


DI

Discovery *Islander.ca*

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



**Wham Bam
Thank You Hahn!**

Ferry Schedules

Campbell River - Quadra Island

Crossing Time: 10 minutes

Leave Quadra Island

6:15 am	3:05 pm
† 7:05 am	** 4:00 pm
8:00 am	5:00 pm
9:00 am	5:50 pm
10:00 am	7:00 pm
11:00 am	8:00 pm
12:00 pm	9:00 pm
1:00 pm	10:00 pm
2:00 pm	* 11:00 pm

Leave Campbell River

6:40 am	3:30 pm
† 7:30 am	4:30 pm
8:30 am	5:25 pm
9:30 am	6:15 pm
** 10:30 am	7:30 pm
11:30 am	8:30 pm
12:30 pm	9:30 pm
1:30 pm	10:30 pm
2:30 pm	* 11:30 pm

Quadra Island - Cortes Island

Crossing Time: 45 minutes

Leave Quadra Island	Leave Cortes Island
† 9:05 am	† 7:50 am
** 11:05 am	9:50 am
1:05 pm	11:50 am
3:05 pm	** 1:50 pm
5:05 pm	3:50 pm
6:45 pm	5:50 pm

* - Fridays and Saturdays only. † - Daily except Sundays.
 ** - Tuesday sailings are for Dangerous Cargo - No passengers.

Avoid Line-Ups

Peak local traffic are during morning and evening commutes. On Monday and Thursday Quadra - CR 9 am sailings, Cortes Island traffic has priority.

For More Information

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Island Calendar

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

The Regulars

- **Quadra Legion** - Now Open Fridays & Saturdays at 3:30 pm until 1:00 am
- **Every Monday** - Badminton, 7:30 Cape Mudge Hall
- **Every Tuesday** - Kalina Folkdancers -QCC, 7:30 to 9:30 pm, Sept.to Apr.
 - Sketching group at Firesign Studio 10 am-12:00 pm
 - Al-anon meeting, 7.30 pm at the Childrens Centre
- **Every Wednesday** -Yoga 9:30 am and 7:00 pm Community Centre
 - Community Kitchen 12:00 noon Community Centre
 - Badminton, 7:30 pm Cape Mudge Hall
- **Every Thursday** - Prayer Meeting, 7:00pm at Quadra Island Bible Church
 - 7-9:30 PM: Life drawing sessions at Firesign Studio 285-3390
- **Every Friday** - Yoga 9:30 am and 4:00 pm Community Centre
- **Every Sunday** - Sunday Service QI United Church 10:30
 - Family Worship Service 10:30am Quadra Island Bible Church
 - Buddhist Meditation 10:00 am Upper Realm
 - Sunday Celebration, Centre for Positive Living - CRCC 10:20 - 11:20 am
- **1st and 3rd Wednesday** - Food Bank 1-2 Community Centre
- **3rd Sunday of Month** - Raw Food Pot Luck 5 - 7pm 285-3827
- **Last Saturday** - Bonus \$50 cash draw or gift certificate. Quadra Legion 6:30 pm

Next Deadline: Monday, January 29th 2007

5 Day Forecast from Environment Canada

Thursday	Thursday night	Friday
High 4°C	Low 2°C	High 7°C
Periods of rain	Periods of rain	A few showers
Saturday	Sunday	Monday
High 7°C	High 4°C	High 7°C
Low 2°C	Low 0°C	Low 2°C
Periods of rain	Chance of showers	Chance of showers
	POP 40%	POP 60%

For links to the latest weather, tides, currents and marine weather forecast log on to www.Quadralsland.ca



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www.discoveryislander.ca

Day by day

Friday, January 19

- Friday Flicks presents: Crossing the Bridge Q.C.C. 7:30 pm

Saturday, January 20

- Energy & Climate Change Film Festival Q.C.C. 10 am - 10 pm

Sunday, January 21

- Geshe YongDong on "Healing Meditation" Upper Realm 11 am
- Raw Food Potluck Q.C.C. Room 1 5-7 pm

Tuesday, January 23

- Cortes Cinema Club presents Bon Cop Bad Cop Manson's Hall -Cortes Is. show starts 7:30 pm

Thursday, January 25

- Qigong class Q.C.C. 9:30 am

Saturday, January 27

- Cultural Committee presents; Autorickshaw Q.C.C. 8 pm

Tuesday, January 23

- Cortes Cinema Club: The World's Fastest Indian Manson's Hall -Cortes Is. show starts 7:30 pm

Friday, February 2

- Friday Flicks presents - A Simple Curve Q.C.C. 7:45 pm
- Admission: \$5.00, \$4.00 stu/snr
- Blues Jam Cafe Aroma 8:15 to 10:30 pm

Island Calendar online: www.discoveryislands.ca/news

New Rec. Brochure
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Next deadline for the
Discovery

Islander

January 29th

701 Cape Mudge Rd
news@discoveryislands.ca

On the cover



New ferry lane at Q-Cove.
Photo by Philip Stone

discovery Islander

Issue 387 January 19th, 2007

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Media and Publishing

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\$30.00* for 6 months

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Call 250 285-2234 for details

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, January 29th



Area I Regional Director's Report

January 19, 2007

by Jenny Hiebert

I hope everyone enjoyed a pleasant and peaceful festive holiday season. One of my memorable experiences was the drive from Pt. McNeill to Campbell River the morning of December 24. We ran with a storm the entire time—encountering snow, at times mixed with rain, from Hoomak Lake to just north of Sayward. At times the swirling snow was mesmerizing and beautiful. However, road conditions slowly deteriorated and traveling became tense. The worst conditions were just before we started the descent into the Sayward Valley. A number of cars were off the road—some intentionally, others not. Brian and I decided to carry on hoping the snow would turn to rain as we dropped into the valley—which thankfully, it did. From there onward we had only to contend with heavy rain and wild winds. These weather forces did abate and enabling the last ferry to sail. We did make it home for Christmas—which was most delightful.

This was just one of the many storms to hit our area this season. It has been approximately 10 years since we last experienced a relentless storm season. That was when Brian and I finally succumbed to the fear of losing everything in the freezer and bought a generator. I understand many island residents have made similar investments this year. It is handy to have some form of back-up power when storms knock out hydro service with such regularity or for long periods of time. Most report they were pleased with the timely response by BC Hydro to the severe damage to power lines/poles.

Shortly after New Year's celebrations I started to hear from folks who had lost their phone service during the December storms. Isolated and pocket outages are scattered across the island—many without phone service for over a month. Since then I have been in regular contact with Telus stressing that such lack of service is unacceptable and poses a huge safety risk for those unable to contact emergency services. WE are not alone in this situation. In response to the many phone calls, and letters written, Telus dispatched 5 technicians to Cortes January 10 and had a projected goal of completing all repairs by January 12. This was not possible and crews continued to repair telephone service through the weekend. I was told a line truck would be on the island today--January 15 but have been unable to confirm that. I have been keeping track of phones repaired and those still waiting—it enables me to have current, accurate information when communicating with Telus representatives or Claire Trevena.

A Public Meeting with BC Hydro was cancelled by the first major storm in November. The concept of the meeting has expanded to include Telus representatives. Current plans are to hold a joint Hydro/Telus meeting after storm season has passed. I have verbal confirmation that representatives from both service companies will attend. Ideally the meeting will take place sometime between March and late May. An announcement will be made when a date is confirmed.

The 7 km trail system associated with Siskin Park and surrounding area was also affected by the severe windstorms. Trees were windblown across trails throughout the network. A contractor has been contacted and cost assessments are underway. Regular users of the trail system can be assured this particular situation is being addressed.

As you might have gathered from this report, one of the side effects of the storms has been to turn me into the proverbial "squeaky wheel." I do hope everything will be restored shortly and that we are not troubled by another disruptive storm for some time. I am one of the many looking forward to the end of this storm season.

Surrounded by snow and cold my thoughts turn to pruning, seed orders, and plant starts. I anticipate snowdrops, primroses and crocus' bursting forth at the earliest opportunity. Until then, there's always a seed catalog to curl up with by the fire and dreams of gardens yet to be. Stay warm.

Feel free to contact me at 935-6488 Monday through Friday 9:00 am to 4 pm. If you get the answering machine try my cell phone -- 202-6488. You can also email me at brijen@oberon.ark.com anytime.

*Respectfully submitted by Jenny Hiebert—
Regional Director Area 'I' (Cortes)*

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News & Events

Cortes Cinema Club

Cortes Cinema Club presents films at Manson's Hall every Tuesday night until March 6. Doors open at 7 pm, show starts at 7:30.

Jan 23 Bon Cop Bad Cop

Shoot Now, Translate Later. Action comedy about dysfunctional relationship between two police officers, one English-Canadian, the other Québécois. They pursue a possible serial killer whose targets all relate to hockey. One cop obeys the law, the other makes his own.

Jan 30 The World's Fastest Indian

Anthony Hopkins stars in this heartwarming adventure (based on a true story) about an elderly New Zealander who comes to Utah with his ancient souped up motorcycle to set a world speed record.

Feb 6 Who Killed the Electric Car?

Fascinating documentary about alternative methods of powering automobiles which examines the disappearance of the electric cars which were introduced in 1996.

Feb 13 Mrs. Henderson Presents

Judi Dench and Bob Hoskins headline this British comedy about a widow who starts the first nude burlesque theatre in London during the war.

She may be a widow but she is by no means going to spend the rest of her life playing bridge. The Windmill Theatre becomes her game.

Feb 20 Leonard Cohen: I'm Your Man

"Poetry is just the evidence of life. If your life is burning well, poetry is just the ash"....Leonard Cohen

A documentary with in-depth interviews of this singer-songwriter-poet as well as a whole range of musicians performing their interpretations of Leonard's songs.

Feb 27 Kamataki

Dejected young man from Montreal arrives in Japan to apprentice with his uncle Takuma, a renowned traditional potter. Takuma's shock treatment of saké, mystery, sexual tension, art and hard work makes the sparks fly.

March 6 A Simple Curve

His parents went back to the land, he's been stuck there ever since. Caleb is 27, raised in the Kootneys in BC and working as a cabinet maker with his idealistic hippie draft-dodger father. Breathtakingly photographed in the magnificent Slocan Valley, this is a tender and fun drama/comedy.

Once again, the **Cortes Island School PAC** would like to extend a huge thank-you to the individuals and businesses who so generously donated goods and services to our annual Winter Celebration Auction. This event always seems like a lot of work for the volunteers as it comes at the busy Holiday season, but it continues to be a worthwhile fundraiser as well as a great time for all who participate! We would also like to thank the community members who braved the storm to come out and enjoy the festivities! Without your support, we would not be able to pull off this special event. Extra thanks go out to **Scott Lawrence, Stefano Savioli** as well as **Jane McDonald** for their extra efforts to ensure that the winter Celebration was a success! We hope to see you all next year!

GOOD LIBATIONS

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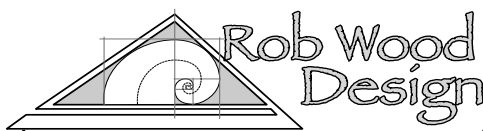
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Monday — Friday

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Blues Jam

Come listen to or bring an instrument to play at the "Blues Jam" at the Aroma Cafe. The "Blues Jam" is hosted by the Hal Douglas Blues Band which includes Dave Blinziner Jr. on organ & vocals, Steve Moore on drums and Hal Douglas on lead guitar and vocals. Special guests will include you, our friend Matt on sax, John Toelle on harp, Steve Trayler on guitar & vocals, and our number 4 man Adam McGuffie holding up the bottom end on the bass guitar.

Players and singers get in for free, but there's a five dollar cover charge for listeners. It's the only live music on the island on this particular Friday night, February 2, 2007 from 8:15 p.m. to 10:30 p.m. (or latter) at the Aroma Cafe. A special invitation is hereby issued to Richard & Barb & Julie & Duffy & Tom & Shane & Moe & Hal & Opal & You to come on down. If you drop down after Friday Flicks, we will be red hot and flying by that time. Sandwiches & drinks & treats are available.

Call Steve at 285-3323 for more information.

Free Wood?

There have been lots of power outages and very cold temperatures this Winter.

Some folks have indicated they may not have enough wood to last this particular Winter if things keep up as they have. And, of course, its next to impossible to get dry wood this time of the year.

Can we do something to help, if not this winter, at least for next winter? Free wood for those temporarily in need could be a possible answer to the problem. If we had a central location, we could build a shelter capable of holding 10 cords of wood.

Folks could be encouraged not to take more than a 2 weeks supply at a time so there would be wood left for other people.

If could operate like the free money program. Community wood left over from say the building of the new fire hall or from the community centre's future children's playground could be donated. People could take wood as needed and replace when they have a surplus of dry wood. It would be a case of recycling meeting real basic human needs.

Alot of us would like to think that on Quadra Island there are no human beings who are homeless, hungry or cold and for the most part that is true. Thanks to the food bank, the community lunch, free money, etc. but a home that's freezing just doesn't always feel like home. If we think globally and act locally, Quadra could be the kind of self-sufficient share-the-wealth model of community that we would like the future world to be.

Give me a call, if your interested in working on this project or if you have a site for the free wood pile, Steve at 285-3323

Drop In to Draw and/or Paint at Firesign Studio

Nanci Cook is hosting informal drawing/painting sessions Tuesdays mornings 10AM to noon. We get together to motivate and support each other. When the weather improves we will go out to paint, but for now we set up still life or work on other projects (\$4 drop in). On Thursday nights, 7:00 to 9:30 PM, Firesign Studio offers figure drawing/painting sessions with a live model (\$15 drop in). Call Nanci 285-3390, www.firesignartanddesign.com (Contact Nanci if you would like a modeling job)

Community Kitchen News

As I write this, our Community Centre's water system is going through a significant overhaul, but Sandra Spearing tells me that all should be in order for our first community kitchen of 2007 on Wednesday, January 10th at noon. By the time you read this, we will likely have prepared 2 lunches already, on the 10th and the 17th, but there are quite a few more to come before we close it down in the spring at the end of May.

Come out every Wednesday at noon to your Community Centre for delicious homemade soups, raw veggies and fruit, homemade bread and baked goods as well as tea and coffee. It is lunch on a sliding scale: free if you need a free lunch, or you can contribute to the event by putting some money in the donation box.

The Community Kitchen people would like to extend special gratitude to the many door prize donors who helped to make our Christmas luncheon on Dec.20th such a big success. These donors were as follows:

Living Soul <www.livingsoul.ca>, Quadra Builders, Sioux Hartle, Quadra Crafts, Heriot Bay Inn, Gateway Café, People's Drug Mart, Explore Gallery, Heriot Bay Tru-Value, Hummingbird Office and Art Supplies, Quadra Foods, Terri Smith, E-Blend Homeschoolers, + at least two anonymous donors.

I believe that we are blessed to be part of a community that is so generous.

On December 20th, we served about 190 bowls of stew, and the bakers must have been delighted to find out that 2 tables loaded with their donated goodies were "inhaled" in about 30 minutes. The donation box was very happy that day as well! We have now paid for our new refrigerator and freezer and are in a position to start making cash donations to Quadra's food bank.

Those of us who work to provide the community with a nutritious lunch at noon on Wednesdays hope that Quadra Islanders will continue to support this unique social event.

Thanks, Quadra! Questions? Comments? Want to help? Call Wayne at 285-3264

www.discoveryislander.ca



News and Events

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

Moms & Babes

**Wednesdays from
11:00 to 12:00**

Just had a baby, or are you about to? Come on out to the baby group! We meet in the small room by the garden at the Quadra Island Community Centre. There is no fee. The community nurse checks in monthly should you have any health questions. Come meet other moms, nurse, share concerns and delight in each other's babies. This is a great "first outing" for new moms.

Though this group is dedicated to supporting mothers and primary caregivers of the very young, other family members are encouraged to visit.

Take a break afterwards and let someone else prepare you a meal at the community lunch, in the hall, at noon, after Moms & Babes. The cost of lunch is "by donation".

Parents & Tots

**Mondays from 9:30 to 12:00
New time!**

Thursdays from 9:30 to 12:00

Big toys in a big space, art, music, story-time and more all happen at Parents & Tots. Parents set out the toys and art supplies, make tea and coffee, serve up a shared snack and tidy up afterwards - together. It is also a chance for parents to engage the children in a sing-a-long, a game or a craft. Need some supplies? Contact the Parent Groups Co-ordinator, Michelle Buchanan at 285-3243. Got a great idea? Jot it down in the suggestion book provided. This is now a free program.

In order to facilitate the needs of the youngest tots, there is an area set up for their use. Please encourage older children to respect this.

Visiting families and grandparents welcome. All children must be under the age of five. We meet in the hall at the Quadra Island Community Centre on Thursdays, and through the winter months, on Mondays and Thursdays.

We invite parents/caregivers and children from Campbell River, Cortes Island, Read Island and outlying areas to join us.

www.discoveryislander.ca

Geshe YongDong

Geshe Yongdong, a Tibetan Buddhist Monk, will be speaking on the topic "Healing Meditation" at the Upper Realm, Q. Cove at 11 a.m. on Sunday, January 21. The suggested donation is \$10 or whatever you can afford. We will be welcoming Geshe YongDong back from his trip to India. Call Steve or Danielle for more information at 285-3323.

Friday Blues Jam Sessions

At the Upper Realm 6:00 pm Friday's, \$10.00 drop in fee / no appointments necessary. Learn to Improvise / Workshop. Learn Blues with experienced teacher / musician.

Melody & Chordal Instruments only. Call for more info 285-2168 or 285-2569

Qigone Classes

You are invited to come to the Quadra Community Centre to experience the essence of Qigone, a 3,000 year old Chinese system of simple exercises coordinated with breathing to move energy from the internal organs to the external body.

Qigone helps to expel toxins from the body, relieves stress, increases flexibility and body awareness and improving peace of mind and general well being. All fitness levels are welcome.

The classes are offered every Thursday Morning from 9:30 to 11 a.m. in Room 3 of the Community Centre. Please use the South entrance.

The entire 8 week course is \$70 but one can drop in for any one session for \$10 each time. Call Denise Maile at 285-3743 for more information.



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Notice of Request for Quotation PHOTO/JOURNALISM PROJECT

The Comox Strathcona Regional District (CSRD) invites quotations from qualified contractors to provide photographic and journalism services in order to produce a visual-and-information overview of regional parks and trails as well as other significant landmarks or points of interest within the CSRD boundaries.

The project must be completed by November 30, 2007, and will then be developed into an interactive format for the regional district's website, with the intended purpose of attracting people to visit and explore not just the subject of the photo but also areas – rural and urban – that surround it.

To receive the 'request for quotation' package with full details of the project, please contact Leigh Carter, CSRD general manager of corporate communications at:

Comox Strathcona
Regional District
600 Comox Road
Courtenay, BC V9N 3P6

Phone: 250-334-6063
Fax: 250-334-4358
Email: lcarter@rdcs.bc.ca

Quotations must be submitted by 2:00pm Pacific time on Wednesday January 31, 2007 in order to be considered.

Friday Flicks Tonight!

Crossing the Bridge: The Sound of Istanbul

7:45 January 19th, Q.C.C.

Admission: \$5.00, \$4.00 stu/snr

Istanbul's fusion of East and West, traditional and modern is evident in the assortment of musicians who perform in *Crossing the Bridge: the Sound of Istanbul*.

German bassist Alexander Hacke is the tour guide on this musician's-eye view of the metropolis. The scruffy musicologist sits in with the groups he records or beams at them from the sidelines. He covers music from psychedelic underground, through hip-hop, rock, and anti-corporate buskers, to veteran traditionalists. This movie is resolutely celebratory as it carries viewers through various settings and intersperses vintage clips of Istanbul across the years. It is a rich and illuminating musical travelogue.

Friday Flicks Presents: A Simple Curve

7:45 February 2nd, Q.C.C.

Set in the thrilling, blue-green Slocan Valley of the Kootenays, B.C. director Aubrey Nealon's debut feature, *A Simple Curve*, is a father-son coming-of-age story with a difference. It's very much a race to see whether Jim, the film's rebellious hippie-dad, reaches maturity before Caleb, his sensible, starved-for-experience son.

Caleb lives in a mountain paradise, with emerald lakes and acres of plush forest; a sacred, unspoiled Eden that his father, a conscientious objector, found when he fled America and the Vietnam War. Despite the wide-open spaces, Caleb is a small-town kid who is running out of room, people and time. His mother has recently died. The father-son woodworking business is failing because his master-carpenter Dad, 'Hash Oil' Jim, is far better with wood than people.

Nealon displays astute skill at good narrative construction. The story starts gently and grows more compelling as it glides along like a master woodworker's plane. Relationships are given real respect, explored with care and never reduced to sappy emotionalism. It is also bright with comic ambushes and well-placed zingers to lift the serious subtext and take the viewer along a real-life curve that leaves us well satisfied.

'A Simple Curve' was recently selected one of the top 10 Canadian films of 2005 by the Toronto International Film Festival Group. That would seem an overly modest distinction. There aren't half that many films on screens right now — Canadian or otherwise — that have the heart and mind of 'A Simple Curve.' (Stephen Cole CBC.ca.)

New Season of Cultural Events kicks off with...

Autorickshaw



Autorickshaw stands for more than just a cheap and dangerous mode of Asian transportation. A motorized version of the traditional rickshaw, this modern machine combines the old with the new, representing both speed and freedom. Lying on the cutting edge between both Asian and Western cultures and musical forms, autorickshaw the band is a Canadian musical vehicle that blends traditional Indian classical music with contemporary jazz and funk. Nominated for a Juno Award for world music album of the year in 2005, they won the 2005 Canadian Independent Music Award for world music artist of the year. Those impressive credentials, combined with their hip, exotic appeal, have made them the current darlings of the World Music scene.

Autorickshaw consists of a mash-up of four of Canada's most exciting and musically interesting young musicians: vocalist Suba Sankaran, tabla player Ed Hanley, bassist Rich Brown and exotic percussionist Debashis Sinha.

Aside from their sheer delight in making music, what makes Autorickshaw so irresistible is a deep commitment to their art forms. Rather than a mainstream blending of thin cultural references, their sound is a highly cultivated juxtaposition of authentic traditions, making for a unique, challenging and ultimately satisfying artistic offering. autorickshaw has toured widely in Canada, including appearances at the Montreal Jazz Festival, the Vancouver and Winnipeg Folk Festivals, as well as numerous appearances at the Glenn Gould Studio in Toronto. US appearances include performances at Joe's Pub in New York City and at The Kennedy Centre in Washington DC. Before their 2007 West Coast tour, they will be performing in India. Quadra Cultural Committee will be sponsoring their performance at the Community Centre on Saturday, January 27th, at 8pm. Advance tickets are available at Quadra Crafts, Hummingbird, and The Music Plant at \$17 for adults and \$40 for a family. They will be available at the door at \$20 for adults and \$45 for family. For information call 285 3560.

World Dance

World Dance begins January 18th at the QCC, Thursdays 7:30 - 9:00. Come out for some joyful, playful exercise. Stretching, isolations and dance basics that allow your body, mind and spirit the pleasure of natural movement to world beat rhythms. Call Angela Thurston @ 285-2963 for more info and to register. Children's classes begin January 30th. 6 - 8 year olds, Tuesdays 2:45 - 3:30 and 9 - 12 year olds, Tuesdays 3:45 - 4:30. Limited space in children's classes so please register.

Seniors' News Br. 91, B.C.O.A.P.O.

Although we have had our fair share of winter wind storms, we were spared many of the blasts which rocked the Lower Mainland and wreaked havoc in Stanley Park and southern Vancouver Island. Even last week's snow, although it caused postponement of our January meeting till the 17th, was much less than that which fell in Victoria.

There have been a number of enquiries regarding membership in the Seniors, and we are pleased to welcome anyone to our monthly meetings, normally held on the first Wednesday in the month, beginning at 10:00am at the Legion on West Road. Newcomers receive a copy of the Policy & Information document, together with our recently revised Constitution and Bylaws.

The aim is to make prospective members both welcome and informed about our activities.

Each week, other than the first Wednesday in the month, Tai Chi and Carpet Bowling take place at 10:00am and 10:30 am respectively. These activities will commence on January 24th.

Existing members are reminded that the membership fee for the year is due on or before the February meeting. It is likely the fees may be increased in the near future, and that may be sufficient incentive to rejoin at the present low rate!

Raw Foods for Better Health

The typical North American diet contains very few raw foods. This means most people need to increase the amount of raw foods in their diet. By coming to the raw food potluck you can eat a complete meal of raw foods.

There is more to raw foods than plain old tossed salad and carrot sticks. A raw meal can consist of a variety of different salads with home made fresh raw dressings, soups, fancy desserts, fruits, nuts, juices etc...

Most of the people who come to the potlucks are not 100% raw fooders. They come to learn

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Attention Artists

The 2007 Quadra Island Studio Tour (June 2&3) is filling up and interested artists should send in their application forms by Jan. 31. Some of the comments from last years show were, "The Studio Tour was great and you really got to see a big chunk of the Island seeing all 21 Studios!" and "Great to meet the artists and get a personal connection."

The show at the Community Centre drew rave reviews as well, "...liked having samples of artists work at the CC. That way (one) can decide which studios to visit."

The organizing committee, Quadra Island Artists is currently preparing a large advertising campaign aimed at attracting visitors from all parts of Vancouver Island and the lower mainland to the tour.

In addition to organizing the June 2nd and 3rd Studio tour, Quadra Island Artists is again creating the Year-Round Artist Studio & Gallery Guide for galleries and artists who wish to attract visitors to their studios over the entire summer or the year. Last year 5000 copies of the guide were printed and distributed at tourist outlets and businesses. Participating artists have noted a marked increase in visitors as a result of the year-round Artist Studio & Gallery Guide.

The deadline for submitting applications for both the 2007 Studio Tour and the 2007 Studio & Gallery Guide is Jan. 31.

Please pick up your application form at Hummingbird Office & Art Supplies.



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B.A. English

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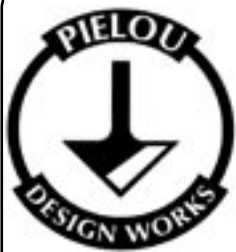
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News From Quadra Community Centre

People have been asking about the QCC water "challenges". First of all, let me say that the water is excellent: clean, pure and plentiful. However, this past year has been a journey starting with my turning on the tap Dec 2005 to find a slurry of sand splashing into the sink. Argh! This on a weekend of film night, singer's concert and Walcan Christmas dinner. Travelling through the land of well drillers, engineers and plumbers is one thing, but the VIHA rules and regs since Walkerton, is another saga, but here we are on the other side and all is well. All those up close want to express deep appreciation to plumber, Tom Rohan for many freebie hours of work; board member Teresa O'Brien for shouldering much of the decision making and 'herding cats'; Brian Simons, Eric Sorensen, Bob and Marg Lasby, Ian McEachern, and fearless leader through the jungle-- Rick Milne of Red Williams Drilling. Thank you to Red Williams as well, who has given sizeable donations to the community centre.

O.k. so demographics on the island have changed over the years and minor baseball has declined from 20 teams in the 90's to none. What's happening? I know the boomers' kids are gone, but is there really not enough interest amongst the 141 elementary kids who are left? Parents, if you want your kids to play ball, some one has to take the lead and get the populace fired up. We have the fields, the equipment and some money. Team sport teaches cooperation while developing physical prowess and it's fun. If this is important to you, let's hear from you. Mentoring is available.

Many events and activities are starting up for the Winter/Spring session at the community centre. If you lost your rec brochure, please come by and get another or log on to <www.quadraisland.ca> and browse or download it from the internet.

Sandra Spearing

Climate Change Film Festival Schedule

An Inconvenient Truth	10 am
Lunch break	12 pm
The Day the Water Died	1 pm
Power Shift	1:35 pm
Power of Community	2:05 pm
Coffee Break	3 pm
Hurricanes on the Brink	3:30 pm
Kilowatt Ours	4:10 pm
Out of Balance	4:55 pm
Dinner break	6 pm
SUV City	7 pm
French Fries to Go	7:10 pm
Who Killed the Electric Car	7:30 pm

Centre for Positive Living Presents:

Ted Kuntz M.Ed 'Making Peace with Life'. Sunday January 28th at the Campbell River Community Centre (upstairs). Keynote speaker, celebration 10:20 am (by donation). Workshop 1-3 pm \$15 members, \$20 general admission.

This is the powerful story of Ted's journey through darkness after his son Joshua acquired an uncontrollable seizure disorder at only 5 months of age. After years of anger, despair and fear Ted Kuntz had a life-transforming encounter with his son. 'Making peace with life' is an intriguing and inspiring summary of the wisdom acquired on this journey.

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Coming Event

by Tanya Storr

Film Fest Focuses on Solutions to Climate Change

“Climate change is happening. There is no doubt about that,” said Deb Cowper, one of the organizers of the Energy & Climate Change Film Festival taking place this Saturday, January 20 at the Quadra Community Centre.

The festival, hosted by Sierra Quadra, will feature a wide variety of films dealing with energy use and climate change/global warming. Key films include Al Gore's 'An Inconvenient Truth' and 'Who Killed the Electric Car?' A series of interesting (and, at times, humorous) shorts will fill out the program. There is no charge for admission.

Deb said the intent of the festival is to inform people about climate change and inspire them to act.

“Many of the films contain messages of hope, and suggest a variety of things that we can do, both personally and collectively, to take action against climate change. Altering the way we think about and use energy is a key part of the action so urgently required.”

In the face of a lack of political resolve on climate change, the scientific community continues to sound the alarm. In 'An Inconvenient Truth', Al Gore points out that the vast majority of scientists agree that global warming is real, it's already happening, and that it is the result of our activities and not a natural occurrence.

Locally, islanders have seen the direct effects of drier summers that are hard on fish streams and well water levels, and have raised forest fire concerns. We have also weathered an unusual number of “severe wind events” this fall and winter. Some regions of Canada that normally experience biting cold have yet to see snow this season.

Deb observed that these noticeable shifts in the local climate are a call to action.

“We need to make changes *now* to drastically cut CO₂ (and other greenhouse gas) emissions if we are to have any chance of slowing the rate of climate change. If we continue hurtling forward on our current destructive path, the Earth's balances will undoubtedly reach a tipping point and life as we know it will be drastically altered,” she said.

The huge scale of the problem can be daunting for individuals and families. We might want to make changes to reduce our carbon emissions, but where do we start? Deb suggests that attending the film festival is a great first step.

“The enormity of the climate change problems we face sometimes scares me, and sometimes I feel just plain inadequate. Then I have to remind myself that every change I make—no matter how small—is cumulative. Each person who attends the film festival is taking a step toward change, and that, to my mind, is the simple objective of it all.”

Judy Leicester, who has also been working hard to organize the festival, stressed that the event will focus on solutions.

“The first step is for everybody—individuals, industries, and governments—to get informed. There are some wonderful things that groups around the world are doing. We hope people will be inspired by the films to take action,” she said.

Judy added that Sierra Quadra chose to bring in a real mix of films.

“There are lots of light hearted moments and useful ideas for things we can do. We didn't want everybody to go home depressed.”

One film, 'French Fries to Go', looks at a city's success with bio-diesel. Another, 'Power of Community', examines Cuba's sustainable low-energy solutions developed after the country lost access to Soviet oil.

Sierra Quadra was inspired to organize the Energy & Climate Change Film Festival after hearing of similar events offered by chapters south of the border. The local group was able to order the films from an extensive list of titles made available by the Sierra Club of the U.S. Following the Quadra festival, the DVDs will travel to other chapters in BC.

Judy said climate change has been on her mind ever since she attended a presentation in Victoria that addressed, among other topics, the pine beetle epidemic. Pine beetles have thrived in BC's Interior in recent years due to warmer winters, and have inflicted major damage to the forests in the region.

“When you see the pictures and graphs of the epidemic, you realise how fast the beetles have spread,” she said.

Judy said the speed of some of the changes that are happening around the world is mind boggling.

“Even scientists are astonished at how fast it is happening. It affects everybody. We can't leave this problem for the next generation to fix. We need to act now.”

In the spirit of reducing carbon emissions, Sierra Quadra is offering free rides to and from the Campbell River and Cortes ferries for festival goers. Call Ken Roxburgh (285-2580) to arrange pick-up from the Campbell River ferry and Robyn Budd (285-3563) if you're travelling on the Cortes ferry.

Look for tasty food and beverages for sale, door prizes, and informative displays at the festival. The organizers hope for an excellent turnout, and encourage people to attend as much (or as little) as they like of the free all-day event.

See the Energy & Film Festival schedule on the facing page (page 10) for further details. For more information on climate change, visit www.climatecrisis.net



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Quadra/Philippines Connection New Year's News

The following is a financial accounting for funds raised and dispersed by the Quadra/Philippines connection for the year 2006:

INCOME

Giant Garage Sale	\$5522.60
Surplus from 2005	\$948.91
Dividends	\$5.00
Total	\$6476.51

EXPENDITURES

Sponsorship of Nambaran & Bugnay Daycares	\$2500.00
Christmas Bonuses to IAT teachers and Staff	\$1000.00
Donation for repairs to IAT's Children's Center	\$1000.00
General Donation to IAT	\$500.00
Donation to Quadra Children's Centre (Daycare)	\$250.00
Bank charges and misc. expenses	\$30.87
Total expenditures	\$5280.87

SURPLUS FOR 2007 \$1195.64

Early in the new year, we received greetings and a package of christmas cards from children, teachers and IAT staff thanking the Quadra community for its ongoing support. The following is excerpts of several letters over the past few months written by Betty Dumpao, teacher of the Bugnay preschool in the northern Philippines:

Dear Quadra Community,

Hi Hello!!! The first week of October was so cold that we decided to start our program at 9:00 instead of 8:00 in the morning since some of my pupils were coming late because of the cold. The following week we were very busy practicing our traditional dances since we were invited to attend the children's month celebrations at the Montessori School in Bulanao which we all enjoyed.

The mornings continued to be cold throughout the month of November. I have noticed a change in the children's character over the past month as they respond more easily to instructions and are becoming more mature. They enjoy coming to school every day and are very excited about exchanging a simple gift for our Christmas program next month. Often at lunch time several children come to my home to play with my daughter. At the same time some like to practice drawing and tracing. Sometimes they also come and do spelling with one acting as the teacher and the others as the students. They are no longer so shy as they were at one time, when only a few responded when I spoke to them.

Sometimes in the afternoon after school I call them to my house so they can practice beginning reading which they enjoy. I am so happy for the opportunity to receive my preschool training which I feel is so beneficial to me and the children. I love watching them develop and grow. Therefore, I continue to be appreciative of your support.

Christmas here is very enjoyable. Instead of a Christmas program we decided to have a picnic in order to share everyone's food. I have sent you a simple card to express how much I care about your concern for me and the children. Without your help I would not be working with these children and seeing their enjoyment and progress. I wish you a nice Christmas season in your place. Thank-you again.

Daycare worker
Betty Dumpao



- energy &
- climate
- change
- film fest



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Halliday's Viewpoint

by Steven Halliday

One-Sided Prosperity

On December 20, 2006 a headline in *USA Today* trumpeted "It's a Wall Street bonus bonanza" and then went on to describe how senior executives of leading investment firms such as Morgan Stanley, Goldman Sachs and Bear Sterns are set to receive bonuses totalling some US\$23.9 billion for their efforts during the year. While the manna certainly accumulates thickest at the top, with Goldman CEO Lloyd Blankfein pocketing some \$53.4 million and Morgan Stanley head honcho John Mack making do on a measly \$40.2 million – in addition to their seven figure salaries, of course. But the shower of gold does reign down to the poor working traders as well – poor being a very relative term, of course. *"The salaries on Wall Street are generally very small," says Alan Johnson of Johnson Associates, who advises financial firms on compensation matters. He says someone who makes only \$150,000 to \$200,000 in salary might get a \$9.8 million bonus.*" By the way, this year's bonus total is a 17% increase from 2005's total of \$20.5 billion. I don't know how you feel, but the numbers being bandied about here seem somewhat excessive in a society with a minimum wage of \$5.15 per hour.

In the same vein, in December 5/06's edition of *The Globe and Mail* we learned, according to new UN study, that 2% of the world's adults own 51% of global assets, while the top 10% own 85% of those same assets. You might be glad to know that most of you fit within that 10% figure, since the threshold to reach that tier was ownership of more than US\$61,000 in assets – Canada's mean wealth has been calculated at about \$89,000 per person. But even owning assets with a value of \$2,200 places a person in the top 50% of wealth distribution worldwide. Owning assets of more than \$500,000 places you in the top 1% category, which, according to the study, numbers some 37 million members around the globe. In contrast, the poorest of the poor, numbering well over 50% of the global population, own barely 1% of global wealth. One codicil though – the data used in the study is from 2000. Think things have gotten better since?

It's been a couple of years since I last wrote about the disparity between the incomes of what George Bush Jr. joked was his political base – "the haves and have-mores" – and the average working stiff, and sure enough the inequity has since grown. One measure that I often like to quote is the pay of a Fortune 500 CEO versus the average working stiff – in 2003 it was 185 times the average worker; by 2005 that factor had increased to 279. In comparison, in 1965 that ratio was 20 times. While researching this column I happened across an interesting report dated 2000

from the World Bank, wherein they point out that the number of people living in poverty (based on income) dropped from 29% in 1987 to 26% in 1998, though the actual number of people remained unchanged at about 1.2 billion. The World Bank's definition of poverty? Would you believe \$1 per day is the measure? What happens if you make it \$2 per day (still awfully damn poor by anyone's standards)? Over 50% of the global population, some 3 billion souls, struggle to get by on that amount or less per day – remarkably, the UN and World Bank agree that half the people on the planet own squat all and live on pennies a day.

This helps explain why I almost spat out my tea when I read Mr. Johnson's earlier description of \$150-200,000 Wall Street salaries as "very small". How then, I wonder, would he label the equivalent annual salary of someone making today's US minimum wage, or \$10,712 for 40 hours, 52 weeks a year? Infinitesimal should be about right. Of course, if Ms. Pelosi and her new Democratic majority have their way that number will rise to \$15,080 within 2 years, a 41% jump. This will bring US minimum wage earners to a higher level than their Canadian counterparts, at least in BC where our minimum wage (which is adjusted far more than once a decade) is \$8 per hour, or about US\$6.80.

In both cases, however, it is an indisputable fact that minimum wage does not even pay what we euphemistically call "poverty level" income, which ranges from \$16,273 for a single person in a small (< 30,000 pop.) town to \$20,778 in a large urban centre, according to Stats Can 2005 Low Income Cut-off numbers. So in Canada we reckon you're poor if you live on less than \$44.59 per day, while the World Bank figures any more than \$2 per day and you escape the label? Rough numbers, I admit, but illustrative none the less, particularly as to Mr. Johnson's myopia regarding "very small" salaries.

So, yes, the rich really do own the world, and what a world it has become as they have become richer, faster. If one were to overlay an economic map (blue for wealth, red for poverty) on a globe you would see two glaring anomalies; virtually all the blue would be in Europe, North America and developed Asia including Austral-Asian nations, while all of Africa, and most of Asia's land mass and South America would be almost completely red. I would also speculate that if one were to further overlay population growth indices of some sort, it too would fall almost entirely in the red zones. A growing population with growing levels of poverty is a recipe for disaster that has played out before in human history, but never on a scale this

vast. It is no wonder that today's trouble spots, and those considered by most western authorities to be tomorrow's, all fall within those same red areas of the globe. Issues related to global warming will certainly complicate the global wealth disparity problem, but before the world can go green much more of it needs to become blue, if you'll excuse a terrible pun.

All of us living in the my metaphorical blue world have benefited from economic globalization, often at the expense of others living in the red world; think "sweat shops", "resource exploitation" and in many cases "privatization" here folks. It will require a massive change of mindset at the very highest levels before any serious effort to reduce the growing dangers of global economic disparity, and it will require an investment of literally hundreds of billions of dollars to start to fix it. But the money is there – last year's global military expenditure was over \$800 billion – it is the motivation that is missing. Globalization brings benefits to be sure, but it also brings responsibilities that have up until now been ignored. A growing number of people are coming to realize we ignore them at our peril.

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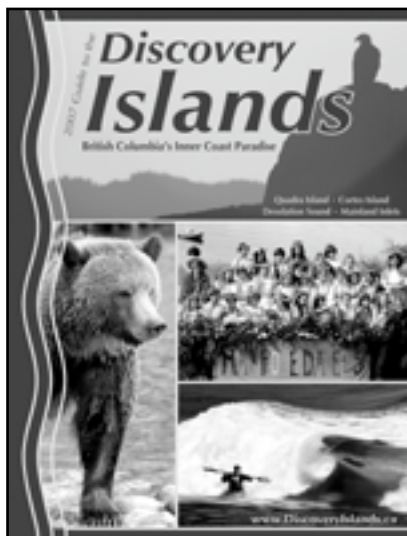
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PASSAGES

TURVEY - Millicent Margaret

July 16, 1923 - December 21, 2006

Millie passed peacefully in Evergreen House, North Vancouver following an extended illness.

Predeceased by her husband, Lyle Turvey, in 1982; her parents William and Rose Beard of Lister, B.C.; brothers Kirk (Gladys) and Stanley, sisters Stella Robinson and Doreen McKay; step-daughter Marilyn Penner, Hope, B.C. and brother-in-law Vince Adamski, Chilliwack, B.C.

Survived by sister Kitty Adamski, Chilliwack, B.C.; step-grand-daughter Dawn Arksey (Bob) step-grandson Rory Slater, Abbotsford; sister-in-law Kory Lewis, Victoria, B.C. nephew Stewart (Vicki) McKay, Delta, B.C.; niece Teresa (Michael) Pol (Alicia, Sophia, Gabriela), Langley, B.C.; step-step-granddaughter Lorna Franzen (Preston, Tyryn), Abbotsford; step-son-in-law Victor Penner, Hope, B.C.; nephew Willie Mahon, Lister, B.C.; cousin David (Gilliam) Baird, Londonderry, Northern Ireland; and other realtions in Ireland, England, Wales and Australia.

During World War II Millie served in the Canadian Women's Army Corps in Canada, the United Kingdom and Holland. Millie's cheerful and caring manner was greatly appreciated in places of employment; Brackman-Ker Milling Co., Haleco, and Kodak; also at the Heriot Bay Inn on Quadra Island which she operated with her husband Lyle Turvey, and business partner T. Clapham. Millie participated in the North Vancouver community through volunteer work. She was Past-President of the Ladies Auxilliary, Fraternal Order of Eagles; Past-Provincial Honourary Mother Ladies Auxilliary F.O.E.; a member of Silver Harbour; and a member of the North Vancouver Lawn Bowling Club. Holiday activities included travel, camping and fishing. Millie's chief concern was always for others. She will be greatly missed by her family and friends.

Thanks to special friend and care-giver Kay Gilfoil; to the staff of North Shore Home Care, North Shore Palliative Care, and Evergreen House; Family and Patient Counsellor Jim Cormack; and doctors Klimo, Hunter, Hazlett and Crossen.

No service by request. Private interment at a later date at the Chilliwack Cemetery. Donations may be made to the B.C. Cancer Foundation.

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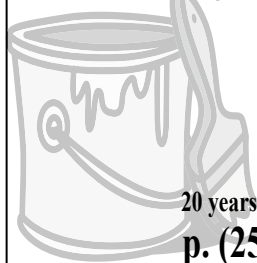
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HELP WANTED

DATA PROCESSING

CLERK Tsa-Kwa-Luten Lodge, the Oceanfront Resort at Cape Mudge is seeking a conscientious individual looking for part time data processing/bookkeeping work. A reliable and organized individual looking to work one or two days per week on a permanent basis would be the ideal candidate. Applicants must have previous experience with Microsoft Word and Excel. No phone calls please. Apply by fax to: 250-285-2532 or email to: cat@capemudgeresort.bc.ca by February 10th, 2007. <388>

THE QUADRA LEGION

Branch 154 is recruiting for the Bar Manager position. This is a permanent part-time salary position with opportunity for growth. The desired individual would have previous experience or qualifications. Serving it Right Licensee Certificate will be necessary but not to apply. No phone calls please, send resume to P.O. Box 129, Heriot Bay, and B.C. V0P 1H0 or fax to: 250-285-3490 Attention: HR Committee.

STORES

AMPED ON NUTRITION

- Quadra Island's Health Food Store and Deli. We carry vitamins, supplements, alternative groceries and more. Energize yourself with our delicious, organic vegetarian deli delights. Combining what you need with what you want. Open 10:00 am - 6 pm every day except closed Sundays 285-3142

EXPLORE is now closed for the winter season. We will re-open on Tuesday March 6th, 2007 Thank you for all your support in 2006 we look forward to serving you in the spring. Any request no problem call Kelly. "

Organic Coffee customers please call Kelly for pickup or delivery details. 285-2173

SERVICES

WILL SEW curtains, home decor items, small upholstery jobs (specializing in chairs). We also custom sew clothing for that special occasion. Motif Design at the Upper Realm 285-2626.

CAPRPENTER FOR HIRE-

No job too big or small. \$18/hr Phone 204-3227

TWO BOYS STONE MASONRY

Specializing in stone arches, interior features, walls, exterior facades, driveway pillars, stone walls, fireplaces. New to Quadra Island keen to get to work! Call 285-3811 or email: twoboysstonemasonry@hotmail.com

Q-COVE APPLIANCE REPAIR

Now doing repairs to all makes and models of automatic washers and dryers. Also new & used parts depot for all your appliance needs. Affordable rates. We carry a good selection of quality used washers and dryers. All appliances come with 1 year warranty on parts & labour. Free delivery on Quadra. Call 285-3425 or cell 202-3425

CUSTOM T-SHIRTS.

Get your logo screened onto T-shirts. Great way to promote your business. Printed right on Quadra by professionals. Call 285-2626 for price list.

The Paint Lady

 Colour Consultation
 Interior Painting
 Homes and offices large & small
 Faux Finish Professional
 Italian plaster to non-toxic glazes
 for walls and furniture
 Murals Large & Small
 For homes, nurseries, cafés
285-3896
 tidy • friendly • fast
www.faux.ca

ENERT
 Quality Computer Systems
 delivered & setup in your home/office.

 Service, Repairs,
 System Cleanup
 Parts, Upgrades,
 Software & Internet Hookup
mattmart@connected.bc.ca 655 Cape
Call: 285-2431 Mudge Rd

Honey Sun Massage
 specializing in the beautiful experience of
 Traditional
 Hawaiian
 Lomi Lomi
 Massage
 Sunday Dennis
Phone: 285-3197
 certified by Auntie Margaret & Nancy Kahalewai

Yellow Dog Trading Company
 Bulk Foods & Baking Supplies
Open Mon. - Fri.
11 am - 5 pm
Saturday 10 am - 5 pm
 Buy as much as you want,
 or as little as you need.
285-2867
 Walk or drive around behind
 Q-Cove's 'Old Yellow Dog' Plaza

ACUPUNCTURE

 Herbs & Nutrition.
 Free consultation.
 Sliding scale for
 treatment
 (\$40 ➔ \$20)
Dr. Eileen Sowerby
 M.B. Ch.B. M.A. D.T.C.M.
Phone/Fax: 285-2434

Island Tides

Pacific Standard Time
For Quathiaski Cove
January 19 - February 1

19	06:10	4.3	14.1
Friday	10:17	3.7	12.1
	15:43	4.2	13.8
	23:29	0.6	2.0
20	06:42	4.4	14.4
Saturday	11:11	3.6	11.8
	16:38	4.1	13.5
	23:58	0.7	2.3
21	07:15	4.4	14.4
Sunday	12:22	3.3	10.8
	17:35	4.0	13.1
22	00:28	1.0	3.3
Monday	07:47	4.5	14.8
	14:40	3.0	9.8
	18:36	3.7	12.1
23	00:59	1.4	4.6
Tuesday	08:18	4.5	14.8
	15:41	2.5	8.2
	19:48	3.4	11.2
24	01:31	1.9	6.2
Wednesday	08:50	4.5	14.8
	16:38	2.1	6.9
	21:22	3.2	10.5
25	02:07	2.4	7.9
Thursday	09:22	4.5	14.8
	17:34	1.7	5.6
	23:20	3.3	10.8
26	02:47	3.0	9.8
Friday	09:56	4.4	14.4
	18:30	1.3	4.3
27	01:22	3.5	11.5
Saturday	03:45	3.5	11.5
	10:33	4.3	14.1
	19:24	1.1	3.6
28	02:56	3.9	12.8
Sunday	05:27	3.8	12.5
	11:18	4.2	13.8
	20:18	0.9	3.0
29	03:45	4.1	13.5
Monday	07:23	3.9	12.8
	07:46	3.9	12.8
	08:54	3.9	12.8
	12:18	4.1	13.5
	21:09	0.8	2.6
30	04:22	4.2	13.8
Tuesday	10:31	3.9	12.8
	13:27	4.1	13.5
	21:58	0.8	2.6
31	04:54	4.3	14.1
Wednesday	08:49	3.8	12.5
	09:37	3.8	12.5
	11:32	3.7	12.1
	14:29	4.0	13.1
	22:41	0.8	2.6
01	05:23	4.3	14.1
Thursday	09:27	3.7	12.1
	10:30	3.7	12.1
	12:18	3.6	11.8
	15:23	4.0	13.1



HERIOT BAY

100% Locally owned and operated

TRU VALUE FOODS

Bottle Returns for the Month of January will be Donated to the Parents Advisory Committee

GROCERY

Guiltless Gourmet
Frozen Wraps
\$1.98 163g

Lifestream
Whole Grain Pasta with Flax
\$2.68 400g

Thai Kitchen
Coconut Milk
2 for \$4.00 400ml

Olympic
Yogurt all varieties
\$3.48 650g

Pacific
Soups creamy butternut
or creamy tomato
\$4.48 1L

Santa Cruz
Sweet Apple Cider
\$7.48 3.79L

BAKERY

Black Forest Cake
baked fresh instore
\$11.98 8 inch

Peanut Butter
Cookies
\$2.98 dozen

Ragu
Rich & Thick
Pasta Sauce
2 for \$4.00 700ml

Old South
frozen - all varieties
Orange Juice
2 for \$3.00 355ml

Habitant
Soups
\$1.88 796ml

Old Dutch
Crunch Chips
Assorted flavours
2 for \$5.00 210g

Sunlight
Liquid Dish Soap
2 for \$5.00 750-950ml

Purex
Bathroom Tissue
Double roll
\$8.88 12 Roll

Apple Crumble
made fresh instore
\$1.88 4 inch

Oroweat
12 Grain Bread
\$2.68 675g

PRODUCE

Beat Those Wintertime Blues!
Imported Strawberries, Blackberries, Blueberries or Raspberries **2/\$7.00** clamshell

California Grown **ORGANIC**
Large Navel Oranges
98¢ /lb \$2.16/kg

B.C. Grown
Spartan Apples
88¢ /lb \$1.94/kg

B.C. Grown **ORGANIC**
Jumbo Brown Mushrooms
\$2.68 /lb \$5.91/kg

California Grown
Baby Red or White
Potatoes
\$1.48 /lb \$3.26/kg

DELI

Freybe's
Roast Beef
\$1.68 / 100g

Spinach & Feta Cheese
Filos
\$2.98 2 pack

Dutch Mild
Gouda Cheese
\$1.78 / 100g

Large Pizzas
assorted varieties
\$11.98 12 inch

MEAT

Farmers Best - Boneless
Cross Rib Steak
\$3.28 /lb \$7.23/kg

Honey Garlic
Sausages
Made fresh in-store
\$2.88 /lb \$6.35/kg

Fresh Whole
Frying Chickens
\$1.98 /lb \$4.37/kg

Maple Lodge
Wings
Honey garlic, BBQ or Buffalo
\$8.88 908g

BULK

Sweet and salty
Commonwealth Mix
88¢ / 100g

Salted or unsalted
Fresh Peanuts
28¢ / 100g

Thompson **ORGANIC**
Seedless Raisins
68¢ / 100g

Pure
Chocolate Chips
68¢ / 100g

Specials in effect January 21 - 27 while quantities last

Winter Hours Sunday-Thursday 7 am to 8 pm Friday & Saturday 7 am to 9 pm

