

DI

Discovery *Islander*.ca

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



Flying Fox Circus
Blenkin Park Playground Fundraiser
Friday, March 7, Q.C.C. 7 pm

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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.

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Spring is just around the corner...

...and its time to start, take up again or finally finish that project you last looked in the fall. Or maybe its time to take a break from the liquid sunshine and feel the real thing? Maybe it's time to get that RV or boat you've been eyeing for some time? We offer a wide variety of loan products to help you spring back from a long wet winter, at competitive rates and terms.

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Visit us at www.quadracu.com and you'll find our general website with information and news about the Credit Union, as well as access to our MemberDirect online banking site.

MemberDirect is constantly being upgraded with new features, and will soon offer an exciting new way for you to handle your bills. Watch this space for more info, or check out our site often for information. You can also find us at The Gumboot (www.thegumboot.ca) where we share, with our community, financial/life tips and news our staff thought interesting enough to post.

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Serving the Discovery Islands since 1941



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 and Saturdays at 4:00pm
- **Every Monday** - Parent and Tots 9:30 am - noon Q.C.C.
- Badminton, 7:30 pm Cape Mudge Hall
- Quadra Circle Social Dancing, 7:00 - 8:30 pm
- **Every Tuesday** - Smile Makers Kidz Klub Q.I. Bible Church from 2:4 -4:15 pm
- 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 Children's Centre
- **Every Wednesday** - Moms and Babes 11 am - noon Q.C.C.
-Community Lunch noon Q.C.C.
- **Every Thursday** - Parent and Tots 9:30 am - noon Q.C.C.
- Isle Sing 3-4:30 pm Q.C.C. upstairs, use South entrance
- Prayer Meeting, 7:00pm at Quadra Island Bible Church
- 7-9:30 PM: Life drawing sessions at Firesign Studio 285-3390
- Badminton, 7:30 pm Cape Mudge Hall
- **Every Friday** - Free Pool, Darts and Shuffleboard at the Legion 4 pm to 1am
- **Every Saturday** - Legion Meat Draw 5:00pm to 6:30pm
- **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 - 900 Alder St. C.R. 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, March 10th 2008

Island Calendar is a list of on island events. Please submit separately for the **Island Calendar** and **News & Events** or indicate in your submission if you would like your event placed in both. **Following the text order exactly as above for email submissions is appreciated** (month, date, day, title, place and time), use the title as your email subject. Current advertisers welcome to submit events but not-for-profit items will be given priority. Thank you.

Fri	Sat	Sun
9°C 4°C	9°C 3°C	7°C 2°C 40%

Next deadline for the
**Discovery
Islander**

March 10th

701 Cape Mudge Rd
news@discoveryislands.ca

www.discoveryislander.ca

On the cover



Flying Fox Circus will be at the
Quadra Community Centre
March 7 at 7 pm

Day by day

Friday, February 29

- Friday Flicks presents The Wind That Shakes The Barley Q.C.C.
Doors 7:30 - Showtime 7:45 pm

Saturday, March 1

- The movie "Blue Vinyl" Q.C.C.
Sponsored by Sierra Quadra Doors open at 7:00 pm, show starting at 7:30 pm

Thursday, March 6

- Medicine Wind Q.C.C.
Admission \$15 8 pm

Friday, March 7th

- Smooth Edge Cafe Aroma
7:00 - 10:00 p.m.

- Flying Fox Circus Q.C.C.
Blenkin Park Playground Fundraiser 7 pm

Saturday, March 8

- 19th Annual International Women's Day potluck Q.C.C.
for women 6 p.m.
- Medicine Wind Gorge Hall, Cortes Is.
Admission \$20 8 pm

Sunday, March 9

- Clocks 'SPRING' ahead one hour 2 am
- Learn to Sail Registration Q.C.C.
More info call Frank and Shirley Wallace, 285 2297 1:00 pm

Monday, March 10

- Garden Club presents West Coast Garden Style, Q.C.C.
a slide show of Vancouver gardens by Val Bar 7 pm

Friday, March 14

- Friday Flicks presents: Offside Q.C.C.
Doors 7:30 - Showtime 7:45 pm

Sunday, March 16

- Geshe YongDong speaks on Upper Realm, Q.C.
"Body, Speech & Mind" 11 a.m.
- Montreal Guitar Trio Q.C.C.
tickets \$17 advance (\$20 at the door) 7:00 pm



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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, March 10th



Islander Forum

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

Dear Editor:

On Feb.16th, Quadra Island Cultural Committee presented a performance of Silk Road and the Fabulous Chinese Acrobats to a family audience of over 200 people. Although feedback suggests to me that most people left feeling that they had seen a unique and exciting performance, a few people expressed concerns about the Chinese acrobats that I wish to address. It should be noted that Silk Road is a completely separate ensemble, living in Vancouver.

On the recommendation of a CR educator, we hired the acrobats through Artstarts, a well-respected BC agency which annually presents three days of youth-oriented performers to school and community presenters seeking acts for their young audiences. Most school districts depend on Artstarts for their cultural shows. Last April, Artstarts showcased the Chinese acrobats with a Chinese MC and a different slate of acrobats, so the show we presented was similar in its elements but different in its personnel. Some disappointment in the Quadra performance pertained to the "new" MC who did not provide the promised Chinese cultural context and who talked down to the audience and interrupted the momentum of the show.

A second concern that came forward related to the physical safety of the acrobats. The men in particular had some forceful landings that were uncushioned by mats; accumulated stress of this kind on the body has a high risk of creating longterm injuries and health problems.

I personally had difficulty with the lack of transparency of this company in a number of ways, and have discussed this with both interested and disinterested people who are "in the know". On balance, most of my personal alarms going off seemed unwarranted. I have written a letter to Artstarts, detailing the above concerns, making some suggestions to boost the artistic integrity of the show, and requesting that they evaluate the safety aspect; these concerns will be passed along to the American agency which handles this group. Artstarts will also be re-evaluating its role in bringing them to B.C., and is considering some changes. It has not been a completely happy experience for them either.

QI Cultural Committee members are also discussing their own responsibility to both their audiences and the performers they hire, and will no longer hire groups of young people who are trained in their own countries and then cycled through an international touring

schedule in which concern for their health and safety may not be foremost. Although this means no more Kahurangi or Fabulous Chinese Acrobats, we will continue to work toward maintaining a strong ethnic component in other ways. I very much appreciate the honest feedback we received and trust this letter will reassure those who came forward with their concerns. Please feel free to call me at 285 3560 if you have other feedback.

Yours sincerely,
Helen Moats
Cultural Committee Co-ordinator

Ferry Terminal Looking back ...

Looking back almost exactly five years ago, to the 27th of February, 2002 with David Oppenheim in a supporting role, Jim Abram got front page coverage in Campbell River's press release media criticizing the then Quathiaski Cove ferry terminal expansion plans, which included a new ferry passenger waiting building. In our inclement weather, the planned facility was to provide an adequate dry waiting room for ferry passengers, along with sufficient space for a coffee and pastry vendor to serve patrons out of the wind and rain. It was also designed to provide adequate bathroom facilities.

Looking now at the construction of the Alert Bay "cookie cutter" cloned passenger facility finally in progress in the Cove. except for the inclusion of squeezed in extra toilets at the expense of the already too small waiting area designed for Alert Bay travellers, will the bathrooms facilitate not only adequate access for the handicapped, but for unencumbered users as well? How many people rubbing shoulders together out of the rain will find the 150 square feet of space or so comfortable, with or without chairs or benches or coffee and snacks?

Are the facilities under construction now the intended consequence of those 2002 protesters, or are they just the unintended consequences of those perpetual protesters of anything and everything?

Ted Conover.

Internet ADSL Heriot Bay?

Not yet for those few readers who are interested, this is an update to my comments in the previous issue of the Discovery Islander regarding the formulation of a logical and prudent business case submission to Telus to provide ADSL service in the Heriot Bay locale. Jerry Benner has advised that “regarding the numbers of households that have responded I think the number is too few to use with Telus.”

Nevertheless, Jerry further advises that “it is better to make the generic case that there are many households all over the Island who would subscribe to the ADSL” and that “Jim Abram who is also quite committed to getting the expanded service and has dealt with many of the decision makers in the past. He is willing to help coordinate efforts.”

Quotes without further comment, but as I observed in the last Discovery Islander issue, there were no guarantees.

Ted Conover.

Spring is Coming

I have just been for a walk, checking on daffodils sprouting and saw my first robin of the year.

It has been four very long months since Tony Marmol left us so suddenly and unexpectedly, yet it still feels like yesterday. Tony was a wonderful man, kind and caring, blessed with a marvelous sense of humour, generous to a fault. He truly cared about each person that crossed his path. I do know that he is missed by many.

I am extremely grateful to belong to a community that comes together to show support during trying times. Thank you to the First Response team for coming so quickly. Thank you to my family and friends for your support.

Thank you to each and everyone of you that attended Tony’s service. What an amazing turnout, a true honour for my dear husband.

Thank you to all those that planted daffodils to remember Tony. ‘Tony’s Daffodils’ will be a special breed only on Quadra Island. Garden Club - you are wonderful - 400 at the cemetery. Special thanks to Cliff, Greg, Brian, Dionne, Doris, Wendy, Lisa, Bill, Len, Karen, Duffy and Band, Cape Mudge Band, Walcan, to all businesses that donated so generously to the benefit dance on December 1st and to all the brave souls who attended during and incredible snow storm. I am proud to be a resident of such a wonderful community.

Dawn Marmol

Decentralize—Outlook From This Lookout

There is some talk of moving back to the provincial police model. Any method of counteracting the trend toward centralization seems a positive move toward democracy, which is in fact power to the people—the very opposite of shahs, tsars, etc.

Cooperation is a fine buzzword, but in fact NAFTA has not helped the average North American. Now that there is further talk of harmonization through the SPP which as in NAFTA is to benefit a select few while moving power out of the parliaments and congresses and into the boardrooms. I don’t care for the base dissonant tenor of this harmony any more that I did for the “Irish eyes are smiling” tune.

Some of these modern monikers have the tone of earlier ones, don’t they? Homeland security sounds familiar for example. Security and Prosperity Partnership puts me in mind of the Asian Co-Prosperity sphere. Hopefully this new one will be as successful.

Apparently both the Tories and the Grits are backing SPP.

The ethos of nations can be discerned from their mottos: the French have Liberté, fraternité, égalité; the USA: freedom, liberty and the pursuit of happiness; Canada: Peace, order and good government. Oh well, to quote Meatloaf, “Two outta three ain’t bad”.

Dennis Gignac

ON FEBRUARY 15, THE SRD & CVRD WILL HAVE

NEW WEBSITE AND EMAIL ADDRESSES

On February 15, the Strathcona Regional District (SRD) and the Comox Valley Regional District (CVRD) will come into being, as a result of the provincial government’s restructure of the Comox Strathcona Regional District (CSR).

The new website address for the SRD is: www.strathconard.ca

The new website address for the CVRD is: www.comoxvalleyrd.ca

Email addresses for employees of the SRD will end in:
[strathconard.ca](mailto:bsmith@strathconard.ca) – eg. bsmith@strathconard.ca

Email addresses for employees of the CVRD will end in:
[comoxvalleyrd.ca](mailto:bsmith@comoxvalleyrd.ca) – eg. bsmith@comoxvalleyrd.ca

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West Coast Garden Style

On Monday March 10th, 7:00 pm at the Community Centre, local landscaper/garden designer, Valerie Barr, will present a slide show of current Vancouver residential gardens. The presentation will focus on regional influences in garden style using the beautiful gardens of Vancouver as inspiration. The history of gardens is the history of style. Through the centuries the surrounding environment has been the greatest influence on gardens: from the cloisters of the medieval garden, to the Renaissance gardens of Italy and France, and more recently, from the utilitarian rhythm of a modern garden, to the current trend of protecting the earth with a reverence for nature. West Coast Garden Style varies between city and country. While Vancouver's gardens inspire with artistic expression, local gardens have a different relationship with the environment. This creates a different local garden aesthetic. We adapt to our environment, and it shows in the differences, and the commonalities, of our gardens and Vancouver's. Val is a certified horticulturalist, with a newly acquired certificate in garden design and has had her own ecologically harmonious gardening business on Quadra for 20 years. After studying design last year at UBC, she will share her experiences with the garden club.

For the show and tell table, bring spring flowers: hellebores, japanese plums, forced forsythia. The snow drops and crocus are out and if you are lucky violets will be showing their sweet purples. Share your extra seeds or seed catalogues. Drop ins welcome \$2 at the door or buy an annual membership \$10.

Quadra Island Seniors



As usual we celebrated Valentines Day at our February meeting with music, song and verse, with Judy and Ronda supplying the music on the chimes and leading everyone in the singing with yours truly supplying the verse .

This took place after Barb Williams had given a presentation on "Operation Christmas Child" Where members can participate in making up shoe box's of toys and other goodies to be distributed to needy children all over he world.

The meeting over, we all enjoyed a pot-luck feast. Not only are our members artistic and talented, they are excellent chefs as well.

As promised, Ruth Amiabel came up with a very interesting excursion, arranging a guided tour of the Maritime Heritage Museum, if you have not had the pleasure of visiting the museum I recommend you do, I found it very interesting as did the other members who took advantage of the opportunity to learn more of the history that makes up Campbell River and the Discovery Islands.

We are continuing our other activities Wednesdays from 10:00am, commencing with armchair aerobics, followed by carpet bowling and then in the afternoon from 1:30pm we have our sing-along group, so we keep fit have a competitive game and go home with a song in our hearts , what a good deal.

If you are not already a member of the club, come along and visit us on Wednesday's at the Legion Hall or call our membership director, Marshall Toelle

At 285 3226, he will be glad to answer any questions you have

Bob Brown
President (Br f6#91 BCOAPO)

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News and Events

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

Quadra Island Cemetery AGM

Wednesday March 26th, 2008; 8:00pm at the Quadra Legion

Senior Housing

Society is going to kick-off a fund raising campaign March 15 at the Legion Garage Sale. If you can donate saleable items, please contact Kurt @ 2150, Carol @ 2652, or Muriel @ 3216 for pickup. Let's Make It Happen!

Garden Sharing

There is a plan to form a registry to link those who would love to grow vegetables but have no suitable space with those who have gardens but lack the time, energy or mobility. Produce could be shared. Anyone interested please call 285 2556 or Email dici@shaw.ca This is a joint Quadra Circle/ICAN (Island Climate Action Network) initiative . Food grown locally is not only tastier and healthier but conserves fossil fuels otherwise used on transport.

Quadra Climbing Wall Open

The Quadra Vertical Climbing wall will be open January thru April every Sunday from 3 - 5 pm, except for March 16 and 30.

The drop in fee is \$5 and gets you a harness, belay instruction and lots of encouragement! If you are interested in volunteering or otherwise becoming involved (or donating used climbing shoes) Contact Matthew at 285-2543 for more info.

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Women's Day Potluck

The 19th Annual International Women's Day potluck for women is Saturday, March 8 at 6 p.m. at the QCC. Bring your mother, sister, daughters and girlfriends, delicious food to share, cutlery, plates and refreshments and enjoy laughter and sisterhood.

Quadra Legion

Quadra Legion Lounge open Friday and Saturday at 4:00pm. Complimentary pool tables, darts and shuffleboard. Meat draws support Quadra Island based nonprofit organizations every Saturday 5:00pm to 6:30pm. New and established members with guests welcome. See you at the Legion!

Island Voices

Saturday March 8 - Island Voices Chamber Choir presents a joint concert with Philomela Women's Choir from the University of Victoria at 8 pm, Sat. Mar. 8 at the Old Church Theatre, Courtenay. Tickets at Bopcity & Blue Heron Books. Info-Marvin at 338-2461.

Concerned About Ferries?

Join a growing call for action. Log on to Save our Ferries web site and sign a petition to have the ferry system mandated as part of the BC highway system:

www.saveourferries.com/online_petition.html

Rally for Our Ferries

82% Of Quadra's Eligible Voters Signed The Ferry Petition

Now join the RALLY on Monday March 3. This is your chance to respond to the arrogance of Transportation Minister Kevin Falcon who said "boo hoo" in response to the concerns of ferry dependent communities.

Demonstrate your frustration, your fears, your anger over rising fares.

Meet at the Quadra ferry terminal at 8:30 a.m. The petition will be presented to our MLA Claire Trevena on the 9:00 a.m. ferry run and she will present it to the legislature. Petitions from other islands are being delivered to the relevant MLA's and they also will be taken the legislature.





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Get on the Ball: Core Stability

Developed in the 1900's the body ball, also known as swiss, fit , or stability ball, was used by physiotherapists as part of their routine therapeutic and conditioning programs.

Today ,balls are used in countless fitness classes, by personal trainers, and found in homes and work places throughout the world.

The real benefit of using the ball comes from its inherent instability. Your muscles must work to keep the ball stable during exercise movements .

The body ball challenges your muscles in new ways helping to strengthen and built up the deep "core" muscles in the body.

Three layers of abdominal muscles that run in different directions, the mid and lower back, buttocks and thighs. These muscles are involved in almost every movement in every day life, work and sport.

They work together in spinal movement, weight bearing and trunk support.

They also stabilize and play a major role in maintaining good

posture, which is so important if we are spending much of our working life in a sitting position.

Your core is the center of power. It needs to be solid and strong, since there is no bone support between the last rib and your hip bone, except your spine. Your body relies entirely on the strength off the surrounding muscles to protect the vertebrae and discs in your lower back, the lumbar spine.

Aerobic ball classes are an excellent workout and an perfect way to train core stability, strength and balance. You will also learn proper technique on the swiss ball you may incorporate into your daily fitness routine.

Get on the Ball and join a Ball Class at the Quadra Community Centre. Wednesday nights 7pm-8pm. March 19th till May 7th

Beginner Class / No impact - 8 classes \$ 50 . Pre-registering required, only limited amount of balls available.

Drop in with your own ball \$8. Please contact Marion Eberlein at 285 2895 for questions and registration

Running Clinic

Why take up running? Because it is the simplest, fastest, most accessible way to fitness, weight loss and good health.

You don't need a partner, you don't need equipment, and you don't need much time. A mere 20 minutes three times a week is enough, to make you fit and energetic.

If one of your goals is weight management, you can't find an easier and more efficient way to burn calories than running.

Running is the best calorie burner.

Join Mark Cryderman a certified running instructor and coach, and Marion Eberlein BCRPA certified personal trainer for an 8 week running clinic starting March 25th. Cost is \$69 Tuesdays 5pm, Community Hall. Register today call Marion at 285 2895.

Find the motivation, inspiration & information you need to begin your life as a runner.

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Fear of Snakes... A success story.

Dragon's Lair Pet Store's Joel Dyck lent support to 98.9 Jet FM morning radio host Joel Lamoureux who set out to conquer his fear about snakes.

The Comox Valley radio host had mentioned, in an earlier show that he was morbidly afraid of snakes. Karin Hanson, one of the Campbell River store's partners, heard this remark and Dragon's Lair set out to help.

On Wednesday, Feb 06, 2008 Joel Dyck brought a six-foot long, red-tailed boa constrictor, named Zeus, to 98.9 Jet FM studio to let the radio host face his fear, live on radio. The fear was proven real when Joel's co-host, Patty had to open a window for some fresh air to cool Lamoureux's sweat gathered on his brow. His voice quivered during this encounter, even though he knew the folks at Dragon's Lair Pet Store are professionals in exotic reptiles, spiders and other unique creatures.



98.9 Jet FM morning radio host Joel Lamoureux (L) conquers his fear of snakes on-air.

To some degree, the radio host, felt comfort in that fact, and was able to let Dyck place the boa constrictor on his arm. In so doing the snake quickly wrapped himself around Lamoureux's arm in order to feel secure in its surroundings. (A boa constrictor is a tree snake from Columbia, S. America)

After the snake was back on Dyck, Lamoureux said, "My whole body had that tingly feeling." Following Lamoureux's encounter with Zeus, he was quoted as saying, "Although I am still afraid of snakes, the fact that I was able to touch the snake and let him wrap his powerful body around my arm, makes this a success story."

Geshe YongDong

Geshe YongDong, a Tibetan monk, is coming to Quadra Island to lead a meditation and speak on "Body, Speech & Mind".

Geshe YongDong has been a monk since age 13 and has received training from both Buddhist and Bon teachers in Tibet and India. In 1992 at the age of 24, he gained the Rajampa Geshe degree, the highest academic degree awarded in the Tibetan monastic education.

In the spring of 1992, Geshe YongDong escaped from Tibet by walking for 10 days through the Himalaya mountains into Katmandu, Nepal. He then travelled to Dharmasala, India to meet the 14th Dalai Lama and continued his studies.

Since 1999, Geshe YongDong has been teaching students in Germany, Holland, France, USA and Canada. Recently he has located in Courtenay B.C. We are very fortunate that he comes to visit us in Quadra Island.

Geshe YongDong has picked a very interesting topic. Our thoughts, our words and our actions are the product of this intimate relationship between "Body, Speech & Mind." Instead of being swept away by negative emotions, mindfulness of our thoughts can influence what comes out of our mouth in a positive way. This, in turn, can influence the body to act in a more compassionate and peaceful manner towards our loved ones and all beings.

We create our own Karma by what we think, what we say and what we do. Understanding the interrelationship of body, speech and mind is crucial to creating good Karma.

Geshe's talk starts at 11 a.m. on Sunday, March 16 in the Upper Realm of Q. Cove on Quadra Island. Suggested donation is \$10 but pay what you can.

Call Danielle or Steve at 285-3323 for more information. Cortes islanders can get a ride to and from the ferry by calling the above phone #.

www.discoveryislander.ca

BC Hydro files Revenue Requirements Application with BCUC

VANCOUVER – BC Hydro today filed a Revenue Requirements Application (RRA) for fiscal years 2009 and 2010 with the British Columbia Utilities Commission (BCUC), which includes a \$3.4 billion capital program to renew and upgrade Hydro dams and electricity infrastructure.

The two-year rate application will include a rate increase which, for the majority of BC Hydro residential customers, will amount to \$5 or less per month for each year of the application. Even with this increase, BC Hydro residential customers will continue to enjoy among the lowest electricity rates in all of North America.

The World's First Toxic Comedy

With humor, chutzpah and a piece of vinyl siding firmly in hand, Peabody Award-winning filmmaker Judith Helfand and co-director and award-winning cinematographer Daniel B. Gold set out in search of the truth about polyvinyl chloride (PVC), America's most popular plastic. From Long Island to Louisiana to Italy, they unearth the facts about PVC and its effects on human health and the environment.

Helfand coaxes her terribly patient parents into replacing their vinyl siding on the condition that she can find a healthy, affordable alternative (and it has to look good!).

A detective story, an eco-activism doc, and a rollicking comedy, BLUE VINYL puts a human face on the dangers posed by PVC at every stage of its life cycle, from factory to incinerator. Consumer consciousness and the "precautionary principle" have never been this much fun.

Join Sierra Quadra on Saturday, March 1st at 7:30 pm for this entertaining and informative film. Community Center doors will be open at 7:00 pm.

www.discoveryislander.ca

Theatre Sports for Kids

(Ages 6-12)

In this fun-filled class, children learn theatre games, theatre skill development and basic acting skills. The first half of the class includes warm-up followed by theatre and improv skill development: in the final half of the class the children will play various theatre games designed for stage performances.

Quadra Island Community Centre Every Wednesday 2:45 to 4:15 pm Cost is \$2:00 drop in. For more information call Tara Kaye @ 285-3843 Children snack-time is 2:45- 3:00, kids bring own snack

Quadra Runners

Quadra Runners is a no pressure running group; whose objective is enjoying jogging and running together. Participation is free. For more information contact Tara Kaye at 285-3843.

Beginners Jog/Walk: Thursdays at 3:00 at the Rebecca Spit Park Field.

This jog is designed for new runners or runners reintroducing jogging into their fitness program. This group runs from the Rebecca Spit Field Parking Lot to the Spit's End and then back again. This group jogs at a light pace and stops running to walk frequently

Intermediate Jog/Run: Sundays at 8am at the junction of Heriot Bay Rd and Rebecca Spit Rd. This group is great for the intermediate runner. The group runs from the junction point to the end of the spit then back again. We run at a moderate pace and stop running to walk occasionally.

We Run Rain or Shine!



Q-Beans Coffee

Only organically grown, fair-trade coffee. Kiosk opens at 6:00 a.m. daily at the Q-Cove ferry terminal.

6th Annual National Aboriginal Youth Violence & Changing Times Training Conference

"Healthy Youth Today, Healthy Nations Tomorrow" March 14 – 16, 2008, Harbour Towers Hotel & Suites, 345 Quebec Street Victoria BC

Join us for this inspiring and motivating conference for youth, youth workers and those who live or work with youth. The conference features 30 small, interactive workshops for both youth and adults, plenary sessions, motivational speakers, urban rockclimbing, entertainment by Aboriginal hip hop group 7th Generation, a career fair/trade show and banquet & entertainment evening. The PARTY (Prevent Alcohol and Risk-Related Trauma in Youth) Program is a life-changing experience which will encourage youth to make smart choices.

For more information: www.firstpeoplescanada.com.

To register: First Nations Training & Consulting Services

Mail: PO Box 5000 Saanichton BC V8M 2C5

Courier: 1164 Stelly's Cross Road Brentwood Bay BC V8M 1H8

Phone: 250.652.7097 Fax: 250.652.7039 Email: office@fntcs.com

Smooth Edge at Cafe Aroma

Friday, March 7th, 7:00 - 10:00 p.m.

Tickets \$10

Lois Taylor, Diana McKerracher and Kent O'Neill have been performing as Smooth Edge for over 20 years. Cafe Aroma offers a chance to see these talented local musicians in a relaxed intimate setting. Joining them for this special performance are Jim Theiven on bass and Hal Douglas on guitar. The cafe opens at 6:30 p.m. and will be serving the usual array of tasty food and drink. Seating is limited - advance tickets are recommended and available at Hummingbird, Quadra Crafts and Cafe Aroma. For more information contact Hal Douglas at 285-2894.

Aerobics

Enjoy a refreshing, well rounded body workout with Marion.

Low impact cardio, strength training upper and lower body, core conditioning and stretching to the beat of great music. Improve your fitness. Get more energy and be part of a fun group class.

Everyone welcome. Suitable for beginners. Classes are Mondays and Thursdays from 6:00- 7:30pm at the Community Centre.

7:00- 7:30pm will be focused on stretching and relaxation. Drop in \$ 7 incl. stretching. For more information call Marion at 285 2895

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285-2436

New Strathcona RD Elects First Chair

At its inaugural meeting today, the newly formed Strathcona Regional District (SRD) elected Craig Anderson as its first chair and Tom Pater as its first vice-chair. They will hold these positions until December, when each regional district in BC has its annual inaugural meeting and elects its chair and vice-chair for the coming year.

The SRD is one of two regional districts created today following the provincial government's restructuring of the Comox Strathcona Regional District (CSRSD). The other is the Comox Valley Regional District.

Anderson is the mayor of the village of Gold River and Tom Pater is the director from Kyuquot-Nootka (Area 'G'). Both directors served on the former CSRSD board.

The SRD board also appointed Graeme Faris as acting chief administrative officer (CAO). The appointment will be in place until March 31st of this year, which will give the board time to recruit for a permanent position. Faris was with the CSRSD for 25 years, the last several years as general manager of operational services.

The Strathcona Regional District is a partnership of five electoral areas and five municipalities providing nearly 43,000 residents with 77 services—from parks to a full-service sports facility to liquid and solid waste systems.

Montreal Guitar Trio

Guitarists especially and music lovers in general will enjoy the upcoming concert by the Montreal Guitar Trio, on Sunday, March 16, at 7:00 pm in the Quadra Community Centre, sponsored by the Quadra Island Cultural Committee. Described by the CBC as "...the hottest guitar ensemble in Canada," the Montreal Guitar Trio, also known as MG3, takes listeners on a musical journey through the world's many cultures from Asia to the Balkans, from South America to Quebec. The evening will be enriched by the presence of Quadra Island guitar-maker Richard Pielou, who will be displaying a selection of his beautiful guitars. The audience will have the opportunity to hear this local artisan's guitars played by the best!

MG3 members Glenn Levesque, Marc Morin and Sebastien Dufour use a variety of playing styles in an eclectic program ranging from film music to opera, oriental legends to Brazilian love stories, flamenco to Celtic Reel. Their arrangements and original compositions have been inspired by dance forms like tango, samba, and rumba and are augmented by percussive effects on the guitar body. The Trio is also known to sing and play alternative stringed instruments such as mandolin and chirango. Combining exotic melodies and hot rhythms with a sense of humour and virtuoso guitar playing, MG3 creates an energetic and passionate performance that brings audiences to their feet.

Since its inception in 1998 at the University of Montreal, MG3 has toured extensively across North America and Europe. Among the hundreds of concerts they've given, many have been recorded and



broadcast by national networks such as CBC, BRAVO, Radio-France, the Romanian National Television and Société Radio-Canada. MG3's 2002 Montreal concert, entitled "The Heat of the Day," was nominated for Concert of the Year (Jazz and World Music) at the prestigious Prix Opus 2002, celebrating musical excellence in Quebec.

The Trio's recording history began with "Meninas" in 1999. Among the collection are three tango-style pieces by the renowned composer Astor Piazzola. Their second album, Garam Masala, which was nominated for Disk of the Year (J&WM) in 2002 includes an original composition by MG3 member Sebastian Dufour. In the fall of 2006, the Trio released their 3rd, self-titled CD showcasing more original compositions by each musician.

Music critics use words like "exuberant" and "spectacular" to describe MG3. Bill Rankin of the Edmonton Journal wrote: "... They delivered loads of infectious good humour and some solid ensemble playing that skirted the four corners of the musical world." "The Montreal Trio's guitars know no limits. They journey along with brio from jazz to classical music, from India to Canada...sweeping

listeners away on the thunder of their strings." (La Montagne Newspaper, France.)

Tickets for MG3 are \$17 advance (\$20 at the door) and are available at the usual ticket outlets: Hummingbird Office and Art Supply in Q. Cove, Quadra Crafts in Heriot Bay and the Music Plant in Campbell River. For youth 16 and under accompanied by an adult, this concert is free!

Seniors' Housing

Fundraiser needed. Someone with aptitude, experience & interest in raising funds for 8-unit senior housing project. Hornby and Cortez Islands have done it with a population of 1000 or less—why can't we do it on Quadra with 2500? Need someone to identify philanthropists here on Quadra, and motivate them to help make this project a reality in the near future. Time is of the essence, since building costs continue to escalate at about 1% a month!

Please contact Bob Lasby, treasurer QISHS, for more information or to discuss how you can help. 285-350

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Workshop on Rainwater Harvesting Systems

Bob Burgess of the Rainwater Connection (one of the presenters at the January Sustainability Fair) will be returning to the Island for a Sierra Club evening presentation on rainwater collection Saturday April 5 at the Community Centre. On Sunday Morning (9:00 till 12:30) he will also be offering a hands-on workshop for a limited number of people who are seriously considering the collection and use of rainwater for their gardens or even for inside their homes.

During this practical fact filled morning, participants will get enough information to design and build their own rainwater harvesting system. This includes the quantity of rainwater you can collect from your roof; the most appropriate size and type of cistern/tank; the best gutter and downspout design for capturing the highest proportion of available rainfall; how to "clean" the water before it gets to your storage tank; how to keep the water "fresh" and safe for its intended purpose, and different ways to pressurize the water to its destination. The final step of the design will be a preliminary estimate of construction costs.

The cost of the Workshop is \$80. Enrollment is limited to 8 persons to ensure sufficient one-on-one time to complete your preliminary design. Participants will need to bring an accurate calculation of the ground floor footprint of the buildings they plan to collect rainwater from as well as the anticipated quantities of water they want their system to provide.

Pre-registration is required. Phone Bob at 1 877 777 2155 or email bob@rainwaterconnection.com.

Bob Burgess is a rainwater specialist providing consulting services to local governments as well as designing rainwater-harvesting systems for private residences and commercial establishments in the Gulf Islands, and Vancouver Island. His company, "The Rainwater Connection" has designed and installed hundreds of rainwater systems over the past 6 years, and supplies clients and do-it-yourselfers with products to make the task easier.

Photo Album Workshop

The Campbell River Arts Council will host a bookmaking workshop on Sunday, March 2, from 10 am to 4 pm at the Sybil Andrews Cottage, 2131 South Island Highway in Willow Point. Based on Japanese bookbinding techniques, this 9 x 11 5/8 inch album is ideal for photos or scrap-booking. The album will take the form of an open spine book, laced with ribbon and covered with bookcloth. All of the pages will be made of acid-free papers. In this workshop you will learn how to find the grain of the paper, how to score the pages and how to punch holes for a truly professional look. All of the materials will be supplied and most will be pre-cut. You will be amazed at the results and go home with a finished project! Some experience with craft making would be helpful but not absolutely necessary. These albums make for a wonderfully personalized gift. The cost of the workshop is \$65.00. Class size is limited so please call the Arts Council at 923-0213 to reserve a place.

Spring into Yoga

Five-Week Yoga Session with Ann Toelle

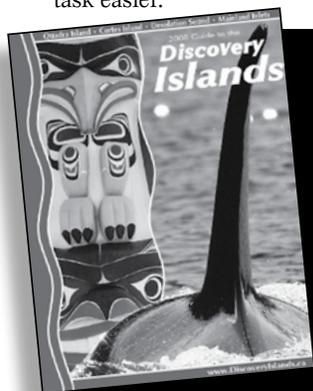
Starts February 26 - March 27, 2008
Tuesdays and Thursdays 9 a.m. to 10:30.
Cost \$115 10 classes over 5 weeks, Everyone welcome! New students - no obligation until second class. To register phone Ann at 285-3783

Drop In Yoga

February 27 - March 26 2008, Wednesdays
5:30 - 7:00 p.m. Cost \$12. Students \$10.
Everyone welcome!

"West Road Yoga" upstairs at 680 Industrial Way. I teach traditional Hatha Yoga to give you a foundation of basic standing, sitting, inverted and relaxation poses. A precision oriented method; this yoga seeks to develop flexibility, strength, stamina and concentration in a balanced way. Beginners welcome - come give it a try!

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Cut Off is March 14.
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Cedar Tree Exhibition

Campbell River Art Gallery opens an exhibition titled "The Cedar Tree" February 29 at 7:00 p.m. They invite everyone to attend to meet guest curator Ken Blackburn and the eight regional artists represented in this show. Among them is the current Writer in Residence at Haig-Brown House in Campbell River, Brian Brett, who will read a poem created for this exhibition on opening night.

The cedar tree symbolizes a myriad of cultural expressions from the past and the present, says guest curator Ken Blackburn. He invited a select group of artists to create work using the cedar tree as a premise to explore the polarized forces of nature and economics. Blackburn is fascinated by the tree's role in ancient First Nations culture juxtaposed against its current place as a high priced commodity. The participating artists present a blend of thought-provoking contemporary work and traditional First Nations pieces, rooted in centuries old forms.

Among "The Cedar Show" artists are two recent grads from North Island College's Emily Carr Art and Design program, Ja Witcombe and Ahn Le of the Comox Valley. Photographer Sandra Chow and sculptor Gary Ratushniak are born and bred Campbell Riverites, though Ratushniak now lives in London, England. Kwakwaka'wakw Master Carver Bill Henderson of Campbell River trained at his father Sam Henderson's knee. He has an international following and now acts as a mentor to younger artists like Junior Henderson, whose work is also represented in this show.

Join the artists for a lively opening on February 29 or to drop by Tuesday through Saturday afternoons from 12:00 to 5:00 p.m. For more information on this exhibition or the Gallery's large selection of art classes and workshops call 250-287-2261 or check their website at crartgallery.ca.



A full sized shopping cart made from cedar bark by Kwakwaka'wakw artist Liz Carter for the group show "The Cedar Tree."

Medicine Wind Breezes onto Islands

Quadra Island
March 6, 8PM,
Quadra Community
Centre, Admission
\$15.

March 8, 8PM,
Cortes Island, Gorge
Hall Admission
\$20.

Ugandan world music star touring the island Kinobe, a young master of the 26 string African harp known as the Kora, is touring Vancouver Island this March with



Victoria based guitarist Michael Waters. Kinobe has been a rising force in the world and roots music scene in Uganda, recently finishing a seventeen-country tour with his band Soul Beat Africa.

Kinobe and Michael first met in Uganda in 2005, when Michael was recording local choirs for a charity he works with. "When I first heard Michael play, I knew we were walking in the same direction, only he was many years further down the path," says Kinobe. "We have been planning to tour ever since, so now it starts."

Because Michael had recording equipment with him when they met in Uganda, their very first encounter playing together has been recorded, and is on Michael's website (www.ladybirdmusic.com). "Kinobe's sense of tone and rhythm with the Kora takes you very deep," says Michael. "You can feel the African earth and sky in his music."

Kinobe has been playing music since the age of five, and began touring Europe with an African ensemble when he was ten. Based in Kampala, the capital of Uganda, he spends much of his time travelling into the more remote parts of the country to play with musicians still steeped in the tribal traditional styles. His fascination with the Kora came from

hearing the Mali virtuoso Toumani Diabate play. "As soon as I heard him play, I knew this was the instrument I would go deepest with" says Kinobe. "Even though it is not a traditional instrument from my country, it still speaks to me on my land and people."

Michael Waters has been growing a following through local performances over the last two years. After 33 years playing guitar as a spiritual practice, Michael's encounter with the medicine traditions of the Amazon triggered a 30-month wave of composition and the decision to begin performing publicly. He combines acoustic virtuosity and a new genre known as psychedelic chill. He has recently returned from performances in the United Arab Emirates and Paris.

Kinobe and Michael's tour takes them from a cultural exchange with the First Nations in Alert Bay, at the U'mista Cultural Centre, to a final show in Victoria in early April. They will record a CD during their time together here, to support a European tour together in the fall.

Their show on Quadra Island is at 8PM on March 6 at the Quadra Community Centre, and on Cortes at the Gorge Hall at 8PM on March 8. More information can be found at www.ladybirdmusic.com.

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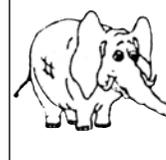
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Flying Fox Circus

at Quadra Community Centre

March 7th at 7 p.m.

Come out and watch the dreams of Flying Fox Circus in a fabulous show for the entire family. This performance will be a wild storm that includes inspiring acrobats, amazing aerialists, high stilts...and a giant poodle! Our dramatic, athletic and eclectic mix of sweat, sequins and circus super-powers will entertain and inspire you! Flying Fox Circus is a multi-age troupe that includes mother-daughter and father-son duos.

Flying Fox was founded in 1997 by Robyn (the Flying) Fox and has been based in the Comox Valley since 2004. Flying Fox has a history of participating in many events around B.C. including the Circus Magicus Press Gala in Victoria and the Whistler Arts & Music Festival in Whistler.

Doors open at 6:30 p.m. with the show starting at 7:00 p.m. come ready to watch an amazing performance and enjoy the concession. Tickets are \$10 per individual and \$30 per family. This event is a Blenkin Park playground fundraiser sponsored by the Quadra Recreation Society.



Qigong Classes

Come and experience Qigong an ancient & powerful Chinese system of simple movement exercises co-ordinated with breathing to strengthen the internal organs, helping to release toxins and relieve stress, preventing illness and promoting self-healing. All fitness levels welcome.

Classes are offered at the Quadra Community Centre in Room 3 on Tuesdays at 10 am starting February 5 for 8 weeks. Cost is by donation. For more information contact Denise at 285-3743.

Qigong Workshop

This workshop will focus on the Healing Sounds with movements that exercise the internal organs & specific sounds that vibrate away inner toxins.

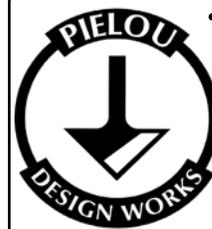
Also ShenGong, six standing postures which address the mind, spirit, muscles, qi tendons, eyes and bones. These exercises are a self-preparation grounding technique for personal practice and for practitioners working in the healing field with patients.

The workshop is at the Quadra Community Centre in Room 3. Please use the south entrance. Saturday February 23 between 10 am and 3 pm (lunch 12-1) Cost is \$50. To pre-register or for more information call Denise at 285-3743

www.discoveryislander.ca

Poetry Workshop with Harold Rhenisch

The Campbell River Arts Council will offer an exceptional workshop for emerging poets on Sunday, March 9, from 10am - 4 pm at the Sybil Andrews Cottage, 2131 South Island Highway in Willow Point. Entitled Poetry: The Dance of Silence, this workshop will be given by noted author and poet Harold Rhenisch. For Rhenisch, poetry has its roots in Music. The workshop is designed to explore the ways in which music and silence interact to give shape to poems — no matter what their style. This is a hands-on workshop. You will work on any poems that you have brought with you (optional, of course), and we will write poems in the workshop, individually and together. We will explore the effects of timing at intensifying emotion, creating endings and beginnings, deepening imagery, and creating pathways for natural speech, and much more. Harold has taught for three summers at the Victoria School of Writing and has led countless writing workshops for people from the age of four to ninety, at all stages of their poetic development. Expect an energetic, fun, and transformative workshop. The author of eleven collections of poetry, most recently Return to Open Water: Selected and New Poems 2007, and two-time winner of The Malahat Review Long Poem Prize, Harold moved to Campbell River in September. He also recently won second prize for poetry in the 2008 CBC Literary Prize. In thirty-five years of poetry, Harold has learned that each poem is a dance between body and mind, and between silence and song. The cost for the day long workshop is \$55.00. Space is limited so please call the Arts Council at 923-0213 to reserve your place.



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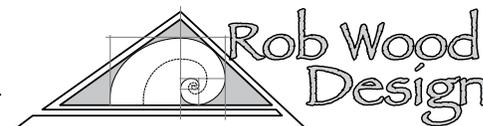
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Local Business Goes Carbon Neutral!

Spirit of the West Adventures, based on Quadra Island, is proud to announce they have become a Carbon Neutral Certified Business. In conjunction with Planetair.ca, Spirit of the West Adventures examined the carbon and greenhouse gases (GHG) emitted as a result of their sea kayak operation. This analysis included calculating all GHG emitted from electricity and resources used at the Spirit of the West Adventures base as well as from all transportation methods used by the company including passenger vans, airplanes and water taxis.

Spirit of the West Adventures is a sea kayak company specializing in fun, safe and educational multi-day kayak adventures in the Vancouver Island area including Johnstone Strait, Desolation Sound and Nuchatlitz regions. Spirit of the West has guests come from around the world to join them for kayaking tours and to experience what the British Columbia coast has to offer including Killer Whales (orcas), humpback whales, bears, eagles and so much more.

In order to 'offset' the carbon emitted and counter the negative effects GHG has on the environment, Spirit of the West Adventures purchases offset credits. Planetair.ca ensures that the credits are invested in third party certified projects that replace GHG emitting energy sources with cleaner, greener sources around the world. There is also a large emphasis on

energy conservation which helps to reduce GHG emissions. The emissions that Spirit of the West produces are balanced by the reductions achieved by the offset projects, leaving them with zero net emissions or Carbon Neutral. Examples of projects which are supported by business and individuals such as Spirit of the West Adventures include: micro hydro power generation in Indonesia, electricity from biomass and wind energy in India, improved cook stoves in Cambodia and generating power from waste water in South Africa.

Spirit of the West has also added a carbon calculator to their website which allows and encourages their guests to offset the emissions from flights and travel undertaken to reach their kayaking trip.

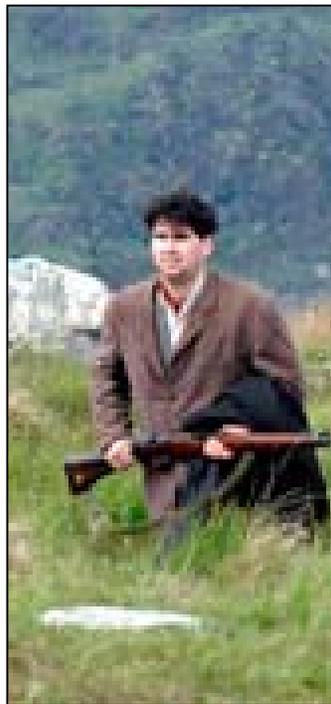
Offsetting harmful GHGs is only part of the solution to global warming. The most important thing that we can do to ensure a healthy climate is to cut back on emissions in the first place. This involves conservation and awareness of how our actions impact the health of the environment. Simple measures individuals can take to lessen their greenhouses gases emitted include switching to energy efficient appliances and light bulbs, turning off lights when you leave a room, driving less and supporting sustainability with all lifestyle choices and purchases. In addition to carbon offsetting, Spirit of the West continues to work to find creative ways to reduce their overall carbon output.

To learn more about Spirit of the West Adventures' environmental commitment, including carbon offsetting, operational practices and membership in 1% for the Planet, check out their website at www.kayakingtours.com.

To learn more about carbon offsetting go to www.planetair.ca.

Tonight -Friday Flicks

The Wind That Shakes The Barley
February 29th Q.C.C.
Doors 7:30 - Showtime 7:45
Adm: \$5.00 - \$4.00 stu/snr



Ireland, 1919. Workers are uniting to face the British squads being shipped in to block the country's bid for independence. Director Ken Loach expertly uses everyday issues as a means to explore character. With **THE WIND THAT SHAKES THE BARLEY**, he has chosen a much bigger subject — the early IRA.

The conceit of two brothers, one passionate about Irish independence from the get go, the other won round, is an explicit metaphor for a divided country. As the debate heats up, Damien and Teddy find themselves on opposite sides of the fence, the former arguing the cause of a genuinely autonomous Ireland, the latter accepting complicity with a British government in order to avoid war. Set around the hills and hamlets of rural Ireland, the beauty of the landscape provides an ironic counterpoint to the turmoil and violence fomented within it.

"Driven by incandescent purpose and acted with passion." (The Independent)

Next at Friday Flicks:

OFFSIDE - Iran
March 14th Q.C.C.
Same time, Same price

Soccer was on everyone's mind in the summer of 2006 because of that tournament of tournaments, the World Cup. This global extravaganza of athleticism has become nothing less than a cultural phenomenon. Iranian director Jafar Panahi has centered his gently satiric comedy **OFFSIDE** on Iran's World Cup qualifying match against Bahrain. But Panahi's film doesn't actually show a ball being kicked. This is a film about fans who turn up to watch a game, but are arrested before they've even passed through the turnstile. Are these known troublemakers and hooligans? No, they are women. Iranian law prohibits women from entering sports stadiums, lest they be contaminated by the rough male atmosphere.

Set against the backdrop of the actual match, **OFFSIDE** focuses on a group of soccer-crazy young women. Like their male compatriots, they want to indulge in the frenzied communal moment of supporting their country and celebrating the skills at play on the field. To do this, they must disguise themselves as men and hope to fool the stadium guards. If caught, they are marched off to a holding pen, then handed over to the vice squad after the game.

Panahi establishes a dialogue between the female fans and their captors. While our sympathies lie with the young women, Panahi ensures that we remain sensitive to the working class soldiers and guards who must enforce policies regardless of their personal feelings.

The immediacy and candor inherent in the semi-documentary style and the feisty characters of the girls give **OFFSIDE** enormous appeal while delving into sober subject matter. The film has made a good case for football not as a male preserve but as a bonding agent of national pride and togetherness. Whether the Iranian authorities see it this way is uncertain, but they're not going to let the people decide: None of Panahi's films have been granted release there.

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Lecture on Climate Change



Joe Melton in Pakitsog, Greenland collecting ice samples for research.

Global warming is being covered extensively in the media and a large number of studies are devoted to understanding the changes the earth is undergoing. How our society and ecosystems are adapting to the warming is an area of intense concern for scientists, social scientists, and economists. But it also has tremendous impact on the general population. The Museum at Campbell River is hosting a talk by Joe Melton of the University of Victoria on Saturday, March 1st, from 1pm - 3pm. Entitled "Abrupt Climate Change: What, How and How Fast?" the talk will address our present understanding of abrupt climate change from the evidence gathered using various paleo-records. Much of the research being conducted treats climate change as a gradual and slow process. However, evidence from such climate records as ice cores, tree rings, and pollen records, show that climate can in fact change abruptly, and on very short time-scales. The talk will evaluate what defines abrupt climate change, evidence of its occurrence in the past (with attention to both the speed and magnitude of the changes) and impacts upon human populations. Melton will also examine implications both for today and for the future.

Joe Melton is a PhD Candidate at the University of Victoria in the School of Earth and Ocean Sciences. Melton is studying methane's role in past abrupt climate change. His research uses the isotope, an intrinsic part of the atom, to understand how the methane sources and sinks have responded to rapid changes in climate. In his research Melton uses both ice core measurements and global vegetation modeling. Melton holds a M.Sc. (Environmental Chemistry) from the University of Calgary. The cost is \$6.00. Please call the Museum at 287-3103 to pre-register and reserve a seat.

Community Demands Action To Protect At-Risk Runs Of Young Salmon From Sea Lice At Open Net-Cage Farms

PORT MCNEILL, BC - A delegation of North Island businesses, residents and First Nations representatives met with the BC Minister of Agriculture and Lands, Pat Bell today in Victoria. They delivered a stark message: move fish farms away from the migration routes of young wild salmon, or we will move the smolts ourselves.

Recent scientific reports confirm that salmon farms are producing sea lice concentrations that are devastating to migrating juvenile salmon and that Pink salmon runs could be exterminated in four years if action to save wild stocks is not taken immediately.

"Wilderness Tourism pours \$1.6 billion dollars into the BC economy annually," said delegation member Brian Gunn of the Wilderness Tourism Association. "We believe the BC Government is being reckless, risking BC's wild salmon populations and BC's lucrative \$1.6 billion dollar tourism industry. The BC tourism industry relies on healthy wild salmon populations to sustain their businesses, whether they are fishing lodges or wildlife viewing operations."

Salmon researcher Alexandra Morton has studied salmon farms for years. "We know removing fish farms can save young wild salmon. To date, the only thing that has worked to reduce lice and help wild salmon numbers rebound is when the Province ordered the Fife-Tribune migration route cleared of fish farms. The province must take similar action now. We need fewer farms, not bigger farms."

Morton also pointed out that there are 22 fish farm leases that have expired in the Broughton Archipelago area and are up for renewal. Many of these companies are applying to the BC government to increase their farm size, which Morton's research confirms will create more lice and fewer wild salmon.

Members of Broughton community are also preparing to take "run-specific actions". They have applied to the Federal Department of Fisheries and Oceans (DFO) for permits to capture young wild salmon from the Ahta River and move them beyond the last fish farm.

They have also launched a campaign (www.adopt-a-fry.org) asking people to adopt one salmon fry for \$20 to fund actions to save the Ahta salmon run.

"The time for talk is over, it is time to bring action to this situation," said Alexandra Morton. "The science is done; we have seen the impacts first hand. We must not be sidetracked by the Pacific Salmon Forum. A wild salmon cannot compromise or negotiate, they can only live or die. We have just come from asking the Minister for assistance, we hope he is with us to help to protect the BC wild salmon."

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Halliday's Viewpoint

by Steven Halliday

Banish The Bags!

The last few weeks have seen somewhat of an epiphany occur in the Halliday household, one which has been bubbling under the surface for at least 13 months. It all started in January 2007 when Harper's Magazine put out a cover story titled Moby-Duck...Or, the Synthetic Wilderness of Childhood. The article struck a sensitive chord in me and was put aside for future reference. Later during the course of 2007 we encountered several roadblocks to our personal recycling efforts, and recently in the dark days of December of that year, CBC Newsworld ran a documentary on Wild Docs called Battle of the Bag, a film that disturbed me and absolutely enraged my better half. In early February we travelled to western Canadian's tourist mecca Puerto Vallarta, whereat the level of plastic pollution reaches heights unheard of in Canada, so now full-out ballistic is the only metaphor I can attach to Norma's intolerance for plastic, most specifically plastic bags. Being a loving and dutiful husband I have taken it upon myself to somehow communicate my wife's... and a significant majority of the planet's population... serious displeasure with Dow/Exxon's curse upon the 21st century.

Many people I've spoken with around the Islands have seen the documentary mentioned above, and all shared a common revulsion for plastic bags and the visual and environmental degradation they have wrought. Some of the film's more disturbing segments focussed on third world countries where the bags are absolutely ubiquitous, literally becoming a part of the landscape, so much so that domestic animals are ingesting the bags when grazing. Unfortunately, for most animals plastic ingestion equals death; the film contains a scene where a cow has 50 pounds or so of plastic bags removed from it's stomach, the ingestion of which had caused the cow to lose most of it's digestive capacity, eventually causing it to starve to death were it not for the surgery. A remarkable number of plastic bags find their way into the oceans, which causes the death of untold numbers of sea life (267 different species affected, according to Greenpeace) that mistakenly ingest the floating bags thinking they are jellyfish. Back on land, in Kenya plastic bags are being blamed for resurgence in diseases related to mosquitoes, which thrive in the stagnant pools created by discarded plastic bags lying on the ground and collecting rainwater. Scientists estimate it takes in excess of 400 years for a standard plastic bag to biodegrade, though current offerings include a biodegradable bag that is claimed to completely degrade in just 4 months exposure

to oxygen and water, apparently for a "fraction of a penny more cost". Widespread acceptance presently seems a distant goal, particularly when the oil industry is loathe to abandon a multi-billion dollar global enterprise manufacturing petroleum based plastics...we simply don't have the time to wait, particularly for something is truly unnecessary - we got along without plastic bags for a few thousand years just fine.

The San Francisco Chronicle reported on another element of the problem on October 19, 2007, whereby scientists are puzzling over a floating patch of garbage - 80% of which is plastic - reportedly twice the size of Texas, with a mass estimated at 3.5 million tons, floating around the Pacific somewhere between San Francisco and Hawaii. The mass is described as being about 5 meters thick, has the consistency of a plastic stew, and is believed to have started forming in the early 1950's. The conglomeration occurs because ocean currents meet at a spot in the ocean called a gyre, which is like a giant whirlpool collecting the floating debris, though the gyre itself is not stationary. Norma recently told me of an acquaintance whose mother described a recent ocean voyage to Hawaii, during which she, being a light sleeper, spent hours wandering the ship's decks at night. She claims that one night the ship spent several hours traversing a large floating garbage dump...perhaps the periphery of the Great Pacific Garbage Patch.

In Canada we use 6 billion plastic bags per year - that's roughly 200 per person, per year. Of that total, somewhere between 1 and 3 percent gets recycled, an abysmally low number when one considers the bags are fully recyclable. However, they are not economically viable to recycle, so there is no incentive for anyone to do so. On the other end of the scale, plastic bags are big money for the industry, with 7,000 Canadians directly employed in their manufacture. It would be absolute folly for us to wait on these companies to clean up their act, and all across the planet people are taking direct action to end society's acceptance of disposable bags, as is the case with our own neighbours at the Squirrel Cove Store on Cortez, who have banished plastic bags from their premises since February 1, 2008. The nation of China has banned the distribution of "thin bags" as of June 1st this year, and European and North American municipalities are now addressing the problem with bylaw revisions banning the bag. Our own household has gone plastic bag free, as my wife and I both carry good quality grocery sacks (available from most grocers for as little as \$1) in our vehicles to handle our daily shopping needs.

Getting back to Moby Duck, essayist Donovan Hohn has written a deceptively titled piece regarding the pollution of our oceans, focussing on the spread of debris from a spilled cargo container that unleashed 28,800 plastic creatures on the Pacific Ocean, including 7,200 little yellow ducks on January 10, 1992. The author tracks down hundreds of the ducks, at various coastal locations around the Pacific Rim, and talks to the people who are interested in them, which include ocean current experts, archaeologists and environmental activists. The article gives the entire litany of shame associated with plastics and the environment, catalogues the horrors it inflicts on creatures unfortunate enough to ingest the stuff, of which Hohn notes we produce about 200 million tons per year, utilizing 400 million tons of oil and gas to do so. Three to four million plastic cigarette lighters have been collected from seabird rookeries at Midway (they can't resist the colourful objects). Albatross nesting grounds across the North Pacific are littered with plastic debris that the birds have crapped out intact, while albatross chicks have been known to starve to death on the plastics their parents regurgitate into their mouths. Scientists recovered over 700 different plastic items inside the carcass of an adult albatross. Hohn describes the experiences of Charlie Moore, a researcher who visited the Great Pacific Garbage Patch (at that time some 800 miles west of California), where he collected "polypropylene fishing nets, a drum of hazardous chemicals, a volleyball (half covered in barnacles), a cathode ray television tube, and a gallon bleach bottle "that was so brittle it crumbled in our hands", thereby creating a whole bunch of bite-size chunks of plastic for marine life to snack on until they die.

In the 1967 movie "The Graduate" Dustin Hoffman's character Benjamin Braddock gets career advice from a family friend that consisted of one word - "Plastics". In truth the plastic revolution was well under way by 1967, but it was indeed sound advice - career wise. Unfortunately our infatuation with the product invented in the late 1870's as "celluloid", which promised us - "As petroleum came to the relief of the whale, so has celluloid given the elephant, the tortoise and the coral insect a respite in their native haunts; and it will no longer be necessary to ransack the earth in pursuit of substances which are constantly growing scarcer" - has become an addiction we all need to confront, cold turkey. Please say no to plastic bags, every day...the earth will thank you.

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Date	Time	m	ft.	
29 Friday	02:36	4.0	13.1	
	04:25	4.0	13.1	
	08:56	4.3	14.1	
01 Saturday	18:09	1.5	4.9	
	03:48	4.2	13.8	
	07:17	4.1	13.5	
02 Sunday	09:12	4.2	13.8	
	19:10	1.5	4.9	
	04:15	4.4	14.4	
03 Monday	09:30	4.0	13.1	
	10:30	4.0	13.1	
	20:07	1.4	4.6	
04 Tuesday	04:34	4.5	14.8	
	09:51	3.8	12.5	
	12:44	3.9	12.8	
05 Wednesday	20:58	1.3	4.3	
	04:51	4.5	14.8	
	10:16	3.5	11.5	
06 Thursday	14:18	3.9	12.8	
	21:43	1.3	4.3	
	05:06	4.5	14.8	
07 Friday	10:43	3.1	10.2	
	15:29	4.0	13.1	
	22:25	1.4	4.6	
08 Saturday	05:23	4.6	15.1	
	11:13	2.7	8.9	
	16:29	4.2	13.8	
09 Sunday	23:04	1.5	4.9	
	05:42	4.6	15.1	
	11:46	2.3	7.5	
10 Monday	17:24	4.3	14.1	
	23:42	1.7	5.6	
	06:04	4.7	15.4	
11 Tuesday	12:22	1.9	6.2	
	18:18	4.3	14.1	
	00:21	2.0	6.6	
12 Wednesday	06:28	4.7	15.4	
	12:59	1.6	5.2	
	19:12	4.3	14.1	
13 Thursday	00:59	2.3	7.5	
	06:55	4.8	15.7	
	13:41	1.4	4.6	
14 Friday	20:09	4.3	14.1	
	01:40	2.6	8.5	
	07:25	4.7	15.4	
15 Saturday	14:25	1.2	3.9	
	21:12	4.3	14.1	
	02:24	3.0	9.8	
16 Sunday	07:58	4.7	15.4	
	15:14	1.1	3.6	
	22:26	4.2	13.8	
17 Monday	03:18	3.3	10.8	
	08:34	4.5	14.8	
	16:09	1.1	3.6	
18 Tuesday	23:49	4.3	14.1	
	00:49	4.3	14.1	
	05:29	3.6	11.8	

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(+7) After March 8

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