

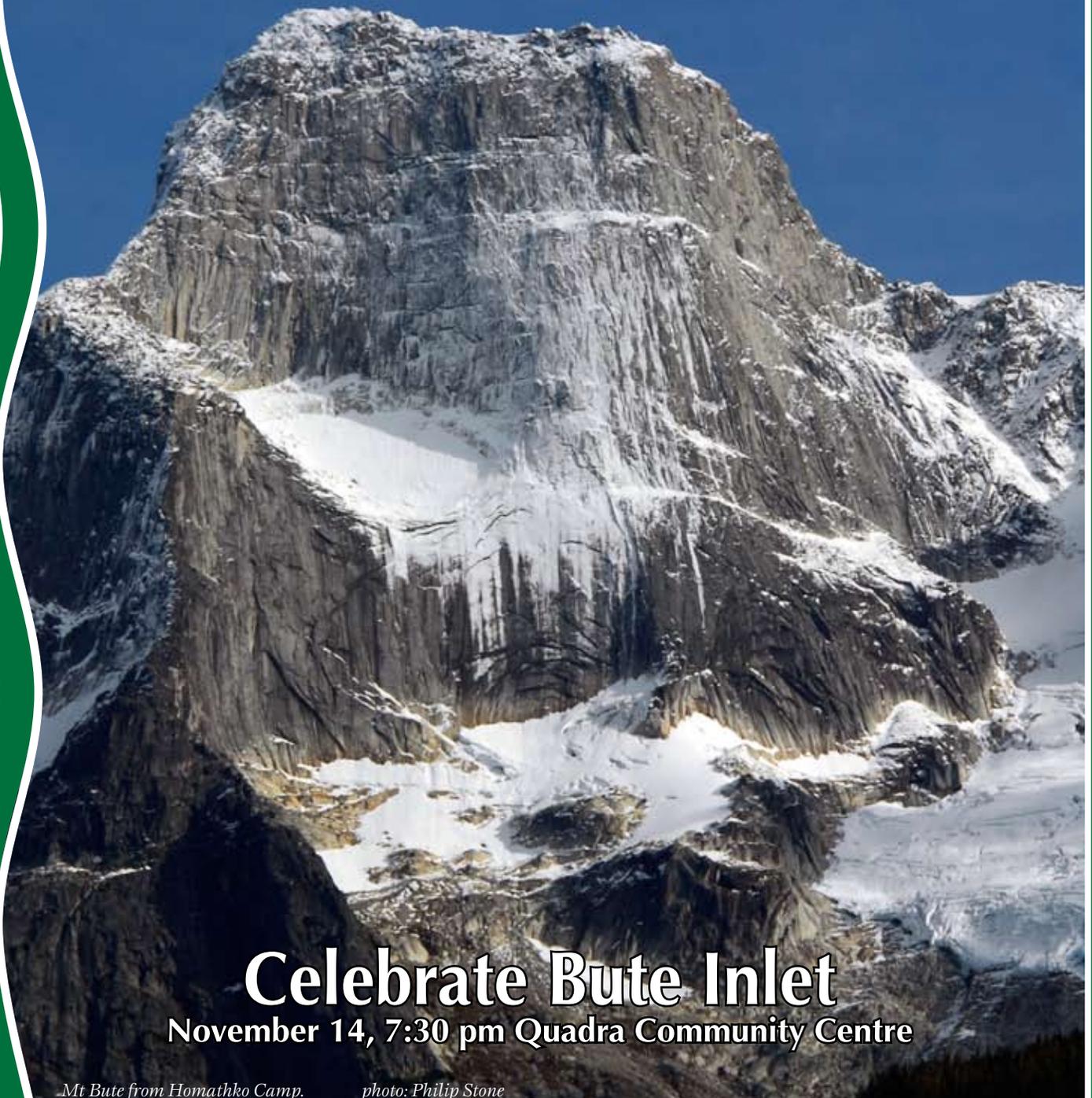
Issue 460

November 6, 2009

DI

Discovery
Islander.ca

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



Celebrate Bute Inlet

November 14, 7:30 pm Quadra Community Centre

Mt Bute from Homathko Camp.

photo: Philip Stone

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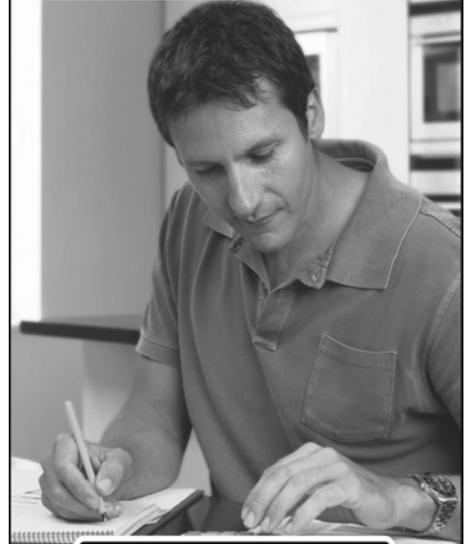
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NOTICE TO THE PUBLIC

Campbell River/Quadra/Cortes Ferry Advisory Committee Meeting

**Tuesday, November 10
9 a.m. – 12 p.m.
Heriot Bay Inn, Quadra Island**

Members of the public are invited to attend the Campbell River/Quadra/Cortes Ferry Advisory Committee meeting. If you have any questions or concerns you wish to raise with the Committee or with BC Ferries, please contact Sarah Cotton in advance of the meeting.

Sarah Cotton
Manager, Stakeholder Relations
BC Ferries
(250) 978-1398 or sarah.cotton@bcferries.com

Minutes of the Committee meetings are available on BC Ferries website:
www.bcferries.com

 **BC Ferries**



Island Calendar

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

The Regulars

- **Quadra Legion** - Now open Thurs & Fri at 7 pm and Saturdays at 4:00pm
- **Every Monday** - Parent and Tots 9:30 am - noon Q.C.C.
 - Sing for Pure Joy! 3 - 4:30 pm Room 3 Q.C.C. All Voices Welcome.
- **Every Tuesday** - Quadra Children's Song Circle - 3 - 4:00 p.m. Room 3 Q.C.C.
 - Kidz Klub 3- 4:30 pm Quadra Island Bible Church
 - Al-anon meeting, 7.30 pm at the Children's Centre
 - Folkdancing QCC-7:30 pm Sept-April
- **Every Wednesday** - Moms and Babes 11 am - noon Q.C.C.
 - Community Lunch noon Q.I.C.C.
 - **Every Thursday** - Parent and Tots 9:30 am - noon Q.C.C.
 - Yoga Classes 9-11 AM and 5-7 PM with Brenda Dempsey at the Upper Realm, QCove. 285-3054 or 203-1575 Drop ins welcome \$12.
 - Prayer Meeting, 7:00pm at Quadra Island Bible Church
 - Life Drawing Sessions with model at Firesign Studio 7-9:30 pm
- **Every Saturday** - Farmers' Market behind the Credit Union 10 am - 2 pm
 - Legion Meat Draw 5:00 pm, Steak Dinner at 6:30pm
- **Every Sunday** - Centre for Spiritual Living Celebration 10:30 am Willow Point Hall
 - Family Worship Service 10:30am Quadra Island Bible Church
 - Quadra Sunday Painters, 11 AM- 2 PM, call Nanci 250-285-3390
 - Quadra United Church-11 am, except 1st Sunday of month at 12 noon
 - Buddhist meditation 10 am Q.I.C.C., everyone welcome
 - Live Jazz at HBI 6:30 pm
- **1st Monday** - Quadra writers group - 7:00 to 9:00 pm 285-3656
- **1st and 3rd Wednesday** - Food Bank 1-2 Community Centre

Next Deadline: Monday, November 16th, 2009

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 for understanding.

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



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Day by day

Saturday, November 7

- Community Thanksgiving Gift Giving Q.I.C.C. Noon to 4 p.m.
- Art Auction & Entertainment, fundraiser for Quadra Children's Centre 6 pm Heron's at the HBI

Monday, November 9

- Garden Club presents Helena Hartwood on Edible Landscape Design 7 pm Q.I.C.C.

Wednesday, November 11

- Remembrance Day Service Quadra Legion Please be seated by 10:45 am sharp, luncheon follows service, evening events 4:30 pm
- Community Lunch cancelled today will resume on Nov. 18
- Hand drum workshop Upper Realm 7:45 to 9:30 p.m.

Friday, November 13

- Shane Philip Live Manson's Hall 9 pm Cortes Island

Saturday, November 14

- Story Hour for Children and Families Quadra Children's Cntr 1:00 - 2:00
- Celebrating Bute Inlet Sierra Quadra & F.O.B.I event Q.I.C.C. 7:30 pm

Sunday, November 15

- Geshe YongDong Speaks "Transforming Negative Thoughts" Q.I.C.C. 11 a.m.

Tuesday, November 17

- Freestore Interest Meeting Q.I.C.C. 7 pm

Wednesday, November 18

- Newcomers' Welcome social 5-7 pm T.B.A. sponsored by Chamber of Commerce email swilson@gicable.com to register
- Hand Drum Jam Upper Realm 7:45 p.m.

Thursday, November 19

- John Toelle with guests Smooth Edge Herons at the HBI 8-10 pm cover \$5.00

Friday, November 20

- Christmas Craft Fair Q.I.C.C. 4:00 - 9:00 pm
- Jeanette Taylor's 'The Quadra Story' book launch Manson's Hall doors open at 7:00 pm event underway at 7:30 pm Cortes Island

Saturday, November 21

- Christmas Craft Fair Q.I.C.C. 10 am - 3 pm

Friday, November 27

- Banff Mountain Film Festival World Tour Tidemark Theatre show starts 7:00 pm prompt, tickets from Tidemark 250-287-7465 or at door (?)

Saturday, November 28

- Christmas Craft Fair Manson's Hall 11 am - 3 pm Food concession Cortes Island
- Story Hour for Children and Families Quadra Children's Cntr 1:00 - 2:00 pm
- Banff Mountain Film Festival World Tour Q.I.C.C. show starts 7:00 pm prompt tickets from Tidemark 250-287-7465 or at door
- Six Gun Buddha Quadra Legion 9 pm til 1 am \$7 cover charge

Island Calendar online: www.discoveryislander.ca



Discovery Islander

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Philip Stone

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\$30⁰⁰ for 6 months

\$50⁰⁰ for 12 months

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Submission Guidelines

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

• Please print handwritten material clearly.

• Items sent by email **do not need to be an attached file** - just send text in the body of the email. Please spell check in Canadian English.

• Please use the title of the item as email subject.

• No MS Publisher, WordPerfect files or graphics in Word files please. Send imported graphics separately.

• Please don't send original irreplaceable material.

• 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

Monday, November 16th



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

Dear Editor,

It was with humour to read the letters of Steve Moore and Paul Ryan side by side. You won't find such character in the mogul media as well as having to endure endless replays of an apology for rudeness. The local paper wins. Steve Moore does focus on the depletion of the wild fisheries resource. Perhaps Paul Ryan with his degree in biology can explain why we don't have the fish we had 100 years ago? The surviving local cannery or processor is Walcan having adapted with an amazing versatility, and is well positioned to prosper with a flourishing diverse wild fishery. A contributor to the community without doubt. The fact it processes farm salmon doesn't cloud the issue Steve Moore addresses. Outside political influences beyond Ottawa seems to rule our waves. In the collapse of the East coast fisheries Ottawa ignored the observations of the fishers, and the true scientists and politically favoured an exploitation. Here Norwegian financial capital rules and we are just prawns in the game. Ottawa essentially goes to war in Afghanistan to appease the American Petroleum Institute so a pipeline can bring access to Caspian oil for America. This version of democracy isn't in our dream. Its very like the 15th century before the Reformation began the creation of our civilization.

The reformation brought along the freedom of thought, inductive reasoning, logic and the birth of science as postulated by Francis Bacon. So when one hears the word sustainable you realize it's a novel and radical concept unassimilated by Ottawa. I don't wish to be offensive, but the government finds it easy to collect 13.7 billion net dollars from promoting gambling in the populace, rather than have the maturity, talent and willingness to sustain a natural resource. The same old game prevails along with increased taxes to make the artificial game pay. "Life is sustainable so where's the trouble?" "is heard during this very slow moment of widespread extinction

happening now. I've given you a perspective to consider, so I say to the local politicians pull the sheep's wool out of your ears, toss the flock wool into the dustbin, and stand your ground. We'll all prosper in the end.

Hugh McNabb

Dear Editor

So it is clear that Mr. Ryan disagrees with what Steve Moore has to say and/or how he says it and/or how often; but to request his silence is just too much for this writer!

This is a man who at least has conviction enough to voice what he thinks and feels, on very important and serious subjects worthy of all of our attentions and up to the point of even paying for this "privilege". What have you to say?

Might I suggest that you simply not read the articles of this writer you seem to so dislike? Better yet; retort!, respond!, communicate!

For the day we silence the respectful pen, my fellows, is the day we take up arms.

Out of great concern
Helene Lepage

Dear Editor

I am writing on behalf of the outer islanders (Discovery Islands) who use Surge Road to access the community dock at Hoskyn Landing. We would like to thank Bob O'Brien and Max Walker of the Ministry of Highways and Emcon's Geoff Battimelli, Greg Ehman and Stu Travis for being there for us when we recently needed them. These guys all did a great job helping us out with a vexing problem with the road. Of course none of it could have happened without the efforts of our local heroes, Jim Abram and Dave Neville. For all that you do to keep us connected, we thank you all.

J. David Cox
Read Island

Mr. Kenneth Albrecht
Ministry of Agriculture and
Lands

My wife Trude and I have been living on Cortes Island for more than 22 years. Our house is on the corner of Whaletown and Robertson Roads. We see increasing traffic to and from the Gorge Harbour Marina and the Government docks.

We object very strongly to plans by Klahoose Shellfish Ltd Partnership (file # 1411211) for a 15.7 hectares oyster culture lease on the Western side of Gorge Harbour, where there are already several oyster rafts. This part of the Gorge Harbour is already the main anchorage for locally-owned and visiting yachts, which will be badly disturbed by this huge, new oyster lease. The Gorge Harbour Marina is the only public harbour and mooring on Cortes Island.

Cortes Islanders are struggling, with considerable success, to create local, organic self-sufficiency to counter the terrible rush to ruin that is now taking place world-wide.

Please make it very clear that the Ministry of Agriculture and Lands is left in no doubt that Cortes Islanders are not prepared to see our beautiful residence and surroundings turned into an industrial waste land.

Thank you,

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The Gowlland Harbour Picnic Park



The Sierra Quadra article Discovery Islander on July 2, 1999 said:

“Gowlland Point” as it is being called in this column is District Lot 208, the peninsula immediately east of April Point that juts northward toward Gowlland Island and forms the southwest boundary of Gowlland Harbour. Goose Bay on the west separates it from April Point. Although islanders may not have heard of “Gowlland Point” by name, this will likely change. And what we hear may very well cause the proverbial “wringing of hands and gnashing of teeth” as once again we are forced to review land-use on Quadra, what it means for our quality of life, and what we can or should do about such matters”.

This time, ten years later we can do something about it. I recommend that as one of the conditions the Quadra community makes before consenting to the complete removal of Lot 208 from the Agricultural Land Reserve, and from the Forestry Land Reserve is that Quadra Island gets new parks. There are two 15 acres parks on offer now. These overlap protected riparian and archaeological sites, flood control regulations on the foreshore, mud flats, and land unsuited to build on. Considering the very large increase in the value of the land to the owner if this subdivision goes forward, I do not think what is on offer is good enough.

I propose the establishment of a third park, named **Gowlland Point Picnic Park** on the northern tip of the peninsula jutting in Gowlland Harbour itself. It is a perfect site for a park. Easily demarcated by a belt of trees, would ensure the safety of the most important viewscape from the water that is much used by tourist and residents alike. Visitors staying at Gowlland Harbour Resort, April Point Resort, Seascope Waterfront Resort, Quadra Resort, Steep Island Lodge,

and Camp Homewood are all major users of the harbour waters; boating people mooring and residents like me living here love the look of this area. The west side of Quadra needs a park, and this picnic park would be easily accessible. I know this small spot is the crown jewel of the peninsula. But I think we should not agree to the subdivision without this area declared as park. The area of the park would affect about five parcels, 10 % of the planned development.

The preservation of the belt of trees that would obstruct the views of the houses on the top of the peninsula is almost unmanageable with restrictive covenants. The closer the houses to each other, the less effective the restrictions are, and their enforcement would be challenging, expensive, and time consuming. I will write more about these problems later. But who do you think has the money, the time, the authority and the stomach to enforce covenants against bolshy rich future house owners wanting a panoramic view? Perhaps Jim Abram can correct me, but my impression is that there are no personnel, or budget, or indeed eagerness to get involved in enforcing restrictive covenants. Would you like new taxes to enforce these covenants we are to rely on?

To control what happens in a park is much simpler. It should be north of the line between points 50° 4'0.29"N and 125° 13'31.09"W and 50° 3'59.92"N and 125° 13'17.37"W – see it in Google Earth!

The rezoning provision in our law, (the planning process) is a bargaining affair, envisaging, indeed relying as a safeguard on hard negotiations between the community and the developer, and wrangle over the “price”.

Dr. G Barabás

Regional Director's Report - November 6, 2009

Hello to everyone! Consider this a partial return to work. I wanted to at least get something into print at this time with more to follow in the next two weeks when I am actually back to work.

Mainly, I would like to thank all of you that took the time to send me cards, write emails or leave voice mail, wishing me a speedy recovery. I will not try and reply to each of you individually, but I would like you to know how much your kindness was appreciated. I would like to thank you for all of your prayers, thoughts, energy, light and love. Every bit of it was put to good use during a very trying time over the past four weeks. I have been getting the best care possible from Wendy and am improving daily. By next week it will be back to the frantic pace that is the life of the regional director! Lots of issues are outstanding and need attention, but nothing has fallen off the map.

I would also like to thank my alternate director, Rob Mckerracher, for attending meetings for me while I was laid up. He also reported back to me on the meetings. I have been keeping in touch with the office on a few major topics and will report on everything that is happening next report, such as:

- The Quathiaski cove Village planning process
- The SRD strategic planning process
- The SRD climate action planning process
- The Quathiaski Cove sewer expansion plan
- The Heriot Bay sewer system process
- The Evans Bay Wharf divestiture (pending legal approval)
- and any other issues that are current at that time.

So, stay tuned and feel free to call me between the hours of 8:30 am and 7:00 pm, Monday through Friday (not on weekends, folks!) at 285-3355, or you can fax me at 285-3533 or you can email me anytime at abramfam@oberon.ark.com , or by mail at Box 278 in the Cove, V0P 1N0... Lots of choices.

Respectfully submitted,
Jim Abram

Director, Discovery Islands - Mainland Inlets (Area C), SRD



re: Announced changes to Strathcona Park Master Plan

Dear Minister of Environment Penner,

I am deeply disappointed in the recent announcement that the Strathcona Park Master Plan will be changed to allow commercial horse use in more parts of the Park. Changing the Park Master Plan has the appearance of supporting one corporation, Clayoquot Wilderness Resort, over the public good.

I was one of many persons who put in thousands of hours on consultation to develop the original Master Plan. In the recent public hearing process on this issue, the 90% public opposition was ignored.

As a long time endurance rider, I well know the damage that horses can do to improperly maintained trails. They do not belong in a wet, west coast wilderness area.

I strongly doubt that CWR will EVER get horses up to their planned tent platforms, corrals, and manure pits. I have hiked that deeply eroded Bedwell trail. But they will have their permit, and will no doubt be asking for helicopter access eventually.

But this issue is not about horses, but the major policy change for the park, done in a totally undemocratic manner. Allowing permits for commercial horse use in the park is the beginning of privatization of this treasured public asset.

Please reverse your decision.

Sincerely,

Susan Holvenstot

Purple Martins

Purple Martins were warbling again at the Heriot Bay wharf by the middle of May this year, the week after they arrived at Campbell River estuary. They had 3 new boxes and a perch to inspect, put up by our local co-ordinator Ed Silkens. 3 pairs of birds took up residence, one pair in one of the new boxes, but only Box 2, the same one that gave us a brood last year, produced another brood this year. (from different parents). We banded 5 healthy young on August 1. Each of the other two occupied boxes had 1 abandoned egg inside. The new perch should give a better view of the birds' leg bands, whose colours and numbers give the date and place of banding. Prizes awarded to keen-eyed volunteers who can actually make out the numbers! Here's hoping for next year. Further info on purple martins can be found at <http://www.georgiabasin.ca/puma.htm> and www.purplemartin.org.

Lyn Paterson

Introduction to the Journey to Self-Creation

This four week introductory course will use guided art activities, visualizations and relaxation techniques to awaken and express our journeys of personal discovery, change and spiritual awareness. Change, crisis and transition are treated as opportunities to evolve into a higher state of consciousness that is based in love and acceptance.

The theme will be inspired by the mythical story of the hero/heroine's journey; a metaphor for the process of personal transformation. The 'hero/heroine' is one who willingly takes on a mighty task, encounters many challenges in which the successful resolution invariably leads him/her to a greater understanding of the self, and then uses this knowledge to contribute to the healing of the community in which they live.

Earth is in a process of transforming and we are being called to transform with her.

Participants will be guided in a supportive space in the use of their imagination to create and express themselves and the world they want to be a part of. The art activities are accessible to everyone, regardless of previous art experience.

The group will be facilitated by Angela Granzberg, B.A., Art Th Dip., an art therapist living on Quadra Island. For more information or to register for the group, call Angela @ 285-3994.

Date: Thursdays, from Nov. 4 - Nov. 25/09, Location: Gypsy Vibrations in the Upper Realm, Time: 7-9:30 pm Cost: \$60

fun every weekend

Fridays in the Pub

Nov 13

Jack Hammer

Nov 21

Machine Gun Kelly

Saturday

8 - 11 pm

Open Mike with Mo!

Nov 7 - at Herons Childrens Centre fundraising - 3 course dinner 49.00



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Tanya Storr

B.A. English

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tstorr@connected.bc.ca



Craft & Bake Sale

Ladies Auxiliary Christmas Craft and Bake Sale @ Quadra Legion Branch #154

December 5/09 To rent a table for \$10.00 Call Chris 285-2207 or Marie 285-2345

At The Legion

Legion Steak Dinner Saturday November 7th \$15.00 per person. Next general meeting Wednesday November 18th at 8:00pm.

Sixgun Buddah has just released their new c/d and they are coming to the Legion Saturday November 28th 9:00pm-1:00am \$7.00 cover charge.

Freestore Interest Meeting November 17

Please note that the Freestore Interest Meeting has been changed to Tuesday, November 17th, 7pm, at the Community Centre (back rooms). Please spread the word, bring ideas and friends to plan a Freestore on Quadra. For questions, or if you are interested but can't make it to the meeting, call Lauren x2787 or Mary x3084. Please feel free to let us know if you have resources that might be helpful - shelves, lights, etc. - as well. Thank you!

Local Remembrance Day Service

Our annual Remembrance Day Service will be at the Quadra Branch of the Royal Canadian Legion on Wednesday November 11th, 2009. Everyone is welcome and families with children are encouraged to attend. Please be seated by 10:45am sharp. The Legion Ladies Auxiliary will host the luncheon following the morning service. The evening festivities begin with membership initiations to be conducted at 4:30pm. The social hour starts at 5:00pm with dinner for members and guests at 6:00pm and Honours & Awards will follow dinner. See you at the Legion!
www.discoveryislander.ca



News and Events

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

Craft n' Chat

Have a project on the go? Haven't had the time to work on it? Bring it to the Quadra Island Bible Church on Nov. 11/3 pm -9 pm. Just want to chat? Join us, coffee is on! Bring a main dish or dessert to share for dinner at 6 pm.

Call Susan Swanson at 285-3795 for more information.

Story Hour

Quadra Literacy NOW presents Story Hour for Children and Families at the Quadra Island Children's Centre. This will be a series of three events on **Saturdays from 1:00 - 2:00 pm, Nov. 14 and Nov. 28**. Join us to experience the oral tradition of storytelling with follow up activities suitable for young children and elementary school age children. Children must be accompanied by parent.

Banff Festival

The Banff Mountain Film Festival will be here on its annual stop over Friday, November 27 at the Campbell River Tidemark and Saturday, November 28 at the Quadra Community Centre. Tickets from the Tidemark box office 250-287-7465 or at the door.

Heat And Eat

Quadra Circle has once again started purchasing frozen meals from Ironwood Place, a seniors' care centre in Campbell River. These meals will be available at the Community Luncheon, which is held at the Community Centre every Wednesday, from 10am to 1pm. Cost of meals is \$5.50 each. These are meals prepared for their residents and extra meals are frozen for sale to the general public. If you wish further information, contact Karen at 285-3064 or Lynda at 285-3205.

Moms Group

Nov. 11 / 10 am -noon
Nov.25 / 10 am -noon

Let the kids play while enjoying the company of other moms. Kids in school? Come, join us too! All are welcome. We meet in the Quadra Island Bible Church basement.

Please bring a snack to share. Coffee and tea provided. For more info call Lana Schanzenbach at 285-3434



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Hand Drum Jam

Bring out that old drum from the closet. It's time for a "skin on skin" hand drum jam. Drum circles are an ancient custom. Drums were the first musical instruments of the human species. In the olden days, trance drumming put people in a highly spiritual frame of mind. And it can still happen today! It's a completely safe & natural "high." Beginners are welcome. Drums can be provided if you don't have one. Starting time is 7:45 p.m. The place is the Upper Realm and the date is every Wednesday night, starting on November 18 and ending on December 16. Cost is \$5 drop in fee to pay the rent. Call Steve Moore for more information.

Natural Medicine Series Part One: Staying Healthy in the Winter

Cortes Island's naturopathic doctor, Maureen Williams, will be at the Quadra Island Community Centre on Saturday, November 21, to introduce the topic of naturopathic medicine and open this series with, "Staying Healthy in the Winter: Strengthening the Immune System and Fighting Colds and Flu," from 3-4:30 pm.

This year's flus have already made themselves known on Quadra, causing people to wonder what they can do to strengthen their bodies' defenses and avoid getting sick. This class will explore the many ways we can use healthy eating, water therapy, nutritional supplements, and medicinal herbs to support robust immune function. A healthy immune system not only helps us ward off colds and flus, but also appears to minimize the risk of side effects from vaccinations and improve their effectiveness. There is even evidence that the strategic use of antiviral and immune-boosting nutrients and herbs can increase the chance that, if we get sick, we'll recover quickly.

The series will continue with, "Beating the Winter Blues, Naturally," on Saturday, December 5; "Food as Medicine: Whole Foods Nutrition for the Family," on Saturday, January 23; and, "Female Hormone Balance from Puberty to Menopause," on Saturday, February 6, all from 3-4:30pm.

Dr. Williams received her Doctorate of Naturopathic Medicine from Bastyr University in Seattle, WA, in 1995. She had a private practice in Vermont for 13 years and spent time working on traditional herbal medicine projects in Guatemala and Honduras before moving to Cortes Island in 2008. She has lectured extensively to both professional and lay audiences, and is a natural medicine author and researcher.

The cost is \$15 per class or \$50 for the entire series. Please call 250-935-6966 to register.

Fundraising Clearance Sale

Visit I Blew It Studio for our first ever sale of seconds and clearance items. Choose from Hand blown glass - bowls, plates, vases, glasses, beer mugs, Christmas decorations and even a few fish!

Pick a piece, make a donation to the Multiple Sclerosis Society and enjoy one of our lovely hand-blown glass items while they last.

Open Saturdays during November. We are located at Open Bay, on beautiful Quadra Island, follow the signs or call 250-285-2809. Check out our web site at www.iblewitstudio.com

Remembrance Day Concert

WEDNESDAY, NOVEMBER 11 -songs and readings with Island Voices Chamber Choir.

2 pm at Christ the King Catholic Church, Courtenay, and 7 pm at St. Patrick's Catholic Church, Campbell River.

Admission by donation, with partial proceeds to the Royal Canadian Legion. Info: Tom 250-338-1079, Anne 250-287-4236

Transformed Upper Realm

The Upper Realm at Q.Cove has been transformed. There is a new "free Zone" at the top of the stairs with a free VHS video exchange for home movies & free candles for the coming November storms. So if you can't watch a movie, you can go into deep meditation watching a single candle flame. There is also a new Art Gallery with five different artists from Quadra & Cortes Island. The used bookstore is much expanded, including the 15 books containing the ultimate wisdom of the human race. Which isn't saying much because with Global Warming and nuclear weapons we are, after all, pretty stupid. But these books, like *The New Earth* and *Man's Search for Meaning* are the best we got. Theresa will be opening a new little gift shop at the top of the stairs. Dave still gives music lessons in his music store & Gypsy does new & exciting forms of personal healing. And Lena saves you money by repairing your old clothes or making new ones. The Upper Realm is a trip into the past. No screens, no D.V.D.'s, no C.D.'s, no computers, no new clothes.... just fixing up the old clothes, just old vinyl records & used books (remember how people used to read) & live music & healing touch & plain old fashion candles. Call Steve Moore at 285-3323 for more information or for a guided tour of the 1960's in Canada and the U.S.

Kidz Klub

Kidz Klub is back at Quadra Island Bible Church. We will meet on Tuesdays this year, from 3:00 - 4:30 pm. Children in grades one to six are invited to join us at 1281 West Rd. for snacks, games, Bible lessons, crafts and singing. Starts Tuesday, October 13. Everyone welcome! For more information call 250-285-2020.

Community Thanksgiving

"Gift Giving" Thankful for living on Quadra? Well, come let's celebrate our fellow islanders at Quadra Island's first Annual Community Thanksgiving "Gift Giving." There will be almost 20 tables with free items to choose from. Everything from apples to kid's books to massages to Salsa & Chips to free kindling for your wood stove to free soup to Jazz from "First Pressing" to tooth brushes & tooth paste...on & on it goes.... Come enjoy. If you want a "free table" call Steve Moore at 285-3323. Remember this is not a free garage sale. It's more like giving low cost, useful, essential items for every day use. It is not the Christmas Craft fair, with very special hand crafted gifts, but the table set up will be very similar when you walk in the door, with the music and the treats, etc. etc. The main difference is that everything is "Free."

Newcomers' Welcome To Quadra

When you move to a new community, there's a lot of new information to find out. Two years ago, Judy Hagen initiated a Newcomers' Welcome Visit for new residents to Quadra Island.

Many island businesses generously donated gift certificates, discount coupons, or small gifts that Judy has personally delivered to newcomers. As well, other helpful information is included, such as Cultural Events, Emergency Information, and volunteer groups and organizations. Sponsored by the Discovery islands Chamber of Commerce, this program has been very well received by newcomers.

The chamber sends a big thanks to all the island businesses who participate, and another big thanks to Judy for volunteering her time to initiate and develop this program on Quadra. Due to health considerations, Judy is now turning this over to Susan Wilson to continue. New island residents, and other island businesses who would like to participate, are invited to contact Susan at swilson@gicable.com

Newcomers and chamber members are invited to the second annual Newcomers' Social on Wednesday, November 18, 5-7 p.m. For more information, and to pre-register, please contact Susan at swilson@gicable.com



Celebrating Our Bute

Saturday November 14,
7:30 pm QCC

Join us to appreciate the wild beauty of Bute Inlet! Learn about the place and its history, and find out what's going on there now.

This multi-media evening will feature slides and video footage from the 2009 Bute summer boat tours; presentations about the ecology of Bute and its resident population of grizzly bears; as well as a short history of the inlet by local author Jeannette Taylor.

The "what's happening now" portion of the evening includes Gwen Barlee's (Wilderness Committee) explanation of Plutonic & GE's river diversion proposal and where we are in the Environmental Assessment process. We'll look at Philip Stone's recent aerial photos of Plutonic's Toba projects to get an idea of what could happen at Bute. Arthur Caldicott's talk tackles the ideological differences around "green energy" in BC, and Friends of Bute Inlet unveils plans for community action.

A highlight of the evening will be a slide show of the pictures submitted to the Bute Inlet Photo Contest. The evening will wrap up with the announcement of the winning photographers.

Come on out. Show your care - and let's make sure WE are included in deciding the fate of Bute!

Doors open at 7 pm and refreshments will be served.

Events from Quadra Literacy NOW Story Hour

Story Hour for Children and Families Join us for stories and creative activities that celebrate and explore our relationship with nature on Quadra Island. The Quadra Island Children's Centre is hosting a series of three Story Hour events. While the stories are most suitable for 4 - 11 year olds and their families, all are welcome.

Do you know about the big trees of Quadra Island? These stories about the forest will help you discover those ancient giants. There will be a VERY BIG special guest.

Stories Of Quadra Wild Life Saturday, November 28 1:00 - 2:00 How many wild animals wander through your yard? Listen to these stories to find out who they are and what they're doing. Sponsored by Quadra Literacy NOW

Free Tutoring

If you have problems with reading, writing or math, check this out. Free tutoring, adult to adult Tuesdays and Thursdays 6:30 p.m. - 8:30 p.m. Wednesdays 8:30 a.m. - 10:00 a.m. At the Quadra Literacy Centre located at Quadra Elementary School Other times can be arranged. For more information phone Robin Beaton @ 285 3185 Please share this information with anyone you know who might be interested. Sponsored by Quadra Literacy NOW

Quilters' Marathon

So there we all were- cutting, pressing and sewing. Pouring rain outside and bright with sewing lamps on the inside. Once again the Quadra Quilters rose to the challenge to make our colourful contribution to the children and teens at Children's Hospital and Ronald McDonald House.

This year's marathon was another successful production thanks to the donations of time, money and great food.

We appreciate the long-standing support of Quadra's community and we welcome even more visitors next year, thanks for stopping by.

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Finding Coral Project

The Museum at Campbell River is proud to host an intriguing presentation about the 'Finding Coral Project' on November 17, from 6:30 pm – 8 pm. On June 8th, 2009, Jennifer Lash, Executive Director of the Living Oceans Society, led the Finding Coral Expedition on a journey to the bottom of the sea on Canada's Pacific coast in search of deep sea corals. Piloting a one person submarine, Jennifer dived to depths of over 500 meters and saw giant coral forests, darting schools of fish, and the seafloor carpeted in brittle sea stars. Jennifer is now touring across Canada to share pictures, video and stories from her adventure. The presentation contains a message to all Canadians about the importance of our oceans' health.

Living Oceans Society, based in Sointula, is Canada's largest organization focusing exclusively on marine conservation issues. Living Oceans Society believes that people are part of the environment and that by protecting the B.C. coastal ecosystem, we can build sustainable communities today and for our children. Jennifer Lash is the founder and Executive Director of Living Oceans Society. Jennifer's background is in Public Policy and Administration and she has worked on ocean conservation issues in British Columbia for many years. A lifelong love of the ocean led Jennifer to Australia where she worked on a prawn trawler. The destruction she witnessed during this experience changed her life completely, and inspired her to work for the sustainable health of B.C.'s ocean and the communities that depend on it.



Who is listening to Channel 16?

Jennifer is coordinator of the Coastal Alliance for Aquaculture Reform and a founding member of the Oil Free Coast Alliance. She also serves on the Board of the Canadian Committee of the International Union for Conservation of Nature (IUCN). In 2002, the Tides Foundation presented Jennifer with the Jane Bagley Lehman Award for Excellence in Public Advocacy. The cost for the talk is \$5.00. Please call the Museum at 287-3103 to reserve a seat.



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Fire Spinning/Circus Community Jams

Circus jams are returning to Quadra Community Centre this winter. They will be happening every other Wed. evening from 7-8:30pm; drop-in fee is \$5. Bring your poi, staff, hoop, juggling balls, etc. and have some fun dancing and practicing your moves so you are looking pro for the fire spinning season next summer!

If you are new to the arts and wish to learn, there are extra toys on hand. In addition, anyone can have a quickie lesson at the start of the jam for poi or hoop (\$10 gets you a lesson and then can stay for the jam). Hope to see you out there! For any questions, call Angela @ 285-3994.

Fundraiser Success

Quadra Emergency Program wishes to thank the many volunteers and participants in our Spud Gun Shoot and Chicken & Cow Bingo fundraiser Oct. 31, 2009. The weather participated, great fun was had by all and our generator purchase is in the works!

Special thanks to Bill and Edith Nutting for hosting this annual event on their farm. Special thanks to Len Lamb for his assistance and expertise.

The following are prize winners:

50/50 draws: **K a r e n** Lakberg & Liam Ross, Chicken Bingos: Larry Waddell, Cherie Hemmingsen, Breagha & Braeden Pire & Barb Hewlett (?) Cow Bingos: Bruce Bjornson & Gary Krook, Spud Gun Shoot rounds: Terry Hooper, Eric Gilleys, Landon Moon, Cherie Hemmingsen, Mike Lakberg Green & Alex Lakberg Green.

Trophy Winner: **MIKE L A K B E R G G R E E N** - Congratulations!

Prize draw- afghan **L o r i H.**, Prize draw- stained glass **S h i r l e y** Muress, Prize draw - plant, Susan Swanson, Prize draw-quilted runner **K a r e n** Lakberg.

Thank you to all who participated, with prizes, donations and valuable volunteer time. **WELL DONE!!**

Qigong Workshop

Experience the essence of Qigong with Denise Maile who has been sharing and introducing people to the health benefits for 25 years.

This workshop is for health and vitality. Simple movement and breathing exercises - including detoxing, stretching, cleansing, building, circulating and storing qi energy to strengthen the internal organs and balance mind, body and spirit.

Saturday 14 November at Quadra Community Centre in Room 3. 10am - 3pm (lunch 12 - 1) Cost \$40. Please use the south entrance. All levels of fitness welcome.

Denise now lives on Cortes Island so please pre-register with the Quadra Community Centre 285 3243.

Dear Editor,

This letter has been on my mind since the Watershed Sentinel ran an article on Sweden's use of its sewage to generate fuel, heat, fertilizer, jobs and profit.

Quadra will build [and expand] sewers at Q Cove, Heriot Bay and now possibly Gowlland Harbour. So where will the treated sewage go? Wouldn't it be great (and sustainable) to produce gas (methane) bio-diesel on Quadra?

Septic systems always pollute the ground water eventually. That's the water we need for drinking etc..

Inspread-out island communities the best most sustainable system is to directly compost household human waste properly and use it for the garden.

The 'Humanure Handbook' by Joseph Jenkins < www.josephjenkins.com > explains his simple system and the research he has done on intestinal bacteria, viruses, parasites and their eggs and soon is very complete and covers all possible problems.

Solving the problems of 'humanure' means realizing that we can't dispose of or disappear realizing that we have to reuse it.

Pretty basic problem to solve if we hope to live sustainably. Or at all.

Mary Ann Moss
Surge Narrows

Edible Landscaping

Master gardener, and edible landscape designer, Helena Hartwood talks to the garden club on Monday November 9th, 7 pm at the community centre. Helena earned an arts degree in Wales specializing in stained glass design. Gardening with Seniors in Courtenay, she decided to return to school to study landscape design at Vancouver Island University. Helena practices, what she defines as 'edible landscaping' - designing gardens with 'varying heights, textures and colours by incorporating vegetables and fruit producing shrubs, vines, hedgerows and trees.' She is on the Comox Valley Board of LUSH, 'Let Us Share the Harvest'. In 2008, LUSH volunteers picked 16,000 pounds of fruit utilizing otherwise unharvested crops - one third of which was donated to social food programs.

In addition to the evening talk, the garden club is hosting, no fee for club members, a workshop on pruning (non-members \$10). As a teenager, Helena worked on her grandparents orchard in Niagara and will share her pruning knowledge with us. Join us at 1181 Topcliff Road, Topcliff Farms 1-3 pm Monday Nov. 9th. Bring your umbrella - workshop will go rain or shine. Thank you Linda, John and family for the use of your orchard for the demonstration.

Remember, that now is the time to winterize before it is too late. Frozen pipes, irrigation parts and hose nozzles will break in frigid winter temperatures. It is time to lift the summer bulbs - the begonias, gladiolas, unprotected dahlias and any non hardy plants that may still be out in the cool night temperatures. You will enjoy them next year if you look after them now. We share plants, magazines, seed catalogues and garden knowledge at the garden club. New members welcome. Annual membership is \$10 which gives a discount at many local nurseries. Drop Ins \$2.

Fish Farm Escape in Port Elizabeth

The Kwicksutaineuk Ah-kwa-mish First Nation is appalled and bitterly disgusted at the recently reported escape of 40,000 Atlantic Salmon from the Port Elizabeth Fish Farm in the Broughtan Archipelago.

After speaking with Clare Backman of Marine Harvest Canada (MHC), it was learned that during the removal of dead fish from a "natural fish kill" a tear of the net pen was discovered.

Initial estimates of a few dozen fish escaping quickly became 40,000 fish.

The emergency response to attempt the recapture of the escaped Atlantics did not actually begin until at least 24 hours after the escape was known.

"It's safe to assume that the chances of recovering a significant portion of this massive escape is slim to none at this point" says Chief Bob Chamberlin, Kwicksutaineuk Ahikwamish First Nation.

"There are serious questions of disease, overstocking of net-pens, adequacy of emergency response plans and also follow up investigation and reporting" says Chief Chamberlin "even though Marine Harvest has agreed to let Musgamagw-Tsawataineuk Tribal Council staff question Marine Harvest Staff, we remain skeptical and anticipate a party-line being towed to safeguard employment."

With the Department of Fisheries and Oceans set to assume Regulatory Authority in February 2010,

The Kwicksutaineuk Ah-kwa-mish First Nation call on the Provincial Government to publically state that there will be no expansions of Fish Farms tenures and capacity leading up to DFO's assuming control of the Fish Farm Industry.

Further to this, the DFO need to engage with First Nations immediately to develop the new court ordered Fish Farm regulations.

To date there has been no direction coming from Gail Shea, Minister of Fisheries and Oceans to act on this fast approaching deadline.

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Geshe Yong Dong Speaks

All of our efforts in spiritual practice are directed toward purifying the Mind & Heart. Meditation and prayer serve this purpose. The problem is negative thoughts or impure thoughts, judgements, prejudice, hatred, gossip, etc. So that is why the topic of Gesh YongDong's next talk is "Peace is a Thought Away: Transforming Negative Thoughts." Cause, guess what? Negative thoughts disturb our peace of mind. In contrast, thoughts of loving kindness towards others brings the mind a certain peace. Try it Now!! Think of a loved one, picture their face on your mind screen. Pause, take your time. Send them your Love. Now, check the state of your mind. Ain't that some kind of wonderful!!! Of course, we don't always control what goes on in our mind....and negative thoughts can take right over very easily. Spiritual practice is about purifying the Mind. It's difficult. But it can be done. Come & learn how..... Starting time is 11 a.m. The place is the Quadra Community Centre and the date

Participate In A Centuries Old Artistic Tradition

Open Studio, a series of life drawing classes hosted by artist Richard Calver, is up and running and welcoming new participants. It takes place on Tuesdays till November 10th and runs from 6:30-9pm (ferry convenient!). The fee is \$40 + gst for a four week punch card. The drop in rate is 10:50

Life drawing or figure drawing has always been the cornerstone of artistic training. It is popular with both amateur and professional artists. Drawing the figure presents many technical challenges, requiring the artist to render form, structure, light, shadow and foreshortening. It is excellent training and practice. When you attend a life drawing class, you are participating in a centuries-old artistic tradition.

Bring your own drawing and/or painting materials. The gallery will provide the model. For more information contact Campbell River Art Gallery at 250-287-2261 or visit www.crartgal.ca

Raymond John Marean

August 10, 1946 ----
September 29, 2009

Ray was born in California. Early in his childhood, his family moved to Reno where he graduated from high school. About age 15 Ray had made two profound decisions: he was a pacifist and he would not add to the world's population

Ray immigrated to Canada in 1971. He began his life as a banker working for chartered banks as a re-possessor on defaulted loans. Even then, Ray's respect for the people he served people was evident. More than one person on Quadra has shared with me how grateful they were that Ray helped them secure a mortgage.

Ray made many friends during his lifetime. Through one Ray met his first wife, Jena, a literary and graphics artist. To Ray's great grief, Jena died a month following their marriage. Characteristically, Ray didn't miss a day of work before, during or after her death.

One of Ray's great passions was the outdoors. He built his own cedar strip canoe, and he and friends at least one other time traversed the Bowron Lakes. He purchased his "best toy," (his sailboat Blew By You) while he was living in Salmon Arm. He loved to sail.

In 2003, Ray was travelling to visit his cousin in the San Juans Islands. He met Connie on this trip and "chatted her up." We exchanged emails. Ray emailed me later and was so supportive in my loss of my father. In May 2004, Ray phoned me to say "I want to marry you and take care of you." I was completely startled. I managed to respond: "Let's see how the relationship develops." Ray and I were married in January 2005.

Ray's health deteriorated seriously and steadily from 2007. He may have sensed his dying but I think we both were surprised when it happened. Instead of flowers, please consider contributions to the Quadra Island Seniors' Housing Society or the Kidney Foundation of BC.

Senior Housing News

The Canadian Legion local Branch #154 has generously assigned profits from the upcoming Boxing Day Casino to Senior Housing. If you like to gamble occasionally for fun, come out to the Legion December 26 and help our project along - you might win some money, as and added bonus.

The local branch has also applied to the BC Legion Association on our behalf for a grant of \$5,000 - if this is approved it will be a tremendous boost to our fundraising efforts. A BIG THANK YOU to the Legion executive!

Work continues on getting BC Hydro to confirm power installation, and drawing up plans for the power/water building to submit for approval by Strathcona Regional District.

We are looking forward to clearing these hurdles by year-end, so that construction can start in the spring for the first duplex.

Thanks Feral Cat Group.

Just wanted to thank the Feral cat group and their volunteers for the work they do on the island dealing with the feral cat problem.

Walking and carrying cages with feral cats onto ferries on dark fall mornings in the rain, then bringing them back later in the day, is some of the work they do that alot of people don't see or know about.

Just want to say thanks, as i have seen first hand their work and how much they put into trying to get this situation under control.

Anyone can help when they buy their groceries at the Heriot Bay store, when your cashier asks you who to donate to on the Spirit Board, please help out by donating to the Feral Cat Group # 280 on the Spirit Board, remember every penny counts and it will add up, another way we all can help, which includes us that live here and future residents to come, is to please get all your pets spayed or neutered, before its too late to do anything about it.

What do secrecy, police provocateurs, an assault on democracy and infringements on citizens rights have in common? The Security and Prosperity Partnership.



You, Me & the SPP

Trading Democracy for Corporate Rule

A feature length documentary about the Security and Prosperity Partnership

Campbell River

Wednesday November 25th, 7 pm
Anglican Church Hall,
228 South Dogwood St.
(corner of South Dogwood St. and Pinecrest Rd.)

Admission by Donation
Filmmaker Paul Manly in Attendance for Q & A
Hosted by
The Campbell River Chapter of the Council of Canadians
BC Screenings sponsored by the BC Teachers Federation.
National Tour Sponsors



For more information visit www.YouMeSPP.com



Nov 6 – Nov 28th, 2009, 'Not An Abstract Life'

Gene Emil Carlson Retrospective

Artist's Reception: Friday, Tonight -Nov 6th, 6 – 8 pm

'Not An Abstract Life' Gene Emil Carlson Retrospective. Presented by Pamela and Michael Dennison, these amazing sculptured paintings are a spectacular legacy left by Gene at his passing on January 6th of 2008. Acrylic/mixed media, some of the elements reflected in Gene's art are the abstract, the geometric and certain of the traits of the South American and African primitive art.

Born in Seattle, Washington on April 7th, 1937, Gene Emil Carlson studied Art at the University of Southern California and his first ventures into the world of art were through sculpture in Los Angeles during his early 20's. Gene moved to Spain in 1971 and went on to design jewellery, an activity which he continued for over twenty years, combining it with painting and engraving. He studied Art with his friend and teacher, Jose Maria Cordoba in the Casa de Cultura in Fuengirola Malaga, Spain for some years. Between the years 1984 and 1994 Gene had 21 exhibitions of his work in Spain and in the United States. In October 1995, Gene moved to Quadra Island where he continued on with his amazing sculptured paintings and collages.

In his work, Gene had the talent of being able to transform three different works of art into the same idea. Another of his obsessions was the contrast between primitive and modern, and his engravings in particular were of an experimental nature – where abstract geometrical forms were sprinkled with a touch of humour. Pamela and Michael plan to donate all the sales of Gene's paintings to benefit our Quadra Neighbours-in-Need.

Join us in celebrating with the Dennison Family at their Reception for Gene Carlson on First Friday Nov 6th, from 6 – 8 pm.

DRAW Gallery invites the public to enjoy and savour the creative spirit of the artists who live amongst us. The Gallery stands by its commitment to bring contemporary Westcoast art in an intimate setting. Hours are Thurs through Sat 12 - 6 pm and we are located on Quadra Island at Village Square, in the rear – just follow the signs. Drop by and see the show next time you are at the Square. Openings First Fridays.

www.discoveryislander.ca

Next at Friday Flicks

Goodbye Solo (2008)

November 12th – Q.C.C.

Doors 7:30 – Showtime 7:45

Admission: \$5 stu/snr: \$4

In the first 2 ½ minutes of /Goodbye Solo/, viewers get the premise of the movie in one long take from a stationary camera. Solo, an African-born taxi driver, is travelling at night in Winston-Salem, N.C. His fare, an older, weathered white man named William, gives Solo a \$100 deposit on a \$1,000 fee for a one-way trip to the Blue Ridge Mountains. Solo suspects the old man intends to jump to his death. William, exuding a palpable sense of grief, doesn't deny it. The scene ends with the taxi's tail lights fading around a curve, but the relationship between the men is only beginning.

Director Ramin Bahrani intentionally headed his film with a story synopsis so he could concentrate on interactions and telling images to create a fascinating parable about respect and dignity. He builds the sense of a town, the ways people live and how they see their place in the world.

The cheerful Solo, who sees in America the promises of a rich life, befriends the lonely William who's given up on the American Dream. Solo devotes himself to deflecting William from his self-destructive mission. Over a period of days, the film subtly reveals this uneasy friendship and the implications of each man's decision. With strong cinematic storytelling as its base, /Goodbye Solo/ is both credible and unpredictable. And entirely distinctive. It is about both friendship and the impossibility of ever really knowing another person.

Bahrani, an American-born filmmaker of Iranian parents, brings Iranian film-making sensibilities to his work. He blends concerns both cosmic and every day. Powerful emotions are communicated through a handful of connected images, without words. There is no music throughout, except what plays on Solo's radio. The effect is casual, but the technique is painstaking. That opening shot took 24 takes to get right.

"Ramin Bahrani is a director finding a style of American cinema that stands apart from Hollywood commerce and indie-Sundance drear. Goodbye Solo held me from the first frames" (Peter Bradshaw – The Guardian).

"At heart, every moviegoer can recognize a love story, no matter how unusual the context" (Liam Lacey – Globe and Mail).

Quadra Island Seniors-Branch 91- B.C.O.A.P.O.

Daylight is now shorter, but on to Fall and Winter and doing more things inside, like reading, writing, if people still do that. But still time for walking, in your neighbourhood, on the Rebecca Spit, finding Mushrooms, or walking your dog etc.

On Wed. Nov. 4th/09 we are having our monthly meeting, with Elections for new Executive and Directors. Our meeting will have a Remembrance Day Theme, with Storys, Poems, Photos of family experiences in the past and present. The meeting starts at 10:30 a:m, come at 10:00 a:m and book browse, and coffee and a chat.

Our Christmas lunch is on Mon. December 7th/09 at 11:00 a:m, at the Discovery Coast Inn. We will have Music, a Delicious Buffet, and Fun. Put your name on the list at our meeting. To bring a guest, Muriel Krook will have the tickets for sale.

Our Wednesday gatherings are still very enjoyable. Exercises with Ann at 10:00 a:m

Carpet Bowling at 11:00 a:m with Chris, or ??? just fun, we all bring snacks to have with Coffee, Tea or drink?? Join us!—Walk with Peter and Lloyd on Sundays at 11:00 a:m, meet at the Rebecca Spit Launch Ramp, or catch up at the big Spit Parking Lot. For Membership and 2010 renewals contact, Muriel @ 3216, Bob @ 2907 or Ruth @ 3801

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You, Me and the SPP

Documentary Screens in Campbell River as part of National Tour

What do secrecy, police provocateurs, an assault on democracy and infringements on citizens' rights have in common? The Security and Prosperity Partnership.

Filmmaker Paul Manly will be attending a Campbell River screening of his documentary about the Security and Prosperity Partnership, 'You, Me and the SPP: Trading Democracy for Corporate Rule' as part of a 34 city national tour. The screening takes place **Wednesday November 25th 7pm at the Anglican Church Hall, 228 South Dogwood St.** (corner of South Dogwood St. and Pinecrest Rd. Information 250 286-3019). Admission is by donation. The screening, sponsored by the Campbell River chapter of the Council of Canadians, will be followed by a Q & A with the filmmaker, Paul Manly. The full tour schedule is available online at www.youmespp.com

Independent filmmaker Paul Manly first grabbed the world's attention after capturing three police provocateurs attempting to thwart protestors' legal rights by inciting violence at the protest against the Security and Prosperity Partnership (SPP) leaders summit in Montebello, Quebec in 2007. This compelling footage was posted on youtube where it was seen by hundreds of thousands of viewers around the world and quickly became a national and international news story. Manly, who had started research and preliminary interviews for a documentary about the SPP two months earlier, was shocked by what he had captured on video but what was even more shocking to him was the scope of the Security and Prosperity Partnership and how almost everyone he talked to knew nothing about it.

The Canadian government says "The Security and Prosperity Partnership is neither an agreement nor a treaty but a dialogue." Following the shock of 9/11, right-wing political and business leaders have pushed the SPP agenda. Negotiating away from public scrutiny, they say it is the way to keep trade flowing between the United States, Canada and Mexico. You, Me and the SPP exposes the corporate agenda of the SPP and reveals that this secretive agreement is about much more than trade.

Opponents of this secretive 'dialogue' claim that it is undemocratic and a direct threat to the sovereignty of the three countries involved, Canada, the United States and Mexico; it bypasses their parliamentary systems and places control of regulatory integration in the hands of large corporations.

Banff Mountain Film Festival World Tour

It's become a fixture on the local event calendar now for a decade and once again the Best of the Banff Mountain Film Festival is making its annual stopover in Campbell River and on Quadra Island.

The audience at the Campbell River Tidemark Theatre will have an extra treat as the theatre is boasting a brand new sound system that the thrilling films of the Banff show is certain to put through its paces. The Tidemark show is Friday, November 27 at 7pm and a completely different line up plays the Quadra Community Centre the following night, Saturday, November 28 also at 7 pm.

Last year's show almost sold out so don't delay, call the Tidemark Theatre box office at 250-287-7465 to book your tickets for both shows. Tickets available at the door as well but at the Tidemark it might be a gamble.

Thanks for your support!

The recent 'Pancake & Play' fundraiser was an enjoyable and profitable time for all. The funds will be added to our growing pot of money for the Quadra Community Centre playground.

Thanks goes to the following businesses for their generous support: Yellow Dog Trading Company, Audrey's Organic Produce, Aroma Speciality Coffee Roasters, Book Bonanza, People's Drug Mart (Quadra), Cheddar & Co., Kidlets.

Thanks go to the following individuals for the time and effort they gave to the event: Sylvie Loiseau, Shannon Taylor, Tara Taylor, Jen Olsen, Darcy Mitchell, Bryan Chapman, Sehleea & John Schevers, Audrey Neri, Cali Overton, Deb Cowper, Sandy Spearing, Sonya Thompson.

If you like to get involved with shaping the future direction of our community playground, please feel free to contact Lisa Marie at 250.285.2080 or lisamariegruger@gmail.com.

Should the playground be all plastic? wood? out in the open? in a treed area? have a water splash pad? Any and all thoughts and ideas are welcome.

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The Giant Pumpkin and more news from the Community Garden

Congratulations to Amy and Don who skillfully guessed the pumpkin's correct weight, 333lbs, and shared between them half of the \$545 ticket money.

Many thanks to Heriot Bay Tru-Value for all their help and support for this fun event. Nick Rose did a fantastic job carving the Monster. Thank you to him and to Aaron Sopracolle and Robbie Dysart who moved the pumpkin to the store.

Our grateful thanks go to Russ Swanson for mowing and then ploughing the second section of the Garden allowing us to stake and allocate the new plots. A total of 58 plots are now taken. A few possible spaces remain.

There was a great turn out for the Garden's last work party of the year on Nov 1st. After an orientation meeting newcomers joined in with the original gardeners for the Fall clean up and dug the main path in the new section. Mr and Mrs Wong dropped by and as always showed great interest and took pleasure in how the community had developed their land.

It has been a wonderful first season at the Garden with lots of productive individual plots, an impressive demonstration patch, lovely pumpkins in the after school daycare plot, and beets, carrots and bulb fennel in the Community lunch bed. Potatoes every where were disappointingly infested with wire worms which is apparently common in newly turned pasture. The school's plot was not only a success in its self but inspired our first young families to join the Garden. The herb bed was a source of fresh herbs and of beauty for all the gardeners all season long. We really appreciated Marie from On Root's gift of flowering bulbs, and of squash, tomato and pepper plants which we tucked in to any spare soil for community use. We are so grateful to the wider Island community which has been so supportive and generous in so many ways.

Depression and Exercise

Exercise routine helps to improve over-all mood and fitness and should take you roughly 30mins to complete. Research has demonstrated that exercise helps relieve depression. Any form of regular exercise holds the promise of increased energy and renewed vitality.

A run around the park is often the last thing people feel like doing when they're down, but for many people, even gentle exercise seems to help. There's fairly good evidence that exercise is beneficial for mild to moderate depression and it certainly won't do any harm.

Although antidepressants may facilitate a more rapid initial therapeutic response than exercise, after 16 weeks of treatment; exercise was equally effective in reducing depression in patients suffering major depressive disorder.

Recent research confirms the benefits of exercise in relation to depression. Tests have found that when we exercise and reach a higher level of fitness, our brains appear to build up resistance to serotonin, and so the body does not tire so easily".

* People have reported that, when they exercise, can think more clearly, feel happy, feel better about themselves, lose weight, develop strength, and enjoy a sense of well-being.

- * Exercise increased positive mood
- * they sleep better
- * have less nervousness and anxiety,
- * Exercise decreased negative mood
- * Exercise improved vigour
- * Exercise is effective in reducing stress, anger, fatigue
- * Many evidence proved that exercise plays a vital role in uplifting depression
- * Exercise improved the motivation and self-esteem in the person
- * Many people even report that they look and feel younger when they exercise regularly.
- * Exercise may help in increasing the feelings of coherence
- * Exercise increased the feelings of social integration.

I have heard of doctors who prescribe an exercise routine instead of, or in addition to, medications. For people who can't afford expensive medications, exercise may be one

route to better health. Some have even referred to exercise as the cheapest and most available antidepressant. It is widely acknowledged that if you can discipline yourself to do some form of exercise regularly, you will almost definitely feel better for it. Even a brisk walk once a day is a good start.

- Marion Eberlein, Vitalis Gym

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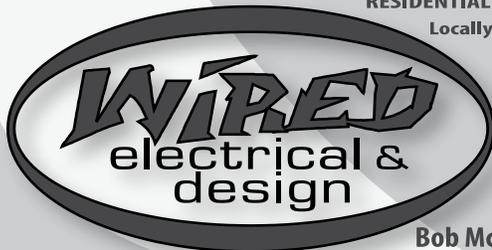
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Halliday's Viewpoint

by Steven Halliday

Twits & Rogues

On numerous occasions in the past I have been up against a deadline for filling this space, but with nothing of substance upon which to comment have resorted to providing some entertaining filler instead. In this instance I had intended to comment upon the hysteria surrounding our present H1N1 virus "pandemic", but opted to accept spousal advice that the reading public is likely sick and tired of that subject about now. In its place, since people are inexplicably hard-wired to laugh at other's misfortunes I offer you some Darwin Award winners, the award that "salutes the improvement of the human genome by people who accidentally remove themselves from it", as well as some unusual news snippets.

This past June, a certain Mieczyslaw Mil of Pennsylvania got extremely frustrated after 7 hours of having no road access, since a storm had damaged power transmission lines leaving live wires lying across his street. The downed lines on the wet road were usually manned by emergency personnel to prevent anyone's accidental electrocution while repair crews worked their way in. Mil, fed up, liquored up and feisty, decided to resolve matters on his own late at night. In spite of repeated warnings to stay away, Mil equipped himself by putting some plastic bags on his feet, grabbed a circular saw and attempted to saw through a 4800 volt line. Needless to say the plastic bags provided little protection for Mil, who was electrocuted before the power could be cut so he could be rescued. A shockingly stupid act, indeed. (darwinawards.com)

In South Africa, Ishmael Makone, 52 years old, was killed instantly when part of a structure he was demolishing collapsed upon him. Apparently workers in the Johannesburg offices surrounding the demolition site were curious at the manner Makone was removing the structure, particularly when he reached the point of removing a supporting pillar, that, like the other remaining pillars, was still supporting the concrete slab above. Unsurprisingly, when Makone's mini-excavator sufficiently weakened the pillar he was attacking the slab unerringly complied with the law of gravity and came down upon him. Observer's had been concerned for days ("I can't believe they did not foresee this", said a shocked witness who didn't foresee it either), but apparently nobody (particularly Makone) was paying

attention in their elementary science classes. (darwinawards.com)

According to CNN (Feb. 17/09), a married Chinese businessman who could no longer afford five mistresses held a competition to decide which one to keep. But the contest took a fatal turn when one of the women, eliminated for her looks, drove the man and the four other competitors off a cliff. The spurned mistress died and the other passengers were injured, the reports said. Police initially thought the car had plummeted off a mountain road in eastern China on December 6 by accident. Then they learned of the contest through a letter the dead woman had left behind, the Shanghai Daily newspaper said.

The 29-year-old woman, identified only as Yu, was a waitress when she met the businessman at a restaurant in the coastal city of Qingdao in 2000. At the time, the businessman, identified only by his last name — Fan — was married and had four other mistresses, according to the Peninsula Metropolis Daily newspaper in Qingdao. The women knew of one another, but none elected to break up with the man and give up their

learned of the affairs. Mr. Fan surely deserves some recognition for multitasking, since it is certain sympathy will not be forthcoming.

MSNBC (Oct. 23/09) reports that **62-year-old Leroy Anderson** was arrested and charged with driving while intoxicated. Anderson admitted to consuming "eight or nine beers" at a Proctor, Minnesota bar before crashing into a parked car, which prompted the police's presence. Leroy wasn't seriously injured in the crash, and blew .29% (or three times the legal limit) when breathalyzed. Now normally Leroy's story would barely have warranted a mention in the local paper, but for the fact that he was driving a La-Z-Boy chair. Anderson had rigged up his naugahyde cruiser with a lawn mower engine, stereo system and cup holder, presumably thinking he would be safe from the long arm of the law. He wasn't — the judge stayed his 180 days in jail and ordered two years probation instead. No word on whether he forfeited his wheels, now standard practice in many states when convicted of DWI, and unfortunately Leroy had no comment.

And finally, in a rare news find that is a switch from the preceding male-only rogues gallery, we learn that a Middlefield, Ohio resident, 41-year-old Christine Newton-John, pleaded guilty to reckless homicide after exercising her husband to death.

According to a February 14/09 AP News story, 73-year old

James Mason was thought to have died from a heart attack after doing some swimming. However, Newton-John was caught on video surveillance tape dragging her husband around the swimming pool by his arms and legs after he was obviously exhausted, as well as preventing him from leaving the pool at least 43 times, according to police who viewed the video. In the tape Mason was seen resting his head on the side of the pool several times, gasping for breath. Police investigated Mason's death only because of previous complaints he was being abused. Interestingly, it turns out that Newton-John was formerly John Vallingdingham, who underwent "gender reassignment" in 1993 and married Mason in 2006, so apparently roguery is still a predominately male dominated mode of behaviour.

"Life does not cease to be funny when people die any more than it ceases to be serious when people laugh." - George Bernard Shaw

"Life does not cease to be funny when people die any more than it ceases to be serious when people laugh." - George Bernard Shaw

rent-free apartment and a 5,000 yuan (\$730) monthly allowance, the reports said. When the economy soured, the businessman apparently decided to let go of all but one mistress.

He staged a private talent show in May, without telling the women his intentions. An instructor from a local modelling agency judged the women on the way they looked, how they sang and how much alcohol they could hold, the Shanghai Daily said. The judge knocked out Yu in the first round of the competition based on her looks. Angry, she decided to exact revenge by telling her lover and the four other women to accompany her on a sightseeing trip before she returned to her home province, the media reports said. It was during the trip that Yu reportedly drove the car off the cliff.

Fan shut down his company after the crash and paid Yu's parents 580,000 yuan (\$84,744) as compensation for her death. The four other women left him, as did his wife when she



Two New Woodlots On Quadra Island

CAMPBELL RIVER The Province continues to expand forestry opportunities for individuals, groups and First Nations with the offering of two new woodlot licences on Quadra Island, announced by Forests and Range Minister Pat Bell.

Woodlots provide communities with economic, recreation, and social benefits, and a secure, long-term forest management vision, said Bell. Coastal communities have a strong tradition of timber craftsmen and these woodlots offer employment, silviculture benefits and a local source for value-added manufacturers.

One licence is near Surge Narrows and includes 713 hectares of Crown land, with an initial allowable cut of 2,980 cubic metres. The other is near Darkwater Lake and includes 690 hectares with an initial allowable cut of 3,700 cubic metres. Both licences may also include private land contributed to the woodlot by the successful applicants.

Woodlot licensees in communities throughout the province are going to build on our traditional revenue base of timber by pursuing non timber forest products and becoming increasingly involved in the emerging green-economy, said Federation of B.C. Woodlot Associations general manager Brian McNaughton. These opportunities increase the value of woodlots, and the interest in becoming a licensee.

Woodlot licences are small, area-based tenures that combine private land with up to 800 hectares of Crown land on the Coast and 1,200 hectares of Crown land in the Interior, and are managed by individuals, groups or First Nations. Usually, they are replaceable tenures, awarded for 20 years.

Applications and further details are available at [<http://www23.gov.bc.ca/notices/init.do>] or from the Campbell River Forest District office.

Bids on the woodlot near Surge Narrows closed, Nov. 2, while bids on the woodlot near Darkwater Lake will be accepted until 11 a.m., Nov. 19.

www.discoveryislander.ca

Halloween Fun Night

was a raving success, filled with wild costumes, games and a haunted pirate ship that morphed into Capt. Vancouver's vessel that sank in Okisollo Channel. (Who knew?) I loved the way Lucky Jim from Quadra's past clumped through spooky mists and what about those slaves locked up in the galley...

Who do we have to thank for that great night of imaginative fantasy? A very busy group of young parents who added volunteering to their mandate. Big appreciations go to organizers, Audrey Neri, Cally Overton, Perry Johnston, Tara Iverson who came out to the first meeting and took the challenge. They couldn't have done it without helpers, Keith Parlee, Julie Watson, Megan Stewart, Andy, Adam Quigley, Lisa Murphy, Chris Garvin, Anetta and Nolan Grundvig, Valerie Van Veen, Colleen and Rob Oswald, Eamon Simmons, Emma Douglas, Mia Windrim, Rees Wilson, Terry Bertagnolli, Lucky Jim. Thank you Greg Ross for the bonfire and raking it up the next day; and Jill Gates for staying late and cleaning up the building; Sonya Thompson and Dawn Munn for the concession.

The fireworks on Blenkin Field were preceded by firespinner, Angela Granzberg with drummers, Dustin and Steve. (Thanks for that!) Fireworks were brought to you through the generous donations of Jim Abram and the Regional District, Quadrate Ventures, Isle Tech Auto, Dr. Kellerhals, Sorensen-MacDonald Ent.; All Clear Septic; Discovery Forestry; CCCU; and Nimbus Paddles and the Recreation Society.

Last but not least, the fabulous fireworks display by Phoenix Firesigns went without a hitch on a stunningly clear night with the full moon as a backdrop. This is year #24 for Doug Edward and Ron Miller and how lucky we are to have these talented folks giving us such a fine display. Appreciations to their helpers, Rod McLean, Mike Stoughton, Steve and Jamie Eely, Arnie and Chris Thomlison.

Best of all, manna to my ears, the casual comment by Audrey that her gang will take on Halloween Fun Night again next year...

Sandy Spearing,
QCC 285 3243

Costumes Lit Up Runway at VooDoo

Howling Good Costumes a new small, home-based business put on a fashion show at the VooDoo Lounge in the run up to Halloween. This was a new event featuring 28 different costumes, including: a 1930's Golfer, Michael Jackson, Doorman from the 40's complete with top hat and high boots, a hunky Viking with full regalia including metal helmet w/ Viking horns, cross bow and lots of fur, Bob Marley, pirate lady, the Wicked Witch of the West made an appearance complete with broom, green face and a tiny little witches hat all in a black and white plaid dress and very pointed shoes,



Howling Good proprietor Tansy Rogers photo by: Dawn Palmerley

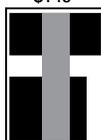
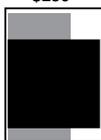
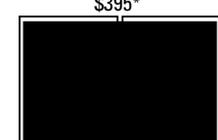
Grim Reaper and his Cat, and Mobsters. Skits were performed and our commentator/M.C. was Velle Weitman who with her past radio experience did a fabulous job. The show was video taped by professional photographer Dawn Palmerley, another new local small home-based business. The show was directed and choreographed by Howling Good's owner Tansy Rogers who also performed in the show.



photo by: Dawn Palmerley

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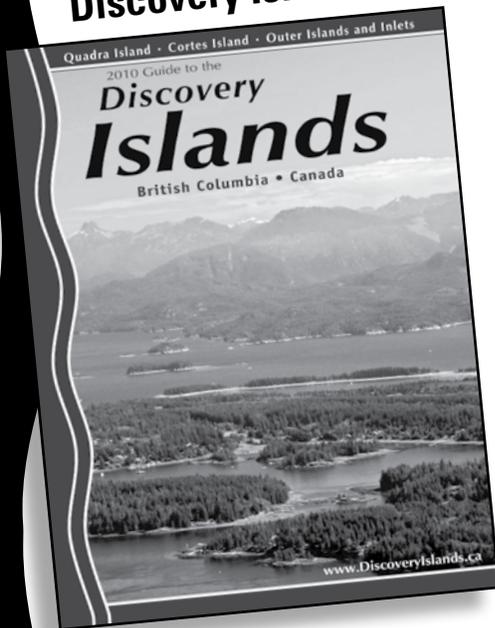
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07	02:15	0.6	2.0
Saturday	09:59	5.0	16.4
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Monday	11:27	3.6	11.8
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	17:11	4.3	14.1
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Thursday	08:21	5.0	16.4
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Tidemark Box Office 287-7465 & at the door

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Quadra Island Community Centre

Saturday, November 28th at 7 pm

From Campbell River come over
on the 6:15 pm ferry and return on the 11 pm sailing.

\$25 adult, \$20 youth, student, senior

