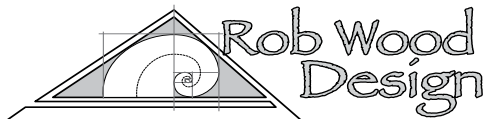


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Community News and Events from Quadra Island, Cortes Island and the Outer Discovery Islands





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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

† 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

Leave Cortes Island

† 7:50 am
9:50 am
11:50 am
**1:50 pm
3:50 pm
5:50 pm

* - Fridays and Saturdays only. † - Daily except Sundays.

** - Tuesday sailings are for Dangerous Cargo - No passengers.

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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 and Saturdays at 4:00pm
- **Every Monday** - Parent and Tots 9:30 am - noon Q.C.C.
- Quadra Circle Social Dancing, 7:00 - 8:30 pm
- **Every Tuesday** - Kalina Folkdancers -QCC, 7:30 to 9:30 pm, Sept. to Apr.
- Al-anon meeting, 7.30 pm at the Children's Centre
- **Every Wednesday** - Moms and Babes 11 am - noon Q.C.C.
- Life Drawing Sessions with model at Firesign Studio 7-9:30 pm
Call Nanci 285-3390
- **Every Thursday** - Parent and Tots 9:30 am - noon Q.C.C.
- Prayer Meeting, 7:00pm at Quadra Island Bible Church
- **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 11:00 am (Sept.-June)
- 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, April 21st 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.



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**Next deadline for the
Discovery
Islander**

April 21st

701 Cape Mudge Rd
news@discoveryislands.ca

On the cover



*Blaine Smith celebrates Bill
Bradshaw's tying goal as
the Quadra Old-Growth go
on to win the Pioneer League
Championship game 4-2
photo: Philip Stone*

Day by day

Saturday, April 12

- Steak Dinner (\$10) Quadra Legion
Ensure your ticket(s) by calling Len Lamb at 285-3354 6:30 - 8:00 pm
- Shane Philip CD Launch and Gumbo Dance Q.C.C.
7 pm

Monday - Friday April 14-18

- "Seven Steps to a Successful Painting" with Brian Simons. Firesign Studio
285-3390

Monday, April 14

- Garden Club's annual giant plant sale. 6:30 pm Q.C.C.
7:30 pm Special guest speaker Carolyn Jones presents "Gardens of the Alhambra"

Sunday, April 20th

- Annual Earth Day Beach Cleanup HQ at Rebecca Spit
10 am to 3 pm

Tuesday, April 22

- Cortes Film Night "How to Save the World with 1 Man, 1 Cow, 1 Planet"
7-9PM Mansons Community Hall

Saturday, April 26

- An Evening in Bali Q.C.C.
Potluck at 6:30 pm, performance at 8:00 pm

Sunday, April 27

- Gamelan workshop with Gamelan Gita Asmara Q.C.C.
call 285-3458 to register

Saturday, May 17

- Cortes Craft Shop Spring Opening & Oysterfest Squirrel Cove, Cortes Is.
noon-4 pm

Island Calendar online: www.discoveryislander.ca

Fri	Sat	Sun	Mon
12°C 7°C 60%	17°C 6°C	13°C 8°C	11°C 5°C 40%



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Submission Guidelines

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

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

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

Next Deadline

7 pm. Monday, April 21st



Island Forum

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

To the Editor,

When many small communities such as ours are losing their doctors due to burn-out from being on-call all the time, while carrying on a practice too, Quadra Island residents are lucky to have a dedicated local medical doctor who continues to live, practice and keep a medical clinic open and running here.

Thank you Erika Kellerhals for your service to this small community, and especially the last while as the only practicing doctor on the island. I am sure it wasn't easy juggling your young family and the clinic on your own.

In appreciation to Erika from a grateful, anonymous patient.

Dear Editor,

Ivan Fanyon was a loving father of two and a wonderful friend, he was a ridiculously funny, genuine person who cared about everyone.

I realize it is hard not to get caught up in the gossip of Quadra Island. I work at the local coffee shop and the day after Ivan died I heard all the stories and all the people referring to him as 'that guy who died' or that 'he was drunk or being stupid, or careless'.

I just want everyone to know that in the end none of those things matter, it is irrelevant when you're talking about someone that was loving, loved, and who is now missed by so many people.

It was an accident, it is a tragedy, let us leave it at that.

We have all lost a great friend.

Sonya Bingham

Tax Us, We're Quadra

Paraphrasing the well known phrase, "Tax Us, we're Canadian", we have to recognize the extraordinary efforts of our esteemed Regional Director Abram, who undoubtedly recognizes that local taxpayers are don't complain and are willing pay increasingly more taxes each year, without compensating benefit.

While he recently got front page coverage in Campbell River's compliant press release media complaining about the Campbell River Regional District representatives vote to reduce their tax requisition impact to a 3.68 % increase (down from the 5.65 % March projection) he boldly without self congratulatory fanfare increased Area J's ("read" mainly Quadra Island) tax requisition increase to 24.33 % (up from March's 22.76 % projection). Effectively, he had locals pick up the bulk of Campbell River's reduced taxes.

Being charitable cash cows, Area J taxpayers generously contribute to Sayward, Tahsis, and Zeballos, whose own tax requisitions don't even contribute enough to cover their director's expenses and remunerations for being part of the Regional District.

What is the discernable benefit to Area J taxpayers for the cost of our taxes that couldn't be accomplished expeditiously by some other form of government, or is it just simply true that local taxpayers don't care, or even care to know?

Ted Conover

Articles, letters and artwork are all welcome for publication in 'Island Forum'

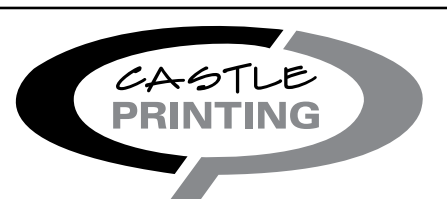
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Next deadline 7pm April 21st

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Area J Regional Director's Report

April 7, 2008

by Jim Abram

Board meeting update

Well, I haven't left yet and couldn't without informing you of the events of last Thursday (March 27th) at the Strathcona Regional District (SRD) monthly board meeting. This was the meeting where we were required to adopt the 2008 financial plan (the budget).

All of the Electoral Area (EA) directors expected that we were going to see the attitudes and the actions of the directors holding the most votes (the ones from Campbell River (CR)) exposed at this meeting. This is what happened in the Comox Valley Regional District (CVRD) the week before. Sure enough, our worst fears were realized. In spite of all of the rhetoric from the lead directors from CR over the past months leading up to the split of the RD about "cooperation", "getting along", "supporting each other's needs", etc., we were faced with a motion that would have effectively slashed our operating funds for the electoral areas to the point of not being able to function nor carry out any of the programs that the public wishes to see carried out. You will read about it in the CR media but I wanted to report it in our local island media also.

The blatant "power play" by one municipality, that has the power to control the RD through the new voting structure that the Minster set in place, was absolutely unbelievable. We were not only being ignored, but we were being treated as "subjects" of the city of CR. The most incredible part of this whole situation was the the municipalities DO NOT pay one cent into the operating funds for the electoral area functions. So this had absolutely no impact nor relevance to the taxpayers of the municipality of CR. There was no logical reason for this move on the part of our next door neighbour.

Some of the increases to our taxes will be directly attributable to the splitting up of the Comox Strathcona RD and others indirectly. We no longer have the economies of scale that we had before. Now we have two bureaucracies (although ours is undeveloped yet and is being contracted to the Comox Valley RD). It is more costly to run in this manner. Some of our functions will increase due to the elimination of the three major electoral areas in the other RD from our previously large tax base. We are now having to draw the same amount (or more) from a much smaller assessment area. So we will see a tax increase this year.

As an example, the Emergency Preparedness function (which was provincially mandated) was around \$14,000.00 of requisition (the money derived from taxation) last year and was slated to go to \$29,000.00 this budget year due to having to hire a staff person to deal with the overwhelming response from volunteers in the northern communities. This is more than a 100% increase in the budget and is justified by the need. This was one of the functions that would have been kept at the 2007 amount, plus a maximum of 3%, by the CR motion to slash the budget. I hope that the volunteers that have put so much of their time and energy into this program will see what I am up against!

After five hours of intense debate and argument, the electoral area directors were able to convince the municipality that what they were doing was wrong. Just plain wrong! They had a caucus over the lunch break and agreed to amend the motion to leave out the functions that were solely funded by the electoral areas and also the Emergency Preparedness function. This allowed a great sigh of relief from the EA directors.

All of the other functions dealing with general government and corporate administration and finance will be held at 2007 levels with a maximum of 3% increase if needed. Due to this last minute motion, our staff were unable to give us any final numbers as to what our increases might be for 2008. We will find out in the next month, I am sure.

Bylaw passes

Many of you attended or submitted to the public hearing for Discovery Island Ventures, Catherine Smith. The issue was more or less a housekeeping item of amending the Official Community Plan (OCP) map to reflect the actual zoning that had already been passed earlier in the year. The bylaw passed with an overwhelming number of supportive letters and comments. Only one letter of objection was received. The marshland is protected under a section 219 covenant which is registered on the title of each lot in the subdivision, and the number of dwellings was reduced from the allowed two dwellings to one dwelling per lot due to concerns raised during the eight year plus, process.

Pre-school property

A letter has been sent to School District 72 to register the RD's interest in the property that will be divested by the school district in the future. We have requested a meeting with the appropriate staff and the trustee, Helen Moats, and expect this will take place upon my return. See my last report for details.

Planning for the future

Part of the planning budget discussion at the board meeting had to do with the initiative that is underway on Quadra to try and develop a village concept to implement some of the policies of our OCP with regard to various types of housing for different age groups within a village setting, utilizing best practices around walkable communities and green energy. This will be a very exciting exercise involving a great number of community members and will allow us to partner with other agencies to leverage money and expertise for this project. It will also be a good example of what a community, working together for a common goal, can accomplish. A sum of money is earmarked for use in this project to hire a consultant to help get this off the ground. That would have been slashed from the budget, had we not been successful in changing Campbell River's mind.

And I am going to stop there. I need to prepare for other things now, but wanted to make sure you had the latest info available to you before I go away.

Respectfully submitted,

Jim Abram

Director, Discovery Islands - Mainland Inlets, Area J, SRD

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Area I Regional Director's Report

April 11, 2008

by Jenny Hiebert

One of the aspects of being a regional director is that some island residents lack clarity regarding where the jurisdiction of the regional district ends and provincial jurisdiction begins.

In rural areas the regional district is responsible for local planning and services... like fire departments, waste management, house numbering and community parks, to name a few. The provincial government is responsible for creating new regional districts, maintenance of roads, decisions relating to ferries, issuing aquaculture licenses and tenures, burning regulations, and forestry practices. A significant portion of my time is spent building relationships with key personnel in provincial offices, arranging public meetings so residents can articulate their concerns directly, and representing the island perspective to the provincial government regarding provincial policies that adversely impact island residents. However, the final decision making authority rests firmly with the province. The two reports that follow are examples of some of these endeavors.

Proposed Woodlot License

Cortes Island recently learned that the Ministry of Forests (MOF) has a proposal to locate a 275-hectare Woodlot south of Squirrel Cove. This proposal has generated concerns and interest regarding process and opportunity for public input.

Background

Cortes Island is part of the Sunshine Coast Forest District (SCFD), which is administered by the Ministry of Forests and Range. A Replaceable Timber Sale License (TSL) allowing an Allowable Annual Cut (AAC) of 905 cubic meters from the island has existed for many years. A

TSL license allows the holder to cut the allowable annual cut from anywhere on the island, including the proposed Woodlot area. A few years ago the province changed the legislation relating to TSL's, which required them to be converted to another form of tenure. In the case of this licence, the option chosen was a Woodlot licence. In November 2006 I became aware that MOF was looking for a location for a conversion Woodlot License and sent a letter to Brian Kukulies, requesting an opportunity for island residents to participate in a public consultation process.

In March 2008, I received notification that a 275-hectare area south of Squirrel Cove was the proposed site for the Woodlot license. Subsequently, I spoke directly to Mr. Kukulies to clarify process, the opportunity for public comment, and to get feedback regarding a few potential island concerns.

Process

The Province is currently involved in a consultation process with the three First Nations (Klahoose, Sliammon, and Homalco) that include the area of the proposed Woodlot License in their traditional territory. After the First Nations consultation is successfully completed the Licensee prepares and submits a Management Plan to the MOF. The Management Plan defines the constraints around the AAC, which is modeled to be sustainable over a minimum of 250 years. There is no legal requirement to have the Management Plan available for public review and comment. Upon approval of the Management Plan a Woodlot License is issued and the Licensee then prepares a Woodlot License Plan. This plan is prepared under the FRPA and the Woodlot License Planning and Practices Regulation and is required to undergo public review and comment. Woodlots must be operated in

a sustainable manner and must include provisions for riparian areas, visual quality (especially from the waterfront), wildlife tree retention, access, and minimal soil disturbance, which are covered in the WLP. The licensee is required to produce a free growing stand for harvested areas. In most cases this will require aggressive, ongoing replanting.

MOF has evaluated the proposed Woodlot License area and found it capable of supporting the license's AAC. Currently, MOF is interested in receiving specific information regarding conflict with the issuance of a Woodlot license for this area. Such comments can be forwarded to Brian Kukulies at brian.kukulies@gov.bc.ca.

Specific Concerns Discussed

Impact to the water viewscape from Desolation Sound--There are established visual quality objectives that cover a majority of the woodlot that the licensee must follow. The area was increased to insure the AAC would be possible without impacting on the visual quality from the water.

Habitat for the Marbled Murrelet--Habitat for the Marbled Murrelet is found in older age class forests (8 & 9) and has very specific characteristics. (This information is based upon the notice for the Marbled Murrelet.) Based upon forest cover maps it appears that the proposed Woodlot consists of forest younger than those required by the Marbled Murrelet however, old growth trees may be scattered throughout the proposed woodlot.

Community Forest

At this time there are no more Community Forest Licenses available in the SCFD. To date only three have been created in this district via a direct award from the provincial cabinet. The three recipients thus far are The City of Powell River, the

District of Sechelt and Sliammon First Nation. The Sliammon Community Forest Agreement was offered through a Forest and Range Opportunities agreement. Currently, it appears the only means of moving forward with the vision of a community forest for Cortes Island would be through direct lobbying of the government via the Minister of Forests.

High Speed Internet & the Connecting Community Agreement

The background information contained in the last Discovery Islander regarding this particular topic has generated a lot of on island discussion. Hopefully, this indicates the meeting scheduled to start at 7pm on April 21 at Manson's Hall will be well attended. This meeting will be the opportunity for island residents to hear first hand about the Connecting Community Agreement, the challenges Cortes presents and what can be done to improve service. Time permitting there will also be a question and answer period regarding the availability of high-speed internet (DSL) service to Cortes. Those unable to attend the meeting can direct comments, concerns or queries via email to Wilf Bangert (NetworkBC@wilf.R.Bangert@gov.bc.ca) or Hichem Garnaoui (Telus.Hichem.Garnaoui@telus.com).

If you have any questions about these or any other issues feel free to contact me at 935-6488 Monday through Friday 9:00 am to 4 pm. (No early morning, late night or weekend calls, please.) 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

Learning B.C. Ferries' New "Card" Game

by John Sprungman, Chair, Ferry Advisory Committee

I've now had the experience of trading in our prepaid ticket books and acquiring Experience Cards for my family, and I can report that it is a lot easier to understand once you've done it than it is to contemplate all the possibilities beforehand.

BC Ferries is committed to moving us all from paper ticket books to electronic swipe cards by the end of summer. To get the process moving, they are offering to convert our old ticket books for credit on a card at current prepaid prices, which went up about 4% on April 1. The opportunity to do that has just been extended to May 31.

But, after April 15, anyone presenting paper tickets purchased before April 1 will have to ante up the fare increase if they don't want to switch to a card.

The card system, though still a work in progress, greatly reduces the amount of money we have to put out in advance to get the benefit of the same prepaid fares the ticket books provided. The cards are also much more flexible in terms of use since you don't have to have a handful of different books to cover every situation.

This was my "experience" last Sunday:

I dug our tickets out of our glove boxes, including some I had for Salt Spring Island, and walked into the Campbell River ticket booth with them. Inside, separate from the ticket window, from 10 a.m. to 6 p.m. every day, there are familiar faces with another computer who can convert your ticket books into value on the card system and help you set up what will work best for you.

I picked up four Experience Cards—one for me, one for my wife, and two to send to sons who live elsewhere in B.C. I put half the value of our paper tickets on a card for me and half on one for my wife.

You can get cards while paying your fare, but the procedure of cashing in tickets can take a few minutes. The cards come with a brochure that explains how to use them. But it's better to walk into the ticket booth while you are in Campbell River rather than wait until you are in the vehicle lineup to go home. Then there will be time for them to explain how the new cards work and to answer your questions, and you won't be slowing down the ticketing of vehicles whose occupants hope to get on the next ferry.

If you don't have paper tickets to exchange, the cards have to be loaded up with minimum amounts before you can use them. You can do this at the ticket booth with cash or a credit card, or you can take the card home and load it with money online or by telephone using a credit card: \$75 or more entitles you to the prepaid vehicle & passenger fare on any BC Ferries' route that has prepaid fares, and \$40 or more gives you the prepaid passenger fare on the same routes. There is no minimum balance that has to be maintained, but subsequent deposits have to be at least those amounts to continue to get prepaid fares.

If you want to use the card anonymously, once you've prepaid, you are good to go. Though the card isn't in your name, it is linked to an account and you can add funds to it. But if you lose the card, whatever value it had can't be recovered. There are advantages to registering it to an account in your name—and one is loss protection.

At home with my four new cards, I went to www.bcferries.com, clicked on the link "**NEW! BCF Experience/Coast Card**" and, at the bottom of that page, "**Register your B.C. Ferries Experience/Coast Card,**" and then "**I'm not registered.**" I entered the 9-digit number on the back of one card I'd put ticket book money on and the verification number that you reveal like a "scratch & win" number.

I entered all the required information and registered the first card in my name. Now I had the option of linking my wife's card to my account or setting hers up with a separate account. If I linked hers to mine, then, as the primary cardholder, I would have to assign a portion of the funds in the account to her card and check whenever she was traveling on her own to be sure her card had enough funds to cover her fares.

BC Ferries is working what they call "pooling" which would give spouses, or any two people, equal access to all the funds in one account, but they say that function won't be available until the fall. So we decided we would start out with separate accounts. Once I'd registered

the cards, the accounts showed the dollar value of the paper tickets I'd turned in.

I linked the cards for my two sons to my card and have mailed their cards to them. If they are coming to visit and we want to pay their way (that grandparent thing), I can move funds onto their cards, or if they want to use the cards for their own purposes, they can put their own money on them.

Registration also allows businesses to set up an account with any number of secondary cards which can be given to employees with the primary cardholder determining how much money is available for each one. Registered card use creates a transaction history which both personal and business users can access online and print out for tax purposes.

As I registered our primary cards, I considered that the current prepaid car-and-driver fare from Campbell River to Quadra is \$15.15 and from Campbell River to Cortes is \$34.95. In the left side menu on the web page, I clicked on "**Auto Load/Purchase**" and, since we live on Cortes, I set up auto load to add \$75 to each of our accounts from our Visa card any time the balance dropped below \$35.

If you don't have internet access, you can do all this by dialing 1-888-223-3779, pressing 4, then 2. That will get you to an actual person who can help you through the process. It's also the place to call if the online process is confusing.

This change is creating a lot of extra work for the ticket agents while they are trying to keep traffic moving and ferries sailing on time. And, just like us ferry users, some of the staff are just learning the intricacies of the new card system. Please be patient. I believe BC Ferries is committed to making the cards work well for customers as well as for their own ticketing and accounting departments, and they will be responsive to problems customers have and to suggestions for improvement.

Continued...

Special note to Cortesians:

Through May 31, older Cortes paper tickets can be swapped for new ones, thus avoiding the April 1 fare increase. But unless you make roundtrips between Cortes and Quadra without going into Campbell River, it's not really necessary to keep any Cortes paper tickets. You can trade them in for credit on a card and your cost for travel will be the same. Just be sure if you are coming from Campbell River and using an Experience Card to get a throughfare ticket.

If you do make roundtrips between Quadra and Cortes, it's

important to keep a supply of paper Cortes tickets until a card reader is installed at Heriot Bay. Otherwise, you may be confronted with having to pay the cash fare, which is \$27.90 for a car and driver compared to \$19.80 at the prepaid rate. The cash passenger fare is \$8.45. The prepaid fare is \$5.65.

During the changeover, BC Ferries will continue to sell Cortes ticket books but, if you have to buy them at Heriot Bay, you must pay with cash--and a vehicle/driver book of five tickets is \$99. Passenger books of 10 tickets are \$56.50.

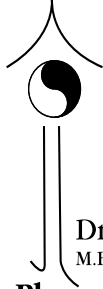
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Shane Philip Gumboot Dance!



On April 1st thegumboot.ca turned one! To celebrate we've teamed up with Shane Philip for a Gumboot Dance & CD Launch on April 12th at the Quadra Community Centre. Shane will be playing up a storm as usual as he introduces us to tracks from his fantastic new CD 'In The Moment', as well as wowing us with the energy of our old favourites. We of the 'boot love a good launch and will be adding some extra fuel to the occasion with fun for all the family....

Between 7 and 9 pm the events and music will be geared towards the kids (under 12s are free). We'll be rewarding the funkiest of your decorated gumboots (tip: all boot-artists, make sure you have your supporters along as we shall be awarding prizes based on the audience's 'Stomp of Approval'the louder they stomp, the better for you!), teaching you the Gumboot Dance, and just plain ol' dancing crazy with hula-hoops, balloons and more! Oh, and don't forget to enter the gumboot colouring competition for the chance to win more prizes.

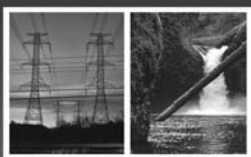
As bed-time kicks in for the youngsters its time for the older crowd to pick up the dance.... and for those adult-types that are too shy to take to the floor without a beer inside, the bar opens at 9pm! There will still be a ton of dancing to do, so bring your best energy, and prepare for it be boosted up on high by Shane's incredible beats!

Victoria's Corwin Fox (neo-folk and hiphop inspired) will be opening for Shane and joining him for a few songs. Corwin recorded and produced Shane's latest album in "In the Moment" and is an amazing musician in his own right. He was recently nominated as Victoria's "best songwriter" by Monday Magazine.

Kids under 12 are FREE, and tickets are either \$12 in advance or \$15 at the door. Concession hosted by Aroma Café! Tickets are available at Café Aroma, Hummingbird & Quadra Crafts. A portion of the proceeds will be donated to the Sierra Club.

ENERGY & ENVIRONMENT

Can the two co-exist?



Join Claire, John and Shane to share ideas and discuss the issues

*Are tidal & wind power viable for North Island?
How green is run-of-the-river power? What
happened to energy conservation programmes?
What does 'carbon-neutral' really mean?*

**THURSDAY APRIL 24 • 7-9PM • COAST DISCOVERY INN
(CORTES ROOM) CAMPBELL RIVER**



Claire Trevena
MLA
North Island



John Horgan
Opposition Critic
for Energy & Mines



Shane Simpson
Opposition Critic
for Environment



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Jesse @ 830-0058



News and Events

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

Quadra Children's Centre Annual Garage Sale

is coming in May. We are asking the community for donations of good, saleable items. They can be delivered to our back deck. No clothing please. For more info call 285-3511

Canadian Cancer Society April Campaign Volunteers Needed!

Can you spare 2 1/2 hours of your time sitting in front of the Heriot Bay Store or Quadra Foods on Saturday or Sunday during the month of April? If so, please contact Mary Dennison at 285-3764 or Pamela Dennison at 285-2633.

Thursday Jam Sessions

At Quadra Legion

The Legion is pleased to announce weekly jam sessions in the Branch every Thursday 8pm to close. Come out and support our local musicians! Any questions, call Len Lamb. See you at the Legion!

Parent and Babes

Parent and Babes program - at 11:00 on Wednesdays - is newly funded by a Success by 6 grant. It will have an enrichment element presented by the Children's Centre alternate weeks starting April 16. If you have a newborn baby and can make it out, it is a great place to meet your peers. Melissa Yates at 285 2025 is the contact for this group.

New Night for Figure Drawing

There's a new night for Figure Drawing & Painting Informal Drop-in sessions with model at Firesign Studio 7-9:30 PM now switched to Wednesday nights. Call Nanci 285-3390

www.discoveryislander.ca

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!

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.

Building for a Dollar

The Quadra Island Childcare is no longer operating. We have donated most of the assets to the Children's Centre and the Community Centre.

What's left is the building which is a heritage building. We are asking if there is any non-profit organization that would be interested in having the building for a dollar. For more info please contact Leah at 285-3030.

Steak Dinner

At Quadra Legion \$10

The Quadra Legion Executive is hosting a \$10 Steak Dinner on Saturday April 12th, 2008 from 6:30pm to 8:00pm. Ensure your ticket(s) by calling Len Lamb at 285-3354.

QUADRA ISLAND HARBOUR AUTHORITY

Announces

a competition to Design a logo

For the Harbour Authority

"Our Harbour, Our Community"

\$250.00 prize

Competition open to June 1st, 2008

For More

Information Call

Quadra Island Harbour Authority Quathiaski Cove Office: 250-285-3622

Send your design with your name and address to:

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Cortes Island Museum Summer Excursions

The Museum is preparing for its' 2008 summer excursions with Misty Isles Adventures offering popular historical cruises and kayak day trips in the wonderful waters around Cortes. Mark your calendars and register early as space is limited and the day trips popular. MAY 21ST the season will begin with a cruise aboard Misty Isles to Mitlenatch Island Bird Sanctuary. June 21st experience the solstice on a dinner cruise to Okeover Arm's Laughing Oyster Restaurant. July 12th launch at Manson's Lagoon and enjoy a day kayaking along the west coast of Cortes. July 21st the Misty will spend the day circumnavigating Maurelle Island and August 23rd cruise into Desolation Sound.

This season, two new fascinating and exciting 3 day excursions are featured for September which will require pre-registration by the end of June.

September 5, 6 and 7th **ROUND SONORA ISLAND** - Misty Isles will depart for a three day trip exploring Desolation Sound and the tidal rapids encircling Sonora Island.

Misty Isles will be departing Cortes Bay with 8 aboard on Sept 5th and set off for an exploration of Desolation Sound and the Discovery Islands. Enroute through Desolation Sound and Waddington Channel, we will pass by areas well known for their historic interest, natural beauty and warm ocean water temperatures. In the evening we will relax in the tranquil beauty of our camp at Solstua West on Rendezvous Island before retiring to the cozy tent cabins for the night.

The next day Misty Isles will ride the ebb tide through the Gillard Rapids and then the flood tide through the Hole in the Wall to work our way around Sonora Island which is famous for its treacherous waters. Stops along the way might include Chatham Point Lighthouse or historic Owen Bay before spending the night at Solstua West once more. On the final day, we will cruise back at a relaxed pace towards Cortes Bay via Lewis

Channel, sailing if the wind allows. The 3 day trip costs \$730 GST incl. covers everything including accommodations and meals.

September 20, 21 and 22nd **THE MAINLAND FJORD BEAR TOUR**- This three day voyage explores Bute and Toba Inlets and features a close up look of Grizzly Bears which have gathered to feast on spawning salmon on the Orford River.

Departing from Cortes Island, Misty Isles will make her way into magnificent Bute Inlet and tie up at the Holmalco First Nations camp overnight. Our guide will take us to the best observing areas from which to see the Grizzlies, sometimes from bear watching platforms and often right down on the river bank with the bears as they fish for salmon returning to the river to spawn.

Departing the Orford River the following morning, we will head to Toba Inlet passing by historic Church House and the stunning scenery of the mainland coast. The group will overnight at Toba Wilderness in rustic yet snug cabins and finish the day with a barbequed wild salmon dinner.

On the final day we will head back to Cortes Island through Desolation Sound stopping to look at First Nations pictographs (paintings on rock) and other historic sites along the way.

This trip is an excellent alternative to the high speed bear tours run out of Campbell River as it offers our guests a relaxed and leisurely look at the coast with time for a more in depth exploration.

The 3 day trip costs of \$750 GST incl. covers everything including accommodations and meals. As these trips have limited space pre-registration by the end of June is essential, so be sure to reserve your place early by calling the museum at (250) 935-6340 or by email cimas@twincomm.net

For more information on any of the 2008 museum sponsored summer excursions with Misty Isles Adventures call or email the museum.

Quadra Island Seniors

It is with a heavy heart that I have to report the passing away of Sophie Gregg, one of our oldest and most loved members. Sophie touched a lot of hearts; she always had a smile and a hug for you, never spoke about anything or anybody unless it was in the positive; was always willing to help when help was needed and most of all she wanted to participate in all the club activities, the club was honored to have her as a member. We will miss her tremendously

In my last article I mentioned the lecture given by an RCMP officer, one of the subjects covered was identity theft and how we can remove at least 1 point of access to our personal information.

Do you ever use a Hotel or Motel? Did you know that on those Plastic Door Keys is stored?

A/ Your Name B/ Part of your Home Address C/ Your Room number D/ Check In and Check Out Dates

E/ Your credit card number and expiration date. That information remains on the card until it is rescanned. So, if you hand your key card in when you leave, or leave it in your room, you also leaving all that information behind for any unscrupulous person to use.

What should you do? Keep the card and destroy it when you get home. They will not charge you for the card (it's illegal to do so).

Our thanks go again to Sharon Clandening, Coleen Swanson and Cathie Renda for taking time off their busy schedule to officiate at our Easter Bonnet Parade, I think they enjoyed being the Judges as much as we did participating, whilst we were waiting for the results, the Wobbly Warblers gave a rendition of Easter Songs, accompanied by Carol Baker on the Piano, who had graciously given up her Wednesday afternoons, to help us practice, we needed a lot of help. Thank you Carol

Workshops @ Firesign

Victoria artist Brian Simons will be on Quadra Island to teach his popular "Seven Steps to a Successful Painting" 5 day acrylics workshop on April 14-18 a great opportunity for artists of all skill levels. Kristen Scholfield-Sweet will lead "A Master Class" for experienced artists wanting help in their chosen media 2. April 28-May 2. See www.firesignartanddesign.com for details or call Nanci 285-3390

To the Editor and all Quadra Islanders,

Unfortunately our home was targeted by a thief/s on the early hours of Thursday March 27th. Items stolen from our garage and workshop on Green Road are as follows; Porter Cable - 3 base 3 1/4 hp Router kit, Porter Cable Jig Saw kit, Porter Cable 2 1/2" Air Finish Nailer Kit, Dewalt 7 1/4" Circular Saw, Dewalt Random Orbit Sander Kit, Dewalt 1/2 Hammerdrill Kit, Dewalt 12 volt 3/8" Drill/Driver Kit, Makita 15amp Variable Speed Recip Saw Kit, Makita 18 volt 1/2" MXT Driver/Drill Kit, Makita 3" x 24" Belt Sander Kit, Makita 3 1/4" Power Planer Kit, Makita 1/2" D Handle Drill, Stanley Bostitch SX150 Air Stapler Kit, Stanley Bostitch 15 Gauge Angled Air Nailer Kit, Paslode Air Framing Strip Nailer, Dremel Rotary Tool Kit, Mastercraft Maximum 207 pc Socket/Wrench Set, Fluke 77- 4 Digital Multimeter, a nylon bag with misc elec tools, 12 volt connector kit, SS hardware kit; Specialized Hard Rock 20 Speed Bike, Miele TT100 14" 20 Speed Bike, 2 Fly Fishing Packs with misc fly boxes, reels and assorted tackle. Anybody that knows anything about the cost of tools will look at this list and say to themselves that's a lot of money. We are asking anyone who is approached to purchase any of these used items or knows anything about this crime to please call the RCMP file # 2008-161 or me personally Bill Crighton 285-3042

Sincerely
Bill Crighton

www.discoveryislander.ca

Gardens of the Alhambra: Moorish Splendour in the Mediterranean Landscape

The Quadra Island Garden Club welcomes horticulturist Carolyn Jones, on Monday April 14th, 7:00 pm at the Community Centre. If you are seeking sun and warmth come out for this presentation and enjoy the Mediterranean from your chair at the Community Centre. Trained as a biologist, Carolyn, writes on a wide range of topics related to gardening and garden history. All enthusiastic gardeners love to study plants and the landscape of their origin. This talk presents a brief tour of the wild plants of Spain - including many familiar garden plants. The presentation explores the contrast between the dry Mediterranean landscape and the sumptuous gardens created by the Moors in Granada up to the 1400s. The famous Alhambra Palace complex has been painstakingly restored and is open to the public.



Carolyn is an accomplished Pacific Northwest horticulturist with over thirty years of experience in botanical gardens, garden centre sales, wholesale nursery production, and garden design. For ten years she was the horticulturist at VanDusen Botanical Garden in Vancouver. Five years ago she moved to Seattle to become the director of the Miller Botanical Garden and Great Plant Picks, the Millar garden's educational program for Pacific Northwest gardeners. She left that post last fall and is currently working at Sky Nursery in Seattle, where she enjoys greater contact with the public.

Along with the special guest speaker, each April the club offers a giant sale to share local plants. The money earned from the sale helps to sponsor lecturers and supports local community projects. If you have plants to donate please bring them, labelled. The plant sale begins at 7:00, Carolyn Jones' presentation at 7:30. Sorry no memberships will be available at the April 14th meeting. Cost at the door will be \$10 for non-members.

Re: Quadra Island Emergency Program

Quadra Island now has an effective Emergency Program organized and operated by a group of dedicated volunteers. In the event of a disaster such as an earthquake, wildfire, mudslide, chemical spill etc. island residents can access services and assistance at a Reception Centre. The first identified building for use as a Reception Center will be the Quadra Community Centre. Smaller scale emergencies will be dealt with on an individual basis and location of the Reception Center may vary.

Leadership and coordination of emergency services is provided by the Provincial Emergency Program in Victoria. Emergency services are provided on a short-term basis (generally for 72 hours) to preserve the emotional and physical well being of evacuees and response workers in emergency situations.

When people are forced to evacuate their homes temporarily or their homes are damaged or destroyed, they may require assistance with essential services to maintain life and health. They will likely be directed to a Reception Centre for assistance. A Reception Centre is a safe place where people can gather to get information, register and receive assistance with their needs.

Major services available at a Reception Centre are family reunification and referrals for food, lodging and clothing. If required the Reception Centre also offers emotional support, volunteer services, communications, first aid, health services, information, child and/or pet care, transportation, recreation and multicultural services.

There are approximately 73 volunteers of various ages, skills and abilities on Quadra Island at this time. Since the Quadra Island Emergency Program started in February 2007, volunteers have committed approximately 1,842 hours. The Justice Institute of BC, Canadian Red Cross Society and the Salvation Army have provided training in regards to emergency management including resource acquisition, group lodging, neighbourhood assessment, first aid, reception and registration.

The program has been promoted through community events such as the farmers market and the community lunch. Meetings and training sessions are organized on a monthly basis. A public open house which also served as a training exercise was offered in November 2007.

For more information on the Quadra Island Emergency Program contact Judy Hagen at 285-2150, or e-mail jkhagen@telus.net or Betty Doak, 285 3590, e-mail doaks@gicable.com.

Quadra Community Centre Update

May Day has snuck up and bitten us on the heels. You know, one day it's freezing cold and the next we are planning May Day. For new residents, let me explain: May Day is the oldest and biggest celebration on Quadra; a celebration of Spring that we have been doing on Quadra since 1898. It involves (and requires) lots of people from the community and this year it will be held on Saturday, May 24 at Rebecca Spit. A parade starts at 10 AM with many participating individuals, clubs and neighbourhoods. There's a May Queen ceremony involving the grade 6 students, with the Kindergarten children as flower bearers. A grade 6 picnic celebrates their passage to high school. Another highlight is always the grade 3's amazing Maypole dances. Everyone can get involved in running races and sailboat races, face painting, fort building, greased pole climbing, or enjoy the food concession, box lunch auction & entertainment. If it's a sunny day friends and families hang out, picnicking and having fun in community. You can have a chance to choose the theme of the day by depositing ideas in the theme boxes at our local stores or the community centre. Prizes are allotted for costume design and creative floats based on the theme. Pictures of past May Days can be seen on our website at www.quadrarec.bc.ca

Usually, there's a great May Day dance at the community centre in the evening and there could be this year as well, but we need a dance committee to show up at the first meeting, Wednesday April 16 at 7 pm at the QCC. We have the "how to" instructions, we just need some volunteers. Please consider coming out and creating an event where the adults can finish off the celebrations in style!

The community lunch continues on Wednesdays at noon until May 28 when volunteers take a break for the summer months. Participants love the food and social interaction and we receive lots of good comments about the event. It couldn't happen without dozens of volunteers preparing soups, baking desserts, setting up and cleaning up every week. Dishwashers are always needed, so if you want to say thanks to the regulars, stay and help clean up from time to time. That would be very much appreciated.

Our newest asset is finished at the QCC, a sweet little play area for pre-schoolers. Bring the children and/or grandchildren to play in the sand and try out the ride-on toys. Many thanks to all the people who had a hand in building this project, which is dedicated to long time board member and volunteer, David Smith. (We really miss him around here.)

Happy Spring!

Sandy Spearing - Coordinator QCC
285 3243



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ORGANIC
2 for **\$5.00**
for 946ml

Simply Natural
Chunky
Salsas

ORGANIC
\$2.88
470ml
Mild, medium, Pineapple & Mango

Kootenay Kitchen

Vege-Pates **\$3.98**

Herb, Curry & Jalepeno 190g

Eden
Canned
Tomatoes

ORGANIC
\$2.98
796ml
Crushed or Whole

Plum-M-Good
Brown

ORGANIC
2 for **\$5.00**
for 185g
Rice Cakes

Unsalted, Sesame, Multigrain

Simply Natural

Pasta
Sauces **\$3.88**

ORGANIC
739ml
Basil, Roasted Pepper, Mushroom,
Roasted Garlic or Marinara

It's All Good
Veggie

Chick'n Strips **\$3.28**

200g

Liberty
Mediterranean
Vanilla
Yogurt

\$3.98
750ml

McCain
Premium
Superfries

\$2.88
750-900g



Bee Maid
Honeys

\$3.98
500ml

Swanson
Mea
Pies
Chicken,

Cheem
Perog
Assorted

Imperial
Mar
Tubs

Minute M
Oran
Juice

DELI

Freybe's
Fajita
Chicken

\$1.28 /100g

Creamy
Coleslaw

98¢ /100g

Coombs
Cornish
Pasties

2 **\$3.00**
For 330g

Freybe's
Salamis

All Varieties

\$1.98 100g

Gourmet Chef
Dips

Assorted Flavours
\$2.98 227g

Coombs
Pork Pies

\$1.98 each

BULK

Chocolate
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milk, dark or white

\$1.38 /100g

Unsulphured
Apple Rings

88¢ /100g

Dried
Cranberries

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Bottle Returns in April will be Donated to the Quadra Island Volunteer Fire Department

Spring Hours - Fri

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Frying / lb \$4.37/kg
Chickens

Maple Leaf
Top Dog **2 \$7.00**
for 450g
Wieners
Regular or Beef

Farmer's Best
Sirloin Tip **\$3.48**
Roasts \$7.67/kg

BAKERY

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Thick Slice
Breads **2 \$5.00**
For 675g
Original, Wholewheat
or Sesame

7 Layer
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Large
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Swiss Rolls
Chocolate or Strawberry
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Apple
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Strawberries **Great Price!**
\$3.88
2lb Clamshell

California
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Russet
Potatoes **\$2.88**
5 lb Bag

California
Romaine
Lettuce **98¢** Each

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For
Avocadoes

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Sweet
Peppers **\$1.98** lb \$4.37/kg

. - Sat. 7 am - 9 pm Sun.-Thurs. 7 am - 8 pm



285-2436

CR Arts Council AGM

The Annual General Meeting of the Campbell River Arts Council will be held on Monday, April 21st, from 7 pm - 8:30 pm at the Sybil Andrews Cottage, 2131 South Island Highway, in Willow Point. The meeting is an opportunity to celebrate the success of the Arts Council over the past year, alongside electing a new Board of Directors and reviewing the performance of the Council in 2008. The Arts Council is committed to fostering partnerships in both the economic and social sector of Campbell River. Partnerships are the key to positive and sustainable development. The Arts Council is working hard to have arts, culture and heritage be viewed as a valuable resource in addressing security, health and educational issues facing our community. We invite input as to what future directions the Arts Council can take in the years to come. The AGM will be a relaxed and fun way to help shape the cultural future of the city. Finger foods and refreshments will be available. Discussion will be encouraged. Get involved with the arts. Find out what's happening at the Campbell River Arts Council! Phone 923-0213 for more information.

Tanya Storr

B.A. English

Freelance Writing
& Editing



285-3937

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for more info

Call For More Gardeners

A plan 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.

Several owners of gardens and some gardeners have already been teamed up.

There are still some owners of gardens waiting for a gardener to be referred to them.

So gardeners without garden, jump on this great opportunity and call Irene Dicaire at 285 2111 or Email dici@shaw.ca

This is a joint Quadra Circle/ ICAN (Island Climate Action Network) initiative .

Help with Quadra's Trails

The Quadra Island Trails Committee would like to thank all the volunteers that have worked on the trails over the past year. Your dedication keeps our trails safe and enjoyable. During the next few weeks, committee members will be conducting their annual spring trail inspections. Work parties will then be organized to prepare the trails for summer use by islanders and visitors. As well we will be completing the Surge Narrows Trail and replacing a few bridges.

Volunteers are needed for both weekdays and weekends. It's a wonderful way to enjoy the outdoors, meet new people, get some exercise and help keep Quadra's trails so great! If you would like to help, please call 285-2922 to place your name on our volunteer list.

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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 contact Irene Dicaire preferably by Email: dici@shaw.ca or at 285-2111.

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 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!

Balinese Music and Dance

at Quadra
Community Centre

Quadra Island Cultural Committee presents "An Evening in Bali" on Saturday, April 26th at the Community Centre. There will be a community potluck dinner at 6:30 to which all are invited to meet and help feed the 30 members of Vancouver's Gamelan Gita Asmara, who will perform at 8. What are Balinese gamelan and dance? A gamelan is a large traditional Indonesian percussion ensemble of gongs, flutes, drums, and metallophones. While it is still used for ceremonial purposes in Bali, it has evolved into a brilliantly virtuoso orchestral tradition that remains hugely popular throughout Bali to this very day and is played by people all over the world. Much gamelan music is used to accompany the intricate, highly stylized, exquisite movements of the traditional dance of Bali, which will also be part of this performance.

On Sunday, April 27th, at 10:30am, Gamelan Gita Asmara will be offering a workshop sponsored by Quadra Rec to anyone wanting to experience being a musician in a gamelan. The gamelan members will be using their authentic set of imported Balinese gamelan instruments for this workshop. No prior music or dance experience is necessary and it is free of charge. Please register ahead by calling 285 3458.

Tickets to the Saturday 8PM performance will be available at Hummingbird and Quadra Crafts: Advance: Single - \$17, Family - \$40, Student - \$12; at the door: single - \$20, family - \$45, student - \$12.

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Please contact Marion Eberlein at 285 2895 for questions and registration

New STOP Sign on Quadra

In an effort to improve traffic safety, the Ministry of Transportation has erected a new 'Stop' sign on Harper Rd. at the intersection with Quathiaski Cove Rd. Approximately 100 metres before this new sign there is a warning sign for motorists southbound on Harper Rd. advising of the new sign. There is also a white stop line painted on the pavement at the new Stop sign.

This step was taken in consultation with the Quadra Island Safety Committee and analysis of collision data. Although we are fortunate that the numbers of intersection collisions on our island are low, this intersection has been identified as having the highest number of collisions and close calls, usually as southbound motorists drive straight across the intersection and fail to yield to traffic coming up from the ferry.

When we drive near our homes, we sometimes do so on auto pilot. Please be aware of this change and do your part to keep our roads safe.

Thank you

Quadra Island RCMP

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

Need To Raise Funds For Your Organization?

Host a dinner in the Quadra Legion Hall! You promote the event and design the menu while we provide the facility, the starch and the salad. Invest your Heriot Bay Store Spirit Board Points and get a big Return on your Investment. No Spirit Board points? No problem. To book a date or get more info, call Len Lamb at 285-3354.

Volunteer Opportunity

Retired with management experience and looking for challenge? The Quadra Legion would welcome your energy and assistance. For more information contact our President by telephone at 285-3116.



Q-Beans Coffee

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

Quadra Farmers' Market

The Quadra Island Farmers' Market welcomes everyone to this year's community market. The market is located behind the Credit Union in Quathiaski Cove and takes place every Saturday (rain or shine) between 10 am and 2 pm from May 3rd to September 13th.

We would like to welcome back all our regular vendors as well as any new ones who would like to join in. We would especially like to see more locally grown produce for sure and maybe more locally made crafts as well. We will continue with a first come first serve basis and the gate will open at 8 am for your setup.

The vendor setup fee is \$5 each while children under 16 will be charged \$1 per setup. Local community and charitable organizations are not charged a setup fee for their participation.

Market parking is accessed from Green Road. PLEASE use it and encourage others to do the same as the main Credit Union parking lot needs to be kept available for the Credit Union's customers.

If you are a visitor to Quadra Island please feel welcome to come and visit our market between 10 am and 2 pm and perhaps you'll find a great souvenir of Quadra Island to take back home.

We strongly discourage dogs at the market so if you have no choice and must bring your dog it will have to be on a leash at all times (no exceptions please) and PLEASE pickup after them. Thank you all for your cooperation.

Any questions or concerns can be directed to Alma at 285-3521 or Carmen at 286-9808 See you all at the market

I CAN and you can too!

A group of Quadra Islanders, interested in encouraging sustainable lifestyle choices for a healthy environment, has joined together as Island Climate Action Network (ICAN). I CAN initially formed following the fall workshop presented by Guy Dauncey. Since then, the group has been meeting to discuss ideas for promoting a healthy future. ICAN is dedicated to increasing awareness about climate change and supporting projects promoting sustainability on Quadra.

Currently, ICAN is developing initiatives to address several issues that effect the environment. Project plans involve the area of food sustainability, communication to encourage "green living", and advocacy for climate-healthy policies. With a small membership, ICAN looks for ways to coordinate with existing organizations and others in our community who may be interested in specific projects.

If you are interested in providing active support or learning more about our project plans, call ICAN through Lisa at 285-2480. Let's join together in our love for Quadra, and support her growth into a healthy future.

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Plants, Plants and More Plants...

... and a Bake table loaded with scrumptious home baking. All this at the Legion on Saturday, April 19, doors open at 10 am until 2 pm. Sponsored by the Ladies Auxillary to Branch 154 Legion.

Donations of plants and baking gratefully received, contact Chris 285-2207 or Shirley 285-2757.

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Qigong Workshop

Come and experience this ancient and powerful Chinese system with this workshop - Balancing the Heart Qigong. This workshop will focus on eight simple exercises to strengthen the heart and pericardium and are practised in China for the prevention and treatment of hypertension and coronary disease. Workshop is at the Quadra Community Centre in Room 3. Please use the south entrance. Saturday April 5 between 10 am and 3 pm. Cost is \$50. To pre-register or more info call Denise at 285-3743.

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Quadra's Annual Beach Clean-up: More Than Just Pretty Beaches

Anyone who has asked what happens to the plastic bottles, ropes, wrappers, trays, containers and bags that wash up on our beaches now has an answer. We can thank Richard Thompson, a marine biologist from the University of Plymouth in England, who also pondered this question. And his subsequent research is providing worrisome answers that make plastic litter much worse than an unsightly blight.

If we don't pick up the plastic, the combination of the hard shoreline and the action of waves grinds it into microscopic particles and fibres. These tiny fragments, which Thompson has measured to 20 microns (20 millionth of a metre), become part of our beaches and seabeds where they enter the marine ecology to clog the breathing apparatus of invertebrates, infiltrate the bodies of other marine animals, and pass toxins up the food chain to us.

Plastics are derived from the ethylene gas in petroleum and are inherently poisonous. This is why plastics should not be heated or burned. Indeed, whenever possible, plastics should be recycled. And they should never become the litter of land or marine environments.

Aside from the inherent toxicity of the plastics themselves, various additives make them even more unhealthy. For example, some of these additives called thalade esters, are so chemically similar to animal hormones that they can enter body systems and cause gender-alterations in virtually all species. For humans, some of these additives (called zeno-estrogens because they mimic estrogen) can cause hormonal malfunction, development abnormalities, hermaphroditism and low sperm count.

Because plastics are oil-based, they have an inherent aversion to water. This increases their longevity in the oceans — they

can take from 100 to 1,000 years to eventually break down into their harmless components. But this oil-base character also means they attract other fat-soluble materials already in the oceans, essentially becoming chemical "magnets" that concentrate, transport and then release toxins into the food chain.

Plastics are not in short supply. Produced in the millions of tonnes per year, they have become an essential and common component of modern civilization. Unfortunately, they are often treated with casual indifference and are too often discarded without regard for consequences. A US study calculates that 46,000 pieces of plastic litter every square mile of ocean, and over 100,000 marine animals die annually from entanglement in discarded bags, harnesses, netting and ropes. Because of research such as Thompson's, we now know it can affect human health. Our island doesn't need a toxic sand of micro-particles that is virtually uncollectible and can persist for centuries.

Quadra Island's Annual Beach Clean-up, sponsored by the local Sierra Club as an Earth Day activity, provides a fairly accurate indication of the amount and kinds of plastics that end up on our local beaches. Each year, islanders easily collect enough garbage — almost entirely plastics — to fill to the brim at least two large tandem gravel trucks.

This year's Beach Clean-up will take place on Sunday, April 20th, from 10:00 am to 3:00 pm. As usual, collection headquarter will be at Rebecca Spit. Material gathered from any Quadra beaches can be brought to this central location or will be collected from advertised sites around the island. Watch for other notices that will provide more specifics. Please help us make Quadra an even better place to live.

Ray Grigg for Sierra Quadra

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Quadra's 11th Annual Beach Clean-Up

Sunday, April 20

After winter's storms and high tides, we find our beaches are again strewn with plastic, rope, styrofoam, tires, netting, etc. These articles are not only unsightly but they can also be hazards for marine and bird life. We also know that these plastics are eventually ground into fine particles by wave action, then enter the food chain as toxins where they are consumed by us.

As with other years, many Islanders have helped pick up beach litter to coincide with Earth Day celebrations around the world. The Beach Clean-up headquarters will be set up at Rebecca Spit. A large banner will mark the site. Starting at 10:00 am you may pick up garbage bags from this location and then head for your favourite beach. Should you already be equipped, just drop by later for coffee, tea, juice, food and desserts from 12:00 to 4:00 pm

Collected garbage can be brought to the headquarters or left at any of the following drop-off locations. A sign will be placed at each location to mark where the garbage should be piled. The last pick up is at 3:00 pm.

- End of Petroglyph Road
- End of Sutil Road at Kay Dubois Trail
- End of We Wai Kai Road at Kay Dubois Trail
- Smith Road beach access
- Edgeware Road beach access
- Milford Road beach access
- Heriot Bay by the Esplanade
- Rebecca Spit, Main Parking Lot
- Rebecca Spit, South Parking Lot
- Rebecca Spit, center by narrow isthmus

Gloves can come in handy as well as a pocketknife to help free tangled rope from driftwood. DO NOT TOUCH ANY FLARE CANISTERS (aluminum tubes about 4 inches in diameter and about two feet long), as they could still be active. Just note the location so Sierra Quadra can notify the R.C.M.P.

This beach clean-up is sponsored by the Sierra Club of Canada, Quadra Island Group. Please join us, and bring friends and family for this helpful and satisfying event. Call Ken at 2580 if you have any questions.

Musical Theatre Workshop

"There is perhaps no more powerful tool than theatre to reach children. It taps into the instinct with which they are born, the instinct to explore by pretending—the instinct that, unfortunately, all too often is attacked by a world that pushes them to focus more on how they measure up than on who they truly are and can be.

Through theatre, all children are equal and free to explore. There are no wrong answers to fear and no competition to fall short of—only the chance to try on being someone else and, by doing so, to discover a little more of themselves." Anonymous

Joey Clarkson has been under the spell of music and the theatre since she was eight, amassing hundreds of hours on stage as well as behind the curtain and in instructor positions. She has been musical director for many classes and productions with TheatreWorks Centre for Performing Arts and has a strong and loyal following in the Comox Valley where she bases her own musical theatre education company.

"I have known Joey for a number of years and have been very impressed with her considerable talents. Joey is a gifted performer (acting and singing) as well as a very capable director. As a drama teacher, I especially appreciate her attention to detail as well as her excellent organizational skills. Joey is very enthusiastic and is highly skilled at motivating her students and sharing the joy of theatre with them. - Brad Smith, Lake Trail Jr Secondary Drama Dept.

Come, join the fun and get a taste of musical theatre! The 4 hour workshop covering script, choreography and vocal work set to popular show tunes concludes with an informal presentation for family and friends. Students work on activities that focus on developing skills in the student/actor. Joey stresses that while the final presentation is important, success is ultimately measured through the learning/self development that comes from the rehearsal process. Empathy, sensitivity and concern for others are emphasized throughout the program.

Saturday, May 3
12-4 Quadra Community Centre

Workshop fee \$25.

Call Joey at 334 2208 or email trclarkson@telus.net for times and dates

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Quadra Community Centre Opens New Toddler Play Ground

A whimsical "Gnome" door set in a rock wall is poised to capture a young child's imagination at the new Community Centre toddler playground. Supported in part by a Success By 6 grant, this early years playground was conceived by Sandy Spearing who worked with architect Pamela Goiberg to come up with the design. "We wanted to create a pedestrian friendly, traffic-free zone where young children would be safe to play," Spearing explains.



The end result is a playground that is perfectly situated. While small children content themselves running, climbing and digging, parents can be close to Centre events and yet still within arms reach. In addition, weekly Community Centre programs such as Parent-and-Tots and Parents-and-Babes now have ready access to an outdoor play area designed specifically to provide safe physical activity for children under six. Last but not least, the play ground's central location also makes it an exciting field trip destination for eager neighbours over at the nearby Quadra Children's Centre.

Perhaps not surprisingly little children aren't the only ones who've been drawn to the playground. "Even older kids have come to check this playground out," notes Spearing. "Launching this toddler playground has reinforced the need to forge ahead with the phase 2 playground for elementary age children." (Those willing to help with this exciting next venture should contact Spearing at 285-3243.)

For now thanks goes out to the many Islanders who were part of the toddler playground's development including Eric Sorensen, Jim Roberts, Ian McEachern, Robert

Holmes, Eric Sorensen and Children's Centre staff who advised on toy design and ground cover. A special thanks goes to stone mason Frank Doherty who created the playground's signature stone wall at a special rate on behalf of the project.

The Community Centre has dedicated this child's playground to David Smith, a long time Community Centre volunteer and board member who passed away in 2006. A small brass plaque will be placed on the wall in his memory. Thanks to all who contributed to this wonderful new Community Centre addition so that Quadra's youngest children can more readily engage in the all important developmental task of play!

Understanding the Early Years and Success By 6 are bringing the community together in dialogue, planning and action to help our children succeed in life. Understanding the Early Years is funded by Human Resources and Social Development Canada, www.hrsdc.ca. Contact Lisa Scalapino at 285-2314, ueylisa@gicable.com. Success By 6 in the Campbell River region is a partnership of the United Way, the Ministry of Children and Family Development, and Coastal Community Credit Union, www.successby6bc.ca. Contact Brenda Wagman at 286-6355, wagmania@telus.net.

--submitted by Lisa Scalapino, Understanding the Early Years



*Playground fun for all ages!!!!
photos: Sandra Spearing*

ENCORE FRIDAY FLICKS - BALI BY HEART

with animated short Madame Tutli-Putli
April 11th, Q.C.C.

Doors 7:30 - Showtime 7:45

In a joint presentation with Quadra Cultural Committee, Friday Flicks will follow their winter/spring series with a special showing. BALI BY HEART. The film is a perfect prelude to an evening of Balinese music and dance the following night with Vancouver's Gamelan Gita Asmara.

BALI BY HEART records the process of two musical traditions coming together to perform a brilliant new composition by the Canadian composer Michael Tenzer.

Eleven musicians join twenty-seven members of the gamelan Çudamani in the small village of Pengekasan, Bali, and prepare to perform the new work. Over the course of a month Canadian musicians must adapt to a totally new physical and cultural environment, learn social and protocol obligations, and perform music never before attempted. The amazing Gamelan ensemble, Cudamani, brilliantly incorporates Western instrumentation into its practice and performance. The result is exquisite, the performance, spellbinding.

Beyond showing the process of musical hybridization, BALI BY HEART is an intimate postcard of Bali. The film aptly captures the culture, music and dance preserved on the island. Any lover of music; anyone fascinated by musical inspiration and performance or intrigued by Balinese culture will be captivated by the film. Those familiar with Bali will feel immediately transported to their experience of sensual, vibrant colours and mesmerizing sounds. BALI BY HEART explores beyond the world of music. It is also the story of friendships formed and difficulties surmounted. It is testimony of how Balinese have understood that their culture is their most precious survival tool.

The feature will be preceded by the N.F.B. short, MADAME TUTLI-PUTLI. Madame boards the night train, weighed down with all earthly possessions and ghosts of her past. She travels alone, facing both the kindness and menace of strangers. As day descends into dark, she finds herself caught up in a desperate metaphysical adventure. Adrift between real and imagined worlds, Madame Tutli-Putli confronts her demons and is drawn into an undertow of mystery and suspense. Jungian thriller? Hitchcockian suspense? Artistic tour de force? The night train awaits you...

www.discoveryislander.ca

Old Growth Win the Trophy!



John Marlow leads the Quadra Old Growth on the rush.

Displaying a stellar team effort, the Quadra Old Growth hockey team defeated Thrifty Foods 4-2 on Sunday, March 30 at Strathcona Gardens in the Pioneer League Final.

Bill Bradshaw's 2 goals led the way, one a seeing-eye 'field goal'! Stuart Smith and James Jessome scored the other two markers and Darren Larson put in a superb effort in goal.

The Pioneer League, composed of 12 teams whose players must be over 35 years of age, has as its trophy the 'Coveted Covered Wagon', Original team-mate Claude and wife Debbie first purchased the historic Covered Wagon in the early 70s from the Matsui Penitentiary's canteen.

With the inception of the Pioneer league, which was spearheaded by the efforts of his Quadra team-mates of the early 1990s, Claude and Deb donated the Wagon (then a lamp) to the league that had not yet established a championship trophy. From that day, the Coveted Wagon has spent its wayward time in Campbell River until this year when it has finally come home to Quadra Island and can be viewed at the HBI Pub. You are welcome to take a picture with the wagon. If you would like to sponsor a team-mate with your logo on a jersey next season, call Willy Dubois for info.

On the injury side Kent Dawson missed much of the season due to a wrist fractured in a game, while Colin Oswald missed much of the playoffs due to another hockey injury, a dislocated shoulder. Both helped out by running the bench, Colin emerging the winner in the final. Bill Matheson, incidentally, played 3 games including the final with a broken jaw.

No-one expected Quadra Old Growth to win that day. We didn't match up in talent to most other teams, and most would say we were the underdogs in the final, but we had the one

intangible that all teams need to be successful - we played as a team, and we wanted it as much for each other as we did for ourselves. The team that took to the ice that Sunday was not to be denied. We are all proud to be Quadra Islanders.

The roster for the final game:

Defence: Bill Matheson, Bill Bradshaw, Mike Delaere, Mike Knitter.

Goal: Darren Larson

Forwards: Willie Dubois - team captain, Stuart Smith, Ian Mowat, Arne Liseth, James Jessome, John Marlow, Blaine Smith, Peter Kinskofer, Rupert Gale.



Arne Liseth stickhandling through the Thrifty defence.
photos: Philip Stone

Special thanks must go to Blake Dixie for his hospitality at the HBI and Kent Dawson at Heriot Bay Tru-Value.

Thanks to the fans who came out to support us, they were treated to a great, winning effort. See you all next year and keep your stick on the ice.

- Arne Liseth and Blaine Smith, Quadra Old Growth



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We've 'Upped the Ante'!

Logo Contest for Strathcona Regional District

Attention all residents of the Strathcona Regional District – the Arts Council has decided to 'Up the Ante' on the Logo Contest! That's right, there is now MORE prize money to be won! In addition to the winning prize of \$3000.00, there will now be 4 runner-up prizes of \$1000.00 each!

The Campbell River Arts Council, in partnership with the Strathcona Regional District, is seeking submissions for a new logo that will represent the newly formed Strathcona Regional District (SRD). The SRD was established on February 15, 2008, making it one of the two newest regional districts in BC. The 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 solid & liquid waste systems. The geography of the SRD ranges from forested hills to remote inlets to picturesque villages to vibrant urban landscapes. The borders extend from the Oyster River in the south to Gold River, Sayward, Tahsis, Zeballos and Kyuquot in the north and west, and then east to take in Cortes, Quadra and the Discovery Islands, and a portion of the mainland north of Powell River.

The Arts Council is assisting the Regional District in a search for a new logo. A contest has been established, inviting submissions from all residents of the District. Details and submission guidelines for the contest can be found on the Arts Council's website at www.crarts.ca or by emailing admin@crarts.ca or by phone at 923-0213. The name 'Strathcona Regional District' must be included in the design. The deadline for submissions is April 22nd. Final judging will be done by the Strathcona Regional District. This is a great opportunity to have a lasting impact on our Region! And it's a chance to win even MORE money!! Get creating!!

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Balinese Gamelan Ensemble to Perform on Quadra



The last weekend of April will bring a rare experience to Quadra Islanders as Gamelan Gita Asmara, a Balinese Gamelan ensemble based in Vancouver, performs the final concert for the Quadra Cultural Committee's Concert Series on Saturday, April 26, at 8:00 pm at the Quadra Island Community Centre. There will be a pre-concert community potluck at 6:30 (bring Balinese or "local" food and meet the 30-member ensemble) and a free gamelan workshop on Sunday morning.

A gamelan is a set of colourful Indonesian musical instruments usually featuring metallophones, xylophones, drums, and gong. Bamboo flutes, bowed or plucked strings, vocalists and dancers may also be included. Gamelan is found in the Indonesian islands of Java, Madura, Bali and Lombok in a wide variety of sizes and formations and forms an essential part of the spiritual and social life of each village. To visit Bali is to hear the gamelan, a musical experience completely foreign to our Western ears.

Canadian ensemble Gamelan Gita Asmara was founded in 1996 by UBC music professor Michael Tenzer who developed a new kind of Balinese gamelan set called Semaradana. Starting out with a student ensemble and an intensive practise schedule, his group focused on traditional and contemporary Balinese repertoire. Over time however, the orchestra has grown to about 30 permanent members who are often joined by expert Balinese musicians and dancers flown in from Bali for performances.

The first non-Balinese composer ever to write music for the Balinese Gamelan, Tenzer is known as one of the most important figures in the international Gamelan movement. Along with I Wayan Suweca and Rachel Cooper he co-founded Gamelan Sekar Jaya in Berkeley in 1979; as composer and lead drummer, he led them on their first tour to Bali in 1985, which was the subject of the television film "Kembali: To Return". Integrating the

techniques of European modern music and Indian music into Balinese musical structures, Tenzer has created what Balinese critics call "...an important contribution to our cultural heritage." The documentary "Bali by Heart", featuring a second pilgrimage to Bali by Michael and 11 Vancouver musicians, will be shown by the Quadra Island Film Club at QCC on April 11th.

Gamelan Gita Asmara has grown in skill and repertoire by working with many guests from Bali. Since 2004, the group has worked with Bali-born Guest Director I Wayan Sudirana, himself a skilled multi-instrumentalist and composer and graduate of STSI, the Balinese Arts Academy, and a member of the Cudamani Arts Collective.

Adding to their musical performance, Gamelan Gita Asmara will be joined by several dancers, including dynamic dance artist and guest director Ni Putu Widiyanti, who will demonstrate the traditional movements which accompany the Gamelan. Expect a visual feast from both the highly symbolic dance and the beautiful costumes of both musicians and dancers.

On Sunday, April 27, 10:30 AM, members of Gamelan Gita Asmara will be offering a special community workshop sponsored by Quadra Rec during which participants will have the opportunity to experience playing a variety of gamelan instruments. No musical experience necessary for this fun morning! To register for this free workshop, please call: 285-3458.

Advance tickets for Gamelan Gita Asmara are \$12/student, \$17/adult, \$40/family; available at: Hummingbird Office and Art Supply in Q. Cove, Quadra Crafts in Heriot Bay and the Music Plant in Campbell River. Tickets will be available at the door: \$12/student, \$20/adult, \$45/family. For information call: 285-3560.

www.gitaasmara.ca provides a wonderful introduction to this group.

www.discoveryislander.ca



Halliday's Viewpoint

by Steven Halliday

\$2 Gas, \$5 Bread?

Spring has brought with it the resumption of outdoor activities, which around my home includes a return to the ongoing - likely never-ending - taming of our land. This year has brought with it several additions to the already long list, including becoming chicken owners and putting in several large raised-bed vegetable/berry garden plots. While the "100-Mile Diet" benefit is clear, and the availability of homegrown flavourful veggies has tremendous appeal, soon "homegrown" might be of considerably more economic import as well. All around us the costs of basic foodstuffs is skyrocketing, and it is far from certain as to how much higher they may rise in the relatively near term; environmental and overpopulation issues will certainly determine the supply/demand question in the long term. The present prospects are not good given the current trajectory of most economic models for each - there will be more people, food will get scarcer, and more expensive. This is a certainty. And this is without factoring in the folly of supply pressure due to biofuel.

We are very fortunate to live in a society where our food costs are low as a proportion of our incomes. According to the Economic Research Service, United States Department of Agriculture "U.S. consumers spend approximately nine percent of their income on food compared with 11 percent in the United Kingdom, 17 percent in Japan, 27 percent in South Africa and 53 percent in India." (<http://www.ers.usda.gov/Briefing/CPIFoodAndExpenditures/Data/table7.htm>)

Interestingly, according to that same data source, in 1933 Americans spent 25 % of their income on food.

Right now in Bangladesh, families spend up to 70 % of their income on basic foodstuffs, and riots due to spiralling food costs have been reported in 13 countries around the globe, according to an April 5/08 Guardian report titled "Crop switch worsens global food price crisis". The report notes that 18 % of American grain production now goes to biofuel production, or 60 million tonnes of grain, enough to feed 250 million people. Robert Zoellick, President of the World Bank, is quoted stating that prices of staple foods have risen 80 % globally in the last three years, and 33 countries presently face unrest because of the price inflation. I applied a 10 % formula to my family income and the resultant number is more than adequate for our food needs - the result

when using South Africa's 27 % yields a truly frightening number.

Another report, this one by the CBC dated March 27/08 titled "Rice riots and empty silos: Is the world running out of food?", points out that "Canada No. 1 grade wheat jumped to an extraordinary \$798 a tonne in February 2008, which is more than three times the \$252 a tonne it was averaging over each of the past two crop years". And check out rice prices. The Financial Post of April 4/08 points out "In 2007, global rice paddy production rose 1 % to 650 million tonnes, the second consecutive year production fell short of population growth, resulting in a drop in per capita output. The supply shortage has caused the price of rice - the staple food for half the world's population - to soar. Rough rice prices surged 2.7 % to close at US \$20.20 per 100 pounds... and is now up 77 % since October [2007] when it traded at US\$11.40 per hundred pounds". Titled "Shortage drives prices to record high", the author notes that the Australian government is predicting rice crop declines of 90 % in 2008 due to water shortages, and US production is expected to continually decline due to mounting competition for more profitable crops. The big players - China, India and others - have joined in raising prices and restricting exports in anticipation of the problems deepening.

The CBC report quotes Harriet Friedmann, an expert on the economics of food at the University of Toronto, on one of the biggest issues facing food production - crop diversion to biofuels. "We've gone from competing with our animals for grain to competing with our cars" and that we are at the beginning of a "pretty serious trend" that could "shock the international system with higher prices and regionalized shortages for some time to come". The same report then points out that while you and I have seen costs for our food products rising in the past year, the effect has been dampened somewhat by the impact of the rising loonie cutting imported food costs by 14 %. Much of the higher prices for grains have not hit the retail level yet, but the inventory of cheaper priced grains is running out fast, with US stockpiles of rice and corn at their lowest levels since 1983, according to a Bank of Montreal economist.

The rising cost of fuel, a process that shows no signs of abatement, is also adding inflationary pressure on food. The costs of fertilizers, crop maintenance, harvesting, transport, packaging and storage are all rising with the price of oil, and all will be passed on to the end purchaser

eventually. The fabulous cornucopia of fresh fruits and vegetables we presently enjoy in our stores are bound to become much more precious, given the tremendous amount of energy consumed in production and long distance transport. The "100 Mile Diet" is an effort to educate and reduce this dependency, but has tremendous challenges attached since so much of what we usually eat is difficult to grow in much of the country we inhabit. And it doesn't help that the vegetable capital of BC, the Fraser Valley, is now mostly covered in concrete and asphalt or that our Northeastern grain fields (our breadbasket, so to speak) are now coveted more for the gas underneath them. Oil and gas extraction are not good bedfellows to farming.

Charlton Heston died yesterday. One of his most memorable films, somewhat of a sleeper hit, was a dark science fiction film called "Soylent Green" produced in 1973 and co-starring Edward G. Robinson. The film portrays the future as a desperate, polluted, overpopulated and fascistic place, with shrinking food supplies being supplemented by food wafers supposedly made of soylent and lentils, hence soylent. It was Robinson's last film before his death soon after filming wrapped - ironically his character undergoes a utopian form of euthanasia courtesy of a government anxious to reduce the population, and in tracking Robinson's remains Heston uncovers a terrible secret about soylent green. The film was far off the mark in its overall premise though, particularly when considering it is set in 1999, but is notable as an augury of a starving planet and is worth watching if you can get a copy.

When our grandparents were children, the vast majority of most people's time was spent in the acquisition of food, and it was only in the 1st decades of the 20th century that "urbanized" populations saw the proportion of energy/expenditure necessary to feed a family drop significantly. As noted earlier, the change from the 1930's to today was a 50 % drop. All the evidence signals this being the bottom of this cycle, and food will likely never again be as cheap and available as it was for the last 50 or 60 years. Becoming more self-sufficient in your food is a choice that will benefit the environment, your health and in the very near future, your bank account. Growing grains is a not an option for most, and a far bigger proportion of your earnings will soon go to buying your bread and cereals - guaranteed. Growing what you can is a good way to offset new realities such as \$5 bread.

Cycling on Quadra: the Joys and Hazards

by Tanya Storr

With gas and ferry prices escalating, cycling as a form of transportation has become more and more enticing. Improved cycling technology and the health and environmental benefits gained from pedalling increase the appeal.

In many respects Quadra is ideal for cycling, however there are some safety concerns due to blind corners and the lack of shoulders on most island roads. While remaining aware of these hazards, cyclists also need to protect themselves by wearing proper gear and keeping their bikes well maintained.

Jack Mar, owner of Island Cycle and an avid mountain biker, said the wide range of bikes available today make cycling accessible to almost anyone. Comfort bikes with upright handlebars and a full suspension saddle are a good fit for recreational riders. Mountain bikes now come with disc brakes, front suspension forks, and rear shocks. Ever lighter and faster, road bikes are made out of carbon fibre and other sophisticated materials. Recumbent bikes, jump bikes, and electric bikes are some of the other options for today's cyclists.

Quadra is home to Sam Whittingham, who has been called "the fastest man on Earth" for speed records set in his human powered vehicle (HPV), a very high tech recumbent bike. Recently, Sam and his wife, Andrea Blaseckie, won three awards and sold one of their custom made bicycles to world famous rider Lance Armstrong at the North American Handmade Bicycle Show.

While most of us won't reach speeds anywhere near Sam's, we can opt for a boost by purchasing an electric bike. These bikes have an electric motor powered by a battery pack, giving cyclists the choice of assistance while pedaling. Electric bikes are popular on Quadra as they make riding up steep hills much easier.

"There is a contingent of people on the island who are dedicated cyclists and have purchased electric kits to support their riding pleasure. People who ride electric bikes typically get 400-500% more exercise than those who don't, because they tend to use their bikes more often," said Jack.

Quadra folks who have converted to electric bikes include recreational riders, commuters (who can ride without having to arrive at work hot and sweaty), parents pulling baby trailers, and people with arthritic hips and respiratory challenges.

"Riders are going further and longer because of the electric system. People with health difficulties can be mobile and enjoy the thrill of

cycling again," Jack pointed out. "They are also reducing their carbon footprint by using their bikes instead of cars."

While visiting Island Cycle, I tried out an electric bike for the first time. Not only did the system offer four levels of assist while pedaling, it also had a throttle that propelled the bike on flat or slight uphill surfaces—without the need for pedalling! While going downhill, you can choose to recharge the system by generating power.

Whatever type of bike you choose to ride, there are some basic safety precautions to keep in mind. The most important safety device is a helmet. It is against the law not to wear a helmet while riding a bike in BC, and for good reason.

"According to 'Gearing Up', a bike safety video, 85% of head injuries sustained while cycling can be prevented or reduced by wearing a helmet. I see enough people riding on Quadra without helmets to be concerned," said Jack.

Wearing a helmet while cycling is akin to using a seatbelt in a car, Jack added.

"A good fitting helmet is crucial. You don't plan for an accident and you don't have time to react," he said.

Helmet design has improved a great deal. Today's helmets are fully adjustable, available in a variety of colours and styles, and have excellent ventilation. Helmets are safety tested and come with approval ratings. You can purchase a good used helmet for \$10 and a new one for \$20-\$30 all the way up to \$200+.

"Most of the major brands come with a crash policy. If you have an accident, the company will replace your helmet with one of the same value," Jack explained.

Wearing reflective clothing, using safety lights, and keeping your bike well maintained are other important safety measures. Do a quick pre-trip bike inspection to check your tires and brakes, and have your bike tuned up by a professional annually.

With cyclists, pedestrians, and vehicles sharing the roads on Quadra, there are inevitable safety concerns. Louella Baker enjoys cycling on the island and has been working to raise awareness of safety issues.

"A group of island cyclists met last year and identified dangerous sections of island roads. We concluded that Telephone Hill, Heriot Bay Road between Rebecca Spit and the Heriot Bay Store, and the corner just south of the golf course are the most dangerous for cyclists," Louella noted.

Louella attended the most recent Quadra Safety Council meeting and shared the group's findings with representatives from the Regional



Jack Mar demonstrating one of the electric bicycles he sells at Island Cycle. photo: Tanya Storr

District, RCMP, Ministry of Transportation and Highways (MOTH), BC Ferries, Quadra Island Volunteer Fire Department, Quadra Ambulance, and Emergency Social Services.

Like many sections of road on Quadra, Telephone Hill lacks a paved shoulder. The gravel shoulder gets washed out after a period of rain, causing ruts and gaps. Visibility is very poor at the crest of the hill, making it difficult for drivers to move over to avoid cyclists.

Louella asked that MOTH consider paving the shoulder on Telephone Hill. Although she learned that there is no money in the Ministry's budget to do so this year, she and other island cyclists are hopeful that this issue will be revisited as soon as possible.

"Telephone Hill is a major thoroughfare for people coming to and from the Cove. School children walk and cycle on the hill, and so do many commuters," she said.

The section of Heriot Bay Road between Rebecca Spit and the shopping area in Heriot Bay is also narrow with limited visibility. Louella mentioned that this section is particularly well travelled in the summer by cyclists and pedestrians from the campground.

"There is hardly even a shoulder, let alone room for a paved shoulder on this stretch. It would be challenging to widen the shoulder because of the steep bank, but it is a serious safety concern," she said.

Despite the challenges presented by island roadways, there is no doubt that the benefits of cycling make it well worth the effort. To all who enjoy cycling on Quadra's roads and trails, happy riding and stay safe!

Jacks Abound!

April Fool! It's snowing! Tiny ice bits turn larger and fluffier until great white bats stick to black branches. Not much greening visible now from where I sit - just white on black and white on white as snowflakes kiss the cherry plum blossoms outside my window.

I see Jack Frost and Jack in the Green gaming for control of this foolish first days of April. Here the wild sprouting time is held back for a few more moments by the Jack of winter.

And where did all these Jacks come from anyway? There are throngs of them; jack o' dandy, jack of all trades, jack-in-a-box, jack in the pulpit, jack o' lantern, Jack of Diamonds (a knave, a rogue, a rascal), Jumping Jack Flash (a scoundrel perhaps?), Jack Sprat, Jack the Giant Killer, Jack and the Beanstalk, Little Jack Horner, Jack and Jill, Jack Be Nimble/Jack Be Quick/Jack Jumped Over the Candlestick (nursery rhymes and stories), Ballin' the Jack...

[the list goes on...] Jack Jack Jack Hooka Rooka Tooka (dance tunes from the 40s), jack tar (the sailor), jack straw (the scarecrow), jackleg/blackleg, Union Jack, whiskey jack, jackpot, jack off, high jack, jackboots, jackaroo, jumping jacks, playing jack, jackass (a fool, a blockhead), jackanapes (an impertinent whippersnapper, no doubt), just jacking around.

Such a lot of energy in all these jacks. And foolishness, too! But, don't take it too seriously; it's April!

After all, the fool is just a jester: a bag o' wind, a silly-stupid-lack o' sense, a dolt, a dunce, a simpleton, a saphead, dunderhead, numb skull, a nincompoop, ignoramus, ninny, a paltry-careless-trifling-booby. In short, the fool is no one to pay attention to...OR... maybe something else is masked by this lightness, this silliness.

Who is April Fool? Who is the Green Man - Jack in the Green (who we have Wonderbreadized into the Jolly Green Giant)? He looks out from stone, Leafy-headed faces carved upon European cathedrals... not Christian, surely... and not gargoylish threateningly devilish either. Pagan, truly, is he, a whimsical gentleness in his smile.

Yes, we know in our bodies and souls what greening is. It is the return of life springing from apparently brittle twigs, the lively wythes, the tender crops, the young sun of springtime (said Chaucer).

(and Dylan Thomas said) 'All the sun long it was running, it was lovely... it was air And playing, lovely and watery And fire green as grass.

No. God is not dead; nor Pan either.

Yes. The force that through the green fuse drives the flower

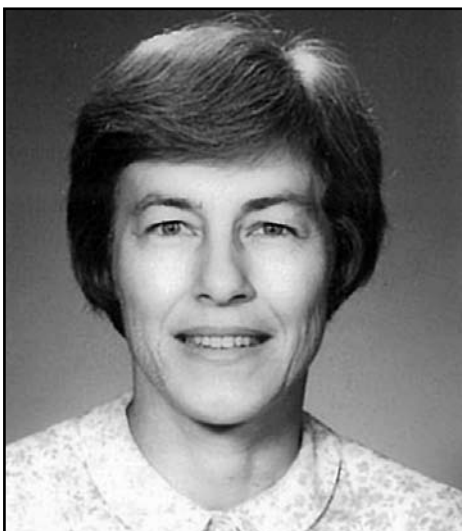
Drives my green age; (thanks again Dylan) even at age sixty-six.

Happy spring, everyone - Wendy Terral-Balatti

www.discoveryislander.ca

Sophie McClure Gregg

July 25, 1926 - March 26, 2008



Sophie was born July 25, 1926 to Floyd and Ruth McClure in Canton, China where her father was a botany teacher at Lingnan University. Sophie came to the USA at the age of 14 to attend high school. She graduated in 1944 from Westtown School in Westtown, Pennsylvania. She then went to Oberlin College in Oberlin, Ohio. There she met Peter Gregg. They married in August 1948.

After graduating from Oberlin, Sophie moved to Laramie, Wyoming where their first daughter Jay was born in 1952. She worked as a nurse's aide and modeled for the University of Wyoming's art department. Three years later Sophie moved to Ithaca, New York where her husband continued his studies at Cornell. Daughter Betsy was born there in 1955.

That September Sophie and her family moved to Grand Falls, Newfoundland. There Pete worked as a wildlife biologist while Sophie raised two small girls. In 1957 they moved to Regina, Saskatchewan. Son Dave was born there in 1958.

Shortly thereafter Sophie and family moved to La Ronge in northern Saskatchewan. Although busy with her young family Sophie found time for many community activities. These included secretary of the school board,

Girl Guide leader, truant officer and member of the library board.

After 10 happy years in La Ronge the family moved to Saskatoon and then to Williams Lake, BC. A springtime visit to Quadra and Cortes Islands gave Sophie and her family a taste of island life. That summer she and her family moved to the coast. After a year and half on Cortes, where Sophie worked as a teacher's aide, they moved to Quadra Island where Sophie resided until her death.

In 36 years on Quadra her kind and loving spirit touched many lives. She was a wonderful friend and neighbour. Sophie was also secretary of the fire department, an original member of the group that published the Discovery Passage newspaper, a clerk at the old Heriot Bay Store, an accomplished seamstress and a long standing member of the Old Age Pensioners' Organization.

Sophie cared deeply for the natural world that surrounded her. She volunteered for the Quadra Island Salmon Enhancement Society, participated in the annual beach cleanup and always took care to preserve the environment.

Throughout her years on Quadra, Sophie maintained a strong connection with her past. She returned twice to China and spent most summers canoeing and visiting friends in northern Saskatchewan with her husband Pete.

Her family wishes to express their heartfelt thanks to everyone for their kindness and support. There will be no service at the family's request.

Sophie will be greatly missed by family and friends. Donations in her memory may be made to the Quadra Island Seniors Housing Society, (Building Fund) Acct. #913289 c/o Quadra Credit Union, Box 190 Quathias Cove BC V0P 1N0 Canada

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April 11 - 25

11	04:31	3.5	11.5
Friday	08:53	4.2	13.8
	16:33	0.9	3.0
12	00:28	4.6	15.1
Saturday	05:55	3.5	11.5
	09:45	3.9	12.8
	17:33	1.1	3.6
13	01:34	4.6	15.1
Sunday	07:33	3.4	11.2
	11:07	3.6	11.8
	18:40	1.3	4.3
14	02:30	4.7	15.4
Monday	08:51	3.1	10.2
	12:58	3.5	11.5
	19:50	1.5	4.9
15	03:18	4.7	15.4
Tuesday	09:43	2.7	8.9
	14:40	3.6	11.8
	20:56	1.7	5.6
16	03:58	4.7	15.4
Wednesday	10:25	2.3	7.5
	16:00	3.8	12.5
	21:57	1.9	6.2
17	04:32	4.6	15.1
Thursday	11:02	1.9	6.2
	17:06	4.0	13.1
	22:50	2.2	7.2
18	05:02	4.5	14.8
Friday	11:36	1.6	5.2
	18:03	4.2	13.8
	23:38	2.4	7.9
19	05:27	4.4	14.4
Saturday	12:09	1.3	4.3
	18:56	4.4	14.4
20	00:23	2.7	8.9
Sunday	05:48	4.4	14.4
	12:42	1.1	3.6
	19:47	4.5	14.8
21	01:05	3.0	9.8
Monday	06:06	4.3	14.1
	13:15	0.9	3.0
	20:37	4.5	14.8
22	01:45	3.3	10.8
Tuesday	06:21	4.2	13.8
	13:47	0.8	2.6
	21:28	4.6	15.1
23	02:26	3.6	11.8
Wednesday	06:36	4.2	13.8
	14:21	0.8	2.6
	22:21	4.5	14.8
24	03:09	3.8	12.5
Thursday	06:51	4.2	13.8
	14:57	0.9	3.0
	23:15	4.5	14.8
25	04:02	3.9	12.8
Friday	07:09	4.1	13.5
	15:36	1.0	3.3

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