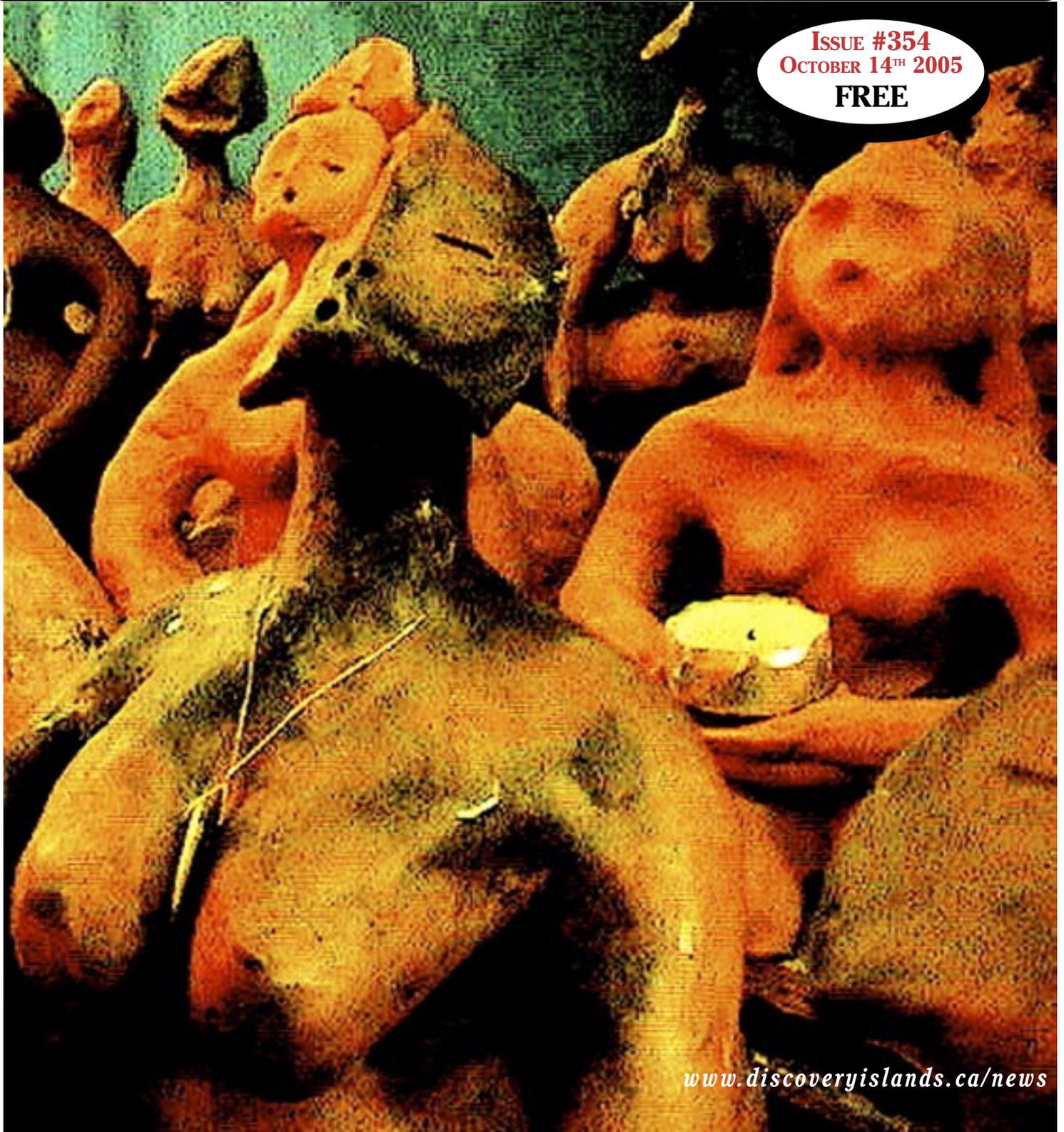


Discovery Islander

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

**ISSUE #354
OCTOBER 14TH 2005
FREE**



www.discoveryislands.ca/news

Area J Regional Director's Report

Well, it is grey and blowing and raining, but it is also Thanksgiving Day and all I can say is we should all be thankful for all that we have: family, friends, health, peace, happiness... not a bad life that we are so fortunate to live. I hope that everyone will keep in your thoughts all of those who are not so fortunate.

Another busy month and we are only three weeks into autumn. I will list the items I am going to talk about with headings so that you can pick and choose what you read. I know that my reports are sometimes long and boring, so I will try to make it easy for you to be as informed as you like.

Our Volunteer Fire Dept.

I am not sure how many of you are aware of it, but our Quadra Island Volunteer Fire Department received a Solicitor General Community Safety and Crime Prevention Award on September 23, 2005, at the 27th Annual Conference of the BC Crime Prevention Association.

The award was a "Service Club Award" due to their role in public safety and crime prevention beyond their role as fire fighters. It is with honour that I will attend their award dinner on October 11th. Congratulations to all of the hard working volunteers who serve us in so many ways.

Facilities Tour

I spent most of the day on Thursday, touring the island with four of our senior staff from the RD. It was great to have them take the time to come over to Quadra and learn first hand of some of our issues. We toured the recycling depot which is about to open in its new location, the new dock facility at Hoskyn Channel Landing (Surge Narrows Road end), Granite Bay and the Community Centre. All were very receptive of the needs of our community and will be better equipped to address those needs now that they have been there in person and met with some of the residents.

"Van Orden's Corner"

I have been in ongoing debate with one of the managers from Ministry of Transportation and Highways regarding their proposal to "improve" the above mentioned corner north of Heriot Bay. Lots of history that I won't go into right now, but suffice it to say, they were going to spend a lot of money, upset the neighbours and not really make any real improvement. After my last meeting with them on Friday of last week, they have agreed to

abandon their previous plan, clear the brush on the inside of the curve and take out some of the rock to lessen the curve, and improve visibility. More road width will be added to the inside of the curve. This will also make it safer for the extra long commercial truck traffic that is often on this road. Highways was very cooperative and, I think, are doing the right thing in the end.

Raven Bay

I have received a number of phone calls regarding the RD's intent in leasing the small piece of land and water just north of Hoskyn Landing. The piece was being offered for sale by the Province, to commercial entities. I was informed of this and of the adventure kayaking groups' desire to have this spot reserved as a safe place for them to wait for the tide changes in Surge Narrows. It is the only real beach where they can do this. It seemed

reasonable and I asked that the RD look into it with the Province and then we decided to apply for it to keep it in the public domain. I support this for our local small business owners and hope that you too, will have no objection. The use will be for the general enjoyment of all of the public.

Union of BC Municipalities meetings

The convention was very successful with over 1800 delegates from local governments from all over BC. I was successful in bringing our concerns to a number of ministers, their staff and the convention floor. Federal representatives

were also present and receptive to our issues: eg., Salmon Enhancement Program funding, wharf divestitures, closing of rural Post Offices, funding directly to our communities for infrastructure and economic development and lightstations and fog horns. So, all in all, it was a very good opportunity to get what we need, both provincially and federally!

I think I will stop there at five items and leave the rest for next issue. There is always so much to talk about that it is hard to choose the items for each issue.

Please keep in touch by phone at 285-3355, Monday through Friday, from 8:30 am to 7:00 pm, (not on weekends, please!), or by fax at 285-3533, or by email anytime at abramfam@oberon.ark.com

Respectfully submitted.

Jim Abram

Director, Discovery Islands - Mainland Inlets



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Annie Siegel
Dinner Jazz in Herons
Sun. Oct. 16
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Island Calendar

Day by day

Submit your event:

eMail: news@discoveryislands.ca
drop-off: 701 Cape Mudge Rd.

fax: 285-2236

The Regulars

- **1st and 3rd Wednesday** - Food Bank 1-2 Community Centre
- **Every Monday** - "Vision" Rev. Jill Brocklehurst on CRTV 9:30 PM
- Yoga 9 am and 7:30 pm Community Centre
- Badminton, 7:30 Cape Mudge Hall
- **Every Tuesday** - Kalina Folkdancers -QCC, 7:30 to 9:30 pm, Sept.to Apr.
- "Vision" Rev. Jill Brocklehurst on CRTV 11:30 AM and 4:30 PM
- **Every Wednesday** -Yoga 4 pm and 7:30 pm Community Centre
- Community Lunch, noon
- Badminton, 7:30 Cape Mudge Hall
- **Every Thursday** - Motorcycle Club meet 5pm Heriot Bay Inn Pub
- Prayer Meeting, 7:00pm at Quadra Island Bible Church
- Mo's Jam 9 pm Heriot Bay Inn Pub
- **Every Friday** -Live dance music 8:30 pm Heriot Bay Inn Pub
-Seafood dinner & Ron Hadley piano - Tsa-Kwa-Luten
- Yoga 9 am and 7:30 pm Community Centre
-Youth Q.I. Bible Church 7:30 - 9:30
- **Last Saturday** - Bonus \$50 cash draw. Quadra Legion 6:30pm (members & guests welcome)
- **Every Sunday** Bible Study all Ages - Quadra Island Bible Church 9:30 am
-- Sunday Service QI United Church 10:30
- Positive Living Celebration, 10:30am Community Centre
- Family Worship Service 10:30am Quadra Island Bible Church
- Jazz nights in the Heriot Bay Inn Pub every Sunday 6-9 pm 285-3539
- Children's Program - Centre for Positive Living - 10:30 am
-Buddhist Meditation 10:00 am Upper Realm

Next Deadline: Monday, October 10 2005

- October 14, Friday**
- Birds on the Edge, 7:30 QCC
- Shirley Locks Reggae, 9pm HBI
- October 15, Saturday**
- Future of Food QCC
- Oktoberfest Dinner, 6:45 Legion
- Casino Night Legion
- October 17, Monday**
- Dream Workshop, 7:00 pm QCC
- Hydroponics, 7:00 pm QCC
- Oct. 17 -21**
Jeannie Krabbendam, Art Workshop Firesign B&B
- October 18, Tuesday**
- 9/11 The Great Conspiracy, 7:30 QCC
- October 19, Wednesday**
- Free Money, 11:30 am QCC
- Legion General meeting, 8:00 pm Legion
- October 25, Tuesday**
- Houston Smith video on Hinduism & Buddhism, 7:30 QCC
- October 28, Friday**
- Great bear rainforest, 7:30 QCC
- October 29, Saturday**
- Halloween Dance, 9:00 pm Legion
- November 5, Saturday**
- Prairie Murders Book Launch, 1 - 3 Explore
- Pipes & Drums Pub Crawl, 5:00 pm



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On the cover



soldiers of peace. photo by Claude Desjardins

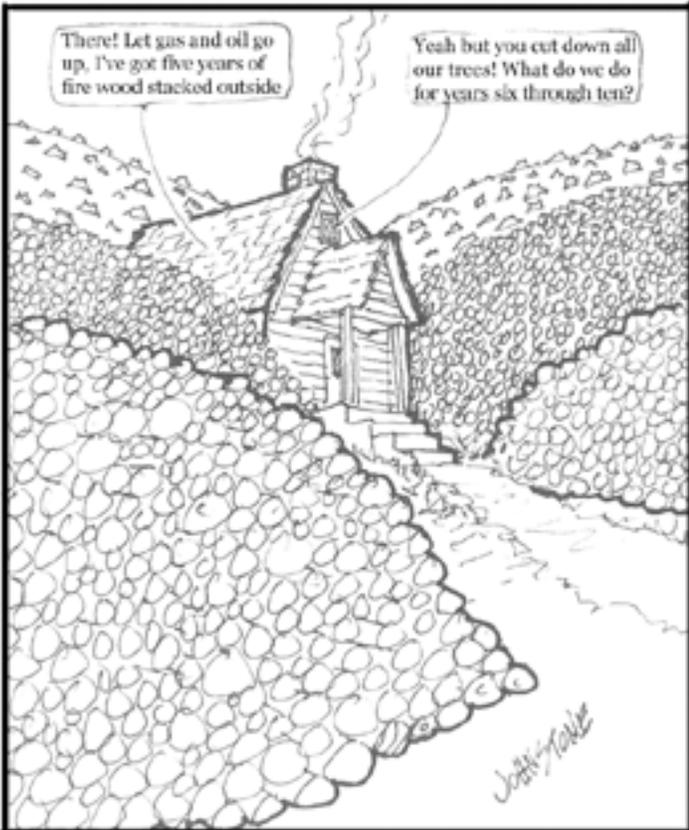
Tanya Storr

B.A. English

Freelance Writing
& Editing

285-3937

tstorr@connected.bc.ca



Discovery Islander

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



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Submission Guidelines

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

- Please print handwritten material clearly.
- Electronic items sent by email or on disk must be saved as **Word** or **rtf** formats. Please spell check in Canadian English.
- **No MS Publisher, WordPerfect** files or graphics in Word files please. Send imported graphics separately.
- **Please** use the title of the item as email subject & send multiple items in separate emails.
- Please don't send original irreplaceable material, make a trip to a copier first!!
- Please remember to caption & credit photos and artwork. Don't write on the back of photos use labels or Postits™.

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

Next Deadline

7 pm. Monday, October 24



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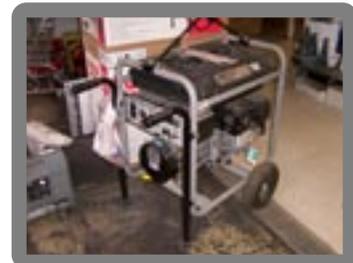
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by Steven Halliday

A relatively new arrival on Canada's media scene is a magazine called *The Walrus*; the October issue celebrates 2 years of publication. It has joined *Harpers* magazine as one of the few things I actually look forward to receiving in the mail. Like *Harpers*, *The Walrus* covers a wide variety of topics including current affairs and interesting tales from around the globe, and attracts some of the world's best writers to its pages. The current issue is no exception, containing as it does 2 articles about subjects of great interest to me, being emerging China and Canada's fresh water supply – both of which I've previously commented upon in this space. The importance of both issues to Canada and its future cannot be overstated, but space allows only enough room for further comment on only one at a time.

Canada boasts the largest amount of free-flowing fresh water on the planet, far more than is needed for domestic use now, or in the foreseeable future. It has been a subject of contention between Canada and the USA since the late 19th century, when farmers and ranchers on either side of the border argued, sometimes violently, over water rights. Several rivers and lakes traverse the border, so right of possession can become problematic. Out of this was born the concept of upstream rights, whereby the possessor of the water's source is recognized as the beneficial owner, though once the water crosses the border legal complications generally arise. Historically our governments have been able to work out water issues on a relatively equitable basis, but as water becomes more and more valuable the situation is bound to become much more complicated. Global warming is (notwithstanding the Bush administration's numbingly ignorant denial) clearly a reality, and with rising temperatures and changing weather patterns supplies of clean fresh water will become critical to some areas.

Chris Wood's excellent essay "Melting Point" (*The Walrus* – October 2005) provides a concise overview of the situation, and comes up with some surprising conclusions. Three separate reports sponsored by the Canadian government all project that Canada will experience more rainfall in the future (as a consequence of global warming) but we will also see a much higher rate of evaporation due to accompanying higher temperatures. Flooding is likely to become a much more serious issue,

Water, Water Everywhere

as mountain snowpacks disappear taking with them their "reservoir" function, whereby snowpack acts as natural dams containing fresh water that is gradually (and relatively consistently) released. "Some 70 million people in a dozen states and four provinces... rely on rivers flowing from the snow-capped Rockies. To put that in perspective, California relies on water saved in snow and icefields for about half its annual requirements. Should even one-third of the snowpack vanish, the state would either need to build the equivalent of 300 more reservoirs, or annually import roughly eight times the water contained in all of Alberta's existing reservoirs". According to Environment Canada's *Climate Change Impacts* report – "Along the eastern slopes of the Rocky Mountains glacier cover is now approaching the lowest experienced in the past 10,000 years". This is not good news at all.

As I've noted before, water is not considered a commodity under the terms of the North American Free Trade Act, and therefore is not subject to NAFTA's trading provisions. This fact is, of course, being argued by those who want access to our water, but for now it remains unencumbered. Were this to change, and water diversion becomes a large-scale commercial enterprise, Canada could not possibly get the better part of the trade. Mr. Wood argues that the issue is of far too much importance to be relegated trade status, and is a matter that merits the oversight of the people, preferably through federal government agencies. He further argues that the matter should not be ignored for long, as management of our water resources will soon take an urgency heretofore unexperienced. Incidents such as Winnipeg's Red River floods could become commonplace as future higher rainfalls and temperatures overcome nature's ability to absorb and store water. We should immediately initiate government-to-government talks on the issue. Canada's growing surplus of fresh water will need to be managed, undoubtedly involving more dam construction, while the US has a shrinking supply. The situation is such that a 21st century approach must be taken, including immediate steps to reduce the waste gas problems causing global warming. It needs to happen now.

One impact of global warming that is common knowledge is the shrinking polar icepacks – satellite photos don't lie. But another area of Arctic concern is that the rising temperatures could lead to catastrophic consequences. Another Environment Canada publication titled *Threats to Water Availability* notes that Canada's north is currently covered

by frozen muskeg consisting of peat. Should that muskeg thaw and the peat decompose it will release billions of tonnes of greenhouse gases. The report notes that "Canada's peat lands are overwhelmingly important...they contain 25 times the amount of fossil-fuel carbons released each year by the entire world", and the release of those gases could "initiate a feedback loop that could kick global warming into the catastrophic range." The proposed solution is to keep the muskeg wet, a project that would entail diverting waters to flood the northern plains – a project of such massive scope that it would require North American participation; not just Canadian, as the consequences of inaction will extend beyond borders

In short, Wood argues that global warming is a reality, and Canada is in danger of being awash in water. The USA needs that water, and that need will continue to grow. We as a nation are economically incapable of tackling the problem ourselves, so we need to partner with the US to raise the capital necessary to finance the ensuing mega-projects that water diversion and management will require. This is bound to lead to clashes with environmentalists who view dams and canals as abhorrent, though Wood opines, "Environmentalists may soon be among those clamouring to have dams built as shifting rain and snow patterns threaten wildlife as well as humans". Some scientists believe that water management can help prevent environmental damage, due to flooding of a scope beyond that which we have ever experienced. The recent Red River flooding in Manitoba would have been far worse save for the diversions already in place.

The water has to go someplace – better it goes to where it is needed as part of an overall response to global warming generated rainfall. The time for cross-border recognition of the problem is at hand, and the sooner work to manage it starts, the better. The issue is now much bigger than that affecting farmers and ranchers as in the past - it affects us all.

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ARTISTS CALL FOR ENTRY!

Planning is well underway for the 2006 Annual Quadra Island Studio Tour and the summer-long "Self Directed Art Tour". The fourth edition of the Studio Tour will take place on June 3rd and 4th and organizers are sure that this popular event is going to be the best one yet. Last year 42 artists participated by showing their recent work at 18 studios on the island plus the big show at the Community Centre. Over 500 visitors spent two days meeting our artists and enjoying the wide range of art and craft that is giving Quadra the reputation of being a great cultural destination. Once the Studio Tour is over, artists who wish to keep their studios open either by appointment or with regular hours may take part in the self-directed art tour which runs all summer. The handy map/ brochure is free and available at the tourist info centre, island resorts and studios. Its the best way to attract visitors and potential customers.

If you are a Quadra artist who produces original work and is interested in participating in the Annual Studio Tour and/or self-directed tour, pick up an application form at Hummingbird Stationary. Artists who do not have a suitable studio space are able to double-up with other studios or show at the Community Centre where we hope to mount an even bigger show this year. Participants and visitors will be invited to a gala reception and show on June 3rd at the Community Centre.

The advertising budget for this years events has been greatly increased which is expected to attract many more visitors to Quadra's studios and galleries. Aside from press coverage and ads on Vancouver Island, we will be receiving prominent exposure in the Vancouver Island Arts and Culture Trail Guide which will be distributed across Canada and around the world. Take advantage of this opportunity to have your work seen next summer. The deadline to enter is January 1, 2006, but don't wait - get your form now.

World Religions

Bill Moyer interviews Huston Smith on "Hinduism and Buddhism" in a video for the first session of a six week course on World Religions. The course is based on a book by Huston Smith called "The World's Religions". Ray Grigg and Steve Moore will be course facilitators. We will discuss the first four chapters in the book, which includes Hinduism, Buddhism, Confucianism and Taoism. Students are expected to purchase

the book for \$23.50 (which is available in the used book store in the Upper Realm) and read around 30 pages a week. The course, itself, is free, lthough a small donation for room rent is appreciated.

Folks are also welcome to come to the above mentioned film on Tuesday, Oct 25

& forgo the latter sessions. Time: 7:30 p.m., Date: every Tuesday night, starting on Oct. 25 and ending Nov. 29. Place: Quadra Community Centre Board Room. Again, another project by that never ending mind stream produced and directed by the Quadra School of Philosophy. Call Steve at 285-3323 for more info.



In my last article, I said I'd tell you why I recommend Epsom salt baths to my Cranio Sacral and Energy work clients. The reason is simple:

It makes my work look good!

When you have worked out really hard, or you have had a big emotional release (like when you have cried your eyes out) or even when you've been 'straightened out' by a Chiropractor or a Cranio Sacral Therapist, it makes a lot of sense to 'clean up' what you have 'stirred up'. You know when you've had a massage, and you are so tired you feel as if you have the flu? This is because you have been pummeled into a jelly-like state, and all of your muscles have released a bunch of toxins which are now running through your bloodstream instead of being nicely locked into those previously tight muscles. Get it?

So, epsom salts help to draw out the toxins and release them into the bathwater, so that you can pull the plug and say good bye to them for good. So, the age-old remedy for aches and pains and for swollen joints really does work.

Another thing that epsom salts do is supply a large amount of magnesium to those tired, stiff, aching muscles and bones. Our bodies LOVE magnesium. Read any health magazine nowadays and they will tell you that we have been underestimating the value of magnesium for many preventable ailments. These same articles now tell us that we should be taking larger quantities of magnesium compared to calcium. So now, in health food stores, you can buy Cal Mag supplements that are 50:50, and even some that have more Mag than Cal. I have known several Naturopathic doctors

who prescribe epsom salt baths for their clients who have Adrenal overload (which is when you are so stressed out that you cannot calm down). Isn't it nice to know that there is a way to help your poor, overworked adrenals? When absorbing magnesium through your skin (which is the largest organ in the body), you can take in much more than you could by ingesting it. The same amount of magnesium that you get from 2 cups of epsom salts in your bathwater, were you to take it by mouth, would cause diarrhea. In fact, in small doses, epsom salts can be used as a laxative (read the label or see your doctor for this).

The third and final benefit (unless you readers know of any other benefits you'd like to share with us) that comes from bathing in epsom salt baths is that they clear your energy field or aura. When you have worked really hard to release all the blocks (physical, emotional, etc) in a healing session, you might as well get them completely out of your system, don't you think? Why carry that dirty energy around any more?

Epsom salts do dry out your skin, however, so I recommend a half a cup of baking soda, or your favorite essential oil. I love to use lavender, as it is also cleansing and uplifting, to the spirit!

A word of caution before you run that bath:

Be sure you do this last thing before bed, as you are likely to sleep like a log! Now do you see why I recommend them? If you are going to sleep a deep, restful sleep, you are going to maximise on all the benefits of the bodywork session that you have paid for. Much of our deepest healing comes from resting, because this is when we integrate the real benefits of the changes that have taken place in our healing session. If we allow ourselves the time to fully 'catch up' with the changes we have made, then those changes are more likely to become permanent. So, do yourself a favor: After your next visit to your Chiropractor, Acupuncturist, Massage therapist, Psychotherapist, or Energy healer, have an epsom salt bath! Catriona O'Curry, M.A.



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News & Events

Surge Narrows Playground News

Our playground equipment has been ordered! We hope it will arrive by November. At this time I would like to express gratitude and many thanks to everyone who has made this dream a reality for our kids. Thank you to all our volunteers, people who supported our bake sales and garage sale through donations and simply buying a bowl of soup, and many thanks to the people who bought the Children's greeting cards and especially to Surge Narrows Community Association. Every little bit has helped! We are getting a 4 tiered climber, a 4 seat see-saw and a Seahorse spring rider. We'll keep you updated with an installation date in the future.

Have a great day! Jennifer Reeves.

The Islands in the Salish Sea Community Atlas

The Islands in the Salish Sea Community Atlas is now in production, due to be released 29th October, 2005. This is the culmination of over five years of work by well over 3000 people who live in a region we call the Islands in the Salish Sea, also known as the Strait of Georgia. These beautiful and innovative maps are extraordinarily different, encompassing many fields: cartography, science, history, art and community planning. Their initial creation, collection and showing in a traveling exhibition, and now their publication in this atlas complete a three-stage undertaking - The Islands in the Salish Sea Community Mapping Project.

This project began in 1999 on the eve of the Millennium, with a purpose to record and map what is valued, vulnerable and cherished to the local communities living in this popular area, considered one of Canada's most endangered ecoregions. The seventeen island communities went through an extensive community process, taking inventories and holding workshops to gather information, which was then lovingly rendered by local island artists. There are an additional six regional maps in the collection including: the Island Relatives from the WSANEC (Saanich)

Nation, Endangered Ecosystems, Economic, Energy and Transportation, Protected Sites, and the Marine Map. The remarkable collection was exhibited on 14 of the 17 island communities, in Victoria, Vancouver and Sidney, BC. One person who saw the exhibition remarked, "Haven't felt this way since my trip to the Louvre in 1970. Almost more than the senses can handle."

These 30 beautifully rendered Artistic Community Maps will be displayed along with the stories of their creation and selected details about these island communities. Additional chapters are written by Sheila Harrington, Judi Stevenson and Kathy Dunster with a Preface by Robert Bateman and Forward by Briony Penn. They outline the power and nature of bioregional and artistic community mapping, eloquently describe the community process that these islands went through to arrive at these artistic portraits, and offer a succinct and informative narrative on the history of the area.

The project and atlas is designed to provide both an example and to offer inspiration to other communities in the hope that they will engage in this dynamic process. The atlas also serves to document a remarkable and enduring portrait of what is one of the most vibrant and naturally beautiful regions of Canada. We believe that this book will serve as a powerful sequel to its sold out and revised predecessor - Giving The Land a Voice, Mapping Our Home Places. Linking science, art and local knowledge, the "Islands in the Salish Sea Community Atlas" weaves personal commitments to community and conservation together in an innovative and significant publication.

Last Chance to preorder: Cost: \$45.00 (US and Can.) - Send a cheque to: Land Trust Alliance of BC, 204-338 Lower Ganges Road, Salt Spring Island, BC, V8K 2V3

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Friends of Cortes Island presents: the 4th Annual Sustainability Home Show

October brings; morning chill, falling leaves, darkness earlier, introspective time, the harvest, and the 4th annual Sustainability Home Show! This year's Home Show is on Saturday, October 22, 2005 from 10am to 4pm. This year promises to have new and exciting booths and speakers on the topic of Alternative Energy!

We will have numerous booths on alternative energy including local Cortes Islander Ian King with his new Energy Alternatives business, accompanied by company founder Kevin Pegg. They will have a comprehensive display of numerous alternative energy solutions including solar panels, wind power and micro hydro.

Dynamic Geothermal will be at the Home Show highlighting this innovative technology with a demonstration geothermal heating unit and a draw for Home Show guests. Solarcrest, a solar hot water heating and installation company will have a booth, with a unit for demonstration. All demonstration units can be purchased!

Biodiesel is a very real solution to the rising fuel prices. Victoria's Biodiesel expert Kees Schaddelee representing his company, Wise Energy, will give a presentation "Biodiesel 101 and Options for Cortes". Local Cortesian David Rousseau will have a photo display of the biodiesel making process, which he makes to fuel his vehicle and back hoe.

Cortes Self Sufficiency will be present with a booth outlining some of our current projects including an exciting Sustainable Homes Tour that will take place on Sunday, October 23rd, to Blue Jay Lake Farm and Channel Rock with a lunch at Trude's Café. Transportation and lunch will be provided in the cost of the tour and those wishing to participate will meet at Trude's Café at 10 am, tickets will cost \$15. Tickets for the Sustainable Home Tour and detailed information will be available at the CSS booth at the Home Show, but mark it on your calendars now! Call Sarah at 935 6778 for more info.



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The Water Guy, from Quadra Island will be at the Home Show highlighting the Go Green Wastewater Treatment Systems, Micro wastewater treatment systems for your home or business. This is amazing technology!

Other speakers include Guy Dauncey with his slide show presentation on 'Sustainability at the End of the Age of Oil', for those who missed Guy speak last year, don't miss him this time, he's dynamic! He is passionate about sustainability, and president of the BC Sustainable Energy Association. Guy is an author, speaker and consultant working to develop a positive vision of a sustainable future and to translate that vision into action. He is the publisher of EcoNews a monthly newsletter that promotes the vision of a sustainable Vancouver Island. He is the author of several books, including "After the Crash: The Emergence of the Rainbow Economy" and "Stormy Weather: 101 Solutions to Global Climate Change", which won a Nautilus Award at the New York book Expo in May 2002.

Also speaking at our event is Ron Jones and Sarah Gutterman speaking on the topic of Green Building. Ron Jones, founder of GREEN BUILDER®, is a unique individual within the green building industry. Known for his balance of passion and reason, he is truly a green building advocate in every possible way. Sarah Gutterman is an experienced entrepreneur, investor, and sustainability consultant. Sara has devoted her work to responsible development, bringing environmental, spiritual, and economic health to people and nature. Sara's main focus for her building and consulting projects is the creation of systems that are regenerative, returning as many resources to nature as they take.

Admission to the Home Show is by donation and there will be door prize draw every hour. There will be children's activities in the Pioneer Room all day, and the most delicious organic locally grown lunches of soups, stews, homemade bread and deserts! This is always a show highlight that sells out!

The Sustainability Home Show is a one of a kind event! Please mark your calendars now and don't miss this inspiring day! Please call Lovena with any questions or suggestions at 935 6993 or Kathy at the FOCL Resource Center at 935 0087. If you are coming to the Show from off island and don't want to bring a car, give us a call and we will pick you up from the ferry!

This event kindly sponsored with donations from The Comox Strathcona Regional District, Hollyhock, B.C. Gaming Commission, Tides Foundation and Renewal Partners.

Fabric Painting Classes

Learn to print images on textiles in a two hour workshop on Saturday, October 22 at Motif design in the Upper Realm. Mimi will demonstrate how to use objects such as leaves and fish to create designs on fabric. The art of printing fish onto paper or textiles is called Gytaku and originated in Japan. Bring your own T-shirt and make Christmas gifts. Workshop is \$15 for adults and \$8 for children. T-shirts are available. Call Mimi at 285-2626 to register.

Up Your Inlet

Thank you to those of you who have already submitted your work to Up Your Inlet. The deadline is October 17. and all artwork, poetry, songs, photographs and story form are welcome. You can drop your submission off at the Upper Realm or email it to ctom@telus.net.

Free Money

Free money and a free volume of the Harvard Classics in World Literature will be given to each & every individual from 11:30 a.m to Noon in the Board Room of the Quadra Community Centre on Wednesday, Oct 19. Given that the latest statistics demonstrate that the rich are getting richer and the poor are getting poorer, this could be a very popular programme designed to right the wrongs created by modern globalization and increasingly conservative governments. Folks who have more money than they really need are asked to drop off paper money only at 11:20 a.m. in the Board Room.

Living Well with MS: Mind Matters

Free educational session

Expert guests present info on MS and mood related changes. Monday Oct. 24th

6:30 - 8:30 pm Coast Bastion Inn 11 Bastion St. Nanaimo RSVP 888 844 2047

Island Music at Upper Realm

Dave and Michele are pleased to announce the Grand Opening of their new music store and teaching studio on Quadra. Located upstairs in the Upper Realm, Island Music is the islands' first retail outlet offering new and used instruments, tapes, cd's, albums, books on music, some instrument accessories and music lessons for almost all instruments. Come check out the new store and call 285-2626 for more information.

Hydroponics

Historians believe the Hanging Gardens of Babylon were hydroponic. In the last 40 years, commercial greenhouse growers have switched from soil based to soil less crops. Many of the vegetables we buy at the store are produced without soil, by recycling nutrients through a water system. What is Hydroponics? Come to the garden club meeting Monday October 17 at 7pm and meet Christa Fernau, a Quadra Islander, enthusiastic about "Organic Hydroponics". She will explain this method of horticulture - bringing a selection of products to show the club from her store Highway Hydroponics on Tamarac Street in Campbell River. Next year you could be growing the Gardens of Babylon, or... perhaps on a smaller scale, producing huge brag-able organic tomatoes on an automated system. Learn from Christa how you could decrease the amount of care your deck planters need by evolving to a nutrient/water recycling system. If you are already using a peat base (or soilless) medium for your planters, go that step further and automate it so all you have to do is deadhead and fill the reservoir once a week.

Christa will also explain the use of beneficial enzymes, organic fertilizers, and how to use beneficial insects to get best results against pests that have been damaging your prize plants indoors and out. The root weevil beetle are at the high end of their destructive cycle - have you looked at your Rhodo leaves lately?

Join us at the Community Centre Monday night, new members welcome. Bring something beautiful, practical or curiously interesting for the show and tell table. Anyone interested in showing off winning gourds or squash? Annual membership is \$10 which gives a discount at many local nurseries. Drop Ins \$2. We share plants, magazines, and garden knowledge.

Epiphany Gallery

The artists' roster is slowly filling up for exhibits for the 2006 year. There is still space available. All artists are invited to exhibit their work at the Epiphany Gallery in the Upper Realm This gallery is an artist's exhibition space that offers 4 walls and a cozy environment. Come check us out upstairs at the Upper Realm. Call 285-2626 for more details.

Films

Documentary films on current world issues continues on Tuesday nights at the Quadra Community Centre. On Tuesday, Oct. 4, the film is called "The Oil Factor: Behind the War on Terror." This video, shot in Iraq and Afghanistan, deals with the central fact that North America and Western Europe will run out of oil in the next ten or twenty years. Interviews with Noam Chomsky, Zbigniew Brezinski, Pentagon and Bush administration spokespersons clearly define the relationship between declining oil supplies and the war on terror. On Tuesday, Oct. 18, "The Great Conspiracy: The 9/11 News Special You Never Saw" presents more evidence that 9/11 was not a "surprise" to the Bush administration; in fact, it was an "opportunity" to invade Iraq and Afghanistan with the support of the American people. The "Great Conspiracy" deals with all the often asked questions, such as, 1) Why didn't a single military jet interceptor turn a wheel until it was too late? 2) How can one explain George Bush reading a story about a pet goat while New York burned?...etc....etc... The films cost \$4. Once paid for, the films are donated to the local library for free community home usage. Starting time is 7:30 p.m. on Tuesday Oct 4 and Oct. 18. These showings are a project of the Quadra Action for Peace. Call Steve at 285-3323 for more info.

Cycling Club

Has the grey and damp changed your activities? Turkey got you a wee bit weighted down? Need some exercise and fun? Get on your bicycle! Come out and participate in the Quadra Island Cycling Club. Our first fall meeting will be on Tuesday, October 25th at 7 pm at the Yak Shak (Quadra Island Tours home). We want your ideas for activities to keep us riding during the winter. Young and old welcome! Phone Brent at 285-2550 for info.

Live Reggae Music

Shirley Locks and all Three Bears (& that means Moe) return home to play at the HBI tonight Friday, Oct. 14 at 9 p.m. No cover. Returning from gigs at the Howard Johnson's in Courtney and the sold-out Sundance Java Bar in Willow Point, Shirley Locks & the Three Bears will be performing "Quadra Reggae" & other home grown Island tunes. A special song for George W. Bush called "Stand Up for Democracy" will add some bounce to your dancing shoes & of course some Bob Marley cover tunes. See you there.

Memorial Service

A special memorial service will be hosted by The Quadra Island Centre for Positive Living October 30th, 10:30 AM at the Quadra Community Centre. This is an opportunity to bless those that have passed on and left us the memory of our shared lives. Please bring a cut flower to represent the individuals you would like to honour on this day.

For more information call Rev. Jill Brocklehurst 285-3224.

ISLAND DEAF & HARD OF HEARING CENTRE

ASSISTIVE LISTENING DEVICES / INFORMATION. IRONWOOD MALL, SATURDAY, OCT. 22, 2005

Island Deaf & Hard of Hearing Centre, Nanaimo, a non-profit United Way Agency, wants the community of Campbell River to know about the many services it offers. The agency serves people throughout the region from Duncan to the Sunshine Coast. We help those who are Deaf or hard of hearing, including those who are forced to adjust their lives to accommodate a growing or sudden hearing loss.

From simple in-line telephone amplifiers and flashing light alerting systems to sophisticated FM systems, there are many technical aids available to help Deaf and hard of hearing individuals live more independently. If you would like more information about these assistive listening devices or the many other services the agency offers please come out to the

Ironwood Mall on Saturday, October 22, 2005. Staff and volunteers will be available to answer your questions.

For more information please contact our office: Telephone: 753-0999

Toll Free: 1-877-424-3323

TTY: 753-0977

Our office is located at #205 – 55 Victoria Road, Nanaimo, B.C.

9:00 am. until 4:30 p.m. Monday - Friday

Multi Cultural Event

A great line up is set to play to raise funds for Campbell River Multicultural and Immigrant Services Association. This musical event will showcase some of our best local talent including Rodrigo Figueroa, Smooth Edge, The Milton Road Trio, and Red Wagon. This is not a night to be missed!

Join us for a night of great entertainment for a great cause. Campbell River Multicultural & Immigrant Services provides settlement and anti-racism programs. Supports are available to new Canadians and immigrants in the difficult process of settling into a new community. Translation services are also provided for appointments with doctors and professionals. MISA also offers a Multicultural Resource Centre, a women's and seniors support group, a youth program in the schools and a summer recreation access program. The Walk Away From Racism is another event MISA is actively involved in coordinating. This event takes place in March and will be the 10th Anniversary of the walk in Campbell River. With cutbacks in funding MISA is working hard to remain open. Money raised at this event will help to assure that Campbell River continues to have a multicultural program.

Come out and enjoy an evening of MUSIC for MISA on November 5, 2005 at the Quadra Island Community Centre, West Road, Quadra Island. Doors open at 7:15 p.m. with the concert to begin at 8:00 p.m. A silent auction of homemade pies and cakes will take place throughout the evening and a variety of savoury treats, cappuccino and tea will be sold at the concession. Tickets are \$12 in advance, \$15 at the door and are available in Campbell River at the Music Plant and CR MISA office and on Quadra Island at Quadra Crafts and Explore Gallery. For more information contact CRMISA 830-0171 or Melissa Howard 287-2784.



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Genetically Modified Organisms

Powell River District has already become a G.M.O. Free Zone. If they can do it surely the Comox/Strathcona District can do it too. Kyenne Brussell from Cortes Island has initiated this endeavor and she needs our support if it is to move forward. Come to the Quadra Community Centre on Saturday, October 15 at 7:00 pm to watch an informational movie about Genetic Modification. We will have a letter writing campaign available. Get caught in the facts, comprehend the issues and help promote our becoming a G.M.O. Free Zone. Raw food goodies will be available. \$5.00 suggested donation. In a small way you can make a large difference.

SuperHost Fundamentals

Customer Service Training Workshop

Saturday October 15th, 9:00 a.m. - 4:30 p.m. Enterprise Centre

Providing exceptional customer service is a cost effective way to win customer loyalty and referrals. Campbell River & District Chamber of Commerce has SuperHost Customer Service Training Programs that can help you do just that. Widely recognized and highly regarded, SuperHost certification is available to individuals and businesses and identifies your commitment to great customer care.

SuperHost Fundamentals teaches the core skills and winning attitudes essential to excellent customer service. Topics include creating a fabulous first impression, listening and communication skills and handling customer complaints effectively. The workshop also encourages participants to feel a sense of personal pride and commitment to their work in the service industry. It is often the small, effortless things that you do for your customers that make them want to come back to your business. SuperHost training will help you to be mindful of these everyday opportunities to WOW!

Registration just \$50 per person for Chamber Members or \$55 per person for others, plus GST. All SuperHost workshops are led by qualified, dynamic trainers who make your learning experience fun and insightful. Course costs include workbook materials and certificate of completion. Call 287-4636 extension 2 for more information or to register.

The Great Bear Rainforest Film and Talk

The Great Bear Rainforest is a land of narrow, steep-walled fjords and towering cedar trees that boasts one of the world's largest populations of grizzly bears, as well as the rare white Spirit Bear. Five species of wild salmon spawn in its streams and genetically unique coastal wolves find refuge in its forests.

Over the past eight years communities, environmental groups, industry and tourism sectors have come to an historic land-use agreement which would protect one-third of the region from logging, define sustainable logging practices and invest in diversifying the community economies. All that remains is for the BC Government to ratify the agreement.

On Friday, October 28th at 7:30 pm in the Quadra Island Community Center, Sierra Quadra will show a National Geographic film on this very special place. Lisa Matthaus from the Sierra Club of BC will be present to update the audience on this campaign.

Friday Flicks

The next film in the Friday Flicks series, "Travellers and Magicians," will be screened on October 21. The film offers a rare look into the culture, lifestyle and scenery of Bhutan, a small Buddhist monarchy sandwiched between India and China.

"Travellers and Magicians was directed by Khyentse Norbu and is the first feature film to be shot on location in Bhutan." Norbu, himself a revered teacher of Tibetan Buddhism, says Ken Eisner of Georgia Strait, "skillfully weaves the parallel stories of 'Travellers and Magicians' into one elegant tapestry. The actors are all nonprofessionals, but their faces are so compelling and their rhythms so natural they contribute to a seamless whole."

The intertwined story involves a young man named Dondup who dreams of escape from his new posting in an isolated village – to the glitter of New York. In hopes that his immigration papers are ready in the nearest city, he flees but misses the only bus. Forced to hitchhike along lonely mountain roads in the Himalayas, he disdainfully accepts the companionship of a shy apple dealer, a gregarious monk and an elderly rice dealer with a beautiful daughter. The monk, amused by the young man's lofty dreams, tells his travelling companions a parallel fable about a young magician who gets his wish to find

a land of beautiful women. Lost and injured, the magician is pitched into a dangerous love triangle when he finds himself holed up in a forest with a nasty old man and his beautiful, young wife.

"The natural beauty of Bhutan is spotlighted constantly," says a DVD Talk reviewer, "and the story within the story is downright otherworldly." Norbu, whose first film, "The Cup," brought him international attention, purposely used the scenery as a third character. He also brought elements of his faith into the filming, using pujas throughout the production to remove obstacles, quell local demons and increase auspiciousness. Most reviewers agree that his prayers were answered, if not at a five star level, then at a good solid four.

The doors open at 7:30 at the Community Centre on West Road and the film begins at 7:45. Come early for some great coffee, fancy teas and delicious snacks!

Halloween Fun Night

Halloween Fun Night is happening Monday October 31 at 6:30 at QCC. There will be 2 haunted houses, one for the really brave and one for little kids. As well there will be games. Outside there will be a bonfire and fireworks starting at 8:30. Donations are kindly accepted at Box 10 Q.Cove or the QCC office. Many thanks to those who came out to the organizing meeting: Christopher Hammar, Deb Mulcair, Tucker, Marley and Susan Dinnes, Terryl Bertagnolli, Cody Cooper and Maritte Arriaza. If you want to help make it all happen, call 285 3243.

The Community Kitchen Lunch is up and running and a great meeting place noon Wednesdays. Come for lunch, donate if you can and the profits go to the food bank. Call Wayne Langman at 285 3264 if you want a volunteer job.

Lots of people are commenting on the lovely new courtyard area on the south side of the community centre which is the finishing touch to our long term addition project. Many thanks go to designer Pamela Goijberg of Fish House Designs, Matt Griswold and crew from Toelle Construction, Don Doolittle and crew who laid the pavers and the garden tour fundraisers who donated to the project. Appreciations to Val Barr and crew for keeping the surrounding garden beautiful, as well. This is a great place for weddings and other events which can flow out from the building. Check it out!

Sandra Spearing, Coordinator Quadra Island Community Centre

Island Forum

THANK YOU HERIOT BAY INN

The Quadra Island Women's Slo-Pitch team would like to say thank you to our sponsors, the Heriot Bay Inn. Thank you to Lorraine Wright, Steve Addison and Vic Nacci for your interest and generous support. The women's slo-pitch league runs for approximately 6 weeks every summer and the highlight of the season is the wrap up tournament held at the Willow Point Sportsplex. This year the Quadra women won first place in the B division, but most of all, we enjoyed many evenings of laughter and friendship. So thank you once again H.B.I. for a great season.

A BIG THANK-YOU from Richard, Barb and Matt, the MILTON ROAD TRIO, to all their fellow islanders who helped make their CD release celebration a huge success and a very special memory.

Double thanks to Carol Ann Terreberry and Tsa-Kwa-Luten Lodge for providing a wonderful setting; to everyone who came out to listen and cheer and buy CD's; to our dear friend and faithful fan, John Baumfield, for manning our CD sales and signing table with his usual joie de vivre. You made it an experience we won't soon forget!

Our CD, "No Rest", is now available at Explore in Q Cove Plaza. A great, home-grown, Quadra Island gift for your off-island friends and family.

Who murdered Wiliam Powell???

Was it himself?

Billy, as most would call him, was, for the most part, a most unassuming man. He couldn't defend himself against the mild temperate climate of Quadra Island.

I first met Billy at old Bailies. Billy, at the time, was living in an old dory under a tarp on the beach in Heriot Bay. It was January! As time would pass I would see Billy here and there and always there would be tales of the back of someone's garage...a school bus, etc. John once gave Billy a trailer to live in, complete with all the amenities. Billy had to give it up because he couldn't pay the hotel's pad rental and with nowhere to keep the trailer he was back out under a tarp, under a tree, near the beach.

There were other gestures of kindness but Billy was left out in the cold. It is important to know that Billy could not handle the ruthless and heartless measures of the government because Billy couldn't fill out any of the forms to obtain social assistance. Somehow Billy slipped through the cracks and was considered a cheater and user not deserving the basic needs to survive.

Billy died of pneumonia due to exposure here in Heriot bay. Billy never expected much. He was most unassuming.

Mike



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P.A.C. News

The Quadra School P.A.C. Annual general meeting held September 27, 2005 failed to provide enough Directors and officers to operate P.A.C. for the school year 2005/2006.

Without a P.A.C. your school will no longer be in a position to liaise effectively with teachers and staff, give parents a voice, host dances and other special events or raise money for much needed equipment, field trips and other school activities.

The P.A.C. can not function without active, enthusiastic participation from the parents.

In a sincere effort to solicit support from the parents for the Quadra School P.A.C. there will be the following emergency meeting:

SPECIAL GENERAL MEETING
for the purposes of an election of P.A.C. Officers and directors for 2005/2006 in the School Staff Room on WEDNESDAY, OCTOBER 26, 2005 AT 7:00 PM.

If you want to have a P.A.C. and the benefits it provides your children, then you need to give it your support. At the very least we would expect one Parent from each classroom to be an active P.A.C. member.

All executive positions will need to be filled: President, Vice-President, Treasurer, Secretary, District P.A.C. Rep., 6 Directors.

Hands Across the Water

October 1st saw the Community Centre taken over by 162 quilters from both sides of Discovery Passage. Quilters came from Port Alice, Gold River, Sechelt, Powell River, Courtenay and everywhere in between to enjoy a day devoted to all things quilting. The theme of the event was Autumn Harvest and the hall was decorated with fall foliage and flowers as well as some delightful scarecrows by Joyce Johnson and her assistants. The gold and green tablecloths showed off baskets of decorative gourds grown by the members as well as needle cases and miniature scarecrow hats made by members. Quilts hung on the walls and the Merchants Mall took over the stage. No quilter considers an event complete unless they have the chance to buy more fabric for their stash! After a beautiful lunch, Colleen Swanson gave us a most moving and evocative talk about the role quilting plays in her life. Throughout the whole event door prizes were given out, so many that every participant left with something. Our guests left feeling this was the best Hands Across the Water ever.

This event could not have happened without an outstanding effort by many people. Marcy Wolter and Heather van der Est were the co-chairs and showed themselves to be masterful organisers. Shirley Duncan and Marcy organised workshops for the Friday and Sunday on either side of the event with guest instructors Dianne Stevenson, Ionne McCauley, Judy Farrow, and our own guild members Shirley Duncan and Sharron Hatelt.. Yvette Friday ensured we were all fed as well as making unique scarecrow hats, Stacey Neilson organised the merchants mall, Mary Dennison the door prizes, Nancy Worshing and our Campbell River ladies the goodie bags, Ruth Williamson the billets and other accommodations, Teresa Tate the blocks to be made for draws, Kathy Young registration, Lynda Bell the leaf sale, and Elaine McQuade transportation from the ferry. Hilary Hansen acted as Secretary and Karen Gair looked

after the money. Barb van Orden and Joan van Orden volunteered to look after the kitchen for the day and their coffee drew rave reviews. Every guild member was involved somewhere along the way and it really showed what a great community effort can achieve.

Thanks are also due to Comox-Strathcona Regional District, Schmetz needles and Maytag for their generous donations. Quadra Island Merchants and Artists, too many to mention here, were also generous in their donations of door prizes, etc as were quilting suppliers. It was a most inspiring and memorable community event. Thank you everyone.

However, it is time to turn our attention to the next big event, The Quilt Marathon, on November 19 and 20 when we will be making quilts for children with cancer. The quilts will be sent to B.C. Childrens Hospital and Ronald MacDonald House, each going to a child undergoing treatment. The youngest recipient of a quilt has been a day old baby born with brain cancer. The gift of a quilt was truly appreciated by his family. If you are not a guild member but would like to sew, iron, etc. for all or part of the time, please contact Stacey Neilson (285 2957 or todspond@gicable.com). Donations of cotton fabric is welcome as is cash to help defray expenses. If you would like to see the quilts we are making, visit the Community centre between 1 and 4 pm on Sunday November 20. We can promise you some bright, cheerful and interesting quilts to view.

Where is Joe Skogan?

I've been to a few social events lately and at every single event the topic of Joe Skogan has come up. Now, Quadra Island isn't a very large place and on the occasions that I have been in on conversations about Joe, several stories have been offered. Some of these stories may have, by this time, become rumours, but I must admit, even though I personally know nothing about the situation and have never met Joe Skogan, there is a consistency in the stories that I have heard. I am puzzled why there hasn't been much action by the powers that be. Living on an island as small as Quadra one would hope that a mystery such as this story would be revealed sooner or later. I would like to remind those who may be in the know that the powers that be know all and maybe its time to share.

Mignon Smienk

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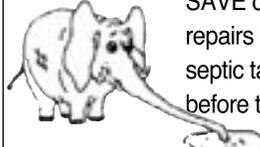


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Island Report

Soldiers of Peace

by Tanya Storr

When we think of the word ‘soldier’, images of strife and combat typically come to mind. Quadra resident Claude Desjardins has created an international community art project involving a different kind of soldier—soldiers for peace.

Claude, who is from Quebec, began the soldiers of peace project in 2002 when she was living in Victoria. She developed the project after she did some research on the famous terracotta warriors near Xi’an in China.

In 221 B.C. Qin Shihuangdi, the founder of the Chinese Empire, commissioned an army of 5,000 life-sized terracotta warriors. The soldiers were buried with him when he died over 2,200 years ago.

Qin Shihuangdi’s warriors carried weapons and stood in fighting stance, as though ready to attack. The statues were discovered by Yanzhai peasants in 1974. Each statue is unique and made from local clay.

“It was after becoming acquainted with this part of world history that I was inspired to create the counterpart of the terracotta warriors. I thought that if a war energy was sown in the earth 2,200 years ago, it would be good to start creating an army of female soldiers of peace to balance out the energies,” Claude told me, as we chatted in her sunny living room.

She held group workshops and created 21 female terracotta warriors for a pottery exhibition called ‘Centered on Clay’ at the Victoria Art Gallery.

Soon afterwards, Claude moved to Quadra and the soldiers of peace project lay dormant while she concentrated on other work. This year the project came to life again.

“I received a Christmas card from a couple who saw my exhibition in Victoria, and they included \$100 to support the project. Visitors

to my house started asking me about the sculptures, so I decided to hold workshops in my backyard,” Claude recounted.

The first Quadra workshop, held in mid-August, generated considerable interest. Several local residents attended and each person made a 9-inch sculpture. Claude held a total of five workshops over the rest of the summer, and is now offering indoor workshops once a week.

Claude’s goal is to facilitate the creation of

Created for peace
And not
Created against war,
The flame of peace
That we all carry within us symbolically,
Let us express itself in reality
So that the world which is to be, may manifest itself.

by Claude Desjardins

5,000 female soldiers to match the number of terracotta warriors discovered in Qin Shihuangdi’s tomb.

“When I began to research the terracotta warriors in China, I was impressed, and I wondered what I could do about the war around the world. It felt like such a big problem. Then I had the idea of creating 5,000 women soldiers for peace. They are smaller, and instead of holding weapons they bring the flame of peace in their hands. They shed light into the darkness presently invading our world,” she said.

Claude went on to say she felt she could help the

cause for peace by examining war on a personal level. “I realised I needed to be aware of my own inner war. War doesn’t start out there somewhere, it starts within.”

Internal war can be as simple as negative self-talk, Claude asserted. Statements like, “I don’t like my body—it’s too short” or “I’m not intelligent enough” are examples of war on the inside.

With this in mind, participants in Claude’s workshops are invited to write down some thoughts on a piece of paper about their own internal struggles, and then insert the paper into their sculpture’s hollow body.

“When we fire the sculptures in a kiln, the paper burns in the firing. The project involves a creative process of transformation, which acts on our internal conflicts so that we may sow peace within ourselves and harvest peace on Earth,” Claude said.

The soldiers have some common characteristics, but each one is unique to the person who designed it. “A lot of people are afraid to try it at first. They say they are not artists, but they end up enjoying



Claude Desjardins with the Soldiers of Peace. Photo by Tanya Storr

the process.”

Men are very welcome and have attended the workshops, Claude added.

After firing the sculptures in an electric kiln, Claude smokes them in a fire pit to preserve them and give them a blackened look.

Lined up on a slab bench in Claude’s house, the soldiers wear necklaces of gold thread with a sunflower seed for a pendant and carry a small candle in their arms.

“I chose sunflower seeds because sunflowers always turn towards the light,” Claude noted.

A total of 60 soldiers of peace have been created so far. Claude’s goal is to create 1,000 soldiers of peace on each of five continents, for a total of 5,000 sculptures.

She hopes to build a site of peace on each of the continents (North America, South America, Europe, Asia, and Africa) to display the soldiers. Claude envisions these sites to be “live-in” sculptures that people can go inside to experience a few moments of peace.

“It’s a big project and I’m concentrating on North America right now. I need to raise funds for the project. Maybe the North American site of peace could be on Quadra Island. I’m looking for ideas and feedback from the community,” Claude said.

Claude holds soldiers of peace workshops at her residence on Sundays at 2 p.m. She will also schedule evening workshops if there is enough demand. Claude is very happy to accommodate groups and will arrange a bigger space if required. Donations to help pay for materials are appreciated but not required.

“One of my goals is to have 100 soldiers of peace created in time to hold an exhibit on Quadra in December. This project is open to anyone who is interested in contributing by creating a unique soldier of peace. The overall intent of the project is to inspire others to follow with similar gestures,” said Claude.

To register for a workshop or for more information, call Claude at 285-3994 or e-mail cloddesjardins@hotmail.com

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www.discoveryislands.ca/news



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B.C.O.A.P Quadra Seniors Fall Fair

Our fall fair was a huge success. Organizers were Judy Hagen, Helen Swanson and Margaret Lasby. Thanks for all the great work! Music supplied by First Pressing had us all hopping.

Our Fall Fair was judged by Colleen Swanson, Sharon Clandenning and Trina Hallam. They did a great, fun job

Hats: Lloyd McIlwain won first for his Leek hat; Ann Lawrence, a close second; Jen Eycke's sister (Jan Oswald) won for her big city hat.

Baking: Ken Westover (Campbell River member) was first with his German Apple Cake; Betty Toeie second with a Louisiana Butter Pie; Win Goldstraw third with little morsel cookies.

Preserves: Betty Toeie, 1 – red pepper jelly; Ken Westover 2 – H.P sauce; Christina Dyson 3 – jams and jellies.

Vegetables: Christina Dyson, 1 – for perfect size; Annie Strong, 2 – for uniformity of display; Ken and Shirley Duncan, 3 – for beauty.

Crafts: Grace Whitley, 1 – embroidered table cloth; Hilary Stewart & Joy Inglis, 2 – gourds; Grace Whitley, 3 – crocheted rug from plastic bags...recycling at its finest.

Everyone had a great time. Our North Island Regional meeting will be held at Black Creek's Halbe Hall on Wednesday October 26 at 11:00 am. \$5 for lunch. Please phone Ruth (285 3801) if you plan to go. A new Regional Director will be elected.

Shirley Duncan has arranged a trip to enjoy a play at Chemainus Theatre, called The Inspector, on October 20. Call her at 285 3787 if you plan to go.

Our Christmas luncheon will be held at Heriot Bay Inn on Dec 12. Contact Ruth if you plan to go.

Flu Shots will be available at the Community Centre Nov 9 – 16 from 12 – 2pm.

Nov. 1 – 7 is Crime Prevention week. There will be an emergency preparedness meeting at the new Fire Hall on Nov. 2 from 2 – 5pm.

On Nov. 11, Quadra Seniors will present a wreath at the legion Cenotaph.

We are very proud of our Fire Department and we congratulate all the volunteers for the outstanding achievement which earned

you the Solicitor General's Community Service award.

Welcome to all Senior, young or experienced. to join our club for 2006 call Ruth Amiabel at 285 3801 or Cliff Hand at 923 5814. Attend our monthly meeting on first Wednesday of every month except July and August at the Legion, 10 am.

Tai Chi Wed. @ legion 10 am. Carpet Bowling, Wed. @Legion 10:30 am. Walk on Sundays at the spit call Peter at 285 3237. Computers call Ken Duncan at 285 3787.

***Liar Liar**

by Rev. Jill Brocklehurst

It is all a big fat lie. The Universe is infinite, right? And in It there are lots of really cool things, like oceans, parks, forests, birds, pets, you, me. I love life. Especially those days where the mist moves from the sea to sky and the suns rays burst forth from between the clouds. The snow capped mountains are pretty spectacular and so are the wild animals that live among us.

I was taught, always tell the truth, *always*! At first honesty may be uncomfortable but in the end it is way easier to keep track of true stories than fabricated ones. When the truth is on the table we can move forward in clarity. This is what I practice. You can know I always tell the truth. Or do I?

I was busy contemplating my discontent one day and it hit me. Like a light bulb suddenly lit in a dark room I gained clarity about that voice inside my head and what it was busy gibbering on about. I discovered I AM a big fat liar. Not to you but rather to me. I spend hours telling myself what a fool I am or how I could have done this or that better. I criticize, condemn and persist about untruths regarding me and who I am. The worse part is I believe me. Like a dry sponge I soak up the ooze of condemnation and discontent in my head and take it on as honest and good truth.

What a fool I have been ... oops, see, there I go again.

No more lying. The truth is I am marvelous and nobody can do me quite as well as I can, as is the same for yourself. Science of Mind® teaches the power of our thoughts and words. The repetitive dialog in our head and coming out of our mouths is the recipe

for the life we are creating. It is time to put the brakes on these destructive ideas and focus on the good.

Now that I have the awareness, even if I am having a seemingly bad day, I promise, no more lying. I choose to remember the truth of who I am as a marvelous and unique creation in this wild and wonderful Universe. I invite you to remember the same about yourself.

LEGION NEWS

OKTOBERFEST - Sat. Oct. 15. Our Ladies Auxiliary has graciously offered to do the dinner (6:45 p.m.). So come to the Meat Draw then have dinner & stay to enjoy a

CASINO NIGHT - Sat. Oct. 15. Proceeds to benefit "Friends in Need".

NEXT GENERAL MEETING will be Wed, Oct. 19 at 8:00 p.m. The report of the nominating committee will be presented at this time. Nominations from the floor will be accepted at both this meeting & the election meeting (Wed. Nov. 16). We urge all members to attend these meetings as they are important to the future of our Legion branch.

HALLOWEEN DANCE - Sat, Oct. 29 at the Legion. Come in costume for a chance to win a prize! Dance begins at 9:00 p.m.

POPPY CAMPAIGN goes from Fri. Oct.28 - Thurs. Nov. 10. Once again, please be generous with your donations. Thanks to your past support, our Poppy Fund recently donated \$3,200 to the Campbell River Hospital Foundation. This will be used towards acquiring a colonscope & a gastroscope. Because community medical appliances such as these benefit veterans, monies for their purchase are an eligible Poppy Funds expense.

UPCOMING EVENTS include:

- Remembrance Day service - family potluck dinner - Honours & Awards night (Fri. Nov. 11):

- L.A. Xmas Crafts & Bake Sale (Sat. Nov. 19):

- Grey Cup Day (Sun. Nov. 20).

- Pipes & Drums Pub Crawl (Sat. Nov. 5)

Mark these dates on your calendar & watch for details on posters, in our future columns &/or in the Hungry Eye.

Doc Com

Flash

Portable USB memory devices go by many names (e.g. flash, pen, pocket, thumb, etc.) but all do pretty much the same thing: they are a useful, portable storage medium. They're currently available in capacities up to 2GB, and when plugged into one of your computer's USB ports, the computer recognizes it as an additional drive. You can deal with this extra storage in about the same way that you would handle your hard drive: if you can save something to your hard drive, you can do the same with the flash drive. Remove the device (it's about the size of a package of chewing gum), and your data goes with you to wherever you can find a place to use it. When your relatives threaten you with a slide show, take the flash drive off your keychain, plug it into their computer, and show yours, instead.

So far, this seems pretty straightforward, but, of course, there are a few computing speed bumps to deal with. These devices work with the fewest problems if you have a Mac, or Windows ME, 2000, or XP. That is, the computer will automatically recognize the drive when you plug it into the USB port. Windows 98SE will not immediately see the flash drive (as will the other operating systems) and also requires the installation of a device driver (included on an accompanying CD), often specific to that device. When you take your drive to another Windows 98 machine, you'll need to install the driver there, as well.

Now, here comes Chicken Little. A flash drive containing copies of your important documents can become part of an emergency survival package. What do you need to gather quickly if the house is burning (or shaking or flooding or your relatives move in)? Files on the hard drive such as tax returns, business letters, address book, favorites and email can all go directly to the drive. However, for those documents and data on paper, you can scan (or photograph them with a digital camera), save the images, and copy them to the flash drive as well as pictures of your passport, driver's licence, credit cards, medical info, birth certificates, household items, valuables, etc. Should you have to leave in a hurry, it would be simple to grab the drive and flee, and these copies could well make replacing documents or making an insurance claim easier.

MIGO is one piece of software that points to eventually being able to carry your computer wherever you go (<http://www.migosoftware.com>). With this program, USB devices and

iPods can function basically as portable computers: you plug your drive into someone's USB port, enter your password and then send and receive email as well as work on your documents. When you finish and plug the drive into your home computer, you update the changed files there. This works best with Microsoft Office applications, but there are other programs that have been somewhat modified to fit and operate on flash drives. The browser, Firefox; email client, Thunderbird; and the Microsoft Office compatible Open Office are three. Check out these sites for other compatible applications: <http://www.techtastic.ca/articles/portable.html> and http://loosewire.typepad.com/blog/2005/03/a_directory_of_.html

The variation in quality and usability of these devices suggests that clear standards aren't here yet: they all seem to work, but too often they have different quirks. The possible uses of flash drives seems to fuel a quickly changing array of standards, and the possibility that software could be moved from one computer to another so easily probably doesn't sit well with the likes of Mr. Gates.

However, these handy, inexpensive (a 512MB drive costs about \$55) storage gizmos can make your computing a bit more convenient (word is that they survive a trip through the washing machine). (Check out this site for a review of some available drives: <http://arstechnica.com/reviews/hardware/flash.ars/1>). Death to the floppy!

attmart@connected.bc.ca or 285-2431. Matt & Etta Martinelli operate ENERT Computer Support @655 Cape Mudge Rd.



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Manson's Hall, 10 am to 4 pm

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11am - Speaker - Guy Dauncey, "Sustainability at the End of the Age of Oil"

1:30 pm - Speakers - Ron Jones and Sarah Gutterman, "Green Building"

3 pm - Speaker - Kees Schadelee - "Biodiesel 101 and Options for Cortes"

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Dear reader

Last Friday a large flock of golfers gathered on Quadra, presumably to witness the fall migration. I've been aware of the phenomena only in my peripheral vision, so to speak, but now that it is coming to our island, I'm curious about the true meaning of the rituals. Being a long-term islander, I thrive on conjecture and am quite athletic when it comes to jumping to conclusions. In order to give you an idea of what Information I'm missing, I'll tell you what I know so far.

Apparently the golf is a fairly large bird going by the size of the eggs. And strong! Those sticks they keep whacking them with look pretty hard. Could be a requirement for successful hatching. Wakes up the baby bird inside. That should do it. . . would wake me up if I was in there. See, when you get past the mystique, it makes a lot of sense. I figure they must be greenies, these islands are literally crawling with environmentalists.

"Save the golfs." There's "Save the Gulf." How about "Golfs Unlimited," or "Golfs R Us". Hey, isn't there a car named "Golf"? There's been a few cars named after birds, like the "Falcon" for instance. I'm waiting for a car called "Pileated Woodpecker". Golfs must really be endangered, I've never even seen one in the wild. Well camouflaged too. They build safe environments for breeding golfs. That sure is nice of them. Do wld golfs lay their eggs directly in the little holes or do they lay them on the greens and wack them into the holes with their long, hard beaks? If they are that particular about their conditions, are they really worth saving? So far they don't survive in the wild so they make captivity more pleasant by building golf courses. But then again, maybe they raise them in the club house, in cages, like chickens, bred only tp produce eggs to whack around. Are they safe to handle? Is it contagious? If there is anyone who can set me straight I would appreciate it.

Yours sincerely, Luise Grav

The 26th Annual Quadra Island Golf Tournament

The 26th Annual Quadra Island Golf Tournament was a great success, with 56 golfers participating at Storey Creek on a perfect day. Rod Clark's team won the tournament with a scorching 8 under par! The Women's Long Drive went to Pam Wilson, with Mary Pirie garnering the KP. Mike Fogarty had the Men's Long Drive, while Craig McGowan's KP was only inches from the hole.

The prize presentation took place at The Landing, where Keith Remfert announced to much clapping and whistling that the fourth and final reading for the proposed Quadra Links golf course had passed at Regional District. He thanked Jim Abram for all his help and support in making this happen. Quadra Links is now the proud owner of 57 acres of land awaiting development, and is on to the all-important fundraising phase. Hopefully in a couple of years the Quadra tournament will be held here on the island.

Many thanks to all the people and businesses that donated prizes for the tournament, including (in no particular order) Quadra Credit Union, The Music Plant, The Landing, Quadra Foods, Fat Cat Emporium, Explore Gallery, People's Drug Mart, Hummingbird Office Supply, Island Treasures, Tru-Value Heriot Bay Store, Drahanchuk Studio, Fermentations, Taku Resort, Heriot Bay Inn, Gateway Cafe', April Point Lodge and Spa, Tsa-Kwa-Luten Lodge, Wajax, Ron Cordova, Marshwood Estates, Quadra Island Builders, Whiskey Point Lodge, Walcan Seafood, Foxglove Farm, Cafe' Aroma, It's A Beautiful Day Soapworks, Storey Creek Golf Course, Yellow Dog Trading Company, Paul Renda, the Quadra Island Harbour Authority, Michael McCluskey, Gary Hudson, Pacific Western Brewery, North Douglas and Okanagan Springs Brewery.

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SERVICES

Still spaces available for mixed media painting workshop Oct 17-21, Firesign Studio and B&B. Tell your story with texture, colour and fun! Local discounts, barter negotiable, less days okay. Call Nanci 285-3390, workshop details: www.firesignartanddesign.com. Mosaics weekend workshop November 4-6

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For Quathiaski Cove

October 15 - October 28

D	T	F	M
15	3:25 9:36 16:10 23:46	12.0 5.6 14.0 6.7	3.7 1.7 4.3 2.0
16	4:25 10:08 16:39	12.4 6.7 14.1	3.8 2.0 4.3
17	0:21 5:24 10:40 17:07	5.4 12.8 7.9 14.1	1.6 3.9 2.4 4.3
18	0:52 6:24 11:17 5:35	4.3 13.0 9.1 13.9	1.3 4.0 2.8 4.2
19	1:17 7:25 12:03 18:03	3.5 13.2 10.2 13.6	1.1 4.0 3.1 4.1
20	1:36 8:25 14:25 18:29	3.1 13.4 11.0 13.2	0.9 4.1 3.4 4.0
21	2:07 9:24 15:24 18:52	3.1 13.4 11.6 12.6	0.9 4.1 3.5 3.8
22	2:46 10:24 4:40 19:01	3.4 13.4 11.8 12.0	1.0 4.1 3.6 3.7
23	3:31 11:28	3.9 13.4	1.2 4.1
24	4:23 12:32	4.6 13.3	1.4 4.1
25	5:21 13:24	5.3 13.3	1.6 4.1
26	6:23 14:02 22:26	5.9 13.3 9.4	1.8 4.1 2.9
27	1:08 7:20 14:34 22:33	9.8 6.4 13.3 8.7	3.0 2.0 4.1 2.7
28	2:24 8:10 15:03 22:49	10>3 7.0 13.2 7.9	3.1 2.1 4.0 2.4

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