

DISCOVERY ISLANDER

QUADRA ISLAND'S COMMUNITY NEWSPAPER SINCE 1992. SERVING QUADRA, CORTES & OUTER ISLANDS.

Island “whimsy” on the catwalk at the Wearable Art Fashion Show & Art Auction, Campbell River Art Gallery



Designer Rowan Kehn with model Hannah Rohan

The Campbell River Art Gallery will hold the city's first Wearable Art Fashion Show and Art Auction on August 6 at 7pm at the Gallery, featuring work by Quadra artist Rowan Kehn and Cortes artist Ayami Stryck.

“There will be models and a runway,” says Gallery director Jeanette Taylor, “but that’s where any similarity to fashion shows as we know them ends. The pieces you’ll see here are pure whimsy, the imaginative creations of some very talented artists.”

Another feature of the evening is an art auction of drawings, paintings, prints and sculpture inspired by our community. The work, currently on exhibition in a show called Local Views, gives a passionate sense of place.

The exhibition and sale of work is sponsored by Kask Graphics and CR Physiotherapy. Tickets for the Wearable Art Fashion Show and Art Auction are \$35, which includes a glass of wine and appetizers. Proceeds support programming at the gallery, from exhibitions to classes and workshops for all ages.

Contact the Gallery at 250-287-2261 for more information. The Gallery, with admission by donation, is in Tyee Plaza and is open Monday to Saturday, 10 am to 5 pm.

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Pet Photo Contest!



This week's winner is the lonely goose of the Q-Cove Harbour, photo by Alfred Richter.

Contest continues in the next DI. Your pet could be the next winner of a \$50 Pet Department gift certificate! Submit your photo today.



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ISLAND CALENDAR

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

DAY TO DAY

Friday, July 30

- Deadline for applications for Curly Eastland Bursary, Credit Union

Saturday & Sunday, July 31 & Aug. 1

- Garage sale @ 1513 West road, 10 am to ?

Saturday, July 31

- Garage sale @ 666 Cedar Drive, 9 am to 2 pm

Saturday, July 31

- Garage sale @ 1045 Heriot Bay Road. 10am to 2pm. No early birds.

Friday, August 6

- Campbell River Art Gallery Wearable Fashion Show 7 pm

Sunday, August 1.

- Dinner Jazz at Herons with the Barry Hodgson Trio, \$27 prime rib with all the fixings too. Reservations strongly recommended: 285-3322.

Saturday, August 7

- Fundraiser for Uganda mission trip for Anna Price – Dessert with live music and silent auction. 7 pm, United Church – Cape Mudge Village.

Saturday, August 7

- UFC 117 at The Landing, 7pm

NEXT DEADLINE: MONDAY, AUGUST 9TH, 2010

ANNOUNCEMENT

Due to damage to the Willow Point Community Hall, the Centre for Spiritual Living in Campbell River will hold its Sunday Celebration at the Sportsplex.

The address is 1800 South Alder St. (1st door past the info desk)

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.

No secret the best way to Cortes is via Quadra Island

Tune in to CORTES RADIO
direct link from www.quadraisland.ca

THE REGULARS

MONDAY

Parent & Tots, QCC, 9:30am - 12pm

Sing for Pure Joy! Room 3, QCC, 3 - 4:30pm, All welcome.

Yoga with Josephine, Room 3, QCC, 7 - 9pm

1st Monday - Quadra writers group, 7 - 9pm 285-3656

Ryan's Rock'n'roll Bingo, every Monday in August, HBI Pub, 9pm

TUESDAY

Pilates, QCC 285-2930 9:30 - 10:30am

Quadra Children's Song Circle, Room 3, QCC3 - 4pm

Al-Anon Meeting, Children's Centre, 7:30pm

WEDNESDAY

Yoga Flow with Marnie & Charlotte, HBI Bayview Room, \$10, BYOMat, 10 - 11:30am

Hand-drum Circle, Upper Realm, 7:45 - 9:15pm

1st & 3rd Wednesday Food Bank, QCC 1 - 2pm

Lifedrawing sessions, Firesign Studio, 7 - 9:30pm Nancy, 285-3390

Karaoke at the HBI pub! HBI pub, 8pm

THURSDAY

Parents & Tots, QCC, 9:30am - 12pm

Pilates 9:30-10:30am, QCC from 22nd April

Prayer Meeting, Quadra Island Bible Church, 7pm

Drop in games and wing night, Legion, 7:00pm.

Troys Oyster Extravaganza. Thursdays all through August, HBI Pub, 5pm

DJ Diabla Blanca spinning sweet reggae, HBI pub, 9pm

SATURDAY

Farmers' Market & Bazaar 10 am to 2 pm behind the Credit Union Q-Cove

Legion Meat Draw 5pm, Steak Dinner 6:30pm

Open Mic with Mo, HBI, 9pm

SUNDAY

Centre for Spiritual Living Celebration, Willow Point Hall, 10:30am






Family Service, Quadra Island Bible Church, 10:30am

Quadra Sunday Painters, 11am - 2pm, 285-3390

Service, Quadra United Church, 11 am.

1st Sunday at 12pm. Buddhist meditation, QCC, 10am.

THIS WEEK'S WEATHER

Fri	Sat	Sun	Mon	Tue
				
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Please remember to caption &
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While every effort is made to include all
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omissions do occur.

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Next Deadline
Monday, August 9th

ISLAND FORUM



DUSTY DANCING FEET

I'm home again, exhausted and smiling. Dancing dust is still clinging stubbornly to the creases of my feet. The 9th Annual Cortes Island Music Festival was everything you hope for in a festival, blended with everything that makes our island communities so damn special. The stage had been custom built to follow the hollow and swell of the ground, and the slope of the land towards the ocean created a natural amphitheatre.

It was an idyllic setting for watching the creative talents of friends come to fruition. Kira Curtis and Johnny Quan amazed us all, and despite a temperamental sound system their sweet voices warmed the afternoon, and Quadra boy Cameron Gunn's lyrics were stunning in their grit and depth. It was amazing to watch people I had known as starry eyed children and wily eyed teenagers move into the realm of artist and entertainer without ever losing the wiliness or the stars in their eyes.

As the afternoon stretched into evening a group of barefoot tanned children turned in dervish circles, lifting skirts of polka dotted cotton to twirl in the breeze. Their little feet turned up clouds of dust that caught the sunlight and held them illuminated. Little mystics teaching us enlightenment.

A swim in the lingering light in Gorge Harbour rinsed off the heat of the day, and as the sky grew dark beat boxer and beat poet CR Avery had the whole crowd on their feet, raising dust clouds of their own.

The party most certainly did not end in the grass behind Trude's Cafe, instead it went on a wandering pilgrimage through the moonlit silhouettes of trees to a house, packed to capacity, perched by the edge of the sea. The Naked DJ's had the whole house shaking with a flex in the floorboards that would have gone off the richter scale, and although I was not there to see it, I'm sure revellers were present to give a joyous salutation to the Sunday morning sun.

I personally greeted the morning with a two dollar shower and a glass of champagne, both provided by the Gorge Harbour Marina, although

regrettably, not at the same time. After a bit of music and a bite of breakfast, I ran away to Hague Lake and indulged in its clear waters before heading back for a wee bit more of the dust and the dancing.

After a sunlit and windblown ferry ride back to Quadra I caught the last beautiful notes at jazz night at the Heriot Bay Inn, and then into the pub to catch CR Avery a second time in two days.

I am continually amazed by the way music gains instant access to things we hide away. The way a melody unlocks a place in your chest that holds on to hurt and happiness and fear and beauty, and the strange way music can make you feel simultaneously satisfied and yet full of some indescribable longing.

Thank you friends, and thank you Cortes for providing the key to that place.

-Nora Bingham

GRANITE BAY HYDRO PROJECT

The Granite Bay Hydro Project has finally reached its successful conclusion and the time has come to give credit to all who have made it possible. This was a very difficult project for many reasons, not the least being its ecological sensitivity.

Len and Bonnie Kirkby started it all in 2006 by organizing a petition to apply for an Uneconomical Extension Grant. This was forwarded to BC Hydro, where it was shelved for a year until Jim Abram, our Strathcona Regional District board member, pulled some strings and got the ball rolling. I asked Skookum Logging (Keith and Arne Liseth) if they could clear the right-of-way for us. They agreed and cleared two-thirds of the road before they ran into troubles. At this point Alex Hartford gallantly came to our rescue and finished the job. Alex used his excavator and his faller, Randy Craddock did the cutting. They insisted that the community not pay a cent for their work, asking only that we pay for the fuel and provide flag people.

We still had a mass of debris to clean up and then Seamar Industries stepped in. Daryl Graham and Ron

Miller gave us an exceptionally good deal and did a superb job for less than they had originally quoted.

A very large "Thank you" is owed to Corey McAstocker, the BC Hydro Project Manager for our project, who invested himself very personally into getting this job done and went way out of his way to ensure its success. Thanks also to Simone Geary, Hydro's vegetation expert and thank you very much to Scott Harrison, Hydro's pole line surveyor and the man who is in charge of hooking us all up to power. Scott has pretty well been working twenty four/seven on this job.

Last and, of course, not least an enormous amount of credit goes to our little community - the people of Granite Bay and Kanish Bay. We had to dig deeply and come up with a large sum of money and we had to volunteer lots of personal time to get the job done. Paul Nimmon lit and tended the many large brush piles to be burned and felled at least two hundred "danger trees" along the route. Jay Craddock donated many hours of work with his mini-excavator and along with his dad, Mike Craddock felled some large trees. Chuck and Max Koropecie took down a number of large, difficult trees. Len and Bonnie Kirkby, Jay and Sonia Craddock, Doug and Vicki Biro, Robert Evans and Carol Murray, Brian Warner, Jim Shortman, Ted Hayes, Darwin Kiel and Tara Lawrence showed up for many work bees in all kinds of weather, working with chainsaws and their hands and also performed flag duties. Mike and Matt Toulmin cleared large swathes of alder with a professional brush saw.

Thank you to Vicki Biro, who put an enormous effort into trying to obtain a government grant to help us do the brush clean-up. We were passed over - probably not considered a good enough "photo op".

A special thank-you goes to Jude Dunn and Allen Perkins of Stramberg Farm. Jude and Allen are part of the community, but are too far away to take advantage of Hydro. Nonetheless, they chipped in to help at all the work bees and also perform flag duties. I should like to mention that the community funded Flagging courses for Allen and Jude, Sonia Craddock and Doug Biro, who did the bulk of the flagging during the logging and debris clearing.

Finally, thank you to my wife Nina, who not only put in many hours with a chainsaw along with Matt and attended all the work bees and flagged traffic, but was also my computer geek and editor and helped me retain my sanity for the three-and-a-half years this project took.

We are a small community here and a number of us are summer people, who live in places as far flung as Texas, Florida, California, Oregon, New Zealand, Alberta and other parts of BC. However, all of us - summer people and locals - came together as one to get this job done and I, for one have found it to be a most rewarding and moving experience.

Thank you, one and all. Power to the People!

-Chris Toulmin

RE: HALLIDAY'S 'TIME TO GROW UP'

Pretty obvious really. Ottawa got it's marching orders from a Texan bully in Washington. Might be interesting to read how Wash DC really treats Ottawa by reading "In The Eye of the Eagle" by Jean-Francois Lise'e. Then read "Nemesis" by Chalmers Johnson to get some idea of the paranoia raging in Washington, as their insane military empire becomes unglued.

-Bruce Jacobson

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NEWS AND EVENTS

LAURIE'S BACK AT THE GRASSHOPPER

Laurie Bartlett is returning for her fourth show at the Grasshopper Gallery on Quadra on August 7th. Since her previous shows were pretty well sold out, this is going to be an interesting event. Entitled "On the Tender Side", it comes on the heels of "Through the Looking Glass", the successful spring exhibition at the Courtenay Art Gallery that she helped organize and curate with Jeff Hartbower, and which included her own work.

Laurie, a sometime resident of Quadra and Campbell River and once a student of Sybil Andrews, has struggled with bipolar disorder for many years. Her art is both the product of her illness, a reaction to it and the lifeline that's kept her going, along with the support of family and friends. Past paintings (shown at the Grasshopper in 2003, 2005 and 2007) dealt in part with dark experiences, although they were sometimes weirdly funny too. And she's always painted straightforward landscapes, particularly mountains.

Now she's changed her focus as new medication over the past few years has stabilized her condition and the title of her new exhibition reflects her changed direction. The paintings are larger and her thoughts and dreams have become more lucid and positive. Some recurring themes are relationships, birds and other symbols, including the cross. And the mountains are here again, including her favourite peak, Mt Alexandra.

The show opens with a public reception from 1-4 pm on Saturday, August 7th and continues until August 30th. Everyone's welcome. The Grasshopper Gallery is at 348 West Road, beside the police station, a 10-minute walk from the ferry. There is parking at the gallery. For more information call Richard at 250-285-3136.

Lyn Paterson

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UPCOMING CLASSES ON CORTES ISLAND

Red Alders' Daniella Roze of rural Courtenay will be leading a Wilderness skills day camp for children 7-12 years from August 10- 13th. Activities will include fire making (with no matches or lighters), shelter building, tracking, plant/medicine identification as well as a diverse array of skill-based games. Daniella brings with her 12 years of teaching experience in a variety of countries to children and adults. She has taught at Firemaker, a primitive skills gathering camp in Sooke for the past several years, and is a wonderful wise woman who walks her talk and lives her lines. The camp will be from 10a.m to 3p.m. each day and is \$100 per student.

For more information or to register call Diane at 935-6647

BASKET MAKING for all ages from NATURAL MATERIALS

Nancy Bissonnette and Kathryn Dice of Campbell River will be teaching three classes for different ages on Cortes August 14th and 15th. The teachers will be bringing a variety of readily available plants and tree material including western red cedar, cattail, sea grass, iris and many other wonderful natural materials to inspire our continued weaving projects.

August 14th 1030-12:30 Children 6-11 years can learn to make a wood base pencil holder basket, using natural and recycled materials. This course is \$25.

August 14th 1-4:30 12- 17 year olds will learn to make baskets using sea materials, including driftwood, shells and seaweed. This class is \$35.

August 15th from 9:30-4 adults will learn to make sun visor basket hats. The cost for this class is \$60.

Materials are included in the prices listed, but please call for a list of what tools to bring for each of the classes. To register or gain more information, please call Diane at 935-6647.

CORTES ARTISTS OPEN THEIR STUDIOS

Balloons of all colours will lead you into the worlds of art!

Have you ever wondered how a potter shapes the perfect pitcher with a non-drip spout? Or contemplated how a woodworker transforms a fallen tree into a wooden-hinged treasure box? Or speculated what inspires an artist to choose the colours for a painting, wall hanging or print?

Studios and workshops where artists and crafters create are private spaces, generally not readily accessible. The invitation to visit "by appointment only" can sometimes feel awkward and visitors may be uncomfortable leaving without having purchased anything.

Cortes artists are well aware of this. Once again they will open their doors to visitors for a Studio Tour on Saturday and Sunday, August 7th and 8th, from 10 am to 3 pm. Come and meet the artists in person. Enjoy a rare opportunity to experience the thought process, materials and procedures of a variety of artists. Some will even invite you to hands-on participation! Your appreciation of finished art seen in gallery shows and stores will be enhanced. Besides, you'll have a chance to see interesting places on Cortes -- a great way to spend a day or two in a creative milieu!

Sponsored by Cortes Museum and the artists, your \$8 ticket/map is good for the two days of the Studio Tour, rain or shine! Both days 25 artists at 16 separate locations will welcome you -- follow the colourful balloons at each stop. Experience a truly wide variety of creative work by potters,

painters, printmakers, fibre artists -- and a woodworker, candle maker, stone carver, sculptor as well as a basket weaver. With your map as a guide you can be selective -- or follow the suggested sequence to visit all the studios and the Cortes Museum where mixed media artists will be demonstrating an array of art work. Make a weekend of it and camp or spend the night at one of several inviting B&Bs or other accommodation on Cortes (most advertise on www.cortesisland.com).

As Dianne Bersea, Studio Tour Coordinator, says: "We had such an appreciative response to our first Cortes Island Studio Tour, we had to do it again. Our guests had fun and so did we. We'd love to welcome lots of new and returning art fans to our studios."

Tickets can be purchased at Cortes Island stores and Cortes Museum/Visitor Information Booth. They will also be available both days of the tour 2 blocks up the hill from the first ferry only arriving on Cortes -- look for balloons at the corner of Seavista Road. From Campbell River, the 8:30 am ferry connects to the Cortes ferry leaving Heriot Bay on Quadra Island at 9:05 am, arriving 10:45 on Cortes.

Relax over lunch at a Cortes restaurant or bring a picnic to enjoy on a beach or in the Museum's Heritage Garden where refreshments will be available. Lunches at Hollyhock are available only if you reserve 2 days ahead.

Join us for this exciting event and help support the Cortes Island Museum & Archives Society as well as local artists. For more information, contact the Cortes Museum at cimas@twincomm.ca or phone 250-935-6340.

Did You Know?

There are now yoga classes in Heriot Bay! HBI, Wednesdays, 10am, \$10, BYOMat

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DISCOVER BUTE INLET

Are you concerned about run-of-the-river projects in Bute Inlet and their impact on such remote water systems and the ecology of the surrounding area? Discover the history of this amazingly spectacular inlet at Cortes Island Museum where it's this summer's major exhibit. Curated by local author and artist Judith Williams, this new in depth Bute Inlet exhibit provides background information allowing visitors to make informed decisions. It is hoped the exhibit will aid in the discovery of a respectful future plan for this magnificent wilderness and marine site.

The Bute Inlet exhibit includes large scale maps (up to 8 x 5 ft.); Homalco and Klahoose First Nation village sites and artifacts, geography and ecology of the region; history of the only major native/settler skirmish in B.C. (the Chilcotin War); large scale photographs of 13,100 foot Mt. Waddington and its ice fields standing 'guard' over the inlet; and old photographs of float camps, hunting, trapping -- and pet cougars!

The Cortes Museum is open Tuesdays to Sundays, 10 am to 4 pm at 957 Beasley Road -- a block up from Manson's Landing Hall. Make a day trip, visit the Museum, go for a cool hike and have lunch at one of the great Cortes restaurants -- or bring your bathing suit and a picnic lunch for the beaches at Manson's Lagoon or Hague Lake.

Check out the Museum's website -- www.cortesmuseum.ca -- for what's going on. E-mail cidas@twincomm.ca or phone 250-935-6340 for further information or to register for the August 21-22 overnight boat trip to the top end of Bute Inlet. Experience the spectacular inlet and valleys of 7-10,000 foot peaks with glaciers, turquoise inlet waters, take short

walks to viewpoints, waterfalls and the logging camp's hydro system. Drive up the Homathco Valley and hear your guide Rob Wood's anecdotes and stories of the local history and First Nations, pioneers, mountaineers, explorers and local characters. \$550 per person books your spot to see this amazing pristine inlet -- only 11 spots.

Lynne Jordan

BACK BY POPULAR DEMAND: SKATE CAMP!

Back by popular demand at the Willow Point Skatepark, Skate Camp will again offer lots of learning opportunities.

With one teacher for every four kids, there will be lots of opportunities for one to one teaching. Sign up and learn from experts how to do moving and flat land ollies, half cabs, pop shuv its, pump the bowl, and ride switch.

Camps for ages eight to nine years run July 19 to 23, Aug. 9 to 13 and Aug. 23 to 27.

Camps for ages 10 to 12 years run July 26 to 30, Aug. 16 to 20 and Aug. 30 to Sept 3.

Girls-Only camp for ages nine to 12 runs Aug. 3 to 6.

All camps run from 9 to 11 a.m. at Willow Point Skatepark and cost \$70 (\$58 for the four-day Girls-Only camp).

Participants should bring their own board, helmet and protective gear.

For more details about this program or any other youth activities, please call the Sportsplex, 250-923-7911 or Community Centre, 250-286-1161. You can also see the guide on line at www.campbellriver.ca.

FINDING OUR VOICES: A GAME OF JEOPARDY

Young people are invited to come down to Spirit Square and test their local and political knowledge in a game of Jeopardy and several other fun activities, including a Mock Celebrity Election. All youth are welcome at this event! We want to know what you think about politics, and issues that you care about. Come visit Y4D's Speaker's Corner and we'll film your ideas and opinions!

The event is going to take place on Thursday 12th August from 11 am to 2 pm at Spirit Square.

If you would like more details contact Cyle by email at cyle.petersen@leg.bc.ca or phone (250) 287-5100.

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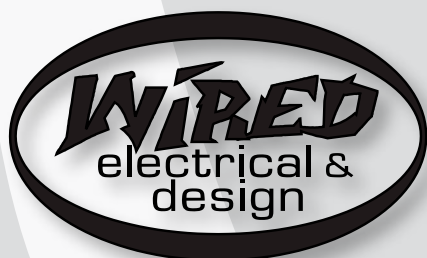
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SUMMER HISTORIC TOURS

The Museum at Campbell River's Summer Historic Boat Series continues on Sunday, July 25, with a trip to fabulous Desolation Sound. The tour will leave Campbell River at 3:30 pm and return at 7:30 pm. On board historic interpretation will provide commentary on the places and events that have shaped the history of this beautiful area. A full picnic lunch is provided. The cost for this tour is \$150.00. Then on Sunday, August 1, the Historic Series continues with a trip to the amazing waters surrounding Sonora Island. This tour will leave Campbell River at 9:30 am and return at 2:30 pm. A lunch stop at Dent Island Lodge is part of this tour. The cost is \$175.00 including lunch at Dent Island and on-board historic interpretation. To reserve a place on either of these trips please call the Museum at 287-3103. Historic tours take place every Sunday in the summer. Check the website at www.crmuseum.ca for a full schedule.

SENIOR HOUSING NEWS

GOING, GOING – Construction is moving ahead at a rapid pace, with the trusses going up on the first duplex. It has been a long road since the local branch of the OAP initiated the first financing in 1989 – such a long road that many Quadraites thought it would never happen!

The perceived wisdom was that when Quadra citizens saw actual construction going on, they would loosen their purse-strings and donate to a "sure thing". If you are in that group, NOW is the time to make a major contribution.

Despite some initial extra costs, the project is now under budget, and the crew is working together at an excellent pace. Drop by and take a look – you will be impressed! A further \$30,000 needs to be raised so that the first duplex can be completed to occupancy without any borrowing. Because of the great savings to be realized by working on two buildings at the same time, and the greater productivity of our carpenters-in-training, a decision was recently taken to proceed with the second duplex to at least the "lock-up" stage.

We are getting close to realizing a long-held dream of providing affordable, efficient housing for our seniors – let's keep the donations flowing so the first occupants can be moved in before winter.....If you would like to contribute, contact our treasurer Tucker Dinnes or any board member.

An application form will soon be available for those wishing to get on the waiting list –if interested or you know someone who is, contact a board member.

LET'S MAKE THIS PROJECT GO – IT'S A COMMUNITY EFFORT.

-Bob Lasby

SENIORS NEWS

We have had great weather.' Its best to get up around 5:00 a.m, do your usual tasks after breakfast, after lunch, have a Siesta, and then become alive again, when the Sun changes its position and it is cooler.

At our N.I. Regional Picnic we had a great time. The weather was great. After our scrumptious Buffet Lunch, many played Bocce outside, others played a game called Card Bingo. Prizes were won by many. In Bocce winners were Carol Elms of Cumberland-Br. 51, Ann Lawrence of Quadra Island-Br. 91, Ann Erb & Marcy Simpson-of Black Creek-Br.126; Card Bingo winners were--Helen Lancashire of Campbell River-Br.52, Christine Dyson-Quadra Island-Br. 91, Jim Muckle & Alma Gibson-Cumberland Br.51, Doreen Foryam, Helen Schmuland, & Betty Morgan-Campbell River-Br.52. The Picnic was hosted at Black Creeks Halbe Hall, by Quadra Island-Br.91, with the help of Campbell River Br.52.

On a sad note, Cumberland Br.51 lost a very active member, and a former Provincial B.C.O.A.P.O. Director Russell Bowers, who in the past, was very active in trying to make living on a meager income, easier for people, he was born in North Battleford Saskatchewan, where Russell worked as a Psychiatric Nurse. He leaves his devoted wife Evelyn and Son Gordon, & Daughter Laura. Directors Martin & Ruth Amiabel attended the Memorial Service in Cumberland representing Quadra Island & the Provincial B.C.O.A.P.O. Board.

Excursions are planned soon with Aboriginal Journeys Boat Tour in the evening & Macleans Mill by Steam Train, in Port Alberni if interested call Ruth @ 3801. We are planning our Branch Annual Picnic, the first Wed. in Sept. If the weather is nice at Rebecca Spit. If cold, or rain, the Legion. For membership call Bob @ 2907 or Muriel @ 3216

ART CLASS AT THE CAMPBELL RIVER ART GALLERY!

Art at Sybil Andrews' Cottage - for ages 7-12 yrs

Instructor: Angela Hanuse

August 11-12 (Wed - Thurs) from 11am-4pm at the Sybil Andrews' cottage

Members: \$65 Non-members: \$85

Enjoy two days of art camp in various indoor and outdoor settings at the historical waterfront home of world famous artist Sybil Andrews in Willow Point. Scour the beach for art materials, paint or draw the Quadra Island lighthouse, flowers and other local scenery, and channel some local history for a variety of fun-filled projects. Please bring along a lunch. All other materials are supplied. Registration deadline is Monday, August 9th.

Meet at the Sybil Andrews' Cottage -- 2132 S. Island Hwy.

WAY TO GO QUADRA! CANADA DAY 2010 ON 'THE ROCK'...ROCKED!

A wonderful time was had by the many folk who attended this year's Canada Day celebration. The organizing committee would like to thank all of those who showed up to share in the fun, as well as everybody who helped out with donations of cash, time, services, goods, energy and talent! Community involvement is key to an event such as this, and we certainly appreciate your contribution.

Some of the highlights of the Children's Festival included the scavenger hunt with over 100 prizes given out, the bounce-arama, and the agility dog show. The local folk and their dogs that ran the course were fabulous, especially considering that they had only trained for 4-8 sessions each! By the way, this event was such a hit that it will most likely be repeated in 2011 (if you would like to train yourself and your hound for the agility course please contact Judy Hagen to discuss).

As usual the Cake Competition was incredibly popular with many

votes being cast. It is always hard to choose a winner from such great entries, but congratulations go this year to the Quadra Village Market for their magnificent volcano cake. They will be custodians of the coveted soapstone beaver trophy until next July 1st. After the voting of course came the eating, and in this regard every single one of the entries was a winner!

Thinking of eating, thanks to the concession providers for bringing us all of those yummy snack, meal, and drink options. The organizing committee has received many comments regarding the quality and variety of offerings this year, so well done to the Feral Cat Society, the Fire Department, the Salmon Enhancement Society, and The Landing Pub.

Of course, one of the big draws to our Canada Day celebrations each year is the wealth of talent on display by our local musicians and entertainers. Each and every participant donated their time

and energy to the day, and we sure do appreciate them! There is an incredible amount of work that goes into organizing this part of the day, and so special credit has to go to John Toelle and Jim Thieven for pulling it all together this year.

In respect to the organizational effort, we would like to globally give attention and thanks to the generosity of the 'behind-the-scenes crew', without whom the day would not function so smoothly. So, a big cheer please for the individuals and organizations that helped with car parking, security, meeting & greeting, first aid, potties, garbage cans & recycling, tables & chairs, tents, transportation, storage vehicles, ice, and planning.

Way to go Quadra, Canada Day 2010 on 'the Rock'...rocked! Thanks for everything, and we'll catch up with you again next July 1st!

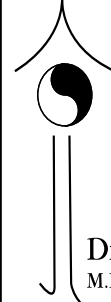
Submitted by Deb Cowper, on behalf of the Canada Day Organizing Committee/Quadra Island Chamber of Commerce.

The Royal Canadian Legion, Quadra Island Branch #154 would like to congratulate Katrina Annett on her exceptional academic achievements and acceptance of the branch's educational accomplishment award.

AUDITIONS FOR THE FARMHOUSE PRODUCTION OF "MAMMA MIA"

Have you ever seen a "Farmhouse" production and you wanted to jump out of your seat and onto the stage to join us? Well this year you can! We have decided to invite the public to join us in bringing "Mamma Mia" to the stage. Please come and audition for roles, costumes, set, chorus, dance, sound, lighting, music, etc- if you want to be involved we get you involved! So brighten up your winter evenings in 2010 by singing "Abba" songs with us and making something with sequins. Auditions are open for anyone 14+ and will be held on Monday, August 16, 2010 at the QI Community Centre.

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FRIENDS OF STRATHCONA PARK STILL WORKING TO PROTECT OUR WILDERNESS

This article will attempt to explain the battle that the Friends of Strathcona Park (FOSP) are currently engaged in. In essence, it's exactly the same battle we've been fighting since the Strathcona Blockade of 1988. Back then, we were working to protect Strathcona Park from the government, and it's discouraging to us that, 22 years later, on the eve of the 100th birthday of Strathcona Park, we're still fighting the same tired battle.

Unfortunately, even after years of education by the public, provincial governments still can't seem to grasp what wilderness parks are for. They apparently still view parks the same way they view everything else, through money coloured glasses, so it's not surprising that their clumsy attempts at "management" end up causing so much harm. For people who actually understand parks, and love them, and value them for reasons other than money, it's extremely disheartening to see our precious parks being so badly mangled by the very agencies which were supposedly created to protect them.

The Friends of Strathcona have always believed that the guiding principle for Strathcona Park should be minimal human impact. The Strathcona Park Master Plan, which was created by the public after the 1988 blockade, also stressed this extremely important principle. Minimal Human Impact. We believe that if we followed this deceptively simple principle in every park decision, Strathcona could finally begin to enjoy some truly meaningful protection from the majority of our more destructive human tendencies.

Last year, the government "amended" the publicly created Strathcona Park Master Plan in a way which will make possible the granting of a park use permit to a private operator who wants to run a high impact commercial operation in a delicate area of Strathcona Park. This operation, (commercial horse trips for the very wealthy, up a coastal rain forest valley) is totally unsuitable for Strathcona Park, and will undoubtedly be harmful to the park in many ways, but apparently it fits well with the political ideologies of the current provincial government.

It has been very upsetting for us to watch the government callously push aside the Strathcona Park Master Plan to suit the whims of a private operator. In many ways, the Master Plan is the park, and the park is the Master Plan. If the Master Plan can be abused this way, so can the park. Strathcona Park, and the Strathcona Park Master Plan, should not be treated like government playthings. The park belongs to the public, not the government, and the

Master Plan was a public creation, created to protect the park from exactly the type of harmful activities which this government seems determined to allow.

So our goal is the same as it has always been, which is simply to try to get some lasting protection for the park we love. The government has just butchered an important part of the Master Plan, in order to make it possible to grant a permit to a private operation. In order to protect the park, we must work to re-instate the Master Plan, and hopefully make it stronger. In order to do that, we need public support, and help from the media. In the present situation, if we wait until the government grants the park use permit to the private operator, our work will become very much harder. With the granting of a park use permit, the government will have locked itself into a legal agreement with the private operator (possibly for something like 30 years). If this government (or a future government) then wishes to break the agreement, they will be open to being sued by the commercial operator.

In our efforts to protect the park, FOSP is currently working on several fronts:

- 1) We, and other groups in BC, are meeting to discuss a strategy for creating better management and protection systems for our provincial parks. We believe that the current systems are outdated, and cause many more problems than they solve. We are tired of fighting the same battles over and over again, against systems which are not only detrimental to our parks, but are costly, inefficient, and impractical as well.
- 2) The government went against public opinion to "amend" the Strathcona Park Master Plan to make it conform to their own wishes. We believe there are some serious flaws in the process they used to accomplish this. We have asked the office of the BC ombudsman to investigate, and we expect a result soon.
- 3) We have started a program in Strathcona to re-establish trails which the government has allowed to fall into disrepair, claiming lack of funds. The government seems to think the ideal solution to this problem is to allow private operators into the park, to do work in return for commercial favours. We think that this idea was likely behind the recent government alterations to the Master Plan. We are fighting these alterations, because we believe that high impact commercial operations will harm the park. We believe that our volunteer trail work parties will help keep intrusive commercial operations out of Strathcona, and won't require tax dollars to do it.

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Historically, many of the best trails in Strathcona were constructed and maintained by volunteers, at no cost to the taxpayer. In more recent years, volunteer workers have found their way largely blocked by bureaucratic barriers and park regulations. We believe that by doing trail work with volunteers, we will not only re-establish trail systems which have been allowed to fall into ruin, but we can also show that pieces of the park don't have to be sold off to commercial concerns in return for trail creation and maintenance.

We welcome anyone, young or old, who wishes to accompany us in these endeavours, which will help us to take back Strathcona Park, and the Strathcona Park Master Plan, from a government which appears to have little understanding or appreciation of what our wilderness parks are for. Our first project in our "Take Back the Park" campaign took place in June, when more than 50 volunteers re-established the Crest Mountain trail, which had been out of commission for about two years. Our next project, scheduled from August 14 -18, is more ambitious, and involves working on the Bedwell Valley Trail, which is accessible by boat (paid for by FOSP) from Tofino. This also happens to be the area involved with the government Master Plan changes, where the private operator hopes to establish his high impact commercial operation.

These work parties are, above all, intended to be fun. They are a chance for people to talk, and learn about Strathcona Park first hand, and to do the park a good turn at the same time. The Friends of Strathcona need your help. We simply cannot protect Strathcona by ourselves. If you care about parks in general, and Strathcona Park in particular, we urge you to get involved. The government isn't doing it. These work parties are an enjoyable and useful way for us to show by our actions that we care strongly about our parks, and are willing to work to protect them.

For more information: friendsofstrathcona.org

THE BIG TIME OUT AUGUST 14 & 15

The Big Time Out will weave its magic in Cumberland again this summer led by the driving beats and powerful messages of hip hop sensation K'naan. Both days of the festival will be chock-full with twelve hours of back-to-back entertainment including circus performances, the Union Saloon, acrobatics, the Chai Tent and, of course, flat out dance music. More info at cumberlandvillageworks.com or bigtimeout.com.

SUMMER SPORT LINE-UP: ROUND TWO

The City of Campbell River Parks Recreation & Culture department works to keep young people in our community feeling vibrant, healthy and engaged through quality sports camps.

Whether your athlete is new to a sport or an advanced player, each camp aims to meet the athletes' goals and help build sport-specific skills.

The City of Campbell River and the Campbell River Badminton Club have partnered to offer another year of Badminton Camp. Varsity athletes Megan Yim and Mike Clark will coach this camp, helping players strategize during games and teaching basic and advanced shots as well as serving techniques. Badminton Camp runs Aug. 16 to 20, from 9 to 11 a.m. for players aged eight to 11 years old (cost: \$85). Camp for players 12 to 14 years old runs from noon to 2:30 p.m. Camp for players ages 15-plus years runs from 3 to 5:30 p.m. The cost for these camps is \$95.

Players of all skill levels can perfect bumps, sets, spikes and blocks at the Performance Elite Indoor Volleyball. This camp runs Aug. 23 to 26 from 10:30 a.m. to 1:30 p.m. for grades 5 to 7 and from 2 to 5 p.m. for grades 8 to 12. The cost is \$120 for the first child and \$110 for the second child in a family.

Next in the summer sport line-up is the 18th Annual Intersport Challenger Soccer Camp at Willow Point Park. Directed by John Jepson, athletes are mentored in skill development, team work and individual development. This is a high energy camp with high performance expectations. Challenger soccer for athletes aged nine to 15 years runs Aug. 23 to 27 from 9:30 a.m. to 2:30 p.m. The cost is \$130 for the first child and \$120 for the second child in a family.

For more details about this program or any other youth activities, please check out the City of Campbell River Parks, Recreation & Culture Recreation Guide, or call the Sportsplex, 250-923-7911 or Community Centre, 250-286-1161. See the guide online at www.campbellriver.ca. Follow the links for residents or use the search bar.

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CROWN JEWEL OF BC PARKS HONoured BY RE-ENACTMENT

After a strenuous 8 day journey from Campbell River, by canoe and on foot over steep hills and deep valleys, members of the Strathcona Centennial Expedition stood atop Crown Mountain to greet a view first seen one hundred years ago to the day.

On July 29th 1910 the father of BC Parks, the Honourable Price Ellison, his twenty-year old daughter Myra, his nephew and six other companions climbed to the summit of Crown Mountain to be welcomed by one of the most spectacular alpine views anywhere in the Province. The impression this made on Ellison along with their entire five-week journey moved cabinet to legislate the Strathcona Park Act in March 1911, the birth of BC Parks.

A century later, members of the Strathcona Park Public Advisory Committee, representatives from BC Parks and NVI Mining Ltd., in all a group of 15 British Columbians including Discovery Islanders Rory Annett, Kate Balzer and Philip Stone, retraced Ellison's footsteps to the top of Crown Mountain to marvel at the very same view.

"Prior to the trip, we all became caught up in learning about the history of Strathcona and the original expedition," said Tawney Lem chair of the Strathcona Park Public Advisory Committee, and one of the lead organizers of the



Crown Mountain, Strathcona Park

photo: Philip Stone

"Standing on Crown Mountain 100 years to the day after they did felt like a way to send a thank you back in time. Going forward now, we have a responsibility to ensure that history is still being created in the park another 100 years from now"

centennial expedition. "Taking part on this trip has shown that every one of us is able to forge our own history in the park. We owe a great deal to Ellison and his expedition for starting a tradition that is honoured throughout our beautiful province in all our Provincial Parks".


"Standing on Crown Mountain 100 years to the day, after they did, felt like a way to send a thank you back in time. Going forward now, we have a responsibility to ensure that history is still being created in the park another 100 years from now" she said.

After finishing up acknowledgements on the summit, the centennial expedition party descended to their camp in the meadows below. Over the next few days the team will make their way back down to Upper Campbell Lake and then canoe across to Strathcona Park Lodge for a well-deserved overnight break and an Official Dedication Ceremony at the Parks HQ on Buttle Lake on Sunday August 1st, at 1 pm.

But the journey is far from complete, in fact they are only half-way. After resupplying and changing crews at Strathcona Park Lodge and participating in the event at Buttle Narrows the crew will continue down Buttle Lake to the Price Creek valley where they will be met by a small group from Port Alberni. In the spirit of Captain Roberts' 1910 survey party who guided Ellison's expedition, they will all head overland hiking to Great Central Lake.

The last leg of the journey will be a long but relaxing paddle down Great Central to a welcoming ceremony by the Hupacasath First Nation at the Ark Resort, Port Alberni. The expedition finishes at the Fairmont Empress the morning of Monday, August 9th where after a final breakfast the party will disband.

*For more information please visit
www.sce2010.ca*



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SUMMER FUN AT THE HBI

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Karaoke Wednesdays are Back at the HBI! July 28 with hosts Scott and Julie, August 4 with hosts Kevin and Sue. Bring your friends and make new friends at the good old HBI. Pints of delicious Sangria only 6.95.

Only a buck a piece? Troys Oyster Extravaganza. Thursdays all through August, in the HBI Pub. Indulge in some fresh, delicious, oven-baked oysters with a rainbow of chutneys & sauces to choose from. After 5pm.

Diabla Blanca Mel rock's the HBI Pub with her DJ reggae. Check out her sweet sounds Thursday evenings. 9:00pm.

BIKE TO WORK WEEK 2010: CAMPBELL RIVER IS BEST IN BC

The provincial results for Bike to Work Week 2010 have been compiled, and outside of major cities (Victoria and Vancouver), Campbell River ranked highest among individual communities for participation.

Campbell River had the highest number of teams (81), the highest number of kilometres cycled (13,792 kms) and the greatest amount of CO2 saved (3200 kg).

Campbell River also had one of the largest numbers of new cyclists (110) participating.

By comparison, Penticton ranked second with 63 teams and 9,275 kilometers cycled. The Comox Valley had 33 teams and 5527 kilometers cycled.

For further information contact Linda Nagle or Meghan Lawley at the Sportsplex, 250-923-7911.

CURLY EASTLAND BURSARY

Application for Financial Assistance

Application forms are now available at both Quadra and Cortes Branches of Coastal Community Credit Union. Applications must be received by July 30, 2010 at 5:00 pm at either of the above branches. For more information pick up an application today.

Made possible through Coastal Community-Quadra Credit Union Legacy Fund.

QUADRA FARMERS MARKET & BAZAAR

Every Saturday from May.1st till Sept.11th. It's by the Credit Union in Quathiaski Cove.

We welcome local vendors from Quadra Island and outer islands to set up at only \$5.00 a table. Charitable organizations are free and children's tables are \$1.00. It goes from 10am to 2pm. and gates open at 8am for vendors. We have farmers, gardeners, art, crafts, musicians, food and surprises and are sure to please locals and visitors. We have a unique island and talents so lets show it off and make it the best year ever. This is where it is happening on Saturday. A great gathering place for all. Visit us on Facebook now too. Tell all your friends.

Contacts: Stella 285-3184, Suzanne 287-1871, or Naomi 285-2979quadramarket@gmail.com

NEWCOMERS WELCOME

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HALLIDAY'S VIEWPOINT

by Steven Halliday

LET'S CALL THIS WAR OVER

A recent international conference on AIDS has resulted in the loudest call yet for the abandonment of the "War on Drugs", with the Canadian delegate taking our Federal Government to task for their dogged adherence to an American-style policy towards drugs in addition to calling shame on our pitiful national contribution toward HIV/AIDS research. Dr. Jules Montaner, the Canadian head of the International AIDS Society noted that "the Canadian government's commitment in this area is far too small when compared to the size of the government resources available and the funding needed", while the conference attendees issued their "Vienna Declaration" which notes "Basing drug policies on scientific evidence will not eliminate drug use or the problems stemming from drug injection. However, reorienting drug policies towards evidence-based approaches ... would allow for the redirection of vast financial resources to where they are needed most." The same July 21st Globe and Mail notes that "The benefits of harm reduction are so absolutely clear that you have to be contemptuous of the evidence, and of science more generally, to take the position of the Canadian government," said Stephen Lewis, the co-director of AIDS-Free World and a high-profile signatory of the Vienna Declaration. "Their position is absolutely indefensible."

This is the first time that such a conclusion has been made the centre point of such a declaration, and confirms the frustration of the medical community generated by the continuance of such a failed policy. The Globe report continues - "There's a horrible discordance between evidence and policy in this realm so we felt a need to speak out," said Evan Wood, founder of the International Centre for Science in Drug Policy, co-chair of the committee that drafted the document and a professor at the University of British Columbia. There is incontrovertible evidence that law enforcement has failed to curtail the market for illicit drugs, which is worth an estimated \$320-billion (U.S.) a year, he said. So, instead of merely arresting and jailing those who take illegal drugs, money should be spent on public-health efforts such as needle exchanges and methadone treatment. Removing the stigma and legal barriers will also make it easier for drug users to come forward to seek treatment for infectious diseases such as HIV/AIDS, as well as rehabilitative services.

Part of the reason that Abbotsford has been the crime capital of Canada for at least 2 years running is the superabundance of gang activity on the Lower Mainland, with Abbotsford being a very convenient location to base grow-ops and meth labs - not to mention there's lots of room to dispose of the

occasional body. The reason there is so much gang activity is because of the stupendous profits available in the drug trade, and there's so much profit because they are illegal - period. People have been trying to escape life's complications through a variety of means for at least 2,000 years, and until this century it was considered a personal problem should one abuse one's drug of choice. Today the same is true except that a great deal of the products available to facilitate the experience are illegal including many that are naturally occurring substances, unlike many others that are deemed acceptable, such as alcohol. Or Red Bull. Rock Star, perhaps?

People have been trying to escape life's complications through a variety of means for at least 2,000 years, and until this century it was considered a personal problem should one abuse one's drug of choice.

Of course neither Red Bull nor Rock Star are illegal substances, but perhaps their sale should be regulated, like every other drug begrudgingly deemed acceptable by society at large. Certainly the editors of the Canadian Medical Association Journal feel this to be the case, and in fact they argue that such "energy drinks" are a serious threat to the health of young people. Red Bull contains 133 mg of caffeine per 355 ml serving - a 255 ml bottle of Coca-Cola contains 26 mg. A 75 ml "shot" of Rock Star contains 200 mg of caffeine, while Health Canada recommends a maximum caffeine intake for children under 12 of no more than 85 mg, per day. The CMAJ is recommending that all caffeinated drinks containing more than 100 mg per serving carry an appropriate warning. "Strict regulations are required if business practises and consumer trends are not curbed" states the editorial, as reported in the July 26 Globe and Mail.

I know of what they speak, and in both cases in which I have been peripherally knowledgeable the result of allowing (however unwittingly) a pint-size preteen to consume such a so-called energy drink is like throwing gasoline on a fire; certainly so in the case of our 10 year old grandson Noah. Noah had returned from a recent trip to Vancouver where he visited some relatives; particularly generous relatives it seems, having supplied him with a considerable sum of ready cash money. Like the proverbial kid in the candy store, Noah was having a ball experiencing

how much stuff such a considerable (to a 10 year anyway) sum of money could buy. His mother and his Nana had to place some restraint on his zeal to spend, and as the day unwound he came became somewhat unwound himself. As a matter of fact his normally unflappable Nana was prepared to disown the child due to his unusually bad behaviour, which of course led to bad feelings all around and a significant damper on what was otherwise an enjoyable family outing.

It turns out that Noah had spent some of his loot on a Red Bull. Apparently Noah and Red Bull don't get along, which was no surprise to his grandfather considering the concoction would likely have a similar effect on me, a dedicated green tea drinker (coffee free since 1996 or so). Noah, in an earlier age, would have had to suffer at least the indignity of a red pair of buttocks for his misbehaviour. Undeservedly, of course, since no-one was aware that he was high the whole time. He is now somewhat better educated on the subject, not to mention forbidden to consume the product. But that won't stop the store clerk from selling it to him, for which we can assign no blame. Barring instructions to the contrary or knowledge of such product's potential "kick" no store employee would have reason to question a 10 year old buying Red Bull, or even the more potent Rock Star ("Kickass in a Can", I've heard it called.)

So here we have another example of the government remaining blissfully unaware of the potentially negative effects of a product that could be doing serious harm to our future generation, while focussing an inordinately ridiculous amount of taxpayer funds trying to eradicate the supposed harm caused to our society by a weed, cactus or poppy. But then, weeds are not are not a product, marketed by international behemoths such as R.J. Reynolds, Imperial Tobacco, Seagram's, Molson or SmithKline French - even Kraft Foods is responsible for a lot of stuff that is surely killing us slowly...think Dream Whip. And given that Red Bull is a product of your friends at Coca-Cola, one can be sure that they receive the same red carpet treatment on Parliament Hill as their buddies at MacDonald's. Don't count on any common sense interfering with our government when it comes to the issue of regulating a harmful product, but look out if you light up that joint. Stuff yourself with junk food, drink yourself silly, smoke yourself to death, all as you wish: just don't be getting a pleasant reaction from anything the government hasn't sanctioned.

Prohibition didn't work, the War on Drugs hasn't worked, and a war on Red Bull won't work either.

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WHO IS COMING TO VANCOUVER ISLAND?

There has been a lot of discussion
about the growing number of
immigrants coming to Canada and
the important role newcomers will
play in the workforce and economy
in the near future. Despite the
growing numbers, there are many
misperceptions about who the
newcomers are in our communities.
Here are some statistics that tell us a
little bit more about who is coming
to Campbell River and Vancouver
Island.

Vancouver Island (VI) is growing
and the population projections
over the next 20 years are notable.
Immigration will account for a
significant portion of this growth:

-2006 population of VI was 744,686

-Predicted 2031 population of VI is
over 960,000

-The top source countries for
immigrants to VI are: USA, China,
UK, India, Philippines

-In Campbell River, 1 in 10 residents
are foreign-born and this number is
on the rise

English speaking skills are
considered a barrier for many
immigrants; however, English is
only a barrier for the minority of
newcomers:

-79% of immigrants to VI arrived
with official English language ability
(above Provincial average)

The skills and education of
immigrants to Canada are
remarkably high:

-50% of immigrants came to VI
with a University Degree.

-Comparatively, 28% of Vancouver
Islanders have a degree between the
ages of 25-64 University Degrees.

-87% of immigrants to BC in 2008
were of the higher skilled classes of
Managerial, Professional or Skilled
& Technical levels*

-Less than a half of one percent were
of the Labour class in the same year*

Unfortunately, evidence at a
National level indicates that income
levels and job security tend to be
lower than the Canadian born
population despite the greater rates
of education among immigrants.

-In Campbell River, the employment
income levels for 2005 were similar
for the immigrant population as for
the total population

-In Campbell River in 2006,
immigrants were less likely to
experience low income than the total
population.

This is what makes Campbell
River an inclusive community for
newcomers.

Statistics were provided from
BC Stats or Stats Canada unless
otherwise noted.

* Provided by Citizenship and
Immigration Canada

Contact:

Kris Calver, Project Coordinator

CR Multicultural & Immigrant
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Date	PDT	m	ft
30	03:48	2.6	8.5
Friday	09:01	3.9	12.8
	15:01	2.0	6.6
	21:53	4.7	15.4
31	04:28	2.4	7.9
Saturday	09:58	3.7	12.1
	15:34	2.4	7.9
	22:17	4.6	15.1
01	05:09	2.2	7.2
Sunday	11:05	3.6	11.8
	16:09	2.8	9.2
	22:39	4.4	14.4
02	05:52	2.0	6.6
Monday	12:27	3.6	11.8
	16:47	3.2	10.5
	23:00	4.4	14.4
03	06:40	1.8	5.9
Tuesday	14:10	3.7	12.1
	17:35	3.5	11.5
	23:27	4.3	14.1
04	07:35	1.6	5.2
Wednesday	15:51	3.9	12.8
	18:47	3.8	12.5
05	00:07	4.3	14.1
Thursday	08:33	1.3	4.3
	16:51	4.2	13.8
	20:36	3.9	12.8
06	01:07	4.3	14.1
Friday	09:27	1.1	3.6
	17:32	4.4	14.4
	22:13	3.9	12.8
07	02:17	4.3	14.1
Saturday	10:16	0.9	3.0
	18:05	4.6	15.1
	23:11	3.8	12.5
08	03:25	4.4	14.4
Sunday	11:02	0.8	2.6
	18:36	4.8	15.7
	23:59	3.5	11.5
09	04:31	4.5	14.8
Monday	11:47	0.7	2.3
	19:07	5.0	16.4
10	00:43	3.2	10.5
Tuesday	05:37	4.5	14.8
	12:30	0.8	2.6
	19:38	5.1	16.7
11	01:28	2.8	9.2
Wednesday	06:41	4.5	14.8
	13:14	1.1	3.6
	20:09	5.1	16.7
12	02:14	2.4	7.9
Thursday	07:43	4.5	14.8
	13:58	1.5	4.9
	20:40	5.1	16.7
13	03:01	2.1	6.9
Friday	08:45	4.4	14.4
	14:42	1.9	6.2
	21:12	5.0	16.4

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WANTED

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