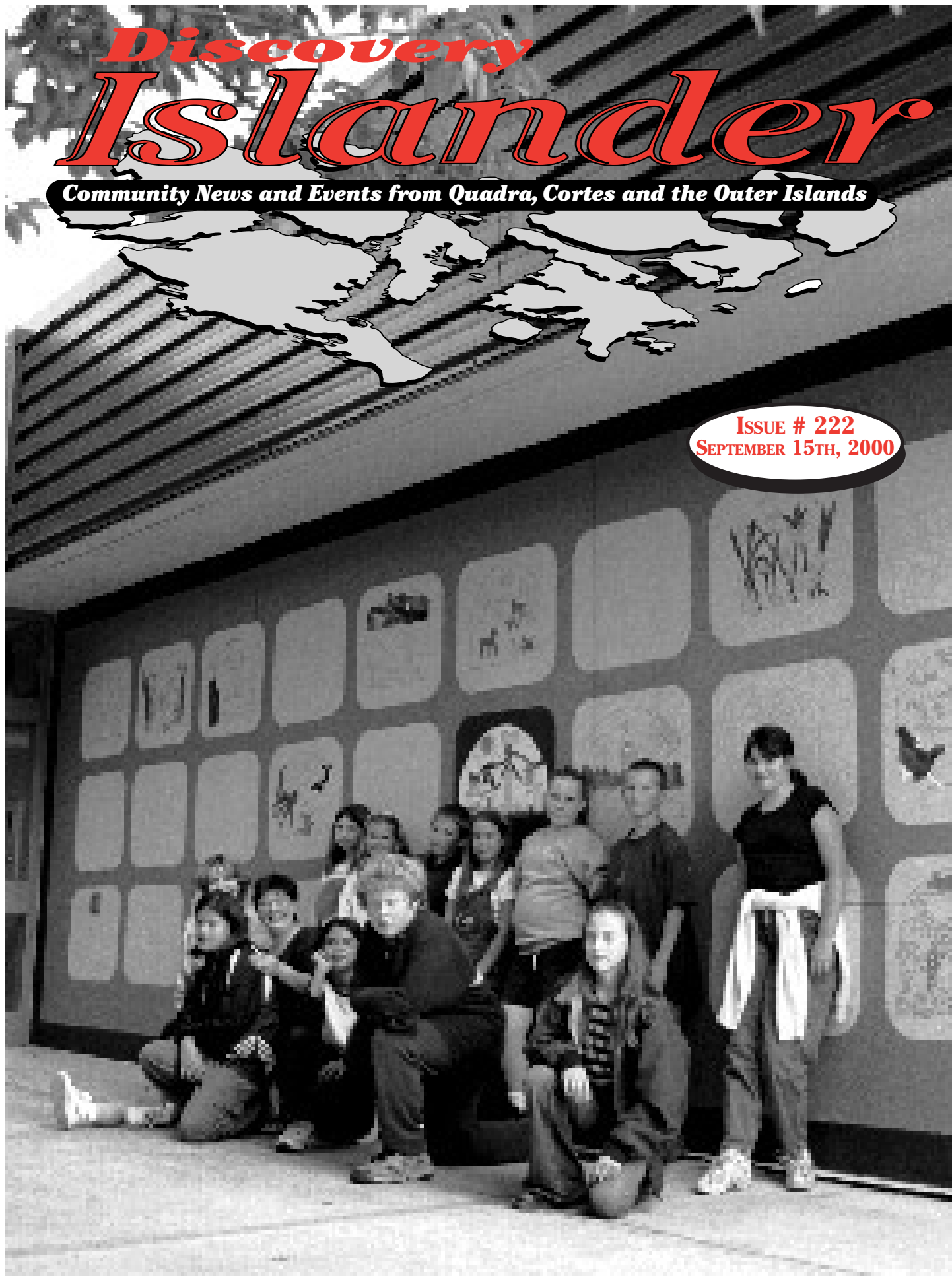


Discovery Islander

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

**Issue # 222
SEPTEMBER 15TH, 2000**



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to follow at 9:00pm

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Discovery Islander

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

#222 September 15th, 2000

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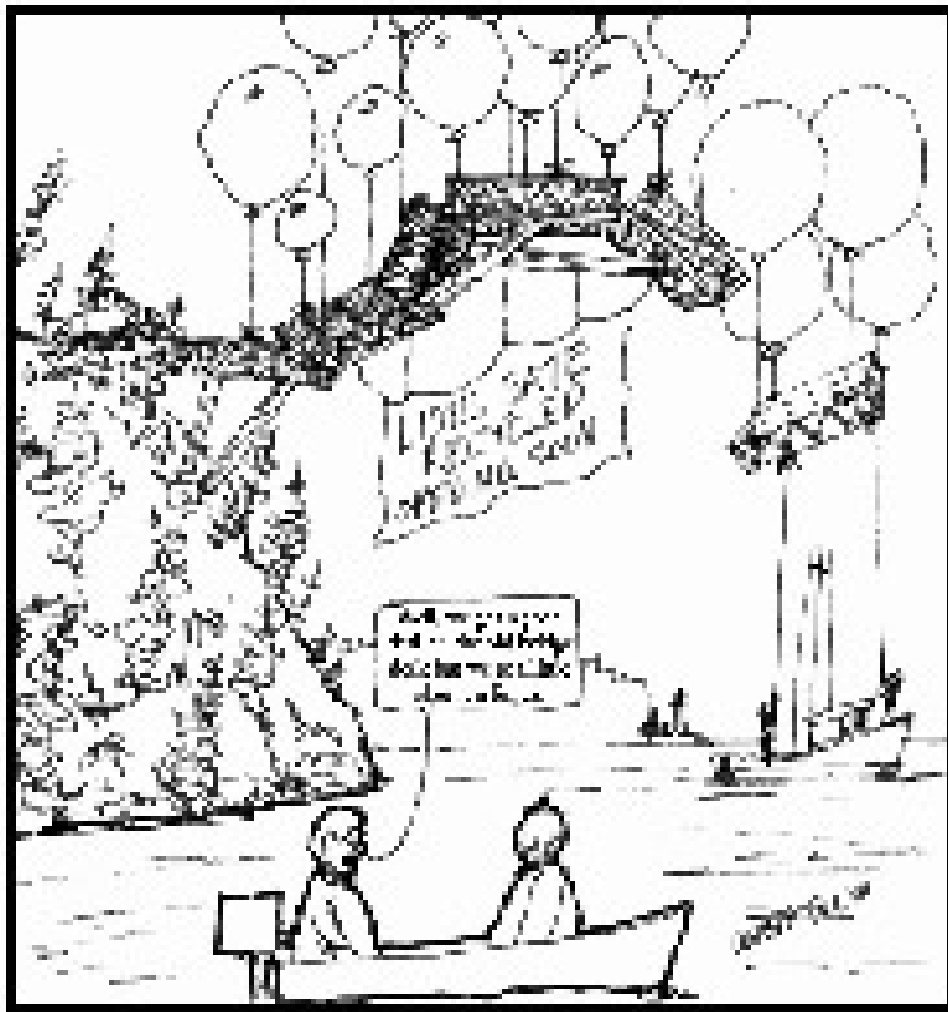
Submission Guidelines

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

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

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

Next Deadline 7pm Monday, Sept. 25th



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Island Calendar

•Every Saturday

-Farmer's Market Quadra Credit Union
10:00a.m.-1:00p.m.

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

Friday, Sept. 15

-Friday Flicks: Children of Heaven QCC
Doors open 7:30pm

Sunday, Sept. 17

-Quadra Singers AGM Potluck Tony Simard's Home
5 p.m. (285-2899 for directions)

Wednesday, Sept. 20

-Trail Maintenance 9:00 a.m. Heriot Bay Store Parking
-DICC General Meeting to be announced
7:30pm

Friday, Sept. 22

-Joy Hillier (Fisheries & Oceans)Talk QCC
8 pm

Saturday, Sept. 23

-Quadra Open Golf Tournament Storey Creek Golf Course
tee off 2pm

Sunday, Sept. 24

-Quadra/Philippines Garage Sale QCC
10am-2pm

Sunday, Oct. 1

-Quadrathon Start at Blenkin Park
9:30 am

Sunday, Oct. 8

-Sierra Quadra Hike ph Ken @ 2580

Deadline For Next Issue

7 pm, Monday, September 25th, 2000

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

news@discoveryislands.bc.ca fax 285-2236

Drop off at Hummingbird Office & Art Supply
Quadra Foods and Heriot Bay Store

Discovering Quadra Art Show

Fools Gallery

September 18, October 14
2000

Local Maps by Local Artists
Reflecting Quadra Island in
the Year 2000 Sponsored by:
Quadra Island Mapping Project.
Prizes: \$200 First, \$100 Second,
\$50 Third. Artist(s) selected
for commissioned work.

Fools Gallery open Saturday,
September 16 from 10 - 4
for artists submissions. Call
Terry at 285-3040 for more
information.

Village Square Market

We have had our 1st summer
"Market Day" this past
Saturday. It has been a fantastic
summer and we have had a lot
of fun doing this.

A big thank you goes out to
all the residents and visitors of
Quadra Island who supported
us in our first year. also many
thanks go out to all the vendors
who made it happen.

A winter market will be
taking place on Saturdays in the
Village Square Shops starting
in October. More details will
follow in the next few weeks.
Thanks for a great season!

Event classifieds available for
promoting for-profit events or
workshops. Accompanying
editorial/press releases welcome.
Cost \$5.00/40 words/issue

EVENT CLASSIFIEDS

The Inner Garden in Sept.-
Ikebana, Japanese Flower
Arranging with Kisan Kim,
Fridays, 10:30 - 12:30, \$15.
**Meridian Massage
Techniques**, Tolling
Jennings, no previous
experience required, \$195,
Sept. 23 & 24, call Leslie
Richter, 285-2727

Aerobics with Marion

September 26, Tuesdays
and Thursdays from 6pm - 7
pm at the Community Hall.

Join a complete body
workout to a great music.
High- Low Impact Aerobics
with some Strengthtraining,
Floorwork and Stretching. 8
sessions \$32. Drop in \$5.

For questions call Marion
285 2895. Hope to see you
there!

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1/2hr/week \$50/mo

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A fun & affordable way to learn
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songs, rythm instruments
tapes, hand-outs and piano.
3/4hr/week \$45 10 weeks

Beginner Band

Adults & children ages 10
& up. No music knowledge
required. Come have fun!
3/4hr/week no charge!

Times arranged according to
response.

Call Joyce Sheppard
285-3827



SECOND TWO WEEKS
OF SEPTEMBER - DON'T
MISS NEW WORKS BY
DARRYL DOUCETTE
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at The Fools Gallery

Summer Hours
12 to 5 Tuesday through Sunday
Island Market, Heriot Bay

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Worth

Constantly our brains are thinking thoughts and sometimes the same ones over and over. I was challenged to create a 5-year plan. "Go for it," They said, "You can dream anything you want." So I thought an exotic trip to some far away land would be an awesome goal. Then I read that I would have to BE the person who traveled to this land before I could HAVE the trip. So I attempted to visualize this to be so. I tried to see myself, bags packed, getting on a plane. Impossible! I couldn't do it. How could I ever go if I couldn't even imagine that it would be possible? Better change my thinking.

Who would I have to BE to HAVE such a luxury? For one thing I would have to have a lot more money. Could I imagine this for me? I tried. Not even this imagery would make itself known to me. Wow, what was going on in my head anyway? I set to task and decided to take smaller steps. Perhaps I first had to BE worthy of such gifts and in contemplating this I found I thought I was not good enough. A heavy message I carried from my youth. In this process I learned a formula. In order to HAVE the things I wanted in life I first had to BE the person who had them.

It is amazing how a conscious consideration of thought can uncover the limitations in our lives. I decided to become more aware of what I was thinking and then choose thoughts that were more supportive of what I really wanted in life. I began to walk a little taller, smile a lot more and focus on the great things in my life. I watched my life unfold in new and glorious ways. Today if you are to ask me, "Let's go on an exotic trip?" I will tell you, "No problem, I will see you there."

Come join us weekly in our group, Positively Living, a friendly atmosphere where together we can unfold the mystery of our lives.

By Jill Brocklehurst

Positively Living

Creating an open community.
Uncover your true expression.
Discussion & light meditation
Meetings weekly Quadra Is.
Call Jill **285-2804**

Sierra Club Hike

Please note that the date for the next and last Sierra Club hike of this year has been changed to Sunday Oct 1. Our destination will be Stramberg Lake and we meet as usual at 10:00 am in the Heriot Bay Market parking lot. We will be traversing some old and probably overgrown trails but other than the bushwacking this will be an easy hike. Come and join the regulars and get to know your island better. Phone Ken at 2580 for more information.

Quadra Island Arts Fest 2000

Hey, Quadra creatives another deliciously entertaining community arts festival is starting to simmer. We're looking for current visual artwork, performances and literary contributions for a one day event on Saturday, November 4th, 2000. Visually scintillating, artists will be exhibiting from 10 am to 4pm with the mesmeric performers from 8pm to 10:30ish. Come join us and stretch those creative desires into being. Volunteers and participants call: Chris Thompson 285-3695 (writers), Sunday Dennis 285-2633 & Laura Appleton-Jones 285-2533 (performers), Astrid Johnson 285-2008 & Leanne Hodges 285-3152 (visual arts)

Quadra Players Production of VIGIL

After a three year break from producing any plays on Quadra, Quadra Players is back this fall with a play we are certain all of you will enjoy. Quadra Players last production was Little Sister, performed in 1997. That play was a great success, winning awards in drama festivals around B.C.

This fall's play, VIGIL, by Vancouver playwright and actor Morris Panych promises to be every bit as entertaining. The play won three Jessie Awards (Vancouver theater awards) including Outstanding Original Play in 1996, the year it was first produced.

Not wishing to give too much of the plot away, we can quote what others in the theatre world have had to say about VIGIL:

"Morris Panych's brilliant new black comedy is structured around what happens when an extremely self-centered and shallow person finds himself, through his own errors and inattentiveness, in a life and death situation with profound and far reaching consequences.

A play of twisted circumstance, mistaken identity and surprising turns, it is deliciously absurd, incredibly funny and poignantly tender."

Quadra Island's Recreation Society Presents

Indoor Soccer

Fall/Winter indoor soccer for girls and boys ages 4-8 years at the Quadra Elementary School Gym. Mondays and Wednesdays, 5-7 pm (except holidays or power outages). Starting Monday, September 18th to the end of the season banquet on February 26th at the Community Centre.

Cost is \$20.00 per child with a current Q.I. Recreation membership. Recreation membership is only \$20.00 for a family (lifetime).

4-5 years 5-5:30pm

6-7 years 5:35-6:15pm

8 years 6:20-7pm

Pre-registration is available at Hummingbird Art & Office Supply. Please drop off cheques in the assigned envelope, or call Leanne Hodges @ 285-3152.

We need new people to help organize and coach this great program. The kids love it! Please phone Sandy Spearing @ 285-3243 to help.

"Morris Panych has created a clever play that does what only really good theater can do: make audiences laugh until they cry. Literally." The Ottawa Citizen

"A sharp and contemporary comedy.... deliciously absurd, unexpectedly poignant, frighteningly funny, VIGIL is about dying, and living, solitude and compassion for one another.

VIGIL will be produced on Quadra by Patti Tillapaugh and directed by Wendy Richardson.

It will feature Jonathan Whittingham and Jessica Whittingham.

Production dates : October 5th, 6th and 7th.

Quadra Community Centre

Doors open at 7:30PM play at 8:00PM

Ticket price \$10.00. Tickets available at Explore Gallery, The Heriot Bay Store,

The Music Plant in Campbell River and at the door thirty minutes before the play starts.

This play is not suitable for younger children.

Rick Schnurr, Quadra Players 285-3007



Comox-Strathcona

Public Meeting

To Be Held On

Wednesday, September 27th, 2000

at

Quadra Elementary School

Commencing At

7:30 p.m.

You are invited to attend the upcoming public meeting to discuss the topic of **roadside signage** on Quadra Island. Staff members from the Regional District and Ministry of Transportation and Highways will be in attendance.

Questions / Comments can be directed to:
Beth Rees, Planner at Regional District of
Comox- Strathcona 4795 Headquarters Road,
Courtenay, B.C. V9N 7J3
Telephone: (250) 334-6000
FAX (250) 334-8156,
e-mail: brees@rdcs.bc.ca
Toll Free in Area Code 250: 1-800-331-6007

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Personal sketch books, pencils for drawing suggested. Set of 4 classes - \$25 Drop-in \$8 or by donation

Life Drawing

at
The Drawing Room
Art Centre
285-2008

Conveniently located upstairs behind Village Square & Quadra Station

Beginner Band

If you are between 10 & 100 and have ever wanted to learn to play a musical instrument, now is your chance!

Join Joyce's Free Beginner Band, Wednesdays at 4:00 for 45 min. of fun! No exams or attendance taken! No musical experience or knowledge required, just enthusiasm! Call for further information **285-3827**

Open Golf Tournament

The 19th annual Quadra Open golf tournament will take place on Saturday Sept. 23rd at Storey Creek Golf Course. Tee-off is at 2pm and once again we will be playing a best ball format. Entry fee is \$50 which includes prizes, green fees and a steak dinner afterwards. To register you or your foursome, please contact Don Doolittle @ 285-3457 or Paul Ryan @ 285-3789.

NITRS Help Wanted

North island Therapeutic Riding Society has a position for a young person between the ages of 15 and 24 thanks to a Youth Community Action Grant through Upper Island Youth Services. The job includes feeding in the evening and stables chores on Saturday or Sunday. Call Jane @285-2240

Farmers' Market

Our Farmers' Market is held rain or shine from the beginning of May to the end of September, **every Saturday from 10:00am to 2:00pm** behind the Credit Union. Vendors must be from Quadra or the outer islands. Setup charge is \$3 for adults and \$1 for kids. Bring your own table. Dancers, drummers, jugglers, musicians etc. are very welcome - this is our village green! Please have dogs on leashes. Note that the **Credit Union Parking Lot Is For Credit Union Customers Only!** Farmers Market parking space is on Green Rd. Come and join us to make the Market the best it can be. Information: Dalcyce 285-3180 or Pauline 285-2076.

RCMPolice

Quadra Island RCMPOLICE FILE # 2000-544

ON SEPTEMBER 4TH, 2000, a 21 speed mountain bike was turned into the Quadra Island RCMP. The owner is asked to attend the RCMP Detachment to identify the mountain bike.

FILE # 2000-527

The Quadra Island RCMPolice is seeking the public's assistance involving this Break, Enter and Theft.

On the early morning of August 29th, 2000, unknown persons entered the Heriot Bay Inn and stole a large amount of money and various types of cigarettes. The money, which consisted of cash and cheques, was inside a blue safe which was also taken.

If you have any information on this Break, Enter and Theft, please contact the Quadra Island RCMPolice at 285-3631 or Crimestoppers/Tips at 287-8477.

Quadra Singers

Quadra Singers will start practices on Wednesday, September 13, 7:00 PM, at the Quadra Island Community Centre. Everyone is welcome to join this non-audition community choir. The fees this year will be \$90 per 3-month session, approximately 45 hours of professional instruction and direction, working out to cost \$2 per hour per member, or \$6 per night. What a Deal! Once again we are lucky to have the talented and dynamic duo of director John Montgomery and pianist Mary-ellen Wilkins working their magic with our raw talents.

The Quadra singers' AGM potluck barbecue will be held at Tony Simard's home on September 17th at 5:00 pm. Call 285-2899 for directions. All past present and future Singers are welcome to come and have a voice in what we do and how we do it. Two or three seats are open on the board of directors, and we would love to see some new faces and new energy this year. Call Nanci at 285-3105 for more information.

A Unified Voice for the Islands' Business Community



General Meeting

all members & non-members welcome

Jim Abram & Mike Proudfoot (MOH) will be on hand to discuss CSRD Sign Bylaw

Wednesday, September 27th, 7:30pm
at Quadra Elementary
please note date change, now firm

Quadra United Church Welcomes New Intern Minister

For the second year in a row Quadra Island United Church is welcoming a new intern minister to our community. The little church at Cape Mudge is fortunate to have the opportunity to be a learning ground for Nancy Wilson, a theological student from Ontario. Quadra United intends to build a place that meets the spiritual needs of our community. Without the means to support a full time minister, the Quadra United Church board decided to apply to a program that provides work experience for student ministers. This situation benefits both the community and the student. Last year Quadra United was blessed with the presence of Heather

Carlson. Her work here renewed interest in Sunday morning services and pastoral care. Nancy, who has been attending classes at Queen's University in Kingston, is studying to be an ordained minister in the United Church. Before she decided on her calling, Nancy traveled and lived in Europe, worked on her B.A. in geography and worked for Quaker Oats Company in the marketing and customer service departments. After driving for 10 days across Canada, Nancy Wilson is happy to be on Quadra Island. She will preside at the United Church until the end of next April. Nancy is Impressed with the sense of community here and hopes that she can take some of our relaxed spirit with

her when she returns to Ontario. Nancy is already working hard at meeting her community and has encouraged many of us to join her in participating in the Terry Fox Run on September 17 after the Sunday service. While on Quadra she can be found at the United Church or roaming the many trails on Quadra. Services have resumed at Quadra United every Sunday at 10:30. Children services are available at the same time and everyone is welcome to attend. Nancy Wilson will be available at 285-2141. We are also looking for people who are interested in joining us for Taize singing. Call Mignon at 285-3163 for further information. Also for Immediate Release Sunday services resume at 10:30 every Sunday Taize Evening Service on Sunday, October 15

Quadrathon

The Quadrathon is a 4 stage relay race which features mountain biking, kayaking, cross country running and road biking. **Sunday, October 1, 2000.** Starting at Blenkin Park at 9:30 am. 35 team limit to this years event. Categories: solo, Men, Women, Coed, Teenage and Family Teams. Awards to Competitive and Non-competitive teams.

- Stage 1 - 10 km Mountain Bike Course 4 laps of the outer trail at Blenkin Park
- Stage 2 - 25 km Road Bike Course - Blenkin Park going north to Heriot Bay Rd. to the intersection of Sutil Rd. & Lighthouse Rd. and back to the Wei-Wai-Kai Campsite
- Stage 3 - 8 km Cross Country Running - starting at the Campsite to the end of the Rebecca Spit and back to Taku Resort
- Stage 4 - 5-6 km Kayak Course - Circumnavigating Drew Harbour and finishing at Taku

The Quadrathon objectives are:

- 1) To promote and celebrate outdoor recreation on Quadra Island, featuring the natural beauty of the parks and other scenic areas.
- 2) To develop an annual sporting event for local and regional residents and visitors.
- 3) To create a festive fund raising event for the B.C. Cancer Society.
- 4) To support local businesses by extending their tourist season into the 'shoulder month'.
- 5) To secure a long term sponsor for this annual charity event i.e. Island Farms, Pepsi, Ford Motors, Microsoft Foundation

The Weekend Schedule

- | | |
|----------|---|
| Sept. 29 | Friday Night - Music Event TBA |
| Sept. 30 | 10 a.m.-12 p.m. Team Check in, hand in all waivers, pay fees & pick up info at the Yak Shack. 1-2 p.m. Course orientation and practice - each competitor should meet at the transition area for their stage. 5-11 p.m. Burger Barbeque and Potluck at The Stone House at Taku (Buy a burger or bring your Potluck item to share) Oct. 1 |
| Oct. 1 | 9:30 a.m. Sharp!! The 1st Stage starts at Blenkin Park. 1:30 p.m. Event Finishes at Taku 2:00 p.m. Awards & Reward Ceremonies |

All Spectators Welcome!!!

Phone Jack Mar at Island Cycle, 285-3627 for more information

Mitlenatch Society/Sierra Quadra

Joy Hillier from Fisheries and Oceans Canada's Habitat Management Branch will give a talk on some salmonid habitat requirements. Her presentation will cover life cycle requirements, how human development can affect the success of fish populations and how we mitigate these impacts.

This Mitlenatch Field Naturalists/Sierra Quadra talk will be held on **Friday, September 22**, starting at 8pm at the QI Community Centre.

QITMC

Quadra Island Trails Maintenance Committee Our first work day in the fall will be Wednesday September 20. The group will meet at the Heriot Bay store parking lot at 9 a.m. and then proceed to the Morte Lake trail. Bring lunch and pruning clippers if you have some. We will provide tools as well. If you would like more information please call Jim Thomson at 285-2393. The trails on our island were certainly well used this summer as nearly one thousand trail maps were circulated in the past three months. Our thanks to all the outlets which handled the maps, particularly April Point Resort which distributed more than half. We appreciate everyone's support. We all benefit from our trail system. "Wealth is measured not by what one has but by what one can afford to give away" - Henry David Thoreau.

Host a Katimavik Billet and...

learn more about our country and its people

Katimavik-Quadra needs your help! We are looking for host families for 11 participants for 12 days, from October 27 - November 8. These young people, aged 17 - 21, are from 11 different communities across Canada. Their presence in our community and in our homes offers us a unique opportunity to learn more about our country and its people. For more information, or to offer to host a billet, please call Mia Frishholz (285-3655), Jack Mar (285-3627), or the project leader, Adrian Hingston (285-2842).

Adrian, the Katimavik-Quadra project leader, is setting up the house that will be home for three groups of volunteers from September 20 through mid-April. He's asking for community donations for the following items:

bowls glasses, toaster, kettle, tea pot, rags, carrot/potato peeler, egg beater/mixer, small pot, dish cloths. dish towels, coffee maker, chairs, baking bowls, salt and pepper shakers, oven mitts, wooden spoon, 32 inch shower curtain

Please call Adrian (285-2842) if you can help out.

Giant Garage Sale!!

Come every houseowner and renter

To our sale at the Quadra C. Centre! As soon as you walk in the door you'll find bargains and treasures galore!

24th of September is the date So be there and don't dare be late!

The Quadra/Philippines Connection looks forward to your participation in its 6th annual Giant Garage Sale to be held at the Quadra Community Centre on Sunday, September 24th from 10:00 a.m. until 2:00 p.m. All proceeds go towards Quadra's sponsorship of the Ipil and Mabato daycares in the northern Philippines. Drop-off centres for donations are listed on posters around the island and in the Aug. 18th issue of the Islander. Drop-off is also available on Saturday, September 23rd between 10:00 and 3:00 at the community centre. We will be pricing and sorting through goods at that time, so feel free to join us. Bring hangers, bags, boxes and a happy spirit. Quadra Daycare will offer coffee, tea and delicious edible treats on the day of the sale to sustain shoppers as they browse. For questions or if you wish to help out, call Carol at 285-3035.

Artists With Working Studios

Quadra Island Arts Alliance is contemplating a bus tour to various studios. This project would begin spring/summer 2001 and run through to the fall. If you are an artist with a working studio this may be the answer to increasing your exposure as much or as little as you like.

We need to know if there is interest among the artists and we are looking for feedback with any ideas you may have.

Please call 285-2880 and leave a message.

Romanza String Quartet

On Saturday, September 16, 2000, at the Gorge Hall on Cortes Island, the Whaletown Community Club presents The Romanza String Quartet, with mezzo-soprano Susan Drury, in an evening of music including Albinoni, Mozart, Dvorak, Gershwin and Barber.

Members of the Romanza String Quartet have been associated with the Vancouver Symphony Orchestra, the Vancouver Opera Association, the Vancouver Philharmonic Orchestra and Theatre Under the Stars. They have been playing the highest quality chamber music for 14 years. The admission price of \$12.00 includes sweets, coffee and tea. The concert starts at 8 p.m. For more information call 935-6615.

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Quadra Island

Sat. Oct 14

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Cortes Island

Wed. Sept 27

For appointments
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TONIGHT!!

Friday Flicks Film Club presents **Children of Heaven (rated G)**

7:45 at the Community Centre.

Set in Tehran, "The Children of Heaven" is the story of a brother and sister, Ali and Zahra. It opens in the poor quarter of an Iranian city where Ali, a 9-year old boy is going home with his sisters newly repaired shoes. On the way he stops at a produce stand to buy potatoes. He puts the shoes down and, while he's sorting through a bin, a rag picker mistakenly takes the shoes. The children decide they alone must deal with this major economic impact to their family.

Events in the film are seen through the children's ingenuous eyes and these two young stars are as guileless as possible in

their performances. Unlike most American movie kids, Ali and Zahra truly care for each other and their devotion to family is deep.

"The Children of Paradise" demonstrates a gentle relaxed style, a poetic fascination with images, and the use of anecdotes to build on a larger emotional picture. Through these techniques "The Children of Heaven" provides a kindly, enveloping sense of Iranian life and customs. "The Children of Heaven" quietly and lyrically brings you to many revelations about the human condition. It is "realistic to its core" (Thomson).

Friday Flicks September 29th

Being John Malkovich (rated R)

Doors 7:30, Showtime 7:45

Adm: \$4.50 adults \$3.50 students/seniors.

"Among the hits to emerge from this year's New York Film Festival, none is more endearingly nutty than Being John Malkovich. None is more intriguingly prophetic, either. In this irresistible first feature by the stellar video director Spike Jonze the reigning fears and obsessions of a technology-crazed, voyeuristic culture are given a wild workout. And the bizarre, mask like facade of today's lonely Everyman is again in the spotlight."

Craig (John Cusack) is a shaggy-haired, dejected-looking puppeteer whose success in his chosen field is summed up in his own words, "Nobody's looking for a puppeteer in today's wintry economic climate." Similarly, his 10 year marriage to devoted, distracted Lotte (Cameron Diaz), a pet store employee who has filled the apartment with a variety of ailing exotic animals, is dangerously close to being on the rocks. Their idea of a good night in is Craig painting his puppets toenails while Lotte dresses the iguana's puncture wound.

Craig needs an income, so he takes his skilled fingers out to apply for a filing job and finds himself on floor 7 [] of an office building where both rents and ceilings are low. Here Craig makes two life-altering discoveries. One is an imperious beauty and coworker named Maxine. The other is a doorway that leads to a long tunnel, which ends somewhere in John Malkovich's brain. The coworkers put an add in the paper and soon the office is filled with stargazers willing to pay handsomely for 15 minutes in John Malkovich's mind. Even Craig's own wife, who previously was most thrilled by taking care of her pet chimp, goes bananas over the experience.



By all accounts, the casting and acting is spot on and John Malkovich, who gave the filmmakers full license to do whatever they wanted with his persona, deserves an award for diving head on into this self-parody. It is a unique and rich exploration of identity.

"Part of the film's charm lies in its appearance of being a stream of consciousness; as if its making itself up as it goes and scoring bulls eyes at every turn." Another satisfying aspect of this "fabulously freaky film" is the deadpan tone that "envelops its surreal surface with a leather casing of world weariness" making it more real than it really is. The absurd concept is so neatly packaged into the character and plot development that the viewer swallows it whole. It is a deliberately odd and utterly original idea given room to run, then allowed to bolt straight to its (intensely illogical) conclusion. This flick appears to have garnered nothing but rave reviews!

(references: N. Y. Times, Urbane Cinefile, U.K. Empire, Gemma Files).

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Campbell River History Tour

Would you like to dazzle your friends and family with facts and stories about Campbell River? If you are interested in local history and the personalities who have shaped our community, then September 17 is a day to mark on your calendar. The Museum at Campbell River is presenting its popular Campbell River History tour, which will be guided by Jeanette Taylor.

This is your opportunity to learn about some of the early homesteads in the area. You will visit the oldest home in the district, once owned by the Setwart/Storie family who homesteaded a 160-acre ranch in 1882. This family has been remembered in our area with place names- Stories Beach, Storey Creek Golf Course and Storey Creek. And you will stop at the Pier Street Bed & Breakfast- that once served the town as jail, courthouse and police station.

A well-known local historian, Jeanette Taylor, is your guide for this day tour. Taylor always provides entertaining tales about local figures, such as Lord Hughie Horatio Nelson Baron Bacon, who once proclaimed himself to be the "only lord in America". You will also travel through Campbell River's first residential areas laid out by Lillie Thulin in the 1940's, and Taylor uses historical photos to provide a visual time-line of local development.

Other stops of interest include Haig-Brown House, once the home of world-renowned writer and conservationist Roderick Haig-Brown and family. The home of the famous artist and teacher Sybil Andrews will also be visited. The tour will examine some of the ways that the First Nations historically used the land and waterways in the area, and will make a stop at the We-Wai-Kum cemetery at Tyee Spit.

A short walk along the waterfront at Georgia Quay will take participants past the heart of old Campbell River; the sites of the boat dock, stores and the venerable old Willows hotel, the business that began Campbell River as we know it. Snacks and refreshments will be provided but participants are responsible for their own lunches. The passenger van departs the Museum at 9:30 and will return at approximately 3:30. Dress for the weather, wear shoes suitable for walking, pack a camera and join us for this fun and information packed tour.

The Museum at Campbell River would like to thank Ken Lee and the CR Airporter for their continued support of Museum programs.

Cost of the tour is \$30, Museum society members save 10%. Pre-registration is required and can be done in person at the Museum or by phone. Contact Museum at Campbell River for details 287-3103.

Museum at CR

The meandering Oyster River has changed its course repeatedly over time, leaving a deep, rich silt in its track. The area's farming potential, a river teaming with fish and the beauty of this lush ocean and freshwater environment attracted some of the earliest settlers to the district. Stories of these hardy pioneers and First Nations people of the region will be the focus of the Museum at Campbell River's newest offering in their summer tour program, a walk along the Woodhus Slough trail on September 16.

Local historian Jeanette Taylor will lead the tour. Taylor says one of the first settlers at the Oyster River was so passionately attached to the beauty of his 166-acre property on the north shore that he served a month in jail to protect it. Her source, the late Arthur Mayse, befriended James McIvor in later years. "He was a man of legends," said Mayse in a taped interview, "a mighty man".

According to Mayse the settler was short of cash so he agreed to let a portion of his land to be logged. When he saw how they were mauling his woods to take out the trees he ordered them to stop. When they refused he stomped back to his cabin for his log cabin for his gun. Though no bullets were fired, McIvor wound up in jail for running the men off his property.

Tales of "the McKeever", as the old pioneer called himself, are just one of the features of the walk. The tour starts off with a visit to the historic Fisherman's Pub and along the route participants will hear stories of Mitlenatch Island, floating on the horizon, and see the location of the old "Woodhus Stopping House" a once famous stopping place on the old island highway, which forms part of the current walking trail.

The tour will include a stop for lunch at the Salmon Point Pub before returning to the Oyster River. Heritage sites guide, Jeanette Taylor, describes this as an easy walk of approximately two hours, with stops to enjoy the various natural and historic features along the trail.

The cost of lunch is not included in the \$20 registration fee. Participants will carpool from the Museum at Campbell River parking lot, returning at approximately 3:30 pm. To register contact Museum at Campbell River at least 5 days before the program date, 287-3103.

One Month Left...

Anne Elmore transition house presents "The Big Crystal Rock Draw". The Smokey Quartz (approx. value \$750.00) can be viewed at Inner Odyssey Books & Sound or ph. 286-1401. Draw takes place at Haig Brown House on Oct. 1, 2000. The winning ticket will be picked by Lawrence Brenn, who sits upon the "Big Rock" rain or shine on thanksgiving weekend, collecting donations for Ann Elmore house, to help stop domestic violence. Please show your support.

Call for Artists and Crafts People

The Comox Valley Art Gallery is accepting submissions for the 26th Annual Juried Christmas Craft Fair which runs from November 17 to December 31. This is a great opportunity for local crafts people to participate in the Valley's most well-established, unique Christmas Craft venue. It's a chance to showcase their work along with the best in local and regional crafts.

All items submitted for jurying must be original, high quality, handmade works only. Registrations are due by October 14th. Forms are available at the CVAG, 367 4th Street, in downtown Courtenay, from 10am to 5pm Tuesday to Saturday. Forms can also be mailed or faxed upon request. Market hours will follow downtown merchants schedules. Artisans will be responsible for delivery and pick-up of their work. For further information please call 338-6211, fax 338-6287 or e-mail, cvagchin@island.net

Mt. Cain Annual General Meeting

Don't feel bad because summer is nearing an end. Winter - and the snow - will soon follow...

This means it's time to think about skiing and snowboarding and about Mt. Cain.

Mt. Cain's Annual General Meeting will be held on Friday, September 15th, 2000 at 7:00 pm. Location is the mezzanine of the Port McNeill Arena.

Mt. Cain needs you. Get involved!

Women's Sexual Assault Centre

The women's Sexual assault Centre is offering a 12-session group.

The group called MOVING ALONG is for women who have experienced recent or childhood sexual abuse/assault. Prior counselling, individually or in group, is recommended.

The group facilitators are Mary Anne Rolfe and Sheranne Johnston. The group will be held Wednesday mornings - 9:30-11:30, beginning September 27, 2000.

For more information or to register call 287-3325

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Island Forum



Thank you !!

With the Visitors Info Booth closed, and autumn gently pushing its way over the island, we would like to acknowledge the continuing generosity of Quadra Credit Union for once again providing large quantities of the *Visitors Map of Quadra Island*. These supply not only the visitors booth, but also a dozen other outlets, for a total of 1,670 maps this year.

Each year Steven Halliday gives the go ahead, and Margaret Heald, at Reception, cheerfully finds the time to run off a couple of hundred maps at a time, as needed. To keep it current, the map is updated twice a year (spring and midsummer), and sells for "\$1 or more donation," with every cent going to the Community Centre addition Project. Some visitors will generously give more, and some pay with a U.S. dollar which adds around 40¢ extra to the donation.

We supply maps to a total of 10 outlets across Quadra, some of which continue to sell them through the winter. Some people, it seems, like to fold a map inside a Christmas card - a good idea; show someone just where on the island you call home!

For yet another year of supplying this fundraiser, we would like to extend our warm thanks and appreciation to the Quadra Credit Union, and for its ongoing support to the community.

Community Centre Addition Project committee.

To Discovery Islander,

This signage, on the Heriot Bay Rd. at the junction of Smith(s) Road - (both spellings are used for that road) - has been in place for some three years. Is it meant to be a joke, perhaps? Or a challenge? Is it to ensure visitors will drive all over Quadra Island, thereby extending their stay and perhaps the need for another meal and extra gas, and possibly an additional night's accommodation?

As a volunteer at Quadra's tourist booth, I didn't have the answer for a much frazzled driver and his family from California. Leaving Smith(s) Rd. at its junction with Heriot Bay Rd., they made a LEFT turn for Granite Bay, they continued on to the end of Sutil Rd. without ever reaching their intended destination. "Where did we go wrong?" they wondered. Knocking on a door for help, they asked "Are we anywhere near Granite Bay?" I leave the rest to your imagination!

Would Highways Department - or whoever is responsible for that enigmatic signpost - please explain why drivers are sent off in the **opposite** direction to where Granite Bay and Village Bay Lake are in fact located.

If it is not possible to change the signs, then clearly Granite Bay and Village Bay Lake will have to be relocated to the south end of Quadra Island. This could indeed be costly, but it would certainly solve the problem and the signs could remain as they are.

Hilary Stewart

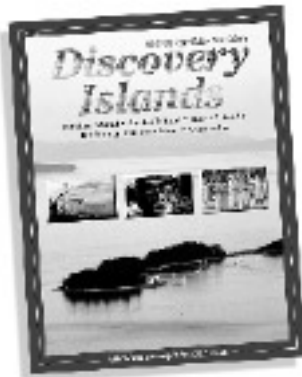
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Opinions expressed herein are those of the writers and
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Next deadline 7pm Monday, September 25th 2000

Quadra Island Preschool

OPERATED BY: *QUADRA ISLAND CHILDCARE SOCIETY*
PRESCHOOL...

Provides a safe and caring place within our community for young children to meet, grow, and play together. As a parent cooperative, our children's early learning experiences take place in an environment in which parents are welcome, easing the transition from home to school. Both children and parents benefit from this continuity and the exchange of ideas between school and home. Our certified teacher is sensitive, caring, and dedicated to the development of our children.

School is held in a lovingly maintained and equipped building in a quiet forested setting, with a wonderful outdoor playground to stimulate adventurous play activity. All facilities and programs comply with the requirements of the BC Licensing Board.

QUADRA ISLAND CHILDCARE SOCIETY

An incorporated, non-profit society formed in 1980, the Society owns and operates the preschool. Parents, as members of the cooperative, help in the operation through assisting the teacher, maintaining the property, organizing special events, etc.. The Society is administered by an elected Board of Directors.

Tuition fees cover the salary of our teacher, while operations, improvements, and equipment are funded by sales of our two famous cookbooks and by bingo revenue.

ABOUT THE SCHOOL...

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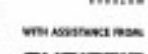
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My Summer Vacation

Darlene Booth RNC

Fall... Fallen ... Falling First the thermometer, then the rain. The cool temperatures and liquid humidity chasing us out of our gardens and back into the warm dry environment of our humble abodes. Back to the chopping of kindling and stoking of the woodstoves. Back to the familiar routines of a West Coast winter.

I've missed my computer. Sad but true. As I sit in front of this screen and watch the blinking cursor travel across the page I realize that this part of my week had become a meditation, a time for reflection. A chance to reel in the transient thoughts and ideas that course through my brain and organize them into tidy sentences and paragraphs that can be filed away for future use. It has been calling for many weeks. Hey! Remember me? I thought we were buddies? I thought we were pals?

Alas, summer leant itself to other ventures. It was a summer of new journeys and new beginnings. A summer that took on a form of it's own. A summer of excitement and exploration. I just went with the flow and enjoyed the ride.

I thoroughly enjoyed my Saturdays at the Village Market. It is very rewarding to chat with everyone and exchange ideas and information. I am passionate about what I believe in and really enjoy the chance to open doors of study and understanding for people. Life is a journey and chock full of opportunities for enlightenment along the road. I want to thank each and every one of you for stopping by my "health booth" and I look forward to dryer days when we can do it again. I would also like to invite you to stop by my home office where I can be found most days after 11:00 am. Just give me a call to set up a time.

It was also a summer when family dynamics took on a whole new form. Where my role of parent took on more of a supervisory position rather than being exclusively hands on. My teenage

children having shifted from needing my daily physical guidance to knowing I am there if they need me. Which as I found out, is not really that much anymore! They are wonderful, capable human beings and I am proud of the way they are conducting their lives and enjoy watching their fledgling ways. They are starting to spread their wings and soon they will be soaring. And I too, shall fly.

I was able to take couple test flights [so to speak] this summer. Much of my life in the past couple decades has been spent traveling and living abroad which in itself was an experience I will always cherish. But in those years, there was also a deep longing to get back to my local roots. A desire to strap on a backpack and head off down an unknown trail in the wilderness and justbe. There. Here. Wherever. And a desire to get away with my husband of 18 years and enjoy the togetherness that was once ours alone. Back in the days when we did not have to share or divide our attentions with anyone. When nobody else on the planet was even remotely as interesting as us. In the time period known as B.C. [Before Children].

I was able to get a taste of both this summer and enjoyed a successful hike to Cape Scott with a couple of my buddies where both our physical endurance and bravado were put to the test. We passed! It had been too long and it awakened a part of my soul that had long been dormant. I am looking forward to many new trails and adventures in the near future. I was also able to enjoy a concert getaway to Vancouver with my husband. It's amazing how light you can pack when you are not traveling with kids!

We topped off the summer with a family camping trip to Long Beach and I enjoyed reading the last of the Harry Potter series while the kids learned to surf and Peter marveled at their determination and stamina.....it was a good summer...but it is great to be back!



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REGIONAL DIRECTOR'S REPORT

As usual, September has started off as an extremely busy month; meetings, meetings, and more meetings! By the time you read this article, the public meeting to discuss residential use on the water (houses on floats) will have come and gone. Close on its heels will be the public meeting on roadside signage that will be hosted by the Regional District (C-SRD) and attended by Ministry of Transportation and Highways (MOTH). That will be on Wednesday, September 27th at 7:30 p.m. at the school. (See the notice of meeting elsewhere in this issue). We will then have two public meetings in October to discuss the By-Law Review Process and receive public input. The by-law will be discussed at the Area J APC the first week in October. The planners at the C-SRD will have all of their revisions compiled by that point for comment by the APC.

For the past 10 years, as your representative, I have been lobbying the provincial government to hand over the Highways Subdivision Approval function to the C-SRD. This is necessary because of the close relationship between subdivision and planning. We received approval by the minister 2 years ago but the bureaucracy has dragged its feet. We have now applied more pressure in the appropriate places and are now drafting the Subdivision Approval By-law. An approving officer will be hired in October/November. We should have the transfer completed by the end of January.

Another item that is being pushed very heavily by a group in Campbell River is the Integrated Tourism Organization. This is being billed as a regional function to promote and market the tourism industry in the greater Campbell River area and the islands and the west coast. It certainly has an energetic group promoting it and would obviously benefit our businesses. I need to know if our community agrees with participation in this new group to help

increase tourism and all of the associated benefits to other businesses on the islands. There will be minimum seed money requested and then some ongoing funding in the future. Do we want this help in promoting tourism or do we want to do it on our own? Sounds like another public meeting coming up!

Last but not least, I attended the Coastal Council to B.C. Ferries as your representative on September 7th and 8th. Martin Amiable and Tim Walters also attended along with Lynn Nash from Campbell River. They are all part of our local ferry stakeholders group.

We met to discuss three main areas of concern. These included proposed changes to the legislation for B.C. Ferries, a public consultation process for the Corporation, and tariffs. The following is a report of what the Council discussed but not what I agree with.

B.C. FERRIES LEGISLATION;

The Corporation presented its proposed changes to the B.C. Ferries Act (1976) for information. Since any changes to the Act require the assent of the provincial government, until the provincial government calls the next sitting of the Legislature, nothing will happen.

PUBLIC CONSULTATION PROCESS:

The Corporation undertook a review of its public consultation process and continues to refine the details within it. Mostly, this process is helping define the role and structure of future Tier 1 Stakeholder groups. B.C. Ferries has named Nancy Cameron as their new Coordinator for Public Consultation, a salute to the work done by the Stakeholder Groups and Coastal Council over the past few years.

TARIFFS:

Most important to Islanders was the discussion about tariffs. Considering that the Coastal Council was formed as a result of the proposed tariff increases in November 1997, this is a key issue for the Coastal Council. The key recommendation from the Coastal Council to B.C. Ferries is that it supports and requests a more rational tariff across the fleet.

To that end, the Council has agreed that a formula-based tariff, fleet-wide, must be implemented to eliminate the arbitrary decisions about tariff rates and increases. Work by the Council has shown that the tariffs across the B.C. Ferries system are not equitable or rational. They are not based on distance, costs, or time traveled. They do not relate to the ship's vehicle or passenger capacity, and they are not based on any formula to date.

As well as the idea of a formula-based tariff system, Council has recommended that B.C. Ferries consider a number of other principles when determining or adjusting tariffs. One of the most important ones is that no community should experience excessive rate shock, that being any one excessively large jump in tariff rates. No community should be expected to withstand a huge increase in its rates all at one time just so that B.C. Ferries can reach a sustainable financial position.

To have consistency throughout the fleet in setting and determining rates was also a key principle for the Council. To date, rates fluctuate throughout the fleet for no reason.

Council is also recommending to B.C. Ferries that a fair provincial and federal subsidy be sought, based on the belief that the ferries are an extension of the highway infrastructure. While the provincial government has provided some relief in that it has now legislated that B.C. Ferries receives 1.25 cents per litre of gas and

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diesel sold in B.C., this is a small step in reinstating the previous subsidy that B.C., Ferries received.

Council agreed on these principles, but decided to leave the implementation and details to B.C. Ferries, since there are several options for adjusting tariffs. Since there is no certainty of which option will be approved by the management and Board of B.C. Ferries and then the Cabinet of the Provincial government, there is no certainty to the amount of increase (or decrease) in tariffs on a route-by-route basis.

An issue that received a lot of attention was the amount of discount for commuter tickets. The rates presently vary greatly across the ferry system, and since the Council has not yet developed a policy or principles about discount fares, there was no direction to B.C. Ferries on this.

I will state clearly at this point that **I do not agree** with any of this direction except for the increase in Federal and Provincial subsidy. I proposed that we continue to look at "equity" as saltwater ferries should cost the same as freshwater ferries: No fare! I continue to advocate on your behalf for the ferries to be run as part of the highways system; not as a corporation. I suggested reductions in present fares with greater federal

and provincial subsidies to balance the books as reported above. I am not alone in these requests but we are not the majority. Most likely we will put forward a minority opinion to be filed with the main report to the board.

B.C. Ferries intends to obtain public comment on their tariff proposals over the next four to six weeks, and I encourage you to do so. To receive the document, check the B.C. Ferries website or call Nancy Cameron at (250) 978-1323.

Sorry for the length of this report, but there is an incredible amount of activity to report on and I want to keep all of you informed to the best of my ability.

I look forward to discussing issues with you at the upcoming public meetings. Please attend! I welcome your input. Contact me between 9 a.m. and 7 p.m., Monday to Friday, at 285-3351 or FAX 285-3533, or email at: abramfam@oberon.ark.com. Please do not call me after 7 P.M. or on weekends for business purposes. Thanks!

Jim Abram

Director, Area J

Money Matter\$

Steven Halliday

Over the last few years, the so-called "New Economy" has largely been fuelled by silicon, the critical component in the chip that powers most technology today. Almost entirely forgotten during this period is the commodity that dwarfs silicon and virtually everything else in importance to all economies...oil. Without oil, cheap oil, the technological revolution and expanding economies of the 1990's simply couldn't have happened. Well, oil is no longer dwelling in the shadows, and by all accounts is set to take center stage as it once did in the early 1970's. And that does not bode well for oil dependant economies such as our own. Historically, sharp rises in energy costs (oil futures have tripled in cost in the last 12 months) have been accurate predictors of economic slumps.

How important is oil to the global economy? Believe it or not its importance has actually shrank by about 30% since the 1970's oil crisis, due to improvements and efficiencies in our methods of consumption. And consume it we do - for everything from gasoline and heating oil to plastics, paints, medicines, clothing and thousands upon thousands of other things we take for granted. The per capita consumption of oil in the United States is about 25 barrels per year. (By comparison, Latin America consumes less than 5 barrels per capita) But while we've become more efficient at consuming the stuff, on a global basis we are consuming more than ever. In spite of the severity of the crisis 30 years ago we have not lived up to the promises made back then. "Never again!" was the rallying cry, and we had visions of limitless and clean energy supplied by wind, wave or sunlight, eliminating our dependence on OPEC and preserving the environment at the same time. How did we do? Less than 1% of energy in North America is generated by alternative means. In the meantime, our supply of oil has either remained static or shrank, depending on the source of opinion. What is known is that the 1,311 identified major oil fields contain 94% of the world's proven oil, and the peak for new discoveries was reached way back in 1962. The low prices we have enjoyed for the last 8 years have had the side effect of a near cessation of new exploration and construction of new production facilities. The US Oil and Gas Journal has indicated that to meet anticipated growth in demand an immediate investment of \$100 billion is

required. This investment will not happen with oil priced at less than \$25 per barrel, but that is not the case today, with the September 8th closing price on oil futures of \$34 per barrel.

So how will the higher crude oil prices affect us? Simply put, it will affect almost everything. Everything that requires oil or oil by-products in its production and transport will go up in price - in my mind that is just about everything we use. Obviously fuel costs will continue to rise, and if consumers are spending more on fuel they have less to spend on other things. If we see higher oil prices translate into inflation, then it is likely interest rate hikes will follow. And one of the insidious things about crude oil price increases is that they work their way slowly through the economy. It can take about 18 months for the impact of oil price hikes to translate into higher inflation rates. 18 months ago oil was around \$10 per barrel. And many economists are now postulating that low energy prices of the last several years are a major contributor to our economic growth of the same period. For a short time at the end of 1999 oil prices were actually of the real price of oil in the 1950's, and 1/5 of the real oil price of the early 1980's. One needn't be a rocket scientist to realize that the profitability in industry has been terrific because energy costs have been so cheap. It is a certainty that higher crude prices will impact profits in most industries.

Two facts are clear - we are running out of oil (it is anticipated demand will exceed maximum production in 2010) and what oil we have is going to cost more. Hugo Chavez, the new leader of Venezuela, has been very busy of late drumming up support among his OPEC colleagues to back him in his vision of making the rich nations pay a higher price for oil. He won't have much trouble with this, as Saudi Arabia is about the only member of OPEC who is in favour of keeping prices at \$25 per barrel. But there is political turmoil facing the Saudi's, whose pro-western stance may not be maintained in the future.

And don't believe this talk about increasing production to lower prices - Saudi Arabia is the only OPEC country that is not already running at full capacity. I'd suggest we all get used to \$.75/litre gas, or more realistically, enjoy it while it lasts.

Business Profile

The Inner Garden

by Tanya Storr

Feeling stressed? Suffering from aches and pains? The Inner Garden, a new health centre in Heriot Bay, may have just the treatment you're looking for.

Maha Price, Leslie Richter, and Meiling Alps describe The Inner Garden as "a meeting place for healing, well being, and growth." Between the three of them, they offer ozone therapy, lymph drainage therapy, and Jin Shin Do acupressure. The Inner Garden also hosts workshops and has a bright and comfortable meeting space available for rent.

"The focus of The Inner Garden is on alternative health with an emphasis on the connection of body, mind, and spirit," said Meiling.

The Inner Garden is located across from the Quadra Library at 711A Cramer Road, in the building that used to house the consignment store. Meiling came up with the idea for The Inner Garden last winter. While having lunch with Maha and Leslie one day, she suggested they all work together, combining their bodywork businesses under one roof.

"When we decided it would be a good idea to do something together, this building jumped into my mind as the ideal location," Meiling recalled.

She asked the owners, Ralph and Lannie Keller, if the building was available for rent, and it turned out they were looking for a tenant. As it was already zoned for commercial use and renovated as a residence, the building met The Inner Garden's needs and all Meiling, Leslie, and Maha had to do was move in.

Meiling's sister, Hazel, offered some start-up money to cover the initial rent and other expenses. Hazel is a retired physiotherapist who lives in New York City.

"Hazel is a very generous person who likes to support endeavours she has a connection with. She inspired me to start doing bodywork," Meiling told me.

The doors of The Inner Garden officially opened on May 6. Maha offers ozone therapy, Meiling offers Jin Shin Do



Maha Price, Leslie Richter & Meiling Alps at the Inner Garden
Photo: Tanya Storr

acupressure, and Leslie offers Jin Shin Do acupressure and lymph drainage therapy.

Entering The Inner Garden through the courtyard at the building's rear, I stepped into a green oasis of potted plants on a walled deck ringed by Tibetan prayer flags.

From the deck, a sliding glass door leads to Maha's workspace in the kitchen. The first thing I noticed in Maha's space was the steam cabinet she uses in her ozone therapy work.

A client about to have an ozone or aromatherapy steam treatment sits on

the seat inside the cabinet and closes the doors, leaving only their head protruding from a hole in the top of the cabinet. Maha then pipes ozone or aromatherapy steam into the cabinet. The warm steam sauna allows the ozone to penetrate the client's skin.

"Your skin is your largest breathing organ so the activated oxygen, or ozone, is absorbed through the skin, into your blood stream, to even your bones and marrow. Ozone is a potential weapon against all bacteria, viral, and fungal infections. It is preventative, as well as remedial," Maha said.

A certified ozone hyperthermic technician, Maha has been giving personal ozone treatments for over three years. She explained that 15 minutes of ozone therapy is equivalent to two hours of immersion in naturally occurring ozone, such as jogging along crashing surf or waterfalls. She added that ozone therapy has been successfully applied for over 100 years and is currently used in 17 countries.

Maha now incorporates pranic healing with most of her ozone treatments if clients so desire.

"I find it to have a powerful effect—they seem to work so well together," she said.

Maha also offers ozonated water, organic tinctures, high powered aloe essence, and ozonated olive oil. Ozone is pumped through the olive oil for 500 hours in a controlled cold environment, causing the oil to solidify into a substance used as an ointment for a variety of fungal infections.

Next to Maha's workspace is the meeting room, a large, bright room that is used for workshops or rental. One corner is filled with items for sale, including soaps and balms, photo cards, and Meiling's pottery and oil pastel/acrylic crop circle pictures.

Meiling explained that The Inner Garden is also a crop circle information centre. If people are interested, they can borrow a video on crop circles, read the collection of articles, and see pictures of the latest crop circles.

The workshop room is decorated with paintings by Meiling, Luise Grav, and Gino Carlson, and quilts by Leslie add to the ambiance. Large windows look out to a lovely view of Heriot Bay.

Leslie and Meiling have their workspaces upstairs. A lending library on the landing contains an eclectic collection of books on alternative health and spirituality. People are welcome to borrow or donate books.

Leslie's workspace, where she does lymph drainage and acupressure treatments, is a room on the left with a window overlooking the deck. Leslie said she often combines lymph drainage and acupressure treatments these days. Lymph drainage therapy works to activate the lymph system, while acupressure uses finger pressure to unblock energy. Leslie completed her first level of lymph drainage training last summer in Vancouver with the help of a bursary from Quadra Credit Union. She did her acupressure training in 1995. Typically, treatment sessions by Leslie or Meiling last one-and-a-half hours.

"Lymph drainage therapy involves a gentle touch of flat hands and fingertips



Leslie Richter gives accupressure to Meiling Alps
Photo: Tanya Storr

on the skin. The therapist follows the pathways of the lymph vessels to the lymph nodes, opening up and stimulating the natural process. The procedure helps to eliminate fluid retention, eliminate toxins and trapped proteins, strengthen the immune system, relieve muscle spasms, and deeply relax a person," Leslie said.

After Leslie gave me a mini-lymph drainage treatment on my face, I had to agree about the feeling of relaxation. A little nap would have been just the thing! However, the offer of a mini acupressure treatment from Meiling got me on my feet again and down the hallway to her workspace.

Meiling and Leslie each have a massage table in their workroom, and Meiling also has a portable massage chair. I sat in the forward sloping seat, resting my forehead against the cushioned head support and my elbows on the cushioned arm supports, while Meiling gave me an acupressure back massage. Although an unusual sitting position, it's actually quite comfortable and the massage is very relaxing.

"I think contacting acupressure points is like listening with your fingers. There are acupressure points along the spine that tap into different organ meridians, and using the massage chair allows me to press into those meridian energy flows. It's very balancing. In general, people are more relaxed after a treatment," Meiling said.

Meiling started doing acupressure four years ago after studying Jin Shin Do acupressure with senior teacher Tolling Jennings. She said this body/mind/spirit

approach melds well with her previous interests in Jungian psychology, Taoism, Buddhism, and energy work.

Leslie and Meiling commented that it's wonderful having a place to do their bodywork treatments away from their homes. Meiling used to do treatments in her guest room and living room, and Leslie used to have to clear away her sewing supplies when someone wanted a treatment.

"It makes such a difference having a neutral space you can keep work focused," Meiling observed.

As well as offering ozone therapy, acupressure, and lymph drainage therapy, The Inner Garden has hosted several workshops and more are planned. Workshops to date have included shamanic drumming, aromatherapy, a crystal and Tibetan bowls concert, and an Ikebana Japanese flower arranging course taught by Kisan Kim.

A meridian massage workshop is planned for later this month with Tolling Jennings (no previous bodywork experience required). Other future workshop topics may include digital photography with Irene Blueth and presentations on self help themes, such as how to prevent and deal with repetitive strain injuries.

"There are all kinds of possibilities. We welcome workshop ideas," Meiling said.

For more information about The Inner Garden or to book appointments or rent workshop space, drop by 711A Cramer Road or call 285-2727.

Island Report

Quadra Elementary Students Create Mural

by Tanya Storr



Grade 4 & 6 students who worked on the mural with Del Morgan & Karen Abercrombie, in no particular order: Jenika Doherty, Kelsey Anderson, Raven Nighswander, Angie Schoenfelder, Katie Bodin, Eileen Ewen, Naomi Billy, Melissa Saxby, Rowan Morgan, Kevin Hagen, Bob Normoyle, James Avon.

Photo: Tanya Storr

If you've been to Quadra Elementary lately, chances are you noticed the colourful mural in progress near the school's middle entrance. Grade two teacher Del Morgan is organizing the mural project with the help of educational assistant Karen Abercrombie.

"It's a multi-layered project. The aim is to get every kid in the school involved in it in some way," Del said.

The idea for a mural began the year before last, when the school's vice-principal at the time, Gordon Burkholder, applied for a Healthy Schools government grant of \$250. He asked the students what they'd like to use the money for, and they suggested a mural project.

When Gordon Burkholder was transferred, the school asked for a volunteer from the staff to take over the project. Del, who teaches two days a week on a rehabilitation work plan due to her fibromyalgia, offered to organize the mural project.

"I volunteered because I have an art background and I felt confident about doing it. Although I've never done a mural before, I'm enjoying it very much. I wouldn't have been able to do it if I was working full time," Del said.

The mural is composed entirely of students' designs. In the last two weeks before summer holidays, Del sent home an envelope with each child containing

information about the mural project and inviting them to create a drawing for the project.

During the month of August, she and Karen designed the mural by projecting the children's drawings onto the wall of the building at night, and tracing them onto the stucco wall using felt pens.

"We went through 20 felt pens, because the stucco kept wearing them out," Del recalled.

Del painted a periwinkle blue background with a navy border, and also painted one of the drawings to show the kids what it would look like.

Since school started on September 5, some of the grade four, five, and six students have been working on painting the drawings on the mural with guidance from Del and Karen. Del said the other staff members have been very supportive of the project.

Based on the alphabet with a Quadra theme, the mural has a detailed panel drawing for each letter. For example, the drawing for "C" is about Cape Mudge, "D" is for deer and dragonflies in the forest, "I" is for island, "L" is for lighthouse, "O" is for orca, etc. Most of the drawings are a combination of several students' designs. There are 27 panels in all, 26 for the letters of the alphabet and one that will state the mural is a cooperative Quadra School project.

When I stood back and looked at the mural, I immediately noticed its resemblance to a quilt with panels of different themes. Del said her intention was to link the mural project to quilting,

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as many of Quadra Elementary students have done quilting units in class and several staff members are interested in quilting.

Del, who has taught at Quadra Elementary since 1984, said she is very pleased that one of the school's former students, Carla Duffy, now a second year college art student, has volunteered to help with the mural project. Quadra Daycare's Out of School Program and some Quadra home school students may also become involved in the project.

Other people have offered to help with the project, and Del is actively welcoming anyone who is interested to volunteer a couple hours or more of their time to help the kids paint the mural. Mural painting takes place on Wednesday, Thursday, or Friday afternoons from 1 p.m. on. Del also works on the mural on weekends sometimes.

Fortunately, the mural is located below an overhang, so painting can even take place on a rainy day as long as it isn't windy. Del said the latex and acrylic paints dry very quickly. As they paint the mural, the children learn about colour mixing and other painting techniques.

The students who have been painting the mural since the beginning of the school year gathered for a photo with Del and Karen. When I asked them if they are having fun working on the mural, the answer was a resounding "Yes!" The kids said painting the drawings and

seeing the results are their favourite parts of the project.

The money from the Healthy Schools grant is going towards paint and other supplies for the project, and Del is carefully keeping all the receipts to satisfy the government grant requirements.

Del said the school district's maintenance department has been very helpful, advising her on compatible paints and sending a drop sheet. The kids have been so careful with their painting that they haven't even had to wear paint shirts.

Future plans include a second mural on the school's west wall (visible from the parking lot), a potential colouring book of the designs used on the mural, and albums of the designs and photos documenting the project in the school library.

"The possibilities are endless as people's ideas come up. I'm grateful for the genuine interest and pleasure people have been showing in the mural. The wonderful thing about a project like this is how inclusive and democratic it is, and the nice thing about this stage is it's very visual. People are noticing it and getting involved," Del said.

For more information on the mural project or to find out how you can help, drop by the school on a Wednesday, Thursday, or Friday afternoon or call Del at 285-3385 (Quadra Elementary) or 285-2117 (home)

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Journeyman carpenter / construction supervisor needed.

To work with and supervise a 5 person crew for the Quadra Community Centre Completion Project. Applicants should have in depth knowledge and experience in all aspects of construction and good interpersonal skills. The successful applicant for this supervisory position will report to the building committee. Responsibilities will include ordering and purchasing, finalizing of project details and coordinating with sub contractors. Applications and resumes may be dropped at the Quadra Community Centre office or mailed to Box 10 Quathiaski Cove, V0P 1N0 before September 25, 2000.

Classified ads are \$10.70 for two issues for up to 35 words or \$8/inch for larger ads. Enclose payment (cheque or money order) with ad and drop off at Hummingbird Office & Art Supply, Quadra Foods or the Heriot Bay Store.

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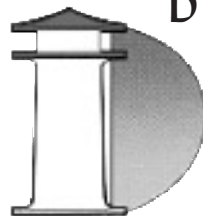
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Sept.16-26, 2000

| | | | |
|----|------|------|-----|
| 16 | 0600 | 12.1 | 3.7 |
| SA | 1145 | 6.9 | 2.1 |
| | 1825 | 13.1 | 4.0 |
| 17 | 0040 | 6.2 | 1.9 |
| SU | 0655 | 12.1 | 3.7 |
| | 1215 | 7.9 | 2.4 |
| | 1850 | 13.1 | 4.0 |
| 18 | 0130 | 5.6 | 1.7 |
| MO | 0805 | 11.8 | 3.6 |
| | 1255 | 8.9 | 2.7 |
| | 1920 | 13.1 | 4.0 |
| 19 | 0220 | 4.9 | 1.5 |
| TU | 0925 | 11.8 | 3.6 |
| | 1350 | 9.8 | 3.0 |
| | 1955 | 12.8 | 3.9 |
| 20 | 0315 | 4.6 | 1.4 |
| WE | 1055 | 12.1 | 3.7 |
| | 1520 | 10.8 | 3.3 |
| | 2045 | 12.5 | 3.8 |
| 21 | 0420 | 0420 | 4.3 |
| TH | 1210 | 12.5 | 3.8 |
| | 1715 | 11.2 | 3.4 |
| | 2140 | 12.1 | 3.7 |
| 22 | 0540 | 4.3 | 1.3 |
| FR | 1315 | 12.8 | 3.9 |
| | 1920 | 10.8 | 3.3 |
| | 2305 | 11.8 | 3.6 |
| 23 | 0705 | 3.9 | 1.2 |
| SA | 1405 | 13.1 | 4.0 |
| | 2045 | 10.5 | 3.2 |
| 24 | 0035 | 11.8 | 3.6 |
| SU | 0810 | 3.9 | 1.2 |
| | 1445 | 13.5 | 4.1 |
| | 2150 | 9.8 | 3.0 |
| 25 | 0150 | 12.1 | 3.7 |
| MO | 0905 | 3.9 | 1.2 |
| | 1525 | 13.8 | 4.2 |
| | 2240 | 8.9 | 2.7 |
| 26 | 0250 | 12.5 | 3.8 |
| TU | 0955 | 4.3 | 1.3 |
| | 1600 | 13.8 | 4.2 |
| | 2325 | 7.9 | 2.4 |



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