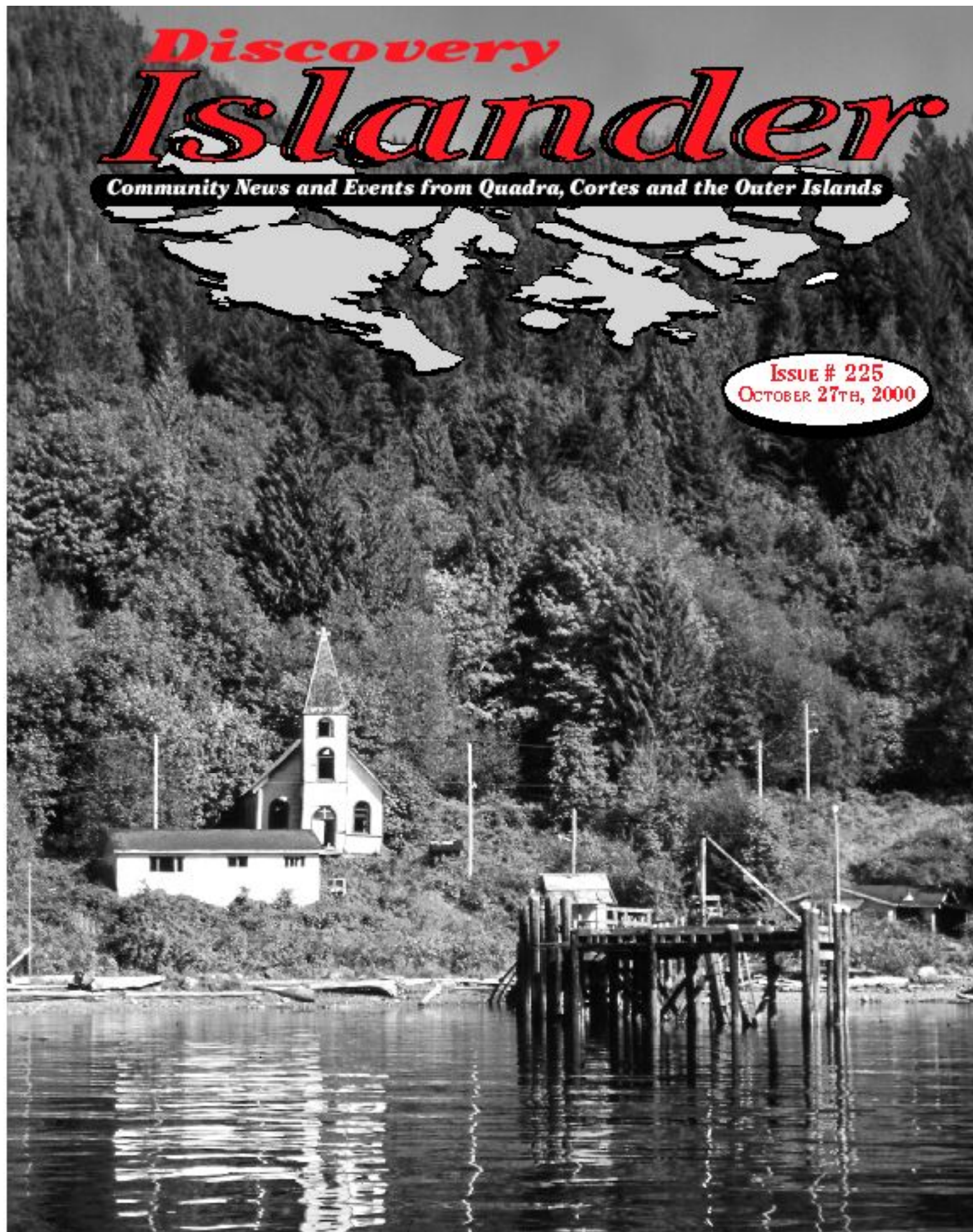


Discovery Islander

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

ISSUE # 225
OCTOBER 27TH, 2000



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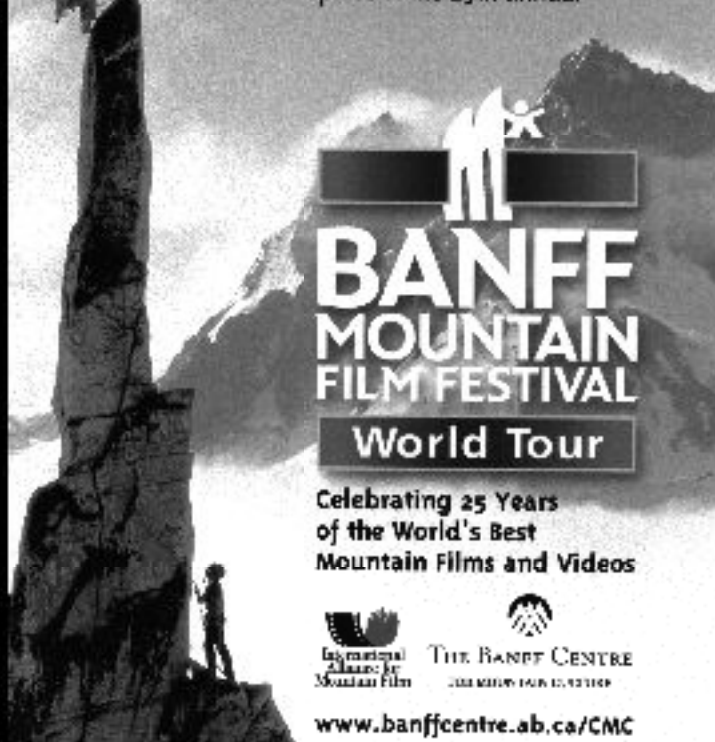
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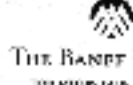
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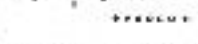
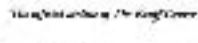
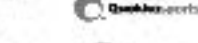
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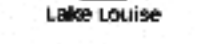


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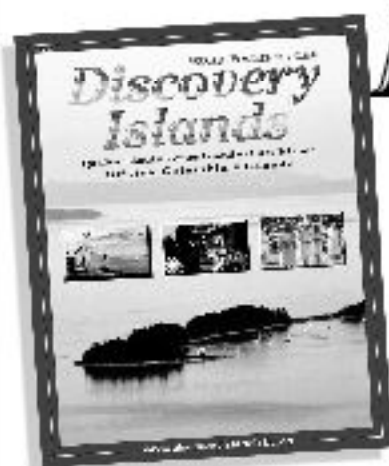
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 photo: Tanya Storr


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Discovery Islander



#225 October 27th, 2000

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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 600 words maximum for
unsolicited material.
- + Send multiple items by email in separate messages.
- + 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
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Island Calendar

•Every Saturday	
-Fall/Winter/Spring Market	QOC
10:00a.m.-2:00p.m.	
-Village Square Winter Market	Village Square
10:00a.m.-2:00 p.m.	
Oct. 27, Friday	
-Friday Flicks - Windhorse	QOC
7:45	
-Halloween High Jinks/Dance	Quadra Legion
9pm - 1am	
Oct. 31, Tuesday	
-Halloween Fun Night/ Fireworks	QOC
6:00/8:30	
Nov. 3, Friday	
-Slide show/talk Cortes Eco forestry Project	QOC
8pm	
Nov. 4, Saturday	
-Quadra Arts Fest	QOC
10 am start	
-Tea Open House	Quadra Island United Church
1:00-3:30	
Nov. 5, Sun.	
-Rev. Joan McMurtry	Quadra Island United Church
10:30am/Communion Service	
Nov. 6, Monday	
-Avoid Abuse Workshop	Quadra Daycare
6:30pm	
Nov. 7, Tues.	
Folkdancing (weekly)	School Gym
7:30 -9:15 pm	
Nov. 11, Sat.	
-Remembrance Day Service	Quadra Island Legion
all seated by 10:45 am please	
Nov. 17, 18	
-Christmas Craft Fair	QOC
Nov. 18	
-Ken Hamro	Haida Inn Campbell River
Nov. 21, Monday	
-Best of Banff Mtn Film Festival	Tidemark Theatre CR
7:30pm for tickets call 287-7465	
Folkdances of Greece	School Gym
7:30 -9:15 pm	
Nov. 25th, Sat.	
-Festive Brunch	Quadra Island Bible Church
9:30-12 noon	

Winter Market

Every Saturday at Quadra Community Centre 10am to 2pm. Everyone welcome come on by! Interested vendors call Dan at 285-3766

Wilderness First Aid

For outdoor guides, enthusiasts or anyone who works or recreates in remote locations. An Advanced Wilderness First Aid course will be held on Quadra Island March 14-23, 2001. For more info contact Greg at 285-3308

Yak Shak Coffee House

615 Taku Rd., Heriot Bay

1st Friday each month, 7:30 - 10:00pm. Bring an instrument, a voice, a poem, an ear. Share your talents in a true Quadra variety entertainment or sit back and enjoy. \$4 admission. For further info. call John 285-2958

Christmas Craft Fair

Are you an artist or craftsperson who wants to sell your wares? Calling all craftspeople to sign up for the Christmas Craft Fair at the Community Centre. There are still space available on both Friday, November 17 and Saturday, November 18. Call Sue Anderson at 285-2742 to book your table. We are also looking for volunteers to help set up on Friday, November 17. Please call Mignon at 285-3163 to sign up.

EVENT CLASSIFIEDS

Aerobics with Marion

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

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

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Friday Flicks

Tonight - Windhorse

Nov 10th - The Straight Story



TONIGHT -
WINDHORSE 7:45 pm
Community Centre.

*** Depic ts scenes of torture and violence. Not Suitable for Children.***

'Windhorse' is an inspiring tale of courage and rebellion set in present day, Chinese-occupied Tibet. It's based on oppression that is mostly forgotten in the west.

By using a small digital camera and posing as tourists, director Wagner and his crew were able to overstep the Chinese censors and tape footage in Lhasa. The screenplay is fact-based and derived from a video project by co-writer Thupten Tsering, involving interviews of Tibetans inside Tibet, and in exile. Most of the cast are non-professionals (some of whom could not use their names for fear of reprisals) and finding them was extremely difficult. The whole process involved 'nerve-rattling challenges and a series of miracles'. Actors and crew worked with passion for the cause and, as a result, 'Windhorse smolders with outrage.'

Wagner shows us a world grossly out of proportion, where people are made to feel small for simply being who they are. The film is lauded for creating a tangible portrait of Tibetan life and struggle. Its influence is underscored by the bitter attacks it received by the People's Republic and the Chinese Embassy after screenings in the U.S.

November 10th
THE STRAIGHT STORY

Doors 7:30, showtime 7:45
Admission: \$4.50, students and seniors \$3.50

The Straight Story is a film dedicated to the real-life memory of Alvin Straight, a man who drove from Iowa to Wisconsin to see his estranged brother who had suffered a stroke. Unable to drive, he made the journey on his lawnmower. In the movie version we get to see the ways Alvin wrestles with his age, his impending mortality, his relationships. Viewers may also consider the memory of veteran Canadian actor Richard Farnsworth who delivered a commanding performance as Alvin Straight. Farnsworth took his own life earlier this month.

The Straight Story recalls, in heart-stopping visual and emotional terms, Alvin's six week odyssey at a snail's pace through the heartland as autumn matures into winter. At one point a conversation between Alvin Straight and a middle-aged man is so eloquent and profound, the younger of the two utters an Amen. That moment echoes what you have been saying to yourself throughout the course of this luminously sane, humanizing testimonial to the hard-won grace and intelligence that sometimes comes with age.

The Straight Story is directed by David Lynch, a master of weirdon big screen (Eraserhead, Blue Velvet, Wild at Heart) and small (Twin Peaks). Here, Lynch becomes a master of the plain and simple, in all its eloquence. Lynch is 'buzzingly alert' to the quirky qualities and emotional lives of ordinary individuals. He starts with clichés and comes up with the unarticulated longings, joys and sorrows those clichés struggle to contain insisting as he does that 'the quiet and measured and determinedly terrestrial deserve recognition, too.' Like Lynch's other movies, The Straight Story is about those 'moments when the familiar becomes as thrilling and strange as orbiting the Earth.'



With Farnsworth giving his fullest, most heartfelt performance since 1983's unforgettable The Grey Fox, and with Lynch constantly adding grace notes through this account of the man and the land, Straight Story has more in common with prayer than with contemporary cinema.

First it's a great movie and, stunningly, a great Grated movie. Come with high expectations and bring the children.

(Review credits: CBC In to Culture, Detroit News, Salon, Jarr)

Nuyumbalees AGM

The Annual General Meeting for the Nuyumbalees Society of the Kwagwiltz Museum and Cultural Centre will be held on November 1, 2000 at 1 p.m. at the Kwagwiltz Laich-kwiltz-tach.

Nations Treaty Society Board Room at 1441 Old Island Highway, Campbell River, B.C. V9W2E4.

Logging on the Haskin Farm Trail

A selection cut will be done along the Haskin Farm Trail between October 1, 2000 and January 31, 2001. The trail will be re-routed when necessary and signs will be posted. Trail users should follow signs carefully and exercise caution. Please stay 250m (750ft) from active falling. For more information or for the current status of the trail call Alex Hartford at 285-3148.

Social Tea at Quadra United Church

Come and join us for a cup of tea and social time on Saturday, November 4 >from 1 - 3:30 when we will be hosting an Open House with a bake sale table, antiques for sale and an historical display. Meet Nancy Wilson, the new student minister and check out some of the activities available at Quadra United. Donations of baking and special collectors items are welcome. Call 285-3163 or the church at 285-2141 for more information.

Quadra Seniors O.A.P. Club

Our members have been very busy bees again. In the last two months we have taken part in the following activities.

Campbell River Museum Tour

A very interesting display by our own William Van Orden of lifelike forms of undersea creatures. Also the wood model of the famous five dollar fish boat, the BCP 45 made by Maynard Van Orden. We heard a talk about aboriginal culture on the North Island and saw many cooking, fishing and working utensils made from the cedar tree. A highlight were the many beautiful carved boxes.

Other displays of interest included: logging equipment with cots and utensils used in the early pioneer days, a fishing display, early photos of Quadra Island and the old row boat used by many of us when we were children. A film called "War Canoes" was shown.

Iron River Cranberry Farm

We joined a group of grade 2 & 3 children from Discovery Passage Elementary to see and hear how the cranberry farm operates. The farm is home to a great deal of wildlife not the least of which were the wasps nesting on the biffy's toilet roll! We heard hoe cranberries and their cousins blueberries don't do so well with animal manure. We all came home with cranberries and recipes for Thanksgiving.

Fall Fair & Harvest Hop

We felt very "harvesty" just like years ago, cornstalks, pumpkins and all. Many members brought vegetables, fruit, pies, cakes, jams, jellies, pickles, sauces, unique displays & flowers. A dump truck full of fruit and vegetables, basket displays and an educational display of mushrooms. Hobbies on display included: card artistry, liquid embroidery and beautiful crocheted tablecloths. A harvest hat contest brought many chuckles. Thanks to our judges Joyce Johnson, Mia Frishholz, Valerie McGuffie and the Katimavik students Philip Lee and Katie Borrowman. After lunch including a 90th birthday celebration for Lottie Winckler we enjoyed music and dance accompanied by Joyce Baker on the piano and Peter Gregg on the drums, thanks to them both.

Mushroom Walk & Hunt

Our Seniors got a lot of exercise and enjoyment from this trip wandering in our beautiful forests and glades. We clambered over steeper terrain and paths while collecting chanterelles. Much chatting and just enjoying each others company. Good old Jilley dog gathered the "sheep" together heh Jilley? Who was lost? the sheep or the flock?

Seniors meet every Sunday 11 am at Rebecca Spit for a stroll and Every Wednesday at the Legion at 10 am for Tai Chi, Carpet Bowling etc..

We meet the first Wednesday of the month until June at the Legion, contact Ruth at 285-3801 Jean at 285-3740 or Coleen at 285-3896.

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Kamikaze Folk dancers

Quadra's Kamikaze Folkdancers invite you to join us for our 19th season from 7:30 to 9:30 pm every Tuesday at the school gym. The yearly fee to cover gym rental, at \$50 for 6 months, works out to about \$2 per evening, certainly a bargain, or you can pay a drop-in rate of \$3.

Our patient teacher, Marcy, teaches every dance, so no experience nor partner is necessary. Come as you are, whatever your age, and exercise to joyous ethnic music! You are invited to join us for 'Zorba's Night Out' at the School Gym on Tues. Nov. 21 from 7:30 to 9:15 pm. Come and experience the dances of Greece: to watch, to join in on a few, and to share a Greek snack. Come as you are, or in costume. For more info call Joyce at 285-3298.

Quadra Quilters

The October 10 meeting was attended by 25 members and 2 new quilters were welcomed into the group. Cathy Young is initiating 4 new quilters into the mysteries of this fabric art form. They will also be joining the Tuesday Tortoises, quilters who are still learning their craft. This group meets once a month and is currently involved in planning the second prize quilt for the annual quilt Show. There are two other sub-groups of the Quadra Quilters: Thursday Threads and a hand sewing group. These groups have different on-going projects, such as the raffle quilt and afford members the opportunity to do more quilting in a social setting. The Thursday Threads have completed one quilt for our local RCMP detachment and this and other quilts will be photographed for the DI at a future date. Transition House also requires more single bed quilts, cuddle quilts and cosmetic bags and many members are involved in making these. Other members are sewing bags for the 'Teddy's for Tragedy' teddies made by the local spinners and weavers. Quadra Quilters always have plenty to do on windy, wet, winter days.

The first workshop of the year took place on Oct 17 and was attended by 8 members. Rona Lawson conducted the workshop on how to assemble house blocks for the Homestead Log Cabin quilt. Each house developed a character of its own as it was pieced together. It was a great place to spend a really wet and miserable day and the power didn't go out!

How to protect our children

The decision to try to safeguard our children against sexual abuse is one that we arrive at with mixed emotions. The strong desire to protect is coupled with the anger at the thought that we have to. We try to reassure ourselves, look around at the people we know and say 'It could never happen'. Still, once the thought has emerged, the WHAT IF'S begin to nag us until we reluctantly admit we have little choice. Then come the questions and doubts:

What is the right language to talk about abuse with my child? When do I begin?

Is my child too young to learn to say 'No'? How do I talk about it without scaring them or damaging their healthy sexuality? What signs do I look for, that would tell me that something is wrong? What do I say or do, if I feel uncomfortable about someone or somewhere my child is going? Where do I start?

Sexual assault is an act of power control and humiliation. It can have long lasting physical and emotional effects. 1 in 3 children will be sexually assaulted before the age of 18. 85% of assailants are known. They are relatives, dates, siblings, partners and anyone else in the community. Sexual assault may happen at any age, in any socio-economic class and amongst any ethnic or religious sector. But just a very few sexual assaults are reported to the police. Sexual offences are perpetuated by both men and women.

Many people have experienced sexual abuse and might think they are alone. Well, you are not and there are answers to all these questions. One of the most important step to safeguarding our children is to understand how children are groomed and why they often don't tell. From here, a plan can develop that seriously undermines the efforts of those who would abuse. Safety skills of any kind can be thought and reinforced on a daily basis. Someone can teach our children these skills, but parents are in the best position to significantly increase the chances of them working. Lisa Ball a Sexual Abuse Counselor from Campbell River Family Service is coming to Quadra, speaking with parents of preschool age children about their concerns: to help with ideas, skills and to address the issue. There will be a free workshop held at the Quadra Daycare, on November 6 at 6:30 pm. Babysitting will be available at the daycare. The quadra daycare is encouraging the public education to increase awareness about sexual abuse. For more information call Lisa Ball at 287 2421

www.discoveryislands.bc.ca/news

Discovering Quadra Art Show

Prizes are awarded as follows: \$200 First Prize: Hilary Stewart for 'Some Life on Quadra Island'. \$100 Second Prize: Willem Van Orden for 'Rule Quadra in a'. \$50 Third Prize: Marna Disbrow for 'Some Say That the Glaciers Never Left'. Leanne Hodges submission 'Help Protect Our Waters' earns her the \$1500 commission for the Islands in the Salish Sea Project. Thanks to all involved for your support. Artists, put on your thinking caps, because there are sure to be more commissions in the future! Terry Phillips.

7th Annual Arts Fest on Quadra Saturday November 4

Come and see some of the best Quadra artists have to offer. In the morning, the visual artists will be displaying their new works and works based on the Quadra Island Arts Alliance Society's recent Postcard contest. The art will be displayed from 10am to 2pm at the Quadra Community Centre. It doesn't much matter what kind style of art you like, you're bound to see something that you'll want to take home with you. There will be potters, watercolourists, quilters, abstract, traditional, and the just plain creative. If you like to watch artists in action there will be models and artists working on the site, so hop on the ferry and be part of an artistic experience. Entrance to the visual arts is by donation.

After you have sampled the visual arts you will want to have a snack at one or two of the fine eateries on the island so you can enjoy the evening performances. If you thought the visual artists were an eclectic bunch wait till you sample the performers. Some of the island's writers will be reading from their works. There will be native storytelling, dancing, juggling and music music music. A special part of the night will be a vaudeville segment.

The doors for the evening will open at 7:30 and the show will start at 8:00. Admission is five dollars at the door.

Festive Brunch

We welcome women of all ages to join us as we celebrate the advent of another Christmas season with a special **Festive Brunch** on Sat. Nov. 25th, 9:30 am - 12:00 noon at the Quadra Island Bible Church. Special features include: **Guest speaker** Clare Farnell from Comox, **guest musician** from Bowser, a **silent auction** including homebaked goodies, canning, crafts and much more! If you have donations for this, please get them to Lynn Gamache or Joyce Fodor by Nov. 24th. For those eager to browse and bid early on the 25th, our doors will be open at 9:20 am. Other questions? Call Lynn at 285-2614 or Joyce at 285-3671

Winter Market

Village Square - All Day Saturdays.

Every Saturday at the Village Square, participating stores hold a winter market. You will find local jams, jellies, seasonal baking & awesome handmade chocolates. Rita's Fabulous bread and local crafts, sidewalk sales and coffee specials. The sushi lady is here every week so bring a friend and come for lunch!



Quadra Recreation Society Quadra Community Centre

Halloween Fun Night is October 31, 6:30 at the Community Centre. The Haunted House this year will be created by our local Katimavik group. Come in costume and add to the event! Fireworks by Doug Edwards, Ron Miller and crew will be at 8:30 on Blenkins Field. There is still time to contribute money to fireworks! [Q. Rec. Soc. Box 10, Q.C.]

Litter Pick up week is over. Appreciations to everyone who participated.

Of course litter, like annoying flakes of dandruff continues falling to the roadside. A closer look at the contents reflects the four addictions: nicotine, alcohol, caffeine and junk food. Without those, there would just be white plastic bags flying out of the back of pick up trucks!

The Community Centre Addition Project [CCAP] is progressing steadily. As ever, we are grateful to the fundraising committee and the building committee for their dogged determination! Tours of the addition will be given Saturday, November 4, 10-12:00. That's the same day as the Arts Fest, so come and view the art and check out the community centre as well. The next tour time will be Saturday, November 18, 10-12:00, the same day as the Christmas Craft Fair. Of course, the Centre is always open from Monday-Friday 8 a.m. to 2 p.m. Drop by the office (not the construction site) and we'll show you what's up this week.

More on the construction: anyone know of a 10" table saw in usable shape for sale? Also an air compressor? Call building committee member, Ross McPhee at 285 3472.

Who would like to learn about theatre lighting? We need folks who will be available to set the lights and operate them during some events. This means climbing a tall ladder with wrench in hand, pointing lights in appropriate directions before the event and then managing the dimmer board. If this sounds like you please phone. Also we need rides for the Katimavik participants from their house at 1225 Heriot Bay Rd. to the community centre trail near Smith rd. Anyone going to the 8 or 9 ferry from Heriot Bay area who would like to be involved, please phone Sandra Spearing 285 3243 8-2:00 Q.C.C.

Do You Have an Announcement or Advertisement for Publication?

**The Next Deadline For
Advertising & Editorial
12 noon, Tuesday Nov. 7th, 2000**

*Only items received before the deadline
can be guaranteed space in the upcoming issue.*

**Items can be dropped off at:
Hummingbird Office & Art Supply
Quadra Foods and Heriot Bay Store,
or submit by fax: 285-2236
eMail: news@discoverylslands.bc.ca
or call 285-2234 for an appointment.**

A "Trio Of Concerts"

Getaway Weekend On Quadra Island

Get ready for three sensational concerts on Quadra Island on the Remembrance Day long weekend!

On Saturday, November 11th at 8 p.m. is a concert by Joe Trio, a group popular with young and old, classical and non-classical music-lovers. The evening will feature music and a silent movie accompanied by live music by the trio. Works will include D'eau (A Symphony) based on the theme from the Simpsons, the beautiful Jerome Kern song The Way You Look Tonight, and an Argentinean tango, Nocturna. The second half of the concert will be the JoeFilms 1990 production of Deaf Ludwig, a satiric film playing up the myths and misconceptions surrounding Beethoven's life. The trio provides the music in the great silent movie tradition. Robert Jordan of The Georgia Straight said of the movie when it premiered: 'Beethoven's encounters with his piano and composition teachers in the first half of the movie were uproariously funny'.

Sunday, November 12th at 11 a.m. brings brunch at Taku Resort with Van Django, a Vancouver-based swing-jazz duo consisting of Cam Wilson on violin and Budge Schachte on guitar. Cam Wilson also plays with Joe Trio, The Vancouver Symphony Orchestra, Mad Pudding, Mariachi Vancouver, and The Hard Rubber Orchestra. Budge Schachte plays with Ache Brazil, Mariachi Vancouver and many other diverse groups. They play in the Stephane Grapelli/Django Reinhardt style and works will include Tenderly, Minor Swing, Caravan, and I'll See You in My Dreams. Ticket price includes a



Joe Trio

buffet brunch overlooking beautiful Drew Harbour. Tickets are limited and must be purchased in advance.

The last concert of the series (Sunday, November 12th at 4 p.m.) is by The Gryphon Trio, an internationally renowned, Toronto-based group. They will be playing Beethoven's 'Ghost' Trio, Haydn's g minor Trio, and Mendelssohn's c minor Trio. The Gryphon Trio's flawless playing and friendly rapport with audiences have made them a favorite wherever they play and their two recordings of Mendelssohn, Dvorak and Haydn have both received Juno nominations.

Tickets are \$18 for Joe Trio, \$25 for Van Django (including brunch), \$18 for Gryphon Trio, and \$30 for the two trios. The price for all 3 concerts is an unbelievable bargain at \$49. Admission to Joe Trio and The Gryphon Trio is free to anyone under 16 if accompanied by

an adult. Tickets are available at Explore Gallery and Quadra Crafts on Quadra, Page 11 Books in Campbell River, at the door, or you can charge by phone at (250) 285-3298. See you there!



Gryphon Trio



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Cortes Ecoforestry

On Friday, November 3rd at 8 pm, Mitlenatch Field Naturalists Society presents Sedley Sweeny of the Cortes Ecoforestry Society who will be talking about this group and the proposal for a Community Forest. He will also be showing slides about a recent trip that he made to India with the goal of setting up an Ecoforestry training project on Cortes Island. If all goes as scheduled a group of young Tibetans will be arriving in 2001 to take part in this project. This is a fundraiser, with all proceeds from the evening going to the Tibetan Ecoforestry Training Project on Cortes Island. Admission free or by donation for Mitlenatch Members, 2.50 for non members. Coffee and refreshments will be for sale.

See *Island Report* this issue for more about this amazing initiative.

Recycling - A Co-operative Effort

A grassroots group on Quadra has been organised to take ALL rigid plastics to Syntal Products in Saanich, who then turn the plastics into plastic "wood," 2x4s, 2x6s and the like. The transport of these plastics to Syntal is done through Evergreen Recycling in Courtenay.

The Quadra group requires people who make the occasional trip to Courtenay for their own ends, and agree to take a quantity of plastics to Evergreen Recycling on a "Hey, I am going down there anyway, so why not?" basis. The group members also agree to each contributing a loony towards the carrier's costs to Courtenay and a twonie towards Evergreen's costs of taking the stuff to Victoria (WHETHER OR NOT THEY HAVE PLASTICS TO GO), which Evergreen does out of concern for Planet Earth and do not make any money from that particular operation.

Even those who do NOT make that occasional trip, but have plastics to go, can still be involved as long as they are happy with that simple financial arrangement. To get involved, please call Leane Hodges at 3152, e-mail leanne@oberon.ark.com, or Alan Stevens at 3751, e-mail pogo@connected.bc.ca

Local Fashion Show

Friday, December 8th is the day of 'B lame it on Bossanova', a pre-Christmas Fashion Show Extravaganza at the QCC. Tickets are available at Doof Records in Courtenay, Incognito in Campbell River, and Bossanova on Quadra Island. Advanced tickets are \$4/adult, \$3/student, \$2/c hildren under 12. Now accepting applications for models until November 8th, 003 for details. Interested in volunteering? Please call the same number. Proceeds from the fashion show will go to a group or charity chosen by the volunteers.

No Need For Ferry

A great slide show you won't want to miss is coming to Campbell River this month - but wait! You can see it right here on Quadra, the day before it gets to the Big Smoke - and no ferry!

By now you will have heard of Cougar Annie. This feisty, tenacious and extraordinary woman once homesteaded at Hesquiat Harbour amid the remote wilderness of Vancouver Island's west coast. She is now a B.C. legend.

It was over 80 years ago that Cougar Annie tackled the wilderness forest to create five acres of amazing garden. She raised 11 children and outlived four husbands. She said to have 'looked like a witch,' she 'killed mice and chickens with the flick of a wrist' and claimed to have shot 72 cougars in her lifetime - hence her nickname.

When the homestead was finally abandoned, the garden returned to wilderness, becoming strangled by salal, fireweed, salmon berry and more. But now Cougar Annie's garden is experiencing an astounding resurrection. Through clearing, old shrubs and plants are returning. Varieties of rhodos, dahlias, a field of crocus, beds of hosta - and more - are again raising their heads in delight.

The non-profit Boat Basin Foundation is working to maintain this amazing and historic five acre garden.

Author Margaret Horsfield wrote about this extraordinary story in her recent award-winning book 'Cougar Annie's Garden.' She will be on Quadra with stunning slides and fascinating tales of this legendary character.

The show is at the Quadra Community Centre, 8pm. Tickets at the door: \$6, kids \$3. Come early for a good seat and enjoy home baking from the kitchen - a delightful evening for all the family.

Community Centre Addition Project Committee.

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Legion # 154, Quadra Island

The Poppy - The symbol of remembrance. Oct. 27th will see the kick off of our 2000 poppy sale campaign. Remember, all monies raised from this sale will stay on Quadra to assist our veterans and their dependants. So please be generous.

We will remember them. Saturday, November 11th is Remembrance Day, a time to remember those who died in our defence. Quadra's Remembrance Day Service will be held at the Quadra Legion. The Legion will be open at 10:00 a.m. Please be seated before 10:45. The service will be followed by lunch provided by the Ladies' Auxiliary. All are welcome, including the children. In the evening we will be having a pot luck dinner followed by musical entertainment. Social hour is at 6:00 p.m. with dinner at 7:00 p.m. So cook your favourite recipe and join your friends at the Legion. The usual Saturday night meat draw will be cancelled for this one Saturday. See you at the Legion.

Juggle Club



Hey folks, come and play! Everybody's welcome to join us at the Quadra Community Centre on Mondays from 6:30-8:30pm for our Quadra Island Juggle Club.

Jugglers of all abilities welcome to a casual supportive and fun environment. Learn to juggle or practice what you already know, learn new tricks, play with new props or pass with other people...the possibilities are endless.

Admission just \$2 drop in fee for hall rental.

Thanks Quadra Elem. School

Quadra Elementary School went the distance for the Quadra Island food Bank during the week of October 2-6. Throughout the week the students brought in food items. Then on Friday each class took their contributions to the gym. The items were placed on the floor end to end in a line. The line measured 31 metres! the Quadra students and teacher's enthusiasm was greatly appreciated. A special thanks to Dave Purdy for speaking to the students about the Food Bank. Watch for more Food Bank drives throughout the year.



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Cortes School Gets New Playground

A combination of hard work and tremendous community spirit brightened the faces of Cortes Island students when they arrived for school Oct. 16.

'When the kids arrived Monday morning they all walked off the school bus and their jaws just dropped to around their knees,' said Patti Vermette, chairperson of Cortes Elementary School Parents Advisory Council (PAC).

'It was extremely gratifying to see how happy they were with the new playground equipment,' she said. 'Even though it was cold and rainy they were climbing all over it.'

Five years ago, faced with an ageing wooden structure that was demanding more and more maintenance every year, the Cortes School PAC began to consider replacing it.

Three years ago Vermette headed up the newly-formed Playground Committee and began to look at options and funding. Another parent, Ann Brown, shared much of the work of getting the project off the ground.

'Because of the enormity of trying to get this project together we didn't want to leave another PAC ten years down the line looking at replacing it,' she said.

The committee finally settled on a modular system from Habitat Systems Landscape Structures and the real work began to find the \$21,000 to pay for it.

A quilt raffle, an annual garage sale at the school, smaller fundraising efforts and funds from bingos through the B.C. Gaming Commission got them three-quarters of the way to their goal.

'We were getting closer and closer to a deadline for spending the bingo funds and we still needed money,' she said.

Manson's Hall Fall Courses

The Southern Cortes Community Association is offering classes in Tai Chi

Orienteering (map and compass reading) and Children's pottery. Basketball, volleyball, and badminton, for adults, are also offered on Mondays, Tuesdays and Thursdays from 6-8 p.m. at the Cortes School.

For information, call the Manson's Hall office at 935-0015 Monday, Wednesday, and Friday, 1:30 to 5:30.



Five months ago, the PAC placed an ad in the local Cortes Marketeer for donations and the fund was flooded with money. 'It was just great the way the community responded,' she said. About \$5,000 was donated and everyone breathed a sigh of relief. In addition to money several individuals and local companies donated food, landscaping services, gravel, cement, fencing, a cement mixer and transport.

On the weekend of Oct. 14th about 25 parents gathered at the site of the old playground which had been dismantled during the summer and the work of assembling the new structure began.

'I was really excited that morning because it took a lot of work over a long time to get to this stage,' she said. 'I couldn't believe it... people just kept coming and coming to help out. There was a real sense of community and commitment all around,' she said.

By 3 p.m. the playground equipment was installed ready for final landscaping work the next day. A five-year project ended with the first smiles from children looking out the school bus window Monday morning.

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Hot Band Playing Halloween Dance at Manson's Hall

Victoria's Celtic/folk/hoe down fusion band Shillelagh are plying a Halloween Dance at Manson's Hall on Saturday October 28.

Hailing from Victoria British Columbia, Shillelagh have been making energetic power-folk music together since the summer of 1995. Originally Shillelagh was conceived as a busking act specializing in Irish drinking and rebel songs when its founding members were unemployed. The band expanded quickly as other friends saw the potential to escape the slavery of the griddle and spatula. A spot on the American TV show 'Good Morning America' encouraged the band to take their show South for the winter. An eight-month stint spent playing the streets and pubs of California, Arizona, and Texas provided the group expanded musical interests and original material for an album.

Shillelagh released their self produced 'Lemonade' in the summer of 1998 to local critical acclaim, and provided the opportunity to open the Victoria Waterfront Festival and play with acts Spirit of the West and The Paperboys.

Recently back from playing the Watershed Festival in Walkerton, Ontario, the boys plan a series of BC gigs before heading out to spend some time in early 2001 in Ontario.

Entertaining people on the street has provided Shillelagh laboratory conditions for perfecting their sound and its immediacy has captivated people from around the world. Their commitment to acoustic music is evident in their choice of instrumentation; banjo, guitar, fiddle, drum kit, mandolin, accordion, double bass and bodhran. 'We are not really interested

in making Folk-Rock so much as making folk music rock' says guitar/bodhran player Bryan Skinner, summing up the bands musical approach to the instrumentation.

Shillelagh continues to explore new musical back alleys and take the road less traveled to sing songs about outlaws, work superstitions, drinking, fighting and hot meals.

Door opens at 8:30. Tickets are available at the door or Cortes stores.

Everyone welcome!

Fisheries Renewal In Jeopardy

In the fall of 1998, participants from local stewardship groups, commercial and sports fisheries and First Nations established the Comox Strathcona Regional Partnership Group. This Partnership Group was based on three local area groups in Campbell River, the Comox Valley and the Mainland Inlets. The purpose of the partnership was to make recommendations to Fisheries Renewal BC on funding for salmonid enhancement projects and to administer funding for approved projects. Over the last 3 annual funding periods this program has contributed approximately \$1.5 million to enhancement projects in the three local partner group areas. Comox Strathcona Community Futures Development Corporation has been the administrative partner for this initiative.

Fisheries Renewal BC has announced that there will be at least 2 more annual funding periods. However, based on lack of participation at recent local and regional meetings, as well as suggestions that the organisation be restructured, it is not clear that the Comox Strathcona Regional and Local Partnership Groups have sufficient support to continue managing the program. Without a Partnership delivery agent, the next two years of FsRBC may be at risk.

If you are interested in seeing the FsRBC program continue in this region, please attend an important meeting on November 2, 2000 at 10:00 am, at the Union Hall, 830 - 14 Ave., Campbell River.

For further information, contact Comox Strathcona Fisheries Renewal Partner Group, #205 2270 Cliffe Ave. Mansfield Centre, P.O. Box 3057 Courtenay, B.C. V9N 5N3
Phone: (250) 334-8879,
Fax: (250) 334-8875,
e-mail: fish205@home.com

Island Forum

Dear Editor

It was with a certain degree of anger and sadness that I read Lisa Ball's article, "How To Protect Your Children", in the latest issue of the Discovery Islander.

On the issue of talking to your child about sexual abuse Ms Ball raises many excellent points, however she goes on to write that one in three girls will be sexually assaulted before the age of 18 and that "sexual assault may happen at any age, in any socio-economic class and amongst any ethnic or religious sector."

That she does not say sexual assault obscures gender lines divides half the world's population. Emerging statistics suggest that as many as one in five boys have been sexually assaulted as well. She writes, "Many people have experienced sexual abuse and might think they are alone."

I wonder how many young boys and men read the article and felt quite unseen and alone in their secret grief and shame. Recovery literature is just beginning to shed light on the scope of sexual abuse done to young boys and with it, many of the long-held assumptions about who the perpetrators are are being questioned.

What is becoming clear is that many boys have been victims of women. In a sexual abuse survivor group I attended several years ago seven of the fourteen men had been abused by a woman: an aunt, baby sister, mother, step-mother, friend of the mother and stranger. And all of us struggle with various forms of addiction and self-destructive behaviour as well as the inability to equate intimacy with love. Life for male survivors of sexual abuse, intimacy is a mine field laced with power over, fear, shame and self-bathing.

As well, our culture is swash in pornography in magazines, movies and the Internet. There are 900 chat lines advertised in the local newspaper and sexual acting-out from Presidents to movie stars to a teacher caught in a sweep of Johns is daily fodder for the media. And while the public debate and soul searching most often focuses on morality and values, the true nature of what is being exhibited is sex solicitation.

It is the great dark secret of our culture today and just as alcoholics were stereotyped in the '40s as isolated slob row burners so it is today that those with sex solicitation are seen only as perverts and pedophiles. But like alcoholism, the

disease does not respect class, gender or socio-economic status.

The most common cause of sex solicitation is abuse by the opposite-sex parent or trusted elder. Whether that abuse is overt sexual abuse or covert abuse in the form of unhealthy emotional dependency does not mitigate the damage done. In fact covert incest, because it is so hidden, is very difficult to root out.

As a culture it seems we do not want to challenge the perception that all women, especially mothers, with only a few terrible exceptions are inherently, even genetically, incapable of harming children. However I do not believe gender automatically protects one from evil and the staggering number of sexually solicited and emotionally-unavailable men suggests something deeper is at work.

I'm not looking to blame anyone here. The victim/perpetrator cycle passes through genders and generations but the only way we are going to overcome the terrible wounding of abuse is to look at it with no assumptions challenged.

Worldwide, based on the generally-accepted statistics, there are 1.5 billion people who have experienced the incredibly long-lasting and damaging effects of sexual abuse.

It seems that sexual abuse is a global archetypal experience, perhaps an evolutionary right of passage. I don't know, but to frame the discussion along gender lines as we still do, with men bearing the collective guilt as perpetrators, does not encompass the enormity of what we are being asked to face. Stuck in such a narrow paradigm we do not ask the right questions.

And because we do not ask the right questions, we continue to put our children in danger.

Jack Nittel
Cortes Island

Editor's Note: The item in *News & Events* in question 'How to Protect Our Children' has been amended by the author Ms. Lisa Ball who expresses her regrets and thanks to Mr Nittel for pointing out the oversight.

Dear Concerned Citizen, A Response

In response to the letter which voices concern about shellfish farms, I wish to add our two cents. The farms attempting modest expansions are not new; they were present long before Mr. Mitchell bought his waterfront property. In fact, pacific oysters have been farmed in BC since 1912. Mr. Mitchell is absolutely right that by farming shellfish certain things will be altered, but what's new? Is there anything we do as people that doesn't alter the environment?

In an effort to address the concerns about biomass and the ocean environment, studies are being conducted in the Gorge Harbour, one of the most concentrated farming areas in BC. As you can appreciate, this kind of testing is very complex and expensive for an industry that grosses only 12 million per year.

There are actually fewer shellfish farms now than there were 10 years ago, with many succumbing to poorer markets, high costs, and just too much hard work! Sites occupy only 2000 hectares of intertidal and subtidal lands- equal to only 0.5% of the total tenured foreshore in the province.

In more visual terms, less land than that of the new Vancouver airport runway! On a percentage basis shellfish farmers spend more on wages than other sectors such as terrestrial agriculture and fishing, and workers under the age of 30 hold 50% of the jobs.

Far from being highly mechanized shellfish farming is highly labour intensive, with

some farms having been farmed by the same family for four generations. The farms which are currently hoping to expand, employ local help.

The Crescent Channel farm is employment for three families, two of which live in Bold Point. The Read Island farm employs up to seven people per year, with five working year around. Two families on Read Island rely on this farm for the ir sole source of income and one family living at Bold Point.

So if you feel concerned about "saving your favourite local spot", consider also taking away your neighbours' source of local year around employment. With 43,000 km. of coastline, I know that we still find plenty of areas for recreation. Growing food for a hungry planet is a bigger issue than this Island Forum allows, so I will sign off here!

Roberta (Susy) Stevenson,
Vice-President BC Shellfish Growers Association

Thanks

I would like to thank all the people who helped me on October 6 and especially Rob, for being at the right place at the right time to rescue me. Thanks to the crew of the 5 o'clock sailing. Your assistance and quick response are much appreciated. Thank you Linda, the paramedic on her way to work, who came to help. Thank you Debbie Mortimer for supporting my family on the ferry and at the hospital. I'm on the mend thanks to you all.

Bill Hall

**Articles, letters and artwork
are all welcome for publication under Island Forum**
Opinions expressed herein are those of the writers and
do not represent the views of the publishers.
Next deadline noon Tuesday November 7th 2000

Dear Quadra Islanders

Once again, the Raven Industries property District Lot 123 is in the news. This is the area on the west side of the triangle at the corner of School Road and Heriot Bay Road. Please find attached a letter recently written by the Canadian Wildlife Service to the Regional District of Comox-Strathcona regarding the results of the inventories they are conducting in the Georgia Basin. These studies are intended to identify key and unique ecosystems throughout this area. As indicated by the results of the study, the wetland area of District Lot 123 has been identified as extremely unique in the northern inside passage. What makes this particular ecosystem rare is the presence of a Western Red Cedar, Sitka Spruce, and Skunk Cabbage wetland plant community. As stated in the Canadian Wildlife Service letter, of the 2300 areas studied, "...no other site included Sitka Spruce of this size or age class" and "it is the opinion of the mapping team (of registered professional biologists) that this type of ecosystem is extremely rare within the lowlands of the Georgia Basin".

We have a rare opportunity to preserve something on Quadra Island before the last of this type of forest disappears from this area. The Sierra Club of BC-Quadra Island Group is appealing to Raven Industries to preserve this area. Just as we have seen with our local salmon species and the cod species on the east coast, if we are to protect threatened species and ecosystems, we need to do so *before* it is too late. Raven Industries has indicated that they will soon begin logging the tree buffer of District Lot 206 (across from Quadra Fitness) and D.L. 123. While we continue to hope that logging is done with the consideration that this area is in the down town core of our community, we are asking them to pay special consideration to their management of the unique areas of D.L. 123 and to respect the recommendations of the Canadian Wildlife Service which "...does not condone any further loss of these sensitive ecosystems and fully supports any efforts to conserve these ecologically valuable areas." We recognize that this area is privately owned by Raven Industries and hope that they can work with islanders to protect this important ecosystem.

Yours sincerely

Drew Williams on behalf of the Sierra Club of BC- Quadra Island Group

Canadian Wildlife Service
Qualicum Beach, B.C.

October 16, 2000

Harry Harker
General Manager, Development Services
Regional District-Comox Strathcona
Dear Harry

Re: D.L. 123, adjacent to School Road,
Quadra Island

This letter is to confirm the results of an ecological inventory, which was carried out during the summer of 2000 on southern Quadra Island. These field surveys were part of the larger *Sensitive Ecosystems Inventory of the Sunshine Coast and Islands in the northern Strait of Georgia*. Field ecologists sampled 657 sites on the Sunshine Coast, from Egmont south to Gibsons, Cortes Island and on south Quadra Island and conducted further surveys of 201 sites by air during the spring of 2000.

Very few sites included Sitka spruce stands such as those found on D.L. 123, and no other site included Sitka spruce of this size or age class. Neither was there a similar site sampled within the *East Vancouver Island and Gulf Islands Sensitive Ecosystem Inventory*, which was carried out between 1993 and 1997. During this project, 2,300 sites were sampled on the east coast of Vancouver Island from Menzies Bay to Victoria, including all adjacent Gulf Islands.

It is the opinion of the mapping team that this type of ecosystem is extremely rare within the lowlands of the Georgia Basin, which include the Nanaimo Lowland Ecoregion, the Georgia Lowland Ecoregion and both the Southern Gulf Islands and Strait of Georgia ecoregions. Based on our findings, this site represents a unique example of a rare ecosystem within the Georgia Basin.

The results of the Vancouver Island inventory showed that a mere 7.9% of the landscape contained sensitive ecosystems. Since the current inventory has not been completed yet, we cannot calculate the area remaining in a relatively undisturbed state. However, as a major participant in these Sensitive Ecosystems Inventories, the Canadian Wildlife Service does not condone any further loss of these sensitive ecosystems and fully supports any efforts to conserve these ecologically valuable areas.

Yours truly,

Peggy Ward, Ecosystem Mapping
Coordinator, Canadian Wildlife Service.

Carmen Cadrin, Vegetation Ecologist,
Ministry of Environment, Lands and Parks.



Jobs Daughters Craft Sale

Saturday, November 18th at the Masonic Hall 2905 Island Hwy from 10 a.m. to 3 p.m. Table rentals available. Call Santana at 923-3878 or Karla at 923-1030 for more information.

Island Voices

Island Voices chamber choir invites you to their fall concert, Due North, at 2:30 pm, Sunday, November 19, at St. Peter's Anglican Church, 228 S. Dogwood, Campbell River. Tickets, including tea, coffee and gourmet desserts, are \$12 for adults and \$10 for seniors and students, and can be purchased at Page 11 Books or from Anne at 287-4236 or Joyce at 285-3298. The choir will be performing the same program at Comox Pentecostal church on Sat. eve, Nov. 18, at 8 pm.

Draw for Art Fundraising Event

Do you have a blank wall or a spot on your mantle piece crying out for an arresting piece of original art? The Campbell River and District Art Gallery has the solution. The Gallery is holding its biennial Draw for Art on November 4 at which the ticket holders can choose from among 71 original works of art donated by local artists.

The Draw for Art exhibition continues at the Gallery, across from the library, until the evening of the Draw on November 4. Gallery hours are Tuesday to Saturday, 12:00 to 5:00 p.m. Tickets are limited (nearly half are already sold!) and can be purchased at the Gallery and Page 11 Books. For more information call 287-2261 or email crartgal@oberon.ark.bc.ca

Money Matter\$

Steven Halliday

With the arrival of fall comes my annual exercise of preparation for the coming year. Unlike many, my activities do not include filling up jars with the harvest, laying in several cords of wood or stalking the forest for game. Instead, my focus is directed to the numbers, studying reams of materials in order to come up with a reasonable scenario for what the immediate future holds for the economy, on a micro and macro basis. My sources of materials cover a wide spectrum of media, although lately the Internet is providing the majority of the needed information. However, in the spirit of 'why re-invent the wheel', the Economic Analysis of British Columbia, published by Credit Union Central of BC will provide the majority of data as it pertains to the BC economy.

Internationally, it is becoming apparent that 2001 will see some slowing in economic growth, particularly in the United States, which by extension will lead to slowdown in the economies of its major trading partners, Canada being one of the largest. The Asian economies continue to splutter along, but their recoveries from the 1997 currency crisis seems mired in a morass of corrupt politics, civil unrest and monetary foolhardiness. China, by far the largest economy of the region, is expected to see a slowdown in growth from a blistering 8% in 2000 to perhaps 6% in 2001. Japan is seen as finally experiencing some recovery from its forgettable economic performance of the 1990's, with growth in GDP rising from .8% to 2% in 2001, accompanied with a strengthening of the yen. Europe, home of the struggling Euro, will see a decline in GDP growth from 3.8% in 2000 to 3.1% in 2001. It is widely believed that the Euro will regain some lustre in the latter half of 2001, ending the year at about .89 cents US, versus today's .84 cents. It should be noted that the relative strengthening of the yen and the euro are predicated by a weakening in the venerable (but overvalued) US dollar. Forecasts for the US, burdened by increasing wage pressures, rising energy costs and expanding debt loads, coupled with shrinking profits and workforce shortages, call for GDP growth to decline from 5.2%

in 2000 to 3.7% in 2001. The US current account deficit (excess imports versus exports) is presently a whopping \$400 billion and growing by some \$35 billion per month, fuelled by the seemingly insatiable thirst for new stuff by the US consumer, is expected to improve somewhat as the economy slows, from -4.3% of GDP to -4.1%. These forecasts presuppose no significant drop in US equity markets, no major increases in energy costs beyond those experienced in 2000, and of course assumes the current conflicts raging around the globe do not escalate into something far more destabilizing than at present.

Canada's growth is also expected to slow somewhat, not at all surprising since the US consumes some 84% of our exports. GDP growth should slow from 4.5% to about 3.4%, and the loonie should remain relatively stable at about US\$1.46. It is hoped that increased exports to Japan will help offset any decline in US imports from Canada. Selected statistics for BC are as follows - GDP growth down .2%, unemployment down .2%, BC export growth relatively stable at 8%, inflation slowing from 1.9% to 1.5%, and retail sales growth remaining stable at about 5.5%. Our forestry sector is expected to slow from lower growth in US housing starts, although the pulp sector is expected to benefit from higher prices and a recovery in demand overseas. Mining is still expected to be in the trough, with the only bright spot being copper, which has increased almost 50% in price this year and is prompting the re-opening of the Gibraltar mine near Williams Lake in 2001. Tourism is expected to be relatively flat, due to continuing weakness in the Japanese travel market and anticipated slowdown in US visitors. Any gain will likely originate from European and Southeast Asian visitors. High tech and film industry growth are the stars of the economy, with high tech employment growing at about 10% in 1999 and film production spending in BC growing from \$200 million in 1991 to \$1 billion in 1999. Unfortunately these industries are both confi-

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QUADRA ISLAND VOLUNTEER FIRE DEPARTMENT HALLOWEEN FIRE SAFETY

by Murray Johnson

Halloween is one of those times of year which has more than its fair share of fires and accidental injuries. With the proper precautions, though, there's no reason it should be any less safe than any other time of year:

Costumes:

- Purchase costumes, or make them from, flame-resistant material. Avoid costumes with long trailing pieces that may easily ignite. When constructing costumes for kids, keep fire safety in mind.

- Children should not carry candles as a light source or as part of a costume. Use a flashlight instead.

- Educate children to stay clear of open flames and other heat sources. Ensure that they know how to STOP, DROP, and ROLL should their clothes catch on fire (STOP immediately, DROP to the ground and cover your face with your hands, and ROLL over and over to extinguish the flames).

Decorations:

- Avoid decorating with candles or torch lights.

- Ensure that combustible Halloween decorations such as crepe paper, cornstalks, and dried flowers are kept well away from sources of heat. **KEEP ALL EXITS CLEAR OF DECORATING MATERIALS.**

- Purchase and install working smoke alarms, and practice home escape plans (see Sept 29 Discovery Islander).

Fireworks:

- Celebrate wisely this Halloween. Teach children that fireworks are not toys and that if they find fireworks, they should TELL an adult. It is unsafe for children to pick up fireworks and bring them to an adult.

- The use of fireworks by untrained people may result in unnecessary injuries.

Safely enjoy fireworks displays put on by trained individuals, such as those at the Community Center on Halloween night.

HAVE A HAPPY, AND SAFE, HALLOWEEN!!

Fire Prevention Week & Fire Hall Open House

We would like to thank all of those who turned up at the Fire Hall on Saturday, Oct 14, to learn about fire extinguishers or to visit our Open House. I would also like to thank all of the firefighters who gave so much extra time during Fire Prevention Week, including having the Fire Safety House at the school for two days, the fire extinguisher course, and the Open House. And a big thank you to future firefighters Eric, Holly, Rosie, and Tom for scrubbing all the fire trucks so nicely for the Open House!

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Cholesterol - The Good and the Bad

by Darlene Booth RNC

If you think that by cutting eggs out of your diet your cholesterol worries are over, you may want to think again. We have been led to believe that by cutting down on our consumption of dietary cholesterol, we are eating a healthy diet. Unfortunately this is more of a food industry campaign than a health reality. Just because a food contains cholesterol does not mean that it is always bad for you and just because it is cholesterol free does not mean it will promote health.

Eggs are likely one of the most misunderstood foods in recent years. While it does indeed have a high cholesterol count, this perfectly balanced protein also contains lecithin, which in turn, emulsifies fats [cholesterol] so they can be metabolized and removed from the body. Some studies are actually showing that eating eggs can actually improve your blood cholesterol profile.

Cholesterol is absolutely essential to good health. Our body produces cholesterol in the liver and intestines and it is needed to build cell membranes, produce hormones and aid in carbohydrate metabolism. When we are dealing with cholesterol, it is not the total amount of cholesterol in the blood that is important so much as the ratio of good cholesterol [HDL] to bad cholesterol [LDL].

High-density lipoproteins [HDLs] are composed primarily of lecithin and they assist in transporting cholesterol to the liver for processing and removal. Low-density lipoproteins [LDLs] are responsible for transporting cholesterol from the liver out to the cell membranes and arteries where excess may contribute to plaque formation. Your chances of developing heart disease are considerably lower if your levels of HDL are higher than the LDL.

Diet and exercise are essential tools in raising HDL levels. Fat consumption should be limited to less than 30% of your daily calories. Avoid consumption of unhealthy dietary fats. This includes hydrogenated, partially hydrogenated, fried foods, saturated fat, and any oil that

has been heat processed. Plant and fish oils rich in EFAs are essential to good health. Best sources are butter, olive oil, avocados, cold-water fish, raw nuts and seeds. Avoid margarine. Presently there is a new "cholesterol lowering" margarine hitting the market which I am not familiar with but I tend to feel that our best food is that which man has least tampered with.

Reduce or eliminate alcohol and processed carbohydrates. Both can contribute to low levels of HDL and elevated triglyceride levels. While a glass of red wine with dinner is said to be beneficial, the same protection can come from a glass of red grape juice or green tea. Moderate alcohol consumption should be limited to 1 glass daily at the most.

Get moving. Moderate daily exercise will improve your HDL levels and also lower your LDL. You don't need any fancy equipment. A pair of good walking shoes and a commitment to improving your overall health is all you need to get started. You may also wish to experiment with other forms of exercise. Cross training can keep your enthusiasm from waning as well as strengthen different muscle groups.

Quit smoking and reduce exposure to other toxins. Smoking directly reduces HDL levels by up to 15% and also weakens arterial walls which makes them more receptive to fat deposits. Toxins from over 600 additives and chemicals also stress the liver which make it a less efficient cholesterol processor.

Here are some common foods and supplements that can be added to any diet to aid in combating cholesterol. Lecithin - 1-2 tablespoons daily. Garlic - a few cloves a day can reduce total cholesterol by up to 10%. Psyllium - Dietary fiber has been shown to be very effective in lowering cholesterol. Omega-3 fatty acids - Cold-water fish and flax seed are good sources. Ginseng, Fo-ti, Green tea and Oriental mushrooms are also effective.

Above all, adopt a wholesome diet. Partial foods or processed foods are doing more damage to our health than anything else. Strive to include more whole foods into your menu plan. Avoid unhealthy fats, choose quality, lean proteins and get your carbohydrates from fresh fruits, veggies and whole grains. Your pocketbook and waistline will also benefit.

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Island Report

Partnership Aims to Train Tibetans in Ecoforestry

by Tanya Storr

Active fundraising is underway for a unique project aiming to bring 15 Tibetan refugee students to Cortes Island to learn about ecoforestry. If funding targets are met on time, the Tibetans will spend four months on Cortes beginning in May 2001. They will then return to India for supplementary training.

Cortes Island resident Sedley Sweeny, director of the Tibetan Ecoforestry Training Project, said he first became aware of the catastrophic damage done to the Tibetan forests by the Chinese while researching an article on the subject at the request of the Tibetan government-in-exile in 1998. Sedley has a long association with the Tibetan government-in-exile, having first worked with Tibetan refugees in India in 1966.

Sedley's research revealed that erosion caused by clearcutting in Tibet has led to flooding of the Yangtze and other rivers, causing millions of homes to wash away.

'This once pristine landscape has been devastated by clearcut logging that has seen 50% of the forest disappear in the past 40 years. The forests of southeast Tibet are very similar to the coniferous rain and sub-alpine forests of B.C. As soon as I wrote the article, it became pretty obvious that the situation required action,' Sedley said.

Graduates of the Tibetan Ecoforestry Training Partnership will initially go back to the settlements they came from to teach environmental and ecoforestry awareness in Tibetan schools. They will also try to put into practice ecoforestry techniques in the settlements.

The program's long-term aim is to provide a group of dedicated ecoforesters to restore and maintain the forests of S.E. Tibet.

'The long-term plan when Tibet becomes free, which it probably will one day, is for this group of trained ecoforesters to go back to Tibet to try to put right the

terrible mess. This may mean two or three repeats of this program, so that we have enough people trained,' Sedley stated.

He went on to say that this project is part of the world need for conservation and ecological thinking. 'It's a specific example that needs to be repeated around the world.'



Raw logs trucked out of Tibet en route to China

When in B.C., the Tibetans will learn the basic principles of ecoforestry in practical terms in the forest. Sedley said Cortes seems an ideal place to site the program, as the Klahoose band has a woodlot on Cortes, which is being managed on a sustainable basis under the guidance of Herb Hammond. The Cortes Ecoforestry Society also operates under the guidance of Herb Hammond, and the Klahoose band and Cortes Ecoforestry Society have signed a Memorandum of Understanding.

The Tibetans will stay in a tented camp on Sedley's and his wife Trude's land, and their instructor will be Austrian ecoforester Peter Jungwirth from Courtenay. The ecoforestry students will also travel around Vancouver Island seeing examples of forestry practices, and will spend some time in the Kootenays.

After writing the article and discussing the possibility of training with the Tibetan government-in-exile, Sedley went to India for two months with Trude to form the Tibetan Ecoforestry Training Partnership. The trip involved over 2,000 miles of travel, mostly by rail, in order to tie up details of the partnership.

The Tibetan refugee ecoforestry students will be chosen by the Tibetan government-in-exile according to careful conditions, including making sure they are dedicated to saving the forests of Tibet.

The Tibetan Ecoforestry Training Partnership is an international group of organisations committed to teaching the concepts of ecologically responsible forestry practices. Members include the Tibetan government-in-exile, Friends of Cortes Island Society, Klahoose First Nation, International Society for Ecology and Culture, National Tree Growers' Cooperative Foundation, Forest Research Institute, Ecoforestry Institute Society of Canada, Cortes Ecoforestry Society, Amarpurkashi Polytechnic (India), International Network of Forests and Communities, and Silva Forest Foundation.

Fundraising is going slowly, Sedley said, but approximately half the funds required for the first stage of the program (training in B.C.) have been raised. The first stage of the program will cost \$87,100 and the training in India will cost \$50,000. Monies to date have come from two grants from the Tides Foundation as well as local fundraising efforts and in-kind donations.

Sedley said donations to the Tibetan Ecoforestry Training Partnership are greatly needed. Islanders will have the opportunity to learn more about the partnership at a slideshow to be held at QCC on Nov. 3 at 8 p.m. Sedley will show slides of his recent trip to India and give a talk about the training program. Donations will be gladly accepted at the event.

If you can't make the slideshow but would like more information about the Tibetan Ecoforestry Training Partnership, contact Sedley Sweeny, TETP Director, Box 93, Whaletown, B.C., V0P 1Z0. Tel. (250) 935-6746.

Coastal History Cruise on the Misty Isles

by Tanya Storr

Combine great storytelling, coastal history, and a cruise on a beautiful sailboat and you have the ingredients of a memorable day. Mike and Samantha Moore, owners of the gaff-rigged schooner *Misty Isles*, and local historian Jeanette Taylor have been combining their talents to provide history tours to Mitlenatch Island over the past two summers. The tours, organized by the Campbell River Museum, have proven to be a big hit.

For next season, Jeanette and the Moores want to introduce a new tour around Read Island as an alternative to the Mitlenatch trip. On a beautiful Saturday morning in late September, a group of enthusiastic adventurers boarded the *Misty Isles* at Taku Resort to go on a reconnaissance cruise of the new route. The still water mirrored the trees along Rebecca Spit and a great blue heron watched silently from its fishing perch on a log as we motored away from the dock.

Once we were underway, Mike pulled out a chart and Jeanette and her daughter Elise gathered round to plot out the journey. Taku Resort managers Blaine Smith and Deb Bawls, and their children Libby and Max, made themselves comfortable on the schooner's spacious aft deck.

Samantha and Mike's two-year-old son Delphin, who is a 'captain-in-training' and very well adapted to the cruising life, kept himself occupied playing on deck. Jeanette's son, Etienne, who had been visiting friends on Read Island, hopped on board from another boat just as we cruised beyond the Breton Islands.

Mike and Samantha bought the *Misty Isles* three years ago, and have operated it as a business for the past two years, offering tours and kayaking mother ship trips mostly in conjunction with T'ai Li Lodge on Cortes.

'We found out the boat was for sale through friends on Cortes. We didn't go and look at it at first because it was an unfinished boat and we already had an unfinished house. Later we decided there was no harm in taking a look, and then we started dreaming and scheming. Before too long, the boat was ours, and the realisation



The crew on deck of the *Misty Isles*.

Photo: Tanya Storr

set in that now we'd have to do something with it! It's coming together now—it's a big project but a good one,' Samantha said.

Launched in 1992, the unique 48-foot Frank Fridette-designed boat has both the classic lines of a gaff-rigged schooner and the seaworthiness of a West Coast troller, with the added unusual feature of the only hinging bowsprit Mike and Samantha have seen on the coast.

The *Misty Isles* is very solidly built of fibreglass cored with fir planking, with 2 1/4" plywood decks laminated and fibreglassed together. In Mike's words, 'it's skookurd'.

As the *Misty Isles* was built as a troller (she was fished commercially for two seasons after being launched), the deckhouse is forward, providing a large aft deck that can hold seven single kayaks. Mike finished the attractive tile and woodwork interior of the deckhouse last winter.

Mike and Samantha plan to convert the boat's fish hold into another cabin, with three double bunks, a shower, and a head. At that point the *Misty Isles* will be able to house six guests on overnight trips. The boat can comfortably accommodate up to 15 people for daytrips.

'We'd like to do two to three week trips

up the Central Coast,' Mike told me, as we cruised up Hoskyn Channel under bright blue skies. 'We could take six guests and their kayaks, and go for explorations along the way.'

Mike is very familiar with working on the water. After graduating from the Canadian Coast Guard College, he spent 11 years as a Navigation Officer on buoy tenders, icebreakers, and search and rescue ships, including some time on the *Pt. Race*. He has also worked as a commercial diver. As well as operating the *Misty Isles*, Mike works as a kayak guide and naturalist, and he maintains mooring buoys around Hernando and Cortes Islands. Mike, Samantha, and Delphin live on Cortes.

When we approached Bold Point, Mike steered the boat in closer to shore and we gathered around on the bow to listen to Jeanette's historical anecdotes about the area. She told us about Moses Ireland, one of her favourite coastal characters, a famous timber cruiser who set up a ranch at Bold Point in the 1880s. From these beginnings the settlement grew to include a hotel and post office, and the Union Steamships would stop in regularly.

'Moses Ireland was one of those kind of guys people wrote about. He didn't write anything down but people wrote about

him. There were articles about him in the *Times-Colonist* as early as the 1870s,' Jeanette recounted.

Legend has it that Ireland was murdered, the murder was never solved, and he was buried under a domestic shrub on his Bold Point property. It's said that his ghost haunts his old cattle ranch.

However, when doing research about Moses Ireland for her book *River City*, Jeanette found his death certificate, stating that he died of a heart attack and was buried in Vancouver in 1913.

After some more interesting stories, we cruised further up Hoskyn Channel, admiring the fall colours along the Quadra and Read shorelines. Mike took us a little way into Beazley Passage, letting the force of the rapids swing the boat's bow around. Passing by Surge Narrows, we spotted the general store and floating post office in the distance.

Mike carefully navigated the *Misty Isles* through Whiterock Pass as we admired the spectacular colours of the maples lining the shore and Mt. Dougie Dowler in the distance.

'I've done a lot of diving to replace propellers that were banged up in here. You have to line up the range marks and keep them in transit,' he noted.

As we cruised along the east side of Maurelle Island, Mike pointed out some pictographs on the rocks. Jeanette explained that First Nations people mixed red ochre with salmon eggs and spit to create pictographs.

Half a dozen Dall's porpoises appeared to port, and we watched their seemingly effortless movements as they repeatedly surfaced and dove. The water became almost turquoise in colour as we drew closer to the outflows from Toba and Bute Inlets, providing a striking contrast to the occasional bright yellow maple leaf floating by.

Just below Church House, the abandoned Homalco people's reserve on the mainland near the entrance to Bute Inlet, we spotted a black bear on a small island. Other than the bear and some seabirds, there were no signs of life in this isolated spot.

Jeanette told us the Homalco people moved from the head of Bute Inlet down to Church House in the late 1800s, so they were more easily accessible to missionaries. The wooden church in the village was constructed in 1896.

The isolated situation of the village was hard on the people living there, and families started moving off in the 1950s. Eventually a land swap and financial deal with the provincial government opened



pictographs on the east shore of Maurelle Island.

Photo: Tanya Storr

the way for the people to relocate to Campbell River. There are no longer any families living at Church House.

We began to cruise south again through Drew Passage, passing by Rendezvous Lodge and a row of cormorants clinging to the cracks of a cliff wall. Jeanette spoke about the Spanish and British explorers sailing these waters in 1792 in ships just under 50 feet long.

Mike lamented that we didn't have enough wind to put the sails up. 'I don't get to sail as much as I'd like. It's a big boat and it takes a lot of wind to get it going. In a 20-30 knot wind you're having fun,' he said.

Mike docked the boat in Evans Bay on the east side of Read, and we all piked out to stretch our legs. A shed on the dock holds two shelves of books for the 'Evans Bay Wharf Book Trade' (bring one, take one) and a sign gives directions to the Surge Narrows Store. A guest book contains many signatures from visiting yachters, remarking on the beauty and tranquility of the place.

We walked on the narrow road to an old homestead belonging to friends of Blaine and Deb, complete with an apple orchard and horseshoes nailed to the sides of shake-covered outbuildings.

Back on board the *Misty Isles*, we passed Burdwood Bay, where Edgar Wylie served a rowdy clientele at his Burdwood Bay

Hotel in the late 1800s and early 1900s. Jeanette noted that loggers used to pass the time in the hotel while waiting for the Union Steamship to take them to Vancouver, some spending all their wages in the hotel before the steamship even arrived. The hotel's foundations and the old fruit trees are still there.

On the way back to Drew Harbour, I asked Mike what he likes best about his work.

'I like the fact that I don't do the same thing twice in two days. One day I might be kayaking and the next sailing, diving, gardening, or working on the boat,' he replied. 'And it's great that I'm able to take my family along.'

Samantha said her favourite aspect of taking people out on the *Misty Isles* is showing people the natural world and being in the outdoors on the water.

'We're trying to live simply and mindfully, and share our knowledge of the natural world and the coast with other people,' she said.

Once back on shore, we bid goodbye to the cheerful crew of the *Misty Isles*. The next series of tours led by *Misty Isles* skipper Mike Moore and historian Jeanette Taylor will start in late spring. Look for an all-new tour around Read Island in the 2001 line-up.

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MO	0730	13.5	4.1
	1335	10.8	3.3
	1740	12.5	3.8
31	0055	3.9	1.2
TU	0820	13.5	4.1
	1430	11.2	3.4
	1800	12.1	3.7
1	0130	4.3	1.3
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	1535	11.2	3.4
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3	0305	5.2	1.6
FR	1105	13.5	4.1
4	0400	5.6	1.7
SA	1155	13.5	4.1
5	0500	6.2	1.9
SU	1240	13.5	4.1
	2045	9.2	2.8
6	0010	9.8	3.0
MO	0600	6.9	2.1
	1315	13.5	4.1
	2105	8.5	2.6
7	0120	10.2	3.1
TU	0655	7.2	2.2
	1350	13.5	4.1
	2130	7.5	2.3
8	0220	10.8	3.3
WE	0740	7.9	2.4
	1420	13.5	4.1
	2150	6.6	2.0

PLACE YOUR CLASSIFIED WHERE IT GETS SEEN!

Discovery Islander Classified ads are \$10.70 for two
issues for up to 35 words or \$8/line for longer ads.
Display Classifieds are \$10.70 per issue (includes GST)

Enclose payment (cheque or money order) with ad and
drop off at Hummingbird Office & Art Supply, Quadra Foods
the Heriot Bay Store or call ahead and drop off at our office
at 1713 Hyacinthe Bay Rd. 9-5 Mon-Fri

285-2234



WEEKLY SPECIALS

For Oct. 29 - Nov. 4 While Supplies Last

SPOOKTACULAR SAVINGS

Spend \$100 or more
& Receive a
10% Discount

Excluding Advertised Specials
Tobacco, Liquor, Feed & Special Orders

**Kraft
Delissio
Pizza**

\$5.99

834-992g

**Coca Cola
Soft Drinks**

\$2.99

12 Pack

**Rogers
Flour**

\$4.99

10kg

**Kellogg's
Froot Loops
Cereal**

\$2.99

425g

**Thrifty
Tortilla
Chips**

\$1.29

400g

**Island Farms
Family Pak
Ice Cream**

\$4.69

4L Pail

MEAT

**Boneless
Blade
Steak**

\$2.79

lb
\$6.15/kg

**Smoked
Chicken**

\$1.19

100g

**B.C. Hothouse
On-the-Vine
Tomatoes**

99¢

lb
\$2.18/kg

**Red or Gold
Delicious
Apples**

59¢

lb
\$1.30/kg

**Chicken
Thighs**

\$1.29

lb
\$2.84/kg

**Armstrong
Cheese**

\$7.99

750g

**Chinese
Mandarins**

\$8.99

9lb Box

**Red or White
Potatoes**

59¢

lb
\$1.30/kg



Store Hours Sunday to
Saturday 9 am to 8 pm