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

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Island Calendar

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

The Regulars

- **1st and 3rd Wednesday** -Food Bank 1-2 Community Centre
- **Every Monday** - "Vision" Rev. Jill Brocklehurst on CRTC 9:30 PM
- 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 CRTC 11:30 am and 4:30 pm
- Sketching group at Firesign Studio 10 am-12:30 pm
- Al-anon meeting, 7.30 pm at the Childrens Centre
- **Every Wednesday** -Yoga 9:30 am 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
- adult climbing sessions on Quadra Vertical, 7 to 9 pm Q.C.C.
- Mo's Jam 9 pm Heriot Bay Inn Pub
- **Every Friday** -Live dance music 8:30 pm Heriot Bay Inn Pub
- Yoga 9:30 am and 4:30 pm Community Centre
- Youth Q.I. Bible Church 7:30 - 9:30
- Pool Tournament Quadra Legion
- Jam Session Quadra Legion
- **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
- Family Worship Service 10:30am Quadra Island Bible Church
- Clay Soldiers of Peace workshop at Claude Desjardin's 2 pm
- open climbing sessions on Quadra Vertical, 3 to 5pm Q.C.C.
- Jazz nights in the Heriot Bay Inn Pub every Sunday 6-9 pm 285-3539
- Buddhist Meditation 10:00 am Upper Realm

Next Deadline: Monday, November 21st 2005



Day by day

- November 11, Friday** Quadra Legion
- Remembrance Day Service
Be seated by 10:45 am
- Family Pot Luck Dinner Quadra Legion
Social Hour 5:00 pm Dinner 6:00 pm
- Mitlenatch Field Naturalists Sandy Fairfield, MARS Q.C.C.
7.30 pm
- November 14, Monday** Q.C.C.
- Rhododendrons with Paul Wurz
7 pm
- November 16, Wednesday** Q.C.C.
- Flu shots
1:00 pm to 2:00 pm
- November 19, 20 Saturday and Sunday** Q.C.C.
- Quadra Quilters Marathon
9am - 9 pm Saturday
9am - 4 pm Sunday
- November 19, Saturday** Quadra Legion
- Christmas Craft and Bake Fair
10:00 am to 2:00 pm Santa visits at 11 am
- Wild Horses, Unconquered People slide show Q.C.C. Room 3
7:30 pm
- November 25, Friday** Q.C.C.
- Christmas Craft Fair
4-9 pm To book your table please call Sue at 285-2742.
- Banff Mountain Film Festival World Tour Tidemark Theatre
7pm
- November 26, Saturday** Q.C.C.
- Christmas Craft Fair
10 - 3 pm To book your table please call Sue at 285-2742.
- Banff Mountain Film Festival World Tour Q.C.C.
7pm
- Nov. 27, Sunday** Quadra Legion
- Grey Cup Day - 2 Big Screens
Legion opens 1:00 p.m.
- December 3, Saturday** Q.C.C.
The Bills Cabaret/Dance
8:30 pm
- December 9, Friday** Aroma Cafe
- Charlie Horse #2
7:30 p.m.

On the cover



Remembrance Day Service 2004
photo: Tanya Storr

Tanya Storr

B.A. English

Freelance Writing
& Editing

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#356 November 11th, 2005

Published bi-weekly and distributed free throughout the Discovery Islands by:

Discovery Islander Publications

PO Box 280 Quathiaski Cove,

B.C.V0P 1N0

Tel.: 250 285-2234 Fax: 250 285-2236

701 Cape Mudge Rd.

Office hours: Mon-Thurs 10-4pm

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Staff Reporter: Tanya Storr

Cartoonist: Bruce Johnstone

Printing: Castle Printing 285-COPY

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Agreement # 1408585

Printed on recycled paper



Subscriptions available

\$30⁰⁰* for 6 months

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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 & must be saved as Word or rtf formats. Please spell check in Canadian English. Sorry no floppies.
- 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, November 21st



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News and Events

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

Port McNeill Christmas Showcase

Saturday December 3rd 11 am to 4 pm stop in at Northern Vancouver Island's largest Christmas Showcase of Arts and Crafts (fully booked) at the Port McNeill recreation Centre and Community Hall sponsored by the Lionesses.

Follow Highway 19 to Port McNeill. A shopper's delight with artists and crafters from Victoria and points north. For info call Lioness Helen Scott 250-956-3673

Next Cycle Club Meeting

The next Quadra Island Cycle Club general meeting will be Monday, November 21st, 7 pm, at the Yak Shack. We will be discussing possible fun events for the spring season and need your ideas and help.

Come one and all! For further info call Brent at 285-2550.

Christmas Craft Fair at The Upper Realm

The Upper Realm will be hosting its annual Last Minute Christmas Craft Fair this year on Saturday, December 17. Tables are still available. Last years sale was a great success and all artists and craftspeople are invited to apply. This year Elena will be serving her great Mexican food. Call Mimi at 285-2626 for more information.

Island Voices Chamber Choir

presents VOICES IN REMEMBRANCE, a special tribute to our Veterans and all those who gave their lives in service of our country, on Remembrance Day, Friday November 11th. The concerts will be held at Our Lady Sacred Heart Chapel at CFB Comox at 2 pm, and at St. Peter's Anglican Church, 228 S. Dogwood in Campbell River at 7 pm. For ticket info, call Anne at 287-4236

Are You Winterized?

The ladies of Quadra Islander Bible Church, invite the ladies of our community to join us for morning coffee and baking, on Saturday, November 19th, from 10am till noon. We will be having a Silent Auction, singing, and lots of fun, so please join us! Admission is a food item, for the Food Bank.

Look forward to seeing you! Need more info. call Joyce (3671) or Susan (2417)

Smith/Thompson Family Reunion!

Are you related to John Thompson from Redonda and Kate Thompson (nee Smith) from Cortez, and are intrested in a reunion in the summer of 2006. Please contact Nikki at mortey@shaw.ca or call Laurel at 712-0519 or call Dawn at 285-2147 before the new year. We dont have a date set yet, we just want to see who would be intrested and we will go from there!

Friday Flicks – Rosenstrasse

Friday, November 18th – Q.C.C. Doors – 7:30, Showtime – 7:45 Admission: Adults \$4.75 – stu/snr \$3.75

In *Rosenstrasse*, the most recent feature film by famed German director Margarethe Von Trotta, our attention is turned to three generations of women who are tied to each other through some lesser-known events of the Holocaust. Von Trotta zeroes in on the events of 1943 when a group of Aryan women confronted the Nazi authorities on the Berlin street, Rosenstrasse. Their Jewish husbands were being detained in prison pending deportation to concentration camps. Through the vigorous protest by these brave women, the men were finally released – a miracle given the repression of the time.

Although the story focuses on the dramatic events of the Rosenstrasse protest, the film begins at a much later date when thirty-something Hanna begins to explore the past of her mother, Ruth, whose residual anger and resentment comes surprisingly to the fore following the death of her husband and Hannah's engagement to a gentile. Her quest for answers is the entry to the story of Ruth's turbulent past., which includes a journey to Germany and a visit to 90 year-old Lena.

Lena is a highborn woman of aristocratic background, who fell in love with and married a brilliant Jewish musician, much to the horror of her parents. Through Lena's reminiscences, we see the wives gathered in vain hope of freeing their spouses against the disturbing backdrop of facism. It is on Rosenstrasse that Lena finds the abandoned Ruth, an eight-year-old girl whose mother has also been detained by the Nazis and whose Aryan father has forsaken his family in order to save himself.

Rosenstrasse endures by continually returning the viewer to sharp and troubling questions. If it were you on the streets of Berlin, could you stand up against what was happening, or would you say it's none of your concern? If your loved one was on the train, would you put on that star and join him, or would you turn away and save your own skin? *Rosenstrasse* never wavers from looking those issues in the eye, and in doing so it imbues its characters with thoughtful grace. Packed with detail and meticulously photographed.

(Political Film Society, Flipside Movies, Wolf Entertainment Guide, Boston Herald)



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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.

Quadra Rec. Update

Halloween Fun Night made a return this year, re-newed and re-charged with a young powerful group of volunteers. Two haunted houses, (one by the Children Centre's "Quadra Kids") and lots of fun games and the concession made the evening inside the community centre memorable. Outside, the fireworks, by Doug Edwards, Ron Miller and crew, brightened the sky and spirit as well. Big appreciations to everyone involved and to all the individuals and businesses who donated to the event: Regional Director Jim Abram and the CSRD, Phoenix Firesigns, Heriot Bay Store, Quadra Ventures, Quadra Credit Union, Quadra Legion, Discovery Forestry, Isle Tech Auto, Peoples Drug Mart, Island Network Inc., Coastal Spirits, Noel Creek Sawmills, Sorensen MacDonald, Heriot Bay Inn, Hummingbird Office Supply, Insurancecentre, Quadra Foods, Fermentations, Q.I. Forest Products, Quadra Builders, Karen Ann Lakberg-Notary, Discovery Island Reality, Dorsett Sea Products, Doug Peters Excavating, Amped on Nutrition, Hungry Eye. Big thanks to Deb Manery for encouraging donations.

This past weekend, at 6:00 on Friday night, on the eve of a busy weekend with 3 big events, we discovered that the community centre's water system was defective. A worrisome discovery for sure, but board member Teresa O'Brien took the bull by the horns and with much detective work and many phone calls, got the system rectified by Saturday morning so the events could take place. Special kudos for all involved in a successful solution.

Look for the Christmas Craft Fair coming to the community centre Friday November 25 from 4-9 pm and Saturday, November 26 from 10-3 pm. There will be different crafts people every day, classical piano played Friday night and Santa coming on Saturday, on the fire truck at noon. Appreciations in advance to Sue Anderson who is doing a stellar job at organizing the event.

The recreation program for January-June 2006 is being sketched in, so if you have a class or workshop you want to teach or an event you want to organize call the community centre and get it booked. Space fills up fast. Get your activity in the Winter/Spring brochure, that comes out first thing in January, by the first week of December.

Sandy Spearing, QCC Coordinator 285 3243
8am-2pm. Mon-Fri.

Charlie Horse #7

Charlie Horse #7 is coming to the Aroma Cafe on Friday night, December 9, 2005. The theme for the evening is "Women & Song: Blues, folk & reggae."

Opal Blue will do the low-down blues from her up and coming C.D.. Sunday & Shea will do some homegrown original songs. Shirley Locks & the Three Buddhas will rock some reggae originals. (The Buddhas are Maureen Fox, Sunday Dennis & Steve Moore)

Up Your Inlet writers and poets will read from the new & free issue of Up Your Inlet #2.

More info in the next D.I. or call Steve at 285-3323. Watch for the poster.

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.

Quadra Quilters Marathon

The Quadra Quilters are taking over the Community Centre November 19, 20 for their annual sewing marathon. Over these two days they will sew up to 50 quilts all destined to go to children with cancer in the BC Children's Hospital and Ronald MacDonald House. The children range in age from new borns to late teens. The group tries to make quilts that will appeal to all ages. The children keep their quilts and unfortunately the need keeps growing. Quilting cottons are donated by numerous manufacturers and quilt kits are already cut and packaged. If you enjoy sewing or ironing, and would like to contribute your time and talent for a few hours or the whole time, please contact Stacey Nielsen (285 2957 or todspond@gicable.com). With gorgeous fabrics, good food and the company of great women, this promises to be a fun-filled and productive weekend. If you would just like to see the quilts we have made, drop in between the hours of 1 - 4 pm on Sunday. Lots of quilts will be nearing completion by then. A donation to defray expenses is welcome.

Legion Craft Fair

The Christmas Craft and Bake Fair will be held on Saturday, November 19th from 10 am to 2 pm by the Ladies Auxiliary. Get a start on your holiday gift list. Santa will be arriving at 11 am for pictures. Vendors can phone 285-3612 or 285-2661 for table reservations. Tables are still a low \$5 for round in the lounge and \$10 for 6ft in main hall. Prizes galore! Hope to see you there!

Quilters Thanks

The Quadra Island Quilters hosted a gathering of the Guilds from both sides of the Discovery Passage on October 1st. The Community Centre was bustling with 162 enthusiastic quilters from Port Alice, Gold River, Sechelt, Powell River, Courtenay, Campbell River and everywhere in between.

I would like to take this opportunity to thank the following people and businesses for the generous donations they contributed for our gift baskets and door prizes: Brent Friday, Quadra Crafts, Quadra Island Tours, Bilz Fish, Whiskey Point Resort, Tsa Kwa Luten Lodge, Taku Resort, Rejuvenation Through Bodywork, Quadra Video, Quadra Island Builders, Quadra Foods, Plum Blossom Acupuncture, On Root Greenhouse, Motif Design, Moonlight Shadows B & B, Island Treasures, Hummingbird Office Supplies, Honey Sun Massage, Heriot Bay Store, Gateway Café, Firesign Art & Design, Fermentations, Fat Cat Emporium, Fancy Camping Beach House, Dirtco, Chameleon Designs, Café Aroma, Bellhaven B & B, Beachcomber Woodworks, Explore Gallery.

Thank you!

Mary Dennison

Quadra Quilters Marathon

The Quadra Quilters will be sewing up a storm on November 19 and 20. This is our fourth annual marathon when we get together to sew quilts for children with cancer. The fabrics and quilt designs are picked to appeal to all ages of children from new borns to late teens. Fabrics are donated and after that the quilters take over. The fabric is washed, ironed and then selected by team leaders for the pattern they have in mind. We have already cut out the fabric we need for the various quilts and are getting our machines geared up ready to sew. The finished quilts are donated to B.C. Childrens Hospital and Ronald MacDonald House and, sad to say, there is always a demand for more. Letters from the recipients show us how much these quilts mean to those who receive them and to their families.

If you are not a guild member but would like to sew, iron, etc for all or part of the time, contact Stacey Nielsen (285 2957 or <mailto:todspond@gicable.com>todspond@gicable.com). For safety reasons, all participants must be over 14 years. Donations of cotton fabric is always welcome as is cash to help defray expenses. If you would like to see what we have made, visit the Community Centre between 1 and 4 pm on Sunday, November 20. We can promise (if there is no power outage this year) that we will have some bright, cheerful and original quilts for you to see.

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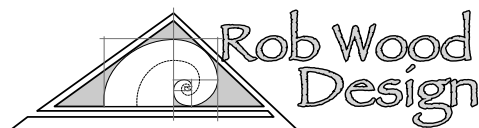
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CSRD Tsunami Risk Mapping Takes Lead

The Regional District of Comox-Strathcona's (RDCS) plan to do detailed mapping showing flood risk from a tsunami in the Pacific Ocean will be the first work of its kind in any coastal regional district in BC.

"Right now there is no contour mapping below 20 metres available from any source," says Brian Pearson, the RDCS' Manager of Information Services. "Flooding related to a tsunami would most likely affect lands below 20 metres on the west coast of Vancouver Island and below 10 metres on the east coast."

Contour mapping is a process of digital photo interpretation. Contours are the lines of elevation from a known point, such as sea level. By developing detailed contours for the coastal areas of the RDCS, there will be a way to determine tsunami flood risk to the populated areas of the regional district.

"We will generate mapping that we can make available to the communities within our borders to help all local governments within the regional district understand and plan for the risks associated with a tsunami," said Jim Abram, chair of the RDCS board of directors. "We expect the mapping to take approximately three months to complete."

The provincial government has made \$20,000 funding available to be used to develop mapping, plans or protection for a tsunami. The RDCS will map the populated areas of the west coast, as well as the entire east coast within its borders. The east coast mapping will also include Quadra, Cortes, Denman and Hornby Islands and populated portions of the islands of Desolation Sound. When the mapping is complete it will be available to the general public on Imap found on the RDCS website at www.rdcsc.bc.ca.

The regional district will apply for further funding to complete the contour mapping for the entire west coast of the RDCS.

The RDCS is a partnership of nine electoral areas and eight municipalities providing nearly 100,000 residents with over 140 services - from parks to full-service sports facilities to regional solid waste systems.

Help Beautify CR!

The Campbell River Arts Council is looking for participants to help make downtown Campbell River beautiful! The annual banner project is underway. And this year's theme is island life. Please contact the arts council office at (250) 923-0213, or email at arts.council@crn.net on or before November 18th, 2005.

Although participants have until the end of April 2006 to complete the banners, we need to receive your interest by November 18th, so we can order the supplies and schedule loan of the stretchers. Please indicate the number of banners and when you will need them. Stretchers are available for loan, but as quantity is limited, please indicate quantity and when you would like to use them so we can schedule usage.

Free Money

The Free Money Program was a great success. Nearly 30 people received money inside a volume of the Harvard Classics of World Literature. Lots of kids (some inside and some outside the womb) benefited from the program as well.

The next Free Money Distribution will happen in the Board Room of the Quadra Community Centre on Wednesday, December 14, from 11:40 a.m. to 12 noon.

(Just before the community lunch) This time the money will be inside former popular best sellers, lots of Stephen King, etc. Look for the money on page 100 of each volume.

There are raffle tickets available for the Van Gogh framed stained glass hanging in the Quadra Community Centre Hall window. This work of art is by Denise Johnson is worth \$1,200. Raffle tickets are \$2 or 3 for \$5. They can be purchased at the Hummingbird or the Upper Realm or at the Wednesday noon community centre lunch. All the money collected goes to the Free Money Distribution.

Also, folks who would like to contribute to the Free Money Program can deposit donations in the "Free Money Association" bank account at the Quadra Credit Union. Every single cent goes to those Quadra residents having temporary economic difficulties during this holiday season. For more info., call Steve at 285-3323.

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Infinite Indeed

Ideas taken from Dr. Jim Turrell on "The Power of Intention"

by Jill Brocklehurst

The great challenge all of us have is to stay on the Infinite side of who we are. It is difficult because as human beings we tend to dwell on life as if there were some defect in it. When we experience situations we don't want it is because we are living on the finite side.

If you are one of those who remembers the truth, that you are Spirit incarnate and all of life is divine, you may be accused of living with, "Your head in the clouds." Certainly you could not be grounded because if you were, you would be grounded by the problems you have.

I woke up one morning and saw that it wasn't sunny. I fumbled into the kitchen to find dirty dinner dishes still waiting. I prepared for and headed out to an event I had organized only to discover the room mostly empty. I felt unsupported, unloved, alone and misunderstood. I returned home feeling dejected only to find the family busy in their apparently more interesting activities. Turning inward I searched for something better.

It is not always easy to stay on the Infinite side because the world wants to drag us into that finite argument about what we've done wrong or where we need to improve. It is a bad habit and it is based on untruths.

Our goal at the Centre for Positive Living is to remind everyone that they are magnificent. I love my job because I have the opportunity to see the gift in all and to actively practice that for myself.

When I noticed resentment building it was an opportunity to explore the misinformation I had let run amuck in my mind. I allowed myself to get into the presence of the Infinite.

There is a passion, a deep longing wanting to be expressed. It is inviting me to dance, it is holding out it's hand and it is saying, "Trust me." The love of the Infinite expression is playing out in my experience always. I stop looking at It and I become It, every day of my life.

**Sincere thanks to
the Communities of
Quadra and Cortes
for your patronage and
support in 2005.**



www.discoveryislands.ca/news

Quadra's Native Son Returns with The Bills



"The biggest blast of fresh air to come out of Canada since The Band, The Bills present bucketfuls of good stuff: bustling bluegrass, hillbilly symphonies, gypsy-swinging virtuosity, harmony-rich sea chanties, some great new songs, and shades of Cajun, country dance and La Bottine Souriante's Quebecois brilliance." Scottish Herald, Glasgow

Bring your dancing shoes! Or not, if you just like to listen. The Cultural Committee of Quadra Rec is very excited to present a Dance & Cabaret evening with our favorite homegrown son, Mark Atkinson, returning to his Quadra roots with his Roots band, The Bills (formerly known as The "Bill Hillies"), on Saturday December 3rd at 8:30 p.m. at Quadra Recreation Centre.

Twice nominated for the Juno, this quintet, popular with music fans of all ages for their rich vocal arrangements, exuberant live performances and wonderfully innovative interpretations of traditional tunes from around the globe, exploded onto the North American folk music scene in 2002 with the release of their second CD, the award-winning All Day Every Day. Since then they have gained international recognition as one of folk's most inventive, skilled, and entertaining acoustic acts.

The Bills are happy to return to Quadra and itching to take you on a joyous musical ride, so get on board and enjoy Canada's foremost roots music sensation! Tables will be reserved near the stage for non-dancers with plenty of room for all you dancers.

Tickets bought in advance are \$15:00 each and \$35 per Family (parents and their dependent children). Tickets bought at the door are \$20 and \$45 respectively, with a youth ticket available for \$15. They can be purchased on Quadra at Hummingbird Office Supplies in the Cove and at Quadra Crafts in Heriot Bay, as well as in Campbell River at The Music Plant. For information call 285 3560.

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Discovery Islander #356 November 11th, 2005



New Sketching Group on Quadra

Artists are invited to come together and go out (or stay in) and draw or paint Tuesdays 10 AM-12:30 PM. No instruction or formal critique—just company and sharing. \$3 drop-in. Meet at Firesign Studio 730 Smiths Road. Call Nanci at 285-3390 for more info.

Dates Changed for Mosaics Workshop at Firesign Studio

Quadra Islanders have another chance to attend a Mosaics Workshop with Shylene Schlackl—the dates have been changed to Saturday and Sunday, December 3 and 4, 9 AM-3 PM. Learn to make fun mosaics projects just in time to make gifts for the holidays. Price is reduced to \$170 per person for two days or \$85 for one day. A special 10% discount offered for Quadra Island residents. Call Nanci for details 285-3390. www.firesignartanddesign.com

Rainy Daze? Think... Climbing Wall

The Quadra Vertical Climbing Wall is open for any of you keen rock hounds, regardless of age, from 3 to 5 on Sunday afternoons at the Quadra Community Centre and for adults only Thursday evenings from 7 to 9 pm. The only exception to these times is Sunday, November 20 when there is a conflict with other hall activities. Thursday, December 15 will be the last scheduled time before Christmas. So drop in and test your balance skills or volunteer an hour or two of your time occasionally to help a novice feel at home on the ropes. Many thanks to David Hilling and Matt James for organizing another informative and fun belay course. There might be another belay course and since there are some real perks to being a certified belayer, you may want to think about taking it. If you want to organize your own birthday party, fun get together, Christmas celebration or tying the knot ceremony - yes, people really do get married on climbing walls! phone Matt at 2201, Karin at 2432, or Heather at 3570 for further information.

Mitlenatch Meeting

November 11th: Sandy Fairfield, MARS

The Mountaineer Avian Rescue Society (MARS) is based in Merville, and the main goal is to rescue, rehabilitate, and release ill, injured, orphaned or oiled wildlife. MARS is a not-for-profit society, and the volunteers also do a lot of work to educate the general public about wildlife issues. Sandy Fairfield, who is MARS's Educational Coordinator, will be speaking at the next Mitlenatch meeting. Sandy will be sharing many fascinating rescue stories of eagles and other birds, and letting us know how we can best help injured wildlife that we find. You can find details of the society's incredible work at www.wingtips.org/.

November 11th, 2005. Quadra Community Centre, 7:30pm.



Hidden Secrets of the Rhodo

Rhododendron is the perfect genus for the west coast garden. She loves our acid soil, tolerates the rain and adapts to our drier summer with some care. From the time late winter bulbs are finishing, to the start of early summer blooms, Rhodo is the Queen of Shrubs. She awakens our gardening passion with the brilliant flower colours of the cultivated varieties, or for some, the subtler tones of the species. The texture of her evergreen leaves contrast so nicely with the native trees and ground hugging ferns. On Monday November 14th 7 pm, the Garden Club presents Paul Wurz, local Rhodo expert, and President of the North Island Rhododendron Society. Paul operates a small nursery, Hidden Acres Rhodos on the north side of Campbell River, near Mystic Woods. He will teach us about propagating, and caring for Rhodos including fertilizing, mulching, and pruning. He will also discuss how to manage or prevent disease (mildew), and pests (root weevil).

Join us for a slide show and discussion evening on Monday November 14th, 7 pm at the Community Centre. New members welcome. Bring late fall blooms/berries or winter colour for the show and tell table. If you have a surplus of potted plants or are dividing perennials now is a great time to share. Annual membership is \$10 which gives a discount at many local nurseries. Drop Ins \$2. We share plants, magazines, and garden knowledge.

Antiques and Collectibles Sale

The Quadra United Church at Cape Mudge will be having a renovation fundraiser in the form of an Antiques and Collectibles Sale on Saturday, December 2. We have been actively working on upgrading the church buildings this year and still need more funds to complete the work. At this fundraiser we will be offering a great selection of collectibles just in time for Christmas. There will be a few tables available to craftspersons in exchange for a \$15 donation. Donations of goods are also appreciated. Call Anita Moon at 285-2665 for more information

Adopt a U.S. War Resister

I met with five U.S. war resisters and their families last week in Nanaimo. All the guys had been to Iraq and refused to return to Iraq. Their horrible experiences in Iraq (really beyond words!) have transformed them from volunteer career soldiers to outspoken and articulate anti-war activists. The problem they face is Canada has denied these U.S. war resisters refugee status in Canada, even though they face a 3 to 5 year prison term or redeployment to Iraq.

Their case is being appealed to the Supreme Court of Canada. But clearly, Canada is no longer the "refuge from militarism" that Trudeau proclaimed. As a Vietnam war resister, I came to Canada with 50,000 like minded friends & we had no problem coming. Today, times are different and times are tough. Today's war resisters are in a very scary political and economic position. Only one of the five former soldiers has a work permit, which takes six months to obtain.

So, the other four have no way to make a living and welfare has refused to help so far. For example, Josh and Brandi and their four kids have been living in a one bedroom basement apartment in Victoria for 5 months rent-free. But now, they have a place more suitable for 4 kids but it's \$800 a month rent. The rent was due in one week and of course, the anti-war Canadians at the meeting came up with the money but it's not easy. That's why a request was made for North Islanders to help. Rents are cheaper up here.

Most resisters come in Couples (husband & wife) with one or no kids. Can Quadra Island or Cortes Island each adopt a War Resister and their family. Is there anyone who has a cabin or a trailer on their property that can provide shelter for a war resister until they can get a work permit and/or win their case at the Supreme Court? Rent is the main expense. Our Quadra Food Bank, the community lunch, the medical clinic, the free money program and odd jobs should be able to take care of most of the other needs. So if you have a cabin or trailer for a war resister on Quadra or Cortes, phone Steve at 285-3323

Wild Horses – Unconquered People

David Williams is President of the Friends of Nemiah Valley, an area in the Chilcotin Plateau. He will talk and show slides of the the Xeni Gwet'in people, one of the six bands in the Chilcotin Nation. Part of the Xeni Gwet'in territory includes the Brittany Triangle which is the home to approximately 250 wild horses roaming the area in bands of 10-17 animals. Today there is a major court case in process to determine the rights and title to the Xeni Gwet'in lands and the subsequent future of these wild horses which have been there since before contact with white men. David's slides capture the stunning wild beauty of the horses. He will also discuss the relationship of the Xeni Gwet'in people to the horses and their land.

The Xeni Gwet'in have stood up for their land against intrusion by the white men. First they stopped the construction of a road into Butte Inlet in 1862 and more recently in 1991, they blockaded logging roads into the Brittany Triangle, home of the wild horses. As a result of this action they are now in court with the federal and provincial government defining who has rights and title to the lands.

This promises to be a fascinating evening of wild animals, BC's history and the issues of a people fighting for their existence.

Slide show presentation will be at Room 3 of the Quadra Community Centre, Saturday, November 19, 7:30 pm. Entrance charge will be by donation which will go to the Friends of Nemiah Valley and their work in the Brittany Triangle. Please enter by the south door. The evening is sponsored by the Quadra Group of Sierra Club of Canada.



Legion News

THANK YOU Heriot Bay Consignment Store for sponsoring our Oct. \$50 cash draw. Next cash draw will be Sat., Nov. 26 courtesy of Heriot Bay Tru Value.

THANKS, ALSO to the Campbell River Legion Pipe & Drum Band members who donated their time & talent for our annual Poppy Fund Pub Crawl. It was a fun time & a successful one for the Poppy Fund thanks to the warm greetings from the patrons at the Landing Neighbourhood Pub, the Quadra Legion & the Heriot Bay Inn.

EVERY FRIDAY: Something for everybody - Pool Tournaments plus Open Jam Sessions. So come along, guys & gals, & play your hearts out! Note: To accommodate Remembrance Day, Pool & Jam will be Sat. Nov. 12.

ELECTION OF OFFICERS will take place at the Nov. 16 general meeting. All members are urged to attend. Start time is 8:00 p.m. (sharp).

L.A. XMAS CRAFTS & BAKE SALE: Sat. Nov. 19 from 10 a.m.-2 p.m. Lots of crafts make this annual event a great way to start your Xmas shopping! Donations of baking gladly accepted.

GREY CUP DAY - Sunday, Nov. 27. We'll have 2 big screens (one in the lounge & one in the hall for family viewing). The Legion will open at 1:00 p.m. - kickoff time is 3:00 p.m. Hot dogs, hamburgers & chili will be available at a reasonable cost. So come on along with family, friends & neighbours to cheer for your favourite team.

BOOK THE LEGION now for your Xmas party. Come by to see Debbie at the Branch or call 285-3121. Branch open times are Fri. & Sat. 4:00 p.m.-1:00 a.m.

VETERANS OF U.K. FORCES: There is now a Veterans Badge for those veterans who were members of His or Her Majesty's United Kingdom Armed Forces. This is available to All U.K. veterans of WWI and WWII (including Merchant Navy & Home Guard); widow(ers) of same (with certain restrictions); all U.K. service leavers, subject to certain conditions. If you think you may be eligible for the U.K. Veterans Badge, please call Barb McDonald at 285-2258 for application details. Thank you.

Life Drawing Sessions

Life drawing now every Thursday 7:00-9:30 PM at Firesign Art & Design Studio, 730 Smiths Road. Call Nanci at 285-3390 \$10 drop-in or \$55 for 6 sessions. Sketching group meets Tuesday mornings 10-12:30 \$3 drop-in.

Quadra Money

Quadra's own currency is coming to Quadra. \$20,000 worth of this exciting alternative local money can be traded for thirty different goods or services starting in March, 2006.

Next year, Quadra Money will allow you to purchase

sewing from Mimi, plumbing from Tom, get your C.D. player fixed by Rory, body work by Rosaland or Brenda,

Yoga by Carol or Brenda, Kayaking lessons from Jane, Bookkeeping from Lois, Accupressure from Meiling or Eileen, Jin Sin Do from Jeannie, Rides for elders to Cambell River for medical appointments from Steve and stained glass art work from Denise and lots, lots, more.

How can you get involved? When you offer a service for Quadra money, you get \$500 worth of Quadra money free as a start up. Then you are free to exchange with all the other service providers on the list (which will be published & available).

Quadra elders 70 years of age or older, who cannot offer a service, will also be given \$500 Quadra money to use the various healing and fix-it services. We intend to sponsor at least 10 elders. Call Steve at 285-3323 to get on the Elder list or to offer your services for this new extended barter system. But act now, we have room for 16 more service providers for the year 2006.

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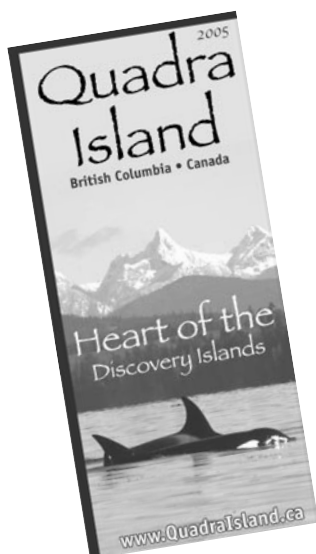
Lymozeen
hard rock tribute
Fri Nov 18

Milton Road
dinner jazz
Sun Nov 20

285-3322
Pub 285-3539
www.HeriotBayInn.com

Thinking ahead...?

Planning is now underway for the 2006 editions of the following publications and web sites.



2006 Quadra Island Map - Brochure

- 25,000 printed annually (+ 15,000 downloaded from QuadraIsland.ca in 2005!)
- regionally distributed at all Island Visitor Info Centres, local ferries, news-stands and accommodation.
- handed out at the Campbell River ferry terminal ticket booth.
- complete internet editions with hotlinked ads.

Advertising Packages Include:

Internet web site listing at www.quadraisland.ca with a hotlink to your own site at **no extra charge!**

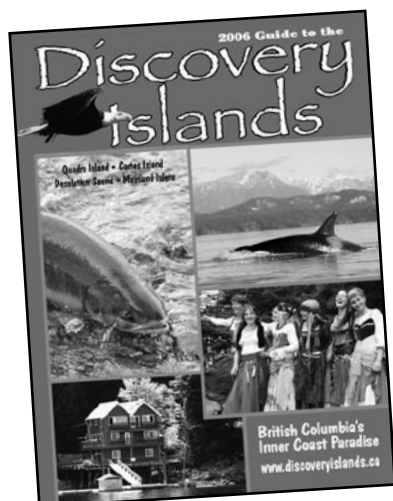
Ad Booking Deadline: 30th January, 2006



Discovery Islander community news and events from Quadra, Cortes & Outer Islands

- 2,000 published biweekly 26 editions annually.
- locally distributed.
- complete internet editions.
- full colour hotlinked ads in the internet editions.

Ad Booking Deadline: every second Monday at 7pm call 285-2234 or log on to www.discoveryislands.ca/news for the next deadline date.



2006 Guide to the Discovery Islands

- 18,000 published annually.
- regionally distributed at all Island Visitor Info Centres, local ferries, news-stands and accommodation.
- complete internet editions with hotlinked ads.
- affordable text grid listings by category e.g.: accommodation.

Advertising Packages Include:

Internet web site listing at www.discoveryislands.ca with a hotlink to your own site at no extra charge!

Ad Booking Deadline: 30th January 2006



www.Quadraisland.ca www.DiscoveryIslands.ca

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Area J Regional Director's Report

by Jim Abram

November 7, 2005

I would like to thank all of the people who wrote very nice comments in the last issue and those who sent congratulatory emails and phone calls regarding my serving another term as your Regional District (RD) Director for the Discovery Islands - Mainland Inlets, Area J. It is an honour for me to represent you once again. I love doing this work and it amazes me every day how, through cooperation and lots of hard work, we are able to accomplish most anything we put our minds to. There are always some disappointments, but they are not in the majority. This points to a maturing community (i am not talking about our ages, folks!) and a far more responsive local government. I am proud to have been part of that evolution, both within the community and at the Board table, and will continue to work towards further positive development at both levels. Once again, thanks so very much for your support!.

Safety Committee

I was pleased when I received a call to attend the re-birth of the Safety Committee that I had been part of establishing back in 1990. Cpl. Rick Fraser of the RCMP chaired a meeting that included representatives from all of the safety service providers and various other organizations from the island. It was a very good introductory meeting and a good opportunity to talk over the past, present and future needs of the island. Our emergency planning process at the RD was a lengthy topic of discussion. We are legislated to have a plan in place by Dec. 31st of this year at the regional level. We will meet again in the new year and go from there.

In the meantime I have put pressure on the RD to get on with island involvement in the plan.

Road Issues

I cannot believe the number of issues that are brought to my attention for action regarding issues with roads. Roads are a Provincial jurisdiction and we pay handsomely for them as you will see on your annual tax notice (Provincial Rural Tax - includes roads and policing). Having said that, our local contractor for road maintenance, Emcon Services, do not have the staff, equipment nor budget to keep up with the expanding needs of this island. They DO try, with what they have. So this is where I get involved. When things don't get done to the satisfaction of the public, our local government representative (that would be me!) gets called and I have to try and get the Ministry of Transportation and Highways to deal with the needs of the community. I have received excellent cooperation from the people whom I have to deal with in Courtenay but they too, are short of funds... So, where does all of this end up? It all points to the obvious.. the Provincial Government does not provide enough money to the local Ministry officials nor to the local contractors to deal with the increased needs of a developing island.

I do my best to lobby on your behalf to get all items looked after. Some take longer than others (Granite Bay Road/Kanish Bay Road), but eventually we get results. I will be asking for a tour of the island roads with Highways and Emcon officials to mark all of the spots that need immediate and future attention.

Raven Bay

The RD application to keep this in the public domain has hit a snag. The Ministry of Forests is apparently in discussion with the Cape Mudge Band over the awarding of a wood lot in this area. I have met twice with Band officials regarding the use of

the area that the recreational/tourism sector needs for their use and we will meet again to see if we can come to an agreement on how to make this work. I will keep you informed as this develops.

Post Offices and Wharves

I will have met again with the federal Minister's Regional Office in Vancouver to discuss the above and other issues, by the time you read this report. The Federal government bureaucracy continues to take away services from rural areas and yet we see no reduction in our taxes paid to them for those services. They have a responsibility to maintain these services for rural residents if they expect people to live in these areas and contribute to the economy. The politicians at the highest levels understand this but somehow it gets lost in translation at the lower levels. So, I am working at the highest levels to get them to take control of their bureaucracies. This was exactly the same with the lightstations and the foghorns.... bureaucrats not listening to their political bosses. I'll let you know how that works out. A number of post offices and wharves in Area J are effected by these short-sighted initiatives.

So, as always, feel free to contact me at 285-3355 between 8:30 am and 7:00 pm, Monday through Friday (not on weekends, please!), or fax me at 285-3533 or email at abramfam@oberon.ark.com anytime.

Respectfully submitted,

Jim Abram

Director, Discovery Islands - Mainland Inlets, (Area J), RDCS



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Island Forum

Say your piece:

eMail: news@discoveryislands.ca

fax: 285-2236 • drop-off: 701 Cape Mudge Rd.

Dear Editor,

Thank you to Rod Penner of Cornerstone Concrete for donating 1.5 yards of concrete to repair the Grand Canyon sized cracks in the Rebecca Spit boat ramp. Also thank you to Wayne Anderson for loaning his water pump to sluice gravel out of the cracks and to Rob Wood for shovelling concrete before dawn at low tide.

John Barclay

Thank you,

Jim Abram for your ongoing commitment to Area J. We are sure that it's no small task to maintain working relationships and keep informed about the diverse issues in this huge region. We personally appreciate your attention to the outer islands. Thanks for your recent meeting with residents at Surge Narrows; your foresight and expertise always helps us deal better with both neighbourly and bureaucratic conundrums.

We look forward to working with you and hope the next few years will include harmonious efforts to preserve our natural heritage as we also build strong community and healthy economy in these spectacular islands!

Lannie & Ralph Keller

Articles, letters and artwork are all welcome for publication under Island Forum. Opinions & endorsements expressed herein are those of the contributors and do not represent the views of the publishers. If you would like to see an alternative point of view represented, submit something yourself. We reserve the right to edit for space and content. Next deadline 7pm November 21st



TimberWest

Notice is hereby given that TFL Forest Ltd, Johnstone Straits Operation, wishes to amend the 2001-2006 TFL 47 Forest Development Plan for the Quadra Island area (Block 12 of TFL 47), pursuant to Section 25 of the Operational and Site Planning Regulation.

The Forest Development Plan amendment shows the location of proposed harvesting and road development, maintenance, and deactivation. It is available for review by resources agencies, the public and First Nations before approval is considered by the Ministry of Forests.

The sole purpose of this amendment is to add block 12-51A and block 12-44H and associated roads to the plan. The proposed plan amendment is available for public viewing and comment until January 10, 2006 at the TimberWest office located at 5705 North Island Highway, Campbell River, B.C., during regular working hours.

In addition, a copy of the Forest development Plan will be displayed at the Quadra Island Library, 712 Cramer Road, Heriot Bay, for the viewing period, commencing November 10, 2006, during regular library hours:

Friday, Saturday, Tuesday 10:00 am - 12:00 pm; 1:00 pm - 5:00 pm

Wednesday 12:00 pm - 5:00 pm; 6:30 pm - 8:30 pm

As per Section 27(2) of the Operational Site Planning Regulation, assessments, which are completed and required under Section 13 to 17, will be available for review upon request.

Notice is given to all Guides, Outfitters, Mineral Tenure Holders and Trappers operating in affected area that timber harvesting is proceeding and your input is requested so that any concerns and comments can be addressed.

Anyone interested in reviewing the proposed amendment should telephone Rick Monchak at 250 286-7364 to arrange a viewing.

To ensure consideration, please send written comments to Rick Monchak, RPF, TFL Forest Ltd, Box 2500, Campbell River, B.C., V9W 5C5, 250 2867364, or email to monchakr@timberwest.com by the above date.

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Quadra Christmas Crafts

Quadra Island Community Centre's Christmas Craft Fair will be held on Friday, Nov. 25th from 4p.m.-9p.m. and Sat., Nov. 26th, from 10a.m.-3p.m.. To book your table please call Sue at 285-2742.

Mountain Films Light Up Local Screens

The Banff Mountain Film Festival World Tour will be making its annual stop in Campbell River at the Tidemark Theatre and again on Quadra Island at the Community Centre this November 25th and 26th respectively. Like last year these two shows will screen different films giving local devotees the option of a double dose of this visually stunning and action packed event.

Tickets are now on sale from the Tidemark Theatre box office at 287-7465 for both shows and tickets for the Quadra screening are also available at Explore in Q-Cove Plaza.

The local hosts for the Banff Mountain Film Festival World Tour are Wild Isle Publications, Spirit of the West Adventures and Whiskey Point Resort, thanks to these participating sponsors.

B.C.O.A.P.O.—BR. 91 Quadra Seniors

Past Prov. President, & member, of our Club, Martin Amiabel, received an award, recently, from the Canadian Revenue Agency in Ottawa. The award was for Recognition of Service for 5 years as Senior Advisor, on behalf of the B.C. Old Age Pensioners. "Thank-you," Martin.

We would like to "Thank", Colleen Swanson and Sharon Clandenning, from Quadra Isle Firehall who gave us a talk about Community Emergency Safety. Don't forget "Flu shots" again on Nov. 16th/05 12:00 p.m to 2:00p.m at Quadra Island Recreation centre. Our Christmas Luncheon, will be held on Dec. 12th 2005 at the Heron Room in the Heriot Bay Inn come at 11:a.m. There will be a Buffet Lunch, and entertainment. Phone Ruth Amiabel to make sure you are on the list.

Our next meeting, on Dec. 7th, we will have Chrissy Lyons and Marge Taylor, demonstrating, how to make, easy Christmas Wreaths. Come at 10:00a.m, for Coffee and visit, and Book Browse.

On Wed's-Tai Chi, with Annie 10:00 a.m-10:30a.m, for Carpet Bowling, call Ann L, 285-3325, if you are going to bowl—Contact Ken Duncan 285-3787 or Bob Lasby, 285-3501, if you are interested about Senior Housing. Computer Group contact—Ken - 285-3787 Sunday Spit Walk contact Peter-285-3237,

Court Rules PEI May Sue D.F.O./Feds

PEI Supreme Court Justice Gordon Campbell (not our Campbell) ruled today that PEI can sue the federal government for federal mismanagement of the fishery.

The PEI government - obviously more concerned about the fishing industry than holding hands with Paul Martin - is suing the federal government for abusing its licensing authority; for failing to protect and encourage the fishery as required by PEI's Terms of Union (virtually identical terms to BC); and for breach of public trust i.e. the public right to fish.

The PEI Provincial Government claims as part of the grounds for its case:

"The fishery in Canada is a common property resource that is managed by Canada or the Minister, or both, as trustee, or fiduciary, and for the benefit of all Canadians, as beneficiaries. As such they are required to comply with all common law obligations that pertain to that role. Those common law responsibilities include the duty to act in good faith, to act in the interests of all the beneficiaries and to avoid conflicts of interest, to preserve the fishery, to act prudently, to treat all beneficiaries impartially and with an even hand and to furnish information and reasons to persons affected by his decisions, to Islanders and Canadians generally, about the management of the fishery. For ease of reference, these obligations are referred to as the public trust obligations."

The federal government tried to have the case dismissed on a number of grounds but failed though some of the grounds of the lawsuit were curtailed.

The Court quoted Lord Denning from a 1976 English decision:

"I regard it as a matter of high constitutional principal that if there is good ground for supposing that a government department or public authority is transgressing the law, or is about to transgress it, in a way which offends or injures thousands of Her Majesty's subjects, then any one of those offended or injured can draw it to the courts of law and seek to have the law enforced, and the courts in their discretion can grant whatever remedy is appropriate."

This decision will be appealed through the system and we will keep you posted as we get more results. In the meantime, the decision is encouragement for those of us who are preparing to sue FOC for its long reign of chaos and destruction in the BC fishery and its abuse of the people in our industry.

BC Fisheries Survival Coalition
Phone: 604-638-0114 eMail: bcfish@shawlink.ca

Soldiers Of Peace Exhibit December 16th

The international community art project is taking shape! To date, we have about 91 Soldiers of Peace completed. The goal is for a total of 1000 for North America. That's a good start!

On December 16th at 7p.m. at the Quadra Community Center, they will be shown and you are invited to come and witness what they have been made for: The giving of the flame of peace. The workshops involve a creative process of transformation, which acts on our internal conflicts so that we may sow peace within ourselves and harvest peace on earth. Each person who has made a soldier of peace was invited to offer up a part of their war against themselves, in order to transform the darkness in light for peace.

If that process inspired you, and you want to a be part of this creative project, you have until November 20th to make your very own peace gesture and be one of the creators of this community of Soldiers of Peace here on Quadra.

Form a group of friends, family or co-workers, choose the day and time, reserve the space, and come and experience this process. Here are some quotes from participants:



"It was very interesting to feel the clay and try to reproduce the shape of a body. The experience was fun, the atmosphere very easy-going and it is amazing to see the woman taking shape in just a few moments." Lucille Menard

"Clears my head space more each time." Kim Jarvis

"Beautiful concept. Our dream for world peace "MAY" come to "BE". Juanita Labine

"The moment you touch her you just want to be tender with her. It is so easy to soften her. Clay and water like a wonderful caress for humanity." Martine Chabot

December 16th will be a night to celebrate peace. Our Soldiers of Peace will hold the light for us and some individuals will perform from their unique vision of peace. If you are one of those interested in performing, please call Claude to discuss the possibilities.

Create a symbolic gesture to sow peace within yourself, and reap the rewards from a more united greater community. It's a little seed, planted in the soil of our soul for the continuity of the life and hope.

Hope to see you there!
Claude 285-3994 cloddesjardins@hotmail.com



Doc Com

Tips to make high tech work on Island time

by Matt Martinelli

Keep it Clean Under the Hood

Your trusty computer sits in the corner or under your desk, whirring away (fairly) reliably, so that you don't even think about it or about what's going on under the cover. However, sometimes there are unusual sounds coming from the there, and you know it isn't the result of the slice of pizza you had for lunch. Actually, looking under the hood and doing some basic maintenance a couple of times a year can extend the life of your computer and avoid a \$\$ trip to the repair shop.

Most of the computers we put on our repair bench are clogged with dust and excess files - they need physical and virtual cleaning. A computer box is generally outfitted with three fans (in the power supply, on top of the main processor--CPU, and somewhere in the box) to allow cooling around and over the system's electronic components. However much you clean and dust your house, your computer will suck in tiny bits and deposit them, mainly on the places that need cooling. For instance, the fins (heat sink) on top of the CPU often accumulate enough dust that the heat created by this component cannot dissipate. Overheating can cause system crashes (or worse burnout of the CPU).

The good news is that you don't need an engineering degree to clean the dirt out just a vacuum cleaner that can work as a blower and a Philips screwdriver to remove the screws at the back edge of the case. (Dell, Hewlett Packard and IBM have their own interesting ways to access the innards, check the manual). Once you get the lid off (you did remove the power plug first, right?), carry the box outside, plug in your reversed vacuum cleaner, and give the insides a good toot (try not to breathe in the dust.) Before you put the lid back on, you might also check that the cables and adapter cards are properly seated. First, touch some metal part of the box (to get rid of any static electricity you may be packing), and then gently push down on the top of any card that's plugged into the main board. While you're at it, check that the cables are seated in the hard drive, cd, and floppy. Refasten the lid, hook the keyboard, mouse, etc. back up (you do remember where they all go, don't you?), and power up.

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Next, delete useless files. As always, back up your important files first. Windows and other programs create temporary files; when you save your work and exit, this temp file is supposed to be deleted. Program glitches, power blips, operator error can all result in a temp file being left to occupy space on your hard drive. As well, your excursions on the Internet are preserved in the "Temporary Internet folder" in order to make it quicker to access the information on those sites when you go back there again. All this stuff accumulates, and may even cause the system to operate strangely (to say nothing of leaving a trail of your computing habits).

Getting rid of many useless files can be as simple as using the Windows "Disk Cleanup". Open "My Computer," right click on your C: drive and then select (left click) "Properties." Click the "Disk Cleanup" button and you will soon get a windows showing unnecessary files and an estimate of the space on your drive that will be recovered by deleting these. Restart the computer and go on to the next part - checking the hard drive for errors and defragmenting the files.

First turn off your antivirus program (right click its icon --somewhere near the time stamp in the lower right corner- to temporarily disable it); otherwise, the disk checking program may endlessly restart because of the virus checker's constant surveillance. Start "My Computer" again, right click the C: drive, go to properties and left click, and this time select the "Tools" tab at the top of the window. You want to check for errors (tick the "Automatically fix disk errors" box). You may have to restart to perform the scan, but when it's completed, go back to the "Tools" area and select "Defragmentation" which will reorganize the drive's file system for more efficient operation. After this is done, your computer will run better, and you can take your special friend out to dinner because you just saved \$50.

For those who want to try deeper cleaning I can recommend Easy Clean, a free utility that eliminates many different kinds of useless files and settings.

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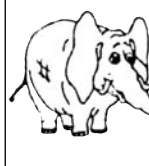


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Green AGM

The North Island Green Party will be holding its annual general meeting on Saturday December 4th, 2005 at 6pm 1059 Topcliff Rd Quadra Island. There will be a potluck supper 6-7:30pm followed by a short business meeting. There are several positions open on the executive, nominations may be put forward by calling 285-2580 or see the NIGP web site for full contact details

www.northislandgreenparty.ca

BC Hydro program supports Aboriginal-owned businesses in BC

\$150,000 in grants available to Aboriginal business ventures

PROVINCE-WIDE - BC Hydro has re-launched its Aboriginal Business Partnership Program, designed to support Aboriginal-owned business ventures in British Columbia. The program provides grants of up to \$10,000 to help existing businesses expand their operations and get new businesses started. The application deadline is December 16th, 2005, and the successful applicants will be notified during the first week of February, 2006.

"If we can support a number of viable First Nation businesses with seed funding to a point that one day these Aboriginal businesses will supply their communities and beyond with services, I would consider this program a success," said BC Hydro Aboriginal Relations and Negotiations co-ordinator, Darrell Mounsey.

Now in its sixth year, the ABPP has provided support to more than 120 Aboriginal businesses in B.C., including Musqueam, Salishan Catering services and Lavinia's Bed and Breakfast in Gingolx.

To be eligible for a grant, a business must be at least 51 per cent owned by an Aboriginal person or persons and have a viable business plan and meet BC Hydro's Aboriginal Business Partnership Program compliance criteria. The applications will be evaluated by an impartial evaluation committee, and must include a detailed business plan and budget. Applications will be accepted until December 16, 2005, and successful recipients will be notified on February 1, 2006.

For more information on the Aboriginal Business Partnership Program, call BC Hydro Aboriginal Relations at 1-877-461-0161 or visit <http://www.bchydro.com/ard>

Tools of the Trade

Tips to make high tech work on Island time

by Peter Park

Coffee to Go

On July 1st, 2005, Len Wolfe celebrated his 10th year in business in Q Cove serving a fine cup of espresso. Len recalled that while waiting for the ferry one day, he thought, "Man, I wouldn't mind a coffee right now" and the idea for Dockers was born.

"When I was in the movie business a guy used to come around with a mobile coffee and sandwich shop. Later, when I decided to start my own business his example came to mind."

Len bought a flatbed horse trailer and built his coffee shop on top of it. "Since it was going to be a one-man operation I had to design it for efficiency."

Inside the compact space, everything is close at hand. The end result is an insulated, mobile unit equipped with a heater, skylight and a sliding window.

Key to Len's business concept was his desire to serve excellent coffee. For this he needed a top of the line espresso machine. Len began looking for machines and found an ad for a 'La San Marco'.

La San Marco has been making espresso machines in Italy since 1920. Len's model, the 85-S, has been called the Cadillac of espresso machines. He maintains it himself and can vouch for its quality and reliability.

The 85-S is a partially automated two-station machine. It has an external pump, allowing room for a dedicated 12-litre steam boiler and separate heat exchangers for each station. This system optimizes temperature control by keeping water for brewing at the ideal temperature, while freeing up the boiler for uninterrupted steaming.

Len builds each coffee individually by varying the amount and density of the grounds. This means he can customize your latté or cappuccino to taste while making coffee



Len Wolfe preparing another fine shot of java using La San Marco espresso machine. Photo by Peter Park.

quickly. Many of the modern commercial machines are pre-programmed and dispense a standardized cup of coffee.

Anyone who has seen Len at work just before the ferry departs can attest to both his efficiency and skill while serving a top quality espresso.



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Business Profile

by Tanya Storr

Bob's Hair Services

Quadra resident Bob Cameron considers his business, Bob's Hair Services, to be a community effort. Since moving here six years ago, Bob has experienced great support from islanders while working for other business and, most recently, in his self-employment.

"I'm very grateful. The influence and support of the Quadra community has been almost overwhelming," Bob said.

Islanders may remember Bob working at People's Drug Mart and the Heriot Bay Store. He cooks brunches and gourmet dinners at the Gateway Café, and his oil paintings have been featured in island art shows. For a time, Bob offered a service called 'Consider It Done' that specialised in odd jobs.

"People have responded positively to everything I've done here. Every time I've had an art show, every catering endeavour has been well supported."

Going into hairdressing involved a big career change for Bob, and he was grateful to have the community behind him. It all started when his hairdresser, Karina Rose at Village Hair, suggested that Bob's people skills and knowledge of colour theory from painting would combine well in the hairdressing field.

Bob did some research into training institutions and found out about the Comox Valley Beauty School, which offers a 10-month, hands-on program in Hair Design.

"I started school from scratch, not even knowing how to put a roller in someone's hair. It was a tough course and involved a lot more theory than I expected, but I really enjoyed it from day one. Hairdressing is a great fit for me."

The school operates as a teaching salon with students offering discount haircutting services to the public while they are learning.

"I realised right away how happy I could make someone just by washing and cutting their hair," Bob commented.

Bob arranged a weekly rental in Courtenay and weekend rental on Quadra through Sandy Spearing. This unique living arrangement allowed him to return home for Saturday and Sunday each week.

Thanks to a student loan, a loan from Quadra Credit Union for supplies and equipment, and income he generated by cooking brunches at Gateway on the weekends, Bob was able to put himself through the 1,500-hour program. He also had the assurance of his former boss, Gerry Enns from the Heriot Bay Store, that his job would be waiting for him if hairdressing didn't work out.

Bob practiced his new hairdressing skills on various "brave islanders" during his days at home. "I was booking 10 or 12 clients every Saturday. I would tell them, 'You're my third haircut.' I also did some work experience at Village Hair. My going to school was definitely a community effort."

He completed his studies on September 1, 2005, with a 97% average and seven awards for outstanding academic achievements and professionalism. Several of Bob's "guinea pigs" have now become regular clients.

Bob said he was very happy to come back to Quadra full time to set up his business. He developed a business plan, and Quadra Credit Union came through again with financing.

"Quadra Credit Union has been very supportive. I'm really focused on creating my own business here on Quadra. Living and working here is the major advantage," Bob told me.

Bob's Hair Services offers hair cutting and styling, straightening, roller sets, updos, and scalp massages with a special vitamin E cream.

One thing that sets Bob's business apart is his mobile service. Bob's clients have the choice of coming to his home-based salon on Gowlland Harbour Road or arranging for him to come to them. The mobile service allows him to provide services to those with mobility problems, people who don't have transportation, children with special needs, shut-ins, the elderly, etc.



Bob Cameron at work in his home salon, giving Bryan Chapman some barbering. Photo by Tanya Storr.

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Francis Audrey Martin (nee Yost)

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Passed away peacefully on October 31st, 2005 in the Campbell River Hospital after a long courageous battle with cancer. She is predeceased by her husband Henry. Audrey will be sadly missed and lovingly remembered by her family and friends.

A special thanks to Dr. Marsh, her homecare givers and all the nurses who were so caring in the hospital.

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Bob Cameron at work--mobile style!

photo by Deb Cowper.

Another unique aspect of Bob's business is that he offers flexible hours. He is happy to cut a client's hair early in the morning or in the evening. Bob stated that clients who work full time or irregular hours find this very useful.

Bob offers a gender-neutral pricing structure. "I know a lot of salons will charge women more even if they have short hair. My basic charge is \$15 for a man or woman, and an extra \$5 for a razor cut. I sometimes charge less for men with less hair."

Some of the highlights of Bob's hairdressing career to date include wedding and grad styling sessions. While still in school, Bob took on five clients on a Saturday for the June 2005 high school graduation prom, and spent the day doing updos in preparation for their big event. He had appetizers on hand and made it a fun event.

"Updos are when you put the client's hair up in big curls. It's very artistic and intuitive, and takes at least an hour per client," Bob explained.

Friend and client Deb Cowper, who creates all of Bob's marketing materials, said the consistent thread that runs through all of Bob's work is his emphasis on customer service.

"He is renowned for truly listening to each client's wishes,

and for remembering their particular cut and style preferences. His manner is professional, yet caring, fun, and relaxed - bringing customers back, time and time again."

Bob said that his ability listen carefully in the pre-cut consultation with a client is the key to his success to date.

"I picked that skill up at school and take it very seriously. Discretion is also very important to me. I don't participate in or spread gossip. I consider myself a practitioner."

The slogan for Bob's Hair Services is "Hair with Attitude!" This stems from Bob's love of humour and the satisfaction he derives from working with the public. His goal is for clients to enjoy their haircutting experience.

Bob offers gift certificates for all of his services. He suggests a scalp massage with vitamin E cream or a cut and styling could be the perfect treat for someone on your list.

For more information or to book an appointment, call Bob's Hair Services at 285-2310.

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Halliday's Viewpoint

by Steven Halliday

Runaway Train

For the last few days I have been wracking my brain for the subject of this column, given that I wanted to write something with some punch to it. I reviewed my collection of material saved for later commentary, and surfed my way around my favourite websites looking for that particular spark I needed. In the end, out of sheer curiosity I looked back at my stacks, a collection of Discovery Islanders. "20/20 Hindsight" was the title of my piece in the November 7/03 (#304) issue, a review of progress in the Iraqi war, then in its relative infancy. We had not yet heard about Abu Gharib, reconstruction was beginning, and at that point the published US casualty count was 359 dead young men and women. At the time, criticism of the war was considered unpatriotic in the US, though questions about the conduct of the war were becoming much more commonplace. I wrote, "Such a situation clearly calls for objective and critical analysis, which some falsely label unpatriotic and unsupportive of the troops. Wearing blinders is no way to learn from mistakes, as much of the US population are now coming to see the situation in Iraq. Further, the responsibility lies squarely with the White House, making it a legitimate target for criticism..." Hindsight is indeed 20/20.

The current published count is now 2,043 American service people killed in combat, and 15,353 wounded. We don't know how many Iraqi civilians have died, but the most conservative estimate I could locate put the number at 26,797. I personally have little faith in any of these numbers, believing them to be much higher. What is worse, the US at present has no plan for departure from Iraq. It takes no crystal ball to foresee continuing (indeed, likely worsening) casualties on all sides so long as Iraq remains essentially under US occupation, newly minted Constitution or not. This quagmire (as it is now commonly and accurately labelled) has been getting worse these last 2 years, no matter the spin emanating from White House and Pentagon press briefings. Fortunately, the number of Americans speaking out has been steadily increasing, and current polls show that the public is getting very tired of the second Bush administration agenda.

I googled my way to Gallup's website, and found the following current poll numbers. 63% of the population surveyed were dissatisfied

with the state of the country, versus 26 % in February of 1999. Only 41% of those surveyed approve of Bush's performance, the worst rating since Nixon's just prior to his resigning in disgrace. Only 29% are confident in the economy, versus 74% in August of 2000. 64% disapprove of Bush's handling the situation in Iraq, whereas 75% approved in April of 2003. Finally, 60% felt the Iraq War was not worth fighting - only 27% expressed such an opinion two and a half years earlier. I'm no statistician but I can sure recognize a trend when I see one. The unwinding of the Bush administration is occurring before our very eyes. Unfortunately the cost to the USA of the misadventures launched by this administration is huge; in dollars, lives, credibility and confidence lost. Worse, Bush will admit to nothing, will not change course, and will not listen to others. This is a train wreck in progress.

While we in Canada suffer a government that is mired in corruption and political inaction, the American public is being treated to a government mired in corruption, bureaucratic incompetence, cronyism and most recently perjury and obstruction of justice.

While we in Canada suffer a government that is mired in corruption and political inaction, the American public is being treated to a government mired in corruption, bureaucratic incompetence, cronyism and most recently perjury and obstruction of justice. 2005 has been a far worse "annus horribilis" for Bush than that suffered by Elizabeth II some years ago, and it would surprise me not at all to see 2006 deliver more blows to this already reeling lame duck presidency. The "Plamegate" affair is far from over, and the evidence trails reach the offices of both the President and the Vice-President. Worsening relations in the Middle East are bound to hamper any progress in that region, and as we learn more about the recently "outed" information regarding US interrogation centres in East Europe the reputation of the US as a shining beacon of democracy will tarnish even further. The US economy is suffering under a crushing burden of debt and deficits,

and rising interest rates will only exacerbate the problem. It may be hard to believe, but it is almost inevitable that worse is yet to come for the long suffering US public.

It boggles the mind how fast things have gone so wrong. In November of 2000 the USA boasted an expanding economy, growing budget surpluses and excellent external relations. Clinton was greeted warmly wherever he travelled, and he travelled a lot to avoid the "Monica" scandal. Today, Bush is sheltered from the protests that erupt wherever he travels, including to some destinations within the US itself. Trade issues have strained Canadian and American relations, though the "war on terror" has contributed to the stresses as well. When speaking to US relations, the global response by people around the world has been "We have no problem with the US people - but we have a real problem with your government." Twenty years ago no one could have predicted such a state of affairs - nor, more remarkably, even a scant 5 years ago. George W. Bush has indeed done more damage in that time than anyone could have believed possible upon his scandal ridden election victory in 2000.

You will be reading these words around Remembrance Day, a day we set aside to remember those who gave their lives in order to allow us to enjoy the freedoms we now take for granted. Called Veteran's Day in the US, the day will have a much deeper meaning to many Americans, particularly those who have husbands or wives or children serving in Iraq, and especially to those who have lost a loved one in this increasingly questioned war. It must be horrible to lose someone to war. It must be doubly awful to lose someone in a war that should never have happened, and worse yet happened under the rubric of invented circumstance.

Yes, hindsight is 20/20, but is of absolutely no value at all unless one learns something from looking back. Many have learned some hard lessons over the last few years, but those in ultimate power seemed to have learned nothing at all. But we can hope that those who put these people in power - the US electorate - have learned, and learned well enough to enact change to end this train wreck of an administration. The mid-term elections in November 2006 will tell the tale.



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12	01:37	3.4	11.2
SA	06:54	2.2	7.2
	13:44	4.4	14.4
	21:40	1.7	5.6
13	02:47	3.6	11.8
SU	07:38	2.6	8.5
	14:14	4.4	14.4
	22:16	1.3	4.3
14	03:50	3.8	12.5
MO	08:20	3.0	9.8
	14:44	4.3	14.1
	22:50	1.0	3.3
15	04:49	4.0	13.1
TU	09:03	3.3	10.8
	15:13	4.3	14.1
	23:20	0.8	2.6
16	05:42	4.2	13.8
WE	09:51	3.5	11.5
	11:01	3.5	11.5
	11:51	3.5	11.5
	15:43	4.2	13.8
	23:43	0.7	2.3
17	06:31	4.3	14.1
TH	10:54	3.7	12.1
	11:22	3.7	12.1
	12:47	3.6	11.8
	16:12	4.1	13.5
18	00:03	0.7	2.3
FR	07:18	4.3	14.1
	13:39	3.7	12.1
	16:38	3.9	12.8
19	00:32	0.8	2.6
SA	08:05	4.3	14.1
	14:42	3.7	12.1
	16:56	3.8	12.5
20	01:08	0.9	3.0
SU	08:53	4.3	14.1
21	01:47	1.1	3.6
MO	09:41	4.3	14.1
22	02:29	1.4	4.6
TU	10:28	4.2	13.8
23	03:14	1.7	5.6
WE	11:11	4.2	13.8
24	04:02	2.0	6.6
TH	11:49	4.2	13.8
	20:18	2.6	8.5
	23:45	2.9	9.5
25	04:54	2.3	7.5
FR	12:22	4.2	13.8
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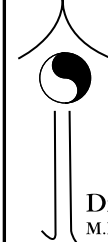
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HERIOT BAY



Specials in effect November 13-19 while quantities last



GROCERY

Island Farms
Multi Pack Yogurt
\$5.88 2% or Vanilla Plus

MJB
Coffee
\$2.88 250-300g

Cheer
Liquid Laundry
Detergent
\$7.98 2.9L

Assorted
Chipits
Chocolate Chips
\$1.88 225-350g

Minute Maid
Frozen Punch
2/\$1.48 355ml

Ocean's
Tuna
Chunk or Flaked
98¢ 425g

DELI

Coombs
Country Pies
\$3.98 8 inch

Smoked Chicken
98¢ 100g

Assorted
Pringles Potato Chips
\$1.68 145-170g

9 Lives
Crunchy Meals
\$1.98 1kg

Local Product

Quadra Island
Pure Honey
\$6.88 500g \$12.88 1kg

Nature's Path
Hot Oatmeal
\$3.48 320-400g

Spectrum Organic
Balsamic Vinegar
\$5.88 500ml

Happy Planet
Organic Juice
Mango Peach or Orange
\$2.98 1.89ml

Regular or Roasted Garlic
Hommus
88¢ 100g

Swiss Cheese
\$1.28 100g

BAKERY

Oroweat
100% Whole Wheat
Bread
\$2.48 680g

Assorted
Fruit Pies
\$3.98 each

MEAT

Ground Fresh Daily
Lean Ground Beef
\$2.48 lb \$5.47/kg

AntiBiotic & Hormone Free
Bone-In Pork Loin
Roast Centre Cut
\$3.48 lb \$7.67/kg

Assorted
Dinner Rolls
6/\$2.00

Cream Cheese
Danish
99¢ each

Farmer's Best
Beef Short Ribs
\$2.58 lb \$5.69/kg

Fresh
Chicken Tighs
\$1.98 lb \$4.37/kg

PRODUCE

B.C. Grown
Potatoes
\$1.98 10lb Bag

Carrots or Onions
\$2.98 10lb Bag

B.C. Hothouse
On-The-Vine
Tomatoes
\$1.88 lb \$4.15/kg

Texas
Rio Star
Grapefruit
3/\$2.00

B.C. Grown
Red Delicious
Apples
98¢ lb \$2.16/kg

Store Hours Sunday - Thursday 8 am - 8 pm
Friday & Saturday 8 am - 9 pm

Bottle returns for the Month of November
will be Donated to the Quadra Island Food Bank