woodlot Licence Number W1899

Take Notice that interested and eligible persons, corporations and Indian bands are invited to submit applications to the District Manager for Woodlot Licence Number W1899, over an area which includes 400 hectares of Crown land in the vicinity of west of Conville Bay, Quadra Island. The initial allowable annual cut of the Crown land is 1500 cubic meters.

Applications in sealed and properly designated containers must be received by the District Manager, at 370 South Dogwood Street, Campbell River, B.C. V9W 6Y7 on or before April 2, 1999. Applications are not to include a bonus bid. Weighting of the evaluation factors shall be: private land 31%; applicant qualifications 35%; and management intent 34%.

Applications will be opened at 11:00 a.m. on April 2, 1999.

Application forms and further particulars may be obtained from the District Manager, Ministry of Forests, Campbell River Forest District, 370 South Dogwood Street, Campbell River, BC V9W 6Y7, or the Regional Manager, Ministry of Forests, Vancouver Forest Region, 2100 Labieux Road, Nanaimo, BC V9T 6E9.



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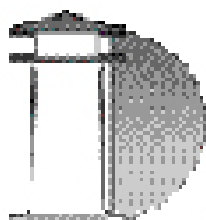
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