

COMOX

DINE • SHOP ENTERTAINMENT

PROFESSIONAL SERVICES OUTDOOR ACTIVITIES

THE RECORD

COMOX VALLEY

TUESDAY, MARCH 8, 2016

\$1.25

VOLUME 31 | NO. 19



New Beanie Boos

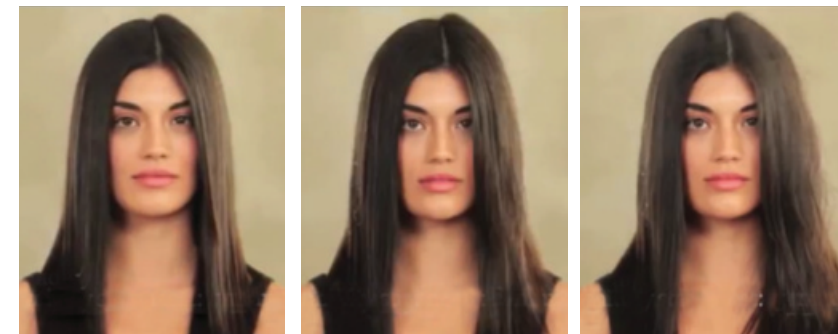
Planet Kids

1743 Comox Ave., COMOX 250-339-3422
308-5th St., COURTENAY 250-871-7771

Indigo Lounge

This MARCH "Make the Switch"!

Humidity steam test: Left side no frizz, right silicone



1 Minute 2 Minutes 5 Minutes

Switch your current Shampoo and Conditioner for Living Proof and get 25% OFF. Follow these 5 steps to receive 25% OFF your Living Proof purchase:

- 1) gather your current (NON Living Proof) shampoo, conditioners and styling products
- 2) take it to iNDiGO LOUNGE in Comox BC
- 3) "Make the Switch" (iNDiGO LOUNGE WILL SAFELY DISPOSE OF YOUR OLD PRODUCTS)
- 4) Receive 25% OFF YOUR NEW LIVING PROOF PURCHASE
- 5) Live SILICONE FREE be LIVING PROOF.

103B 1705 Comox Ave., Comox
250-339-0500

Smitty's

BREAKFAST ALL DAY
HOMEMADE SOUPS
FAMOUS CHEESECAKE
DELICIOUS GLUTEN-FREE
CHOCOLATE TORTE
SENIORS, KIDS &
GLUTEN SENSITIVE MENUS
BEER & WINE
PATIO & TAKEOUT

FABULOUS MILKSHAKES & SOFT SERVE ICE CREAM

1747 Comox Ave., Comox BC ■ 250-339-3911
Hours: Tues to Sun 7:30am - 9pm, Mon. 7:30am - 2pm

Indigo Lounge

Spa, Beauty & Personal Care

"Brilliance in Hair"
250-339-0500
103B 1705 Comox Ave.

New Fashions Have Arrived!

ROXANNE'S FASHIONS

www.roxannesfashions.com
COMOX CENTRE MALL 250-339-6133

20% off your fabric purchase with Interior Design services

DUDUZA
BED & BATH

The Comox Valley's ONLY DEDICATED BED & BATH STORE

1761 Comox Avenue, Comox, B.C. V9M 3M2
Ph. 250.339.1699 • Fax. 250.339.1601
www.duduzabedandbath.com

Insights Hypnotherapy

Hypnosis for Personal Well-Being

Fran Jenkins
Clinical Hypnotherapist
250-230-0271

Offices in Comox and Port McNeill
dash2@telus.net
www.insightshypnotherapy.ca

IS YOUR HOME OR BUSINESS SUFFERING FROM FUZZY BLINDS?

25% OFF ULTRASONIC BLIND CLEANING SPECIAL extended to MARCH 31ST due to popular demand

Blinds BUBBLES BOUTIQUE

Ultrasonic Blind Cleaning
Quality & Service Worth Remembering
221C Church Street, Comox, BC
250-941-7824
blindsandbubbles.com

WOOFY'S Pet Foods

NO TAX SUNDAYS IN ALL 4 STORES!

COMOX
Comox Centre Mall
COURTENAY
2400 Cliffe Ave.
#12 - 795 Ryan Rd.
CAMPBELL RIVER
2056A S. Island Hwy.

G&H Your furniture store. 349 5th St. Courtenay • 250-334-4225 ghfurniturebc.com



Gender-alities

School boards adapting to gender-neutral reality

■ P. 10

NEWS

Azer updates the community

A community meeting was held on Thursday, where Alison Azer provided an update on the status of her four missing children, as well as her trip to Kurdistan.

■ P3

Fill-A-Dream comes through

Anna Stigter and her family will be spending spring break travelling by RV to the Grand Canyon, compliments of Help Fill a Dream — an Island-based foundation that grants wishes to children with life-threatening conditions.

■ P4

Record returns for YANA auction

Comox Valley residents showed their love at the YANA Big Love Benefit, to the tune of a record \$87,000

■ P5

ARTS

Ladies and gentlemen, 54•40

That line, or one similar to it, will be the introduction for the final act at MusicFest this year, as the West Coast rockers are booked to close the three-day festival at Comox Valley Exhibition Grounds.

■ P21

Peter 'N Chris serve up comedy

The comedic duo of Peter Carlone and Chris Wilson serve up the laughs with their play, Mystery of the Hungry Heart Motel, March 12 at the Sid.

■ P22

SPORTS

New running race in Cumberland

The Comox Valley Road Runners are organizing a 20-kilometre trail running race, The Cumby, in the legendary Cumberland forests, May 28.

■ P23

FEATURES

Business

■ P27

Classifieds

■ P29

Best Selling Car in the World! **2016 Toyota Corolla** From \$15,995*

One of Canada's Favorite SUV's! **2016 Toyota Rav4 LE** From \$25,240*

Sleek, Sophisticated Crossover **2016 Toyota Venza** From \$30,465*

WINNER of the Record 2016 reader's choice AWARD

Own it for **\$103.11** Bi-Weekly (price based on 2016 Toyota Corolla CE 4A; 1.49% for 84 months)

Own it for **\$153.78** Bi-Weekly (price based on 2016 Toyota Rav4 FWD LE 2.99% for 84 months)

Own it for **\$173.50** Bi-Weekly based on 1.99% for 84 months

\$1000 Cash Buyers Incentive

www.CourtenayToyota.com 445 Crown Isle Blvd. (250) 338 6761

**DOWNTOWN
COURTENAY**



*Shop, Dine
and Play*

www.downtowncourtenay.com



ALL THE RAGE
Colouring or Zentangle drawings, and Year of the Monkey Tee shirts are no exception. Ready for your child's creative colours

HTEC
Men & Womens Apparel
Team Uniforms
Embroidery
On site Printing

BRAZEN SPORTSWEAR
479 4th St Courtenay • 250-703-9697 • hitecprint.com

simply outstanding

Union Street GRILL & GROTTO
5th Street, Courtenay DOWNTOWN
250.897.0081

DIAMONDS & JEWELLERY
All Original Hand-crafted Jewellery

Our prices, our service, our commitment ...

THE BEST. WE GUARANTEE IT!

jewellery
Impeccable
307 5th Street, Courtenay
250 334-0402 • impeccablejewellery.com



IMPECCABLE Jewellery
... The Difference

Impeccable Jewellery is the creation through Heaven and Earth! Gemstones from around the Globe partnered with the Earth as she formed her magnificent spectacles.

Gems that are rarely found and even more rarely seen, set in precious silver, designed, created and captured in unique forms. **Impeccable Jewellery** provides its clients with "statements" more exceptional and extraordinary than diamond.

Every woman who wears **Impeccable Jewellery** captures the distinctiveness of having the only piece of authentic, one of a kind "lavish adornment" only available at Vancouver Island's most Incredible Jewellery stores Courtenay and Duncan ... **Impeccable Jewellery**.

Visit our stores on Vancouver Island and view first hand why we have patrons from around the world. The gemstones, the jewellery, the service, Rare indeed!

What Mother Nature Created ... We Perfect ...
307 5th Street, Courtenay 250-334-0402

• IMPORTED CHEESES
• EUROPEAN DELI MEATS
• SPECIALTY FOOD & GIFTS

Runge's EUROPEAN DELI
"A Taste of Europe"

250-338-8621 • 347 4th St. Courtenay, BC

Shar-on's
All Size Fashions Group

Shop Early for **BEST RESULTS**

Spring Fashions Have Arrived

438 5th Street
Downtown Courtenay
250-334-0840

MON TO SAT 10 AM - 5 PM, CLOSED SUN & HOLIDAYS
SENIORS' DAY - Last Wednesday of Every Month

Put **Spring** into your step and head into the trails!

EXTREME RUNNERS
436 - 5th Street
DOWNTOWN COURTENAY
250-703-9544
info@extremerrunners.com

EDIBLE ISLAND
WHOLE FOODS MARKET

Your One Stop Health Food Shop!

477 6th Street Courtenay • 250-334-3116
www.edibleisland.ca • Mon-Fri 9-7 Sat 9-6 Sun 10-5

Up to **60% off**
Alpine • Back Country
Cross Country
Snowboard • Snowshoes
Selected Accessories
Outerwear **20% - 40% off**

March Madness

SKITAKHUT
SKI • SNOWBOARD • NORDIC • BACKCOUNTRY
www.skitakhut.com 250-334-2537 267 6th Street Courtenay

*sale excludes sunglasses

Stacking Bands

Max Strauss Signature Collection™

GRAHAM'S
J • E • W • E • L • L • E • R • S

A family tradition for 45 years.
Downtown Courtenay
250-334-4523

Azer addresses community

Mother of missing children reveals details of trip to Kurdistan



Erin Haluschak
erin.haluschak
@comoxvalleyrecord.com

Alison Azer feels everyday she's getting closer to having her four children come back home.

Last Thursday evening, the Courtenay mother addressed and thanked a group of about 50 friends, family and community members at a community awareness meeting at Queeneesh Elementary.

Azer recently returned from Ottawa where she sat in the House of Commons while Courtenay-Alberni NDP MP Gord Johns asked the Liberal government during Question Period what actions they are taking to ensure the safe return of her children.

"It did leave me with more hope than when I arrived," she said prior to the meeting.

It has been six months since the Courtenay mother has seen her four children who were allegedly abducted by their father last summer.

In August, Alison received word her ex-husband - Dr. Saren Azer (also known as Salahaddin Mahummu-di-Azer) - hadn't returned to Canada from a court-approved trip to Europe with her children Sharvahn, 11, Rojevahn, 9, Dersim, 7 and Meitan, 3.

Comox Valley RCMP sought and obtained a Canada Wide Warrant of Arrest for Azer - who practised at St. Joseph's General Hospital in Comox.

Late last year, Alison travelled to Kurdistan, where, on Nov. 11, she found the location of her children.

Located in the Qandil Mountains in the northeast region of Iraq, Alison said the children are in an area governed by a group called the PKK (Kurdistan Workers' Party).

She added learning of their location was helpful, as was getting insight on what the government is able to do.

"The Canadian government is very well-positioned in Kurdistan. We've got lots of assets on the ground, lots of resources. I got as close to my kids as I could get without setting off



Alison Azer (left) gets support from a friend. A community meeting was held Thursday night at Queeneesh Elementary for Alison Azer and her four missing children.

PHOTO BY ERIN HALUSCHAK

an international event. I went into the Qandil region - I cleared seven checkpoints. I presented myself to the leadership of the group that was harbouring Saren because I wanted them to look in the eyes of the mom.

"While I didn't leave with my children, I know I made a difference by presenting myself. I know that I was able to get word back to the children that I was there."

While she doesn't know in detail their living conditions, she does know the area is very cold, with more than two metres of snow.

"They're in an area where the buildings are made of concrete blocks and there is no heating. They stay warm by burning crude (oil) in the middle of the room, which if you've ever tried

to breath that in, it's not healthy, and second of all, it's dangerous. I've got a three-year-old walking around the room probably where there's an open flame."

Inside the meeting, Alison described in more detail the moment she found the location of the children. She received a phone call from her niece in Canada, frantically telling her to open her email. There was a picture of Sharvahn and Rojevahn with a message in Kurdish that read 'I'm about to make you very happy.'

"That was my first break. I never took the class in university 'how to talk to informants 101' but I had someone courageously reaching out to help my kids."

See AZER, Page 7

IN BRIEF

Development could hamper marina

With a full completion date set for March 2017, the impact of the marina boardwalk development in Comox may be felt throughout the summer, particularly at events such as Nautical Days.

Richard Kanigan, the town's CAO, told council Wednesday he is uncertain what the extent of the impact will be on Marina Park.

"We will make as much available as possible for Nautical Days," he said, but added the town does have a contingency plan in place.

-Erin Haluschak

Vitalization program extended

With a recommendation from the planning department to extend the program for another year, council approved to extend the Downtown Vitalization Program at Wednesday's council meeting for submission of rezoning and development applications.

The program, which was adopted by council in June 2014, encourages developers to consider the downtown core for mix-use commercial/residential development with fee rebates/reductions of permits and tax exemptions.

"The feedback we've gotten from the business community has been quite positive," noted Marvin Kamenz, planner for the town.

Currently, the town has two developments which have applied for the program: Berwick Comox Valley (extension) and the Lorne Hotel.

-Erin Haluschak

Cyclist struck

A 17-year-old female cyclist was injured Friday night on Comox Road at the Old Island Highway.

Around 8:40 p.m., Comox Valley RCMP said, the cyclist was travelling southbound on the highway and was struck by a pickup turning off the highway west onto Comox Road.

The driver remained at the scene as the cyclist was rushed to St. Joseph's General Hospital in Comox with what police called 'significant injuries.'

Reports indicate the bike was not equipped with lights or reflectors.

-File from CTV Vancouver Island

Baynes Sound busy

Two sailings of the Baynes Sound Connector ferry between Buckley Bay and Denman Island were delayed by about 10 minutes Friday as a result of herring fishing, confirmed BC Ferries spokeswoman Deborah Marshall.

She confirmed there is a 'Co-Industry Protocol' agreement in place with the corporation, the herring fishing industry and the Department of Fisheries and Oceans.

The agreement acknowledges all three parties have equal opportunity to operate in the Baynes Sound waterway.

She added while the herring run is open, the ferry will work with fishing fleet to optimize fishing in the area.

-Erin Haluschak

Get our experience working for you!



Noticing changes in
YOUR SMILE?

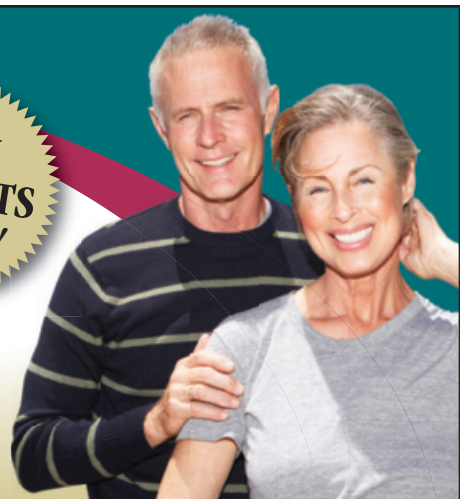
We can keep you smiling with confidence!

Call us today!

Dr. J. Brett Burry, DDS
Dr. Emmanuel Karamanis, DDS

Our dentists each have over 20 years experience in advanced general dentistry. We offer a full range of dental services including general family dentistry, implants, complex restorative and cosmetic dentistry. By combining advanced dental training, the latest high tech equipment and the personal touch of our caring dentists and staff, our patients experience the best dentistry has to offer.

NEW PATIENTS welcome!





Anna Stigter is flanked by her brothers, Rens and Diego, Thursday at Fix Auto Courtenay (Georgia Straight Collision & Towing). The siblings will soon be visiting the Grand Canyon, thanks to the Help Fill a Dream Foundation.

PHOTO BY SCOTT STANFIELD

Anna's dream a Grand vacation



Scott Stanfield

scott.stanfield@comoxvalleyrecord.com

Anna Stigter and her family will be spending spring break travelling by RV to the Grand Canyon, compliments of Help Fill a Dream — an Island-based foundation that grants wishes to children with life-threatening conditions. Eleven-year-old Anna is a Cumberland resident who was diagnosed with brain cancer at age three and kidney cancer a few years later.

But her conditions are in remission and, aside from visits to Children's Hospital in Vancouver every six months, Anna is able to enjoy her favourite outdoor activities with her parents, Hendrika and Michel, and brothers Rens and Diego.

"She's doing really good at the moment," Hendrika said.

On March 21, the family will fly to Las Vegas to pick up the RV, which will be home for the two-week adventure. The destination is the Grand Canyon, but there will be plenty of time along the way for other distractions, such as horse-back riding.

"It's really fantastic," Hendrika said, referring to Help

Fill a Dream. "We are overwhelmed that this is happening."

She also thanks You Are Not Alone (YANA) for assisting with travel expenses.

"I think we all have dreamed of taking a road trip at some point," said Craig Smith, executive director at Help Fill A Dream.

"It seems like the ultimate freedom to be able to just go wherever the wind takes you each day. And to be able to see something as majestic as the Grand Canyon is amazing.

"Help Fill A Dream is excited to be able to make Anna's dream come true. We believe that dreams change lives and that happiness heals."

WBN hosting fundraiser for 4R's Education Centre

On St. Patrick's Day, the Comox Valley Women's Business Network is hosting a 'Ladies Night Out' event to raise money for the 4R's Education Centre Society.

The evening will feature the hilarious musical comedy *Five Hot Women: The Joys of Menopause*, starting at 6:30 p.m. at the Florence Filberg Centre.

The \$30 admission includes the play and delicious appetizers. The Courtenay Rotary Club will manage a no-host bar. There will also be a raffle, with the grand prize donated by the Kingfisher Oceanside Resort and Spa, and a 50/50 draw.

The musical comedy, *Five Hot Women*, was written and produced by Comox Valley residents Camille Soper and Anne Clarkson. Six local actors - Roberta LaCroix, Chandra McFayden, Michelle Sinclair, Karae White, Shelley Kvisle and Bernice Blonarwitz - perform songs that make light of the challenges women face while going through 'the change.'

"Imagine what happens when five women of a 'certain age' who are going through menopause get trapped in a fitness class during a power outage," said CVWBN program director, Corae Bracken. "You get heat, hormones and hilarity! This play has been performed locally to sold out crowds and at the Nanaimo Fringe

Festival. We felt that it was an ideal entertainment option for our membership to fundraise for 4R's Education and have some fun in the process."

"Each membership year, our networking organization chooses a local charity to support," said CVWBN president, Bobbie Norton. "4R's Education was founded in the Comox Valley in 1989. The non-profit society provides one-on-one instruction, by qualified teachers in individual classrooms, to assist children with remediation in reading, writing and arithmetic. Their goal is to help students improve their literacy, confidence and success in school and life through positive and effective learning experiences. 4R's works hard to provide these services to all who apply by maintaining a Fee Assistance Fund. Our goal is to raise funds to help them deliver these programs."

Tickets to the March 17 performance of *Five Hot Women: The Joys of Menopause* are available at 4R's Education, Invis West Coast Mortgage, Blinds & Bubbles Boutique, The Mortgage Centre (Guthrie Road), and *The Comox Valley Record* office. This 'Ladies only' event at the Florence Filberg Centre is anticipated to be a sellout, so do not expect to get tickets at the door. For more information, visit www.cvwnb.org or call Marion at 250-465-2072.

"We are the largest manufacturer of windows on Vancouver Island. We provide factory-to-you prices."

- Linda Gourlay, General Manager

SPECIAL PRICING
ON INSTALLED PATIO DOORS FOR A LIMITED TIME ONLY...

5' patio door - \$1125
6' patio door - \$1250
8' patio door - \$1450

NO INTEREST, NO PAYMENTS FOR 3 MONTHS

Van Isle Windows LIMITED
IN COOPERATION WITH **IslandSavings**
A DIVISION OF FIRST WEST CREDIT UNION

We also install skylights and sun tunnels!

- FACTORY DIRECT**
Windows are manufactured in our plant to provide factory-to-you prices!
- NO PAYMENTS***
Finance your windows and make NO payments for 3 months.
- NO INTEREST***
Finance your windows and pay NO interest for 3 months.
- TAX FREE***
We will pay the tax!!
* equivalent of GST and PST
* on installed Van Isle Windows
* OAC - On Approved Credit

P: 250.897.3347 | Visit by Appt. - #8-241 Puntledge Rd. | vanislewindows.com

Do you Need Help with Your Hearing?

- Service:** Owner operated by Audiologist
- Selection:** All Hearing Aid Brands, not just one
- Value:** No gimmicks, low everyday pricing

Jason Gordon, M.Sc., R Aud
Certified Audiologist, owner

"I have known Jason for over 25 years, and have no hesitation in recommending him to anyone with hearing difficulties." - **Martin Davies, Comox**

"Jason spent the extra time to get my hearing aids just right for me. They've made a huge difference in my life." - **Leslie Romans, Courtenay**

"I appreciate the selection of hearing aids at Jason's clinic... the care and service has been outstanding." - **John McPhail, Courtenay**

Gordon Hearing
AUDIOLOGY AND HEARING AID CENTRE

250-941-8378
#102-1723 Comox Ave., Comox
www.gordonhearing.ca

Locally Owned • Independent • DVA & WCB Accepted



SEEDY SATURDAY

Left, Marty McCririck signs up as a new member of the Comox Valley Seed Savers Society upon entering Seedy Saturday at the Florence Filberg Centre. Right, Lola Calder-Williams of Powell River checks out some seed packs. The event attracted people from throughout the north and central island.

PHOTOS BY TERRY FARRELL

Record amount raised at annual YANA auction



Terry Farrell

terry.farrell
@comoxvalleyrecord.com

The Comox Valley residents showed a lot of love at the YANA Big Love Benefit, held at the Florence Filberg Centre.

The annual dinner and auction raised \$87,000 for You are Not Alone, the community organization that helps Comox Valley families who need to travel to access medical treatment for their children.

It was the highest amount raised in the 26-year history of the event, and a 20 per cent increase over the \$70,000 amount raised at the 2015 auction.

YANA community relations manager Ocean Varney said the generosity of the Comox Valley never ceases to amaze her.

"This was our first year calling it the Big Love Benefit and that's fairly accurate. The people there were just full of love and generosity and fun," she said. "It's incredible, really. Every year seems amazing to me, but this was just unreal."

"Corporate sponsorship was up this year, which is another big reason for that increased total. Because of sponsorship, all the



Auctioneer Dave Stevens gets top dollar for a Steve Nash-autographed Los Angeles Lakers jersey at the YANA Big Love Benefit.

PHOTO BY MCKINNON PHOTOGRAPHY

expenses were covered and we could really give everything raised directly to the cause."

It was not only the corporations coming through.

"The live auction was amazing," said Varney. "We raised \$30,000 in the live auction alone. That's more

than last year, with fewer items auctioned off."

The silent auction items weaved a path throughout the facility, out the door and down the hallway, as more than 200 items were available.

The YANA crew will now turn

its attention to the YANA (Spring Kids' Clutter Sale, Sunday, April 17 from 10 a.m. to 2 p.m. at Courtenay Elementary gym (1540 McPhee Ave.). There are many ways for the community to get involved in that project. Go to bit.ly/1nrFB6o for more info.

Free tax filing service available

The Community Volunteer Income Tax Program is up and running for another year at the Lion's Den at 1729 Comox Ave. in Comox.

The program offers free tax filing for qualified individuals, including low-income individuals (up to \$30,000 single person; \$40,000 couple; \$35,000 adult

with child), social assistance recipients, aboriginal First Nation, newcomers to Canada, students and senior citizens.

The service is available Tuesdays, from 1-3 p.m. throughout March and April.

Appropriate identification is required. For more information, call 250-339-6232.

Alzheimer Society seeking volunteers for local weekly fitness/social program

Minds in Motion is a program for people experiencing early stage memory loss and their care partners.

The program runs Wednesday afternoons, 12:30-3:30 p.m. at Native Son's Hall in Courtenay.

Volunteers are needed to assist

in a 45-minute fitness class and then in 45 minutes of games and activities.

For more information or to sign up, contact Shanan (the Minds in Motion co-ordinator) at 250-734-4170 or email: sstlouis@alzheimerbc.org

G & H Furniture & Mattress

Everything you're looking for.



ghfurniturebc.com

349 5th St. Courtenay
250-334-4225



■ MMMMMM... CAKE

Nancy Willard of Takes the Cake may have the sweetest table of all at the Comox Valley Farmers' Market at Native Sons Hall. The market will be at the Native Sons Hall until April 9, at which time it moves to the Exhibition Grounds for the spring and summer months.

PHOTO BY TERRY FARRELL

Isfeld chess players teach game to Valley View students



■ Elanor Bukach
Student intern

Grade 12 chess enthusiasts from Mark R. Isfeld Secondary who spend their lunches playing the game have gone above and beyond, spending their study block teaching Grades 3 and 5 from Valley View Secondary the ancient game of chess.

Chess has a long, distinguished history, dating back as far as AD 600, yet it is still widely practised to this day.

"Did you think chess was extinct?" asks Jesse Pendak, organizer and teacher at Mark R. Isfeld Secondary, "Think again."

Isfeld students have organized a tournament and students at Valley View Elementary are forming their own chess club after instruction from the older students.

"Students at both schools really enjoyed it," said Pendak. "Besides teaching the game of chess, the students are helping to foster a community atmosphere between the two schools and having fun!"

Both schools however are in need of chess sets and are asking for donations. Sets, boards and/or chess pieces are greatly appreciated and can be dropped off at either Isfeld or Valley View.

Anyone wishing to become involved or to donate can contact Jesse Pendak by email jesse.pendak@sd71.bc.ca or by phone at 250-334-2428



Torin Halvorson Grade 12 teaches Valley View students the game of chess.
PHOTO SUPPLIED

SPRING SALE PRICING

season opener

SALE!

Celebrating 30 Years of Bringing Families Together in the Comox Valley

MARCH 11th, 12th & 13th
NEW RV'S · USED RV'S · PARTS · SERVICE

MASSIVE SAVINGS ON ALL RV'S!
FACTORY RV REPS ON SITE

SHRINER'S BBQ
SATURDAY MARCH 12th
11am - 3pm
\$500 CASH BACK
ON ALL SHOW RV PURCHASES!



CHILDREN'S BOUNCY CASTLE ON-SITE

the eagle
ON LOCATION
FREE RAFFLE with GREAT PRIZES!

GET READY TO ROLL INTO SPRING!
25 POINT SPRING INSPECTION

MSRP \$799.95
120 WATT PORTABLE GO POWER SOLAR PKG
Sale **\$450**

DOMETIC GENERATOR 3000 WATT
MSRP \$1,328.60
Sale **\$999**

Come check out our SPRING CLEANING BLOWOUT! TABLE
All items at or below dealer cost!

X-TRA AIR VENT
MSRP \$47.56
Sale **\$25**

INTERSTATE 6 VOLT GOLF CART BATTERIES
MSRP \$189.95
Sale **\$135**

LANDMARK GREAT TRADE PRICES!
NASH CEDAR CREEK Cherokee Starline Arctic Pleasure-Way

#1 Dealer for Nash Travel Trailers

RV1352 2015 PHOENIX 28BH was \$49,995 \$43,995	RV1485 2016 NASH 23B was \$38,995 \$37,995	RV1439 Silverback Edition 2016 CEDAR CREEK 33IK was \$84,995 \$76,995	RV1426 2016 CHEROKEE 274DBH by FOREST RIVER was \$31,995 \$30,995	RV1419 2015 LANDMARK ASHLAND was \$134,472 \$124,995	RV1483 2016 PLEASURE-WAY PLATEAU XL was \$138,970 \$136,995	RV1479 2016 STARCRAFT AR-ONE 14RB was \$20,995 \$19,995
---	---	--	--	---	--	--

SPECIAL SHOW FINANCE RATE: ZERO DOWN, NO PAYMENT UNTIL SEPTEMBER 2016 (O.A.C.)*

EVERYTHING ON SALE!

WE WELCOME ALL TRADES & CONSIGNMENTS

*See Dealer for Details

DOZENS OF OTHER PRODUCTS ON SALE STOREWIDE
to get you ready for spring!
While Supplies last. Sorry no rain checks

2800 Cliffe Avenue Courtenay
Across from Driftwood Mall
Now open for the season on Sunday's from 10am to 4pm

Sunwest RV Centre
Celebrating 29 Years in Business in the Comox Valley!

SUNWEST RV CENTRE SERVICE DEPT.

1-250-338-5355

www.sunwestrv.com

1-250-338-5344

Women's clinic designed to ease stress associated with medical visits



Erin Haluschak
erin.haluschak@comoxvalleyrecord.com

By women, for women. That's the intent behind a clinic opened by Comox Valley obstetrician Tracy Rodgers, who said her passion for primary care - particularly for women - has led her to open her office on Fourth Street in Courtenay.

Open since August 2014, The Women's Clinic began as a specialist-only clinic.

"Women need a referral in order to have an appointment with a specialist, and this can sometimes present an obstacle."

In the last several months, Rodgers has partnered with family physician Dr. Janis McCallum, who recently moved to the Valley. McCallum provides the opportunity for self-referral, which improves access to care for women.

"There are many women in the Comox Valley who do not have a primary care provider, and there are many women who prefer to have a female care provider for the well-woman exams. These women can now self-refer to The Women's Clinic for that care."

She added as a result, wait times are reduced, and because Rodgers is on-site, she can be accessed if necessary.

The cost to make an appointment at The Women's Clinic is covered under the province's Medical Services Plan - similar to a walk-in clinic.

The clinic is designed as a comfortable, vibrant space - with exam rooms painted brilliant red and pink, local art on the walls (even some created by Rodgers) and a play room for children.

"Women can feel stressed going for a pelvic exam. I wanted to create a relaxed, comfortable space to help women feel at ease."

Rodgers also provides emotional support for women who have experienced pregnancy loss or stillbirth along with Amanda McNeill, founder of the Grace Baby Loss Support Group. The support group meets at The Women's Clinic the second Tuesday of every month at 7 p.m. Interested patients can find the group on Facebook, call the clinic for information, or simply show up at the meeting.

Rodgers added although women who already have a primary care provider are welcome to come for care, the intent is not to duplicate existing services.

"For varied reasons, many women feel more comfortable with female care providers, and if they do not have that option, they may choose to avoid well-woman exams."

Rodgers is hoping to provide these patients with another option that is easily accessible - with a phone call.

Passionate about the education and empowerment of women, Rodgers is hosting a workshop April 11 at the Stan Hagen Theatre at North Island College from 7 to 9 p.m. Tickets are \$20 and are available through the clinic, Secret Drawers Lingerie or at The Broken Spoke coffee shop in Courtenay.

For more information on The Women's Clinic, call 250-871-7373 or visit their Facebook page.

“Women can feel stressed going for a pelvic exam. I wanted to create a relaxed, comfortable space to help women feel at ease.”

DR. TRACEY RODGERS

Azer: Returning to Ottawa later this month

Continued from Page 3

The area is beyond the reach of the Kurdistan Regional Government and different efforts from political influences were made to negotiate with Saren, she said.

"But it didn't work. The kids have not been in school since they left here in June. They have not held a pencil, they have not read a book."

While she admits there is "a very clear line of sight to get these kids," she admitted it will

require the expenditure of political capital that many people would rather not spend.

"I told people in Ottawa I won't accept no."

On March 21, Alison will return to Ottawa for a vigil on Parliament Hill, as well as use the opportunity to attempt to get a face-to-face with every Member of Parliament to ensure they know about her missing children.

For more information, visit findazerkidsnow.com.

BC Shellfish Festival kickoff party

In anticipation of the BC Shellfish and Seafood Festival and BC Seafood Month this June, more than 200 guests, producers, aquaculture industry leaders, seafood chefs, exporters and media gathered on Wednesday evening on Granville Island to celebrate and discuss the growing seafood sector of B.C.

The evening VIP launch featured tastings and networking at the Vancouver Fish Company Restaurant with six executive chefs - including Chef Ronald St. Pierre of Locals Restaurant and Chef Jasen Gauthier of Avenue Bistro - who provided seafood culinary treats with top seafood products on-hand.

The Comox Valley was also well represented in the production sector, with 40 Knots Estate Winery & Vineyard, Wayward Distillation House, and Salish Sea Foods on hand.

When Don McRae, MLA for the Comox Valley, announced June as BC Seafood Month and presented the declaration, attendees cheered in support, making this a

key highlight of the evening.

This event kicks off the celebration of the upcoming 10th anniversary of the BC Shellfish and Seafood Festival, held in the Comox Valley, June 9-19. This is the largest shellfish growing region in the province, which also produces the most oysters in Canada. Visitors to the festival will enjoy 11 days of seafood tastings, informative aquaculture producer tours, signature dinner events, competitions, talks from industry leaders and more.

Highlights for June 2016 include: BC Seafood on Your Plate Restaurant Campaign, June 1-30; BC Seafood Expo, June 9 and 10; BC Seafood Expo Opening Gala, featuring Executive Chef Ned Bell, June 9; Fresh Fest, June 10; BC Shellfish Growers Association Gala Dinner, June 17; and the Fanny Bay Oyster Shucking Competition, June 18.

For more information and tickets, please visit www.bshellfish-festival.com



East Courtenay

Temporary Water Pressure Decrease

Thursday, March 10, 2016

9:00 am until approximately 1:00 pm

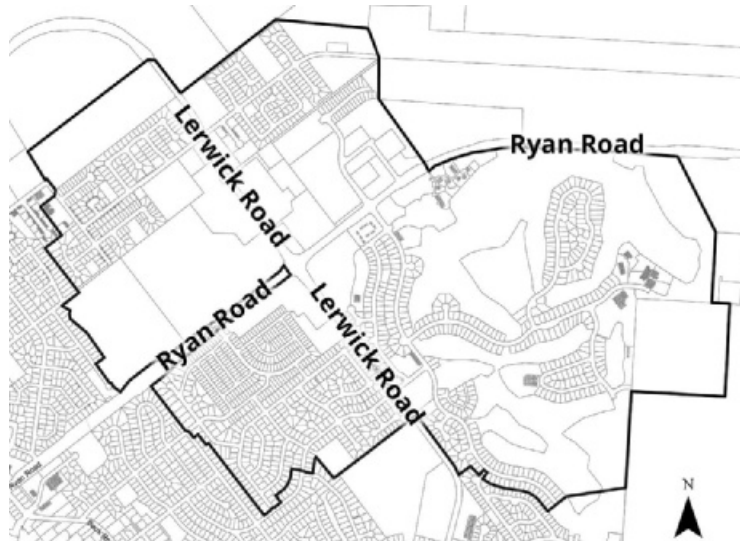
A large section of East Courtenay will experience a temporary decrease in water pressure on Thursday, March 10. The area includes the business district at Ryan and Lerwick Roads, Crown Isle Resort, and surrounding residential neighbourhoods.

The Comox Valley Regional District (CVRD) is upgrading pumps and a valve in the Courtenay booster station on Ryan Road. The upgrade will ensure adequate water pressure for development in East Courtenay, including the new Comox Valley hospital.

During the upgrade, all customers in the affected area will lose approximately half their normal water pressure. Businesses with fire sprinkler systems may go into a "low pressure alarm".

For further information, please contact City of Courtenay Engineering at 250-334-4441 or email engineering@courtenay.ca

View larger map at www.courtenay.ca



De-winterization

WHILE YOU WAIT

\$19.99

TUESDAY to FRIDAY ONLY

INCLUDES FREE SEALANT CHECK

LIMITED TIME OFFER.

Offer expires March 31, 2016

NEW ADDRESS: 1608 Ryan Road East, Comox, BC V9M 4C6

250-871-4700

CASH REWARDS

Crimestoppers will pay cash rewards for information leading to the arrest of persons involved in criminal activities in the Comox Valley.

CALL 1-800-222-TIPS(8477)

VIEWPOINT

THE COMOX VALLEY Record

A division of Black Press Ltd.
765 McPhee Avenue,
Courtenay, B.C. V9N 2Z7
www.comoxvalleyrecord.com

The Comox Valley is a member of the National Newsmedia Council, which is an independent organization established to deal with acceptable journalistic practices and ethical behaviour. If you have concerns about editorial content, please contact: editor@comoxvalleyrecord.com or call Terry Farrell directly at 778-225-0029. If you are not satisfied with the response and wish to file a formal complaint, visit the web site at mediacouncil.ca or call toll-free 1-844-877-1163 for additional information. All original content in this publication is copyright material belonging to Black Press. Any re-use or reproduction without the expressed, written consent of the copyright owner is strictly prohibited.

Editorial

Many people suffer the effects of PTSD

A series of Wounded Warrior runs were held last month across B.C., including one covering the length of Vancouver Island – stopping in on Comox 19 Wing along the way.

With that as a backdrop, it seems as good a time as any to remind ourselves of the sacrifices made by all those that serve our country and our communities.

They are sacrifices we often overlook – particularly those made by our local first responders, men and women prepared to leave the warmth and safety of their homes at all hours of the night; ready and willing to plunge head-first into a dangerous situation, putting themselves at risk to help someone else.

They must make difficult judgment calls and live with them; routinely witness things that would bring most of us to our knees. The rest of us can only imagine how they manage to deal with that stress and emotion while carrying on family lives, trying not to let it affect them or those around them.

Although we have laws in place to protect them when they are working at the side of the road, it's the injuries we can't see that are often most significant.

Post-traumatic stress disorder (PTSD) – and those who suffer from it – is an important issue, and only recently has it been brought to the forefront.

Talking about feelings, especially in occupations still struggling to throw off macho stereotypes, has carried a stigma that keeps people from getting the help they need.

The Canadian Mental Health Association lists numerous treatments for those dealing with PTSD, including cognitive-behavioural therapy (CBT), exposure therapy, support groups and medications.

The key is diagnosis. From there, you and your physician can determine the best treatment route.

PTSD and operational stress injuries are no longer associated only with veterans, but our first responders – just like our military veterans – are still not getting the help they need.

They're willing to sacrifice themselves for us on a daily basis – it's only fitting that we do everything we can to take care of them.

—Black Press

When driving, pay attention to the task at hand



■ Scott Stanfield

SCOTT'S THOUGHTS

No signalling, no shoulder checking, tailgating, butting into traffic — no wonder road rage has become a social disease on our highways and byways.

I once interviewed a psychiatrist for his take on the road rage issue. Using Victoria as an example, he said it takes the same amount of time to reach a crosstown destination, whether a driver obeys the speed limit or exceeds it by 10 km/h. The speeder manages to hit the red lights quicker. By the time the light turns green, the two cars are level.

Aside from obeying the speed limit, traffic problems could be largely alleviated if we allowed a bit more time before stepping behind the wheel, and corrected lazy driving habits.

I can't count the number of times I have been cut off, or noticed drivers who have failed to signal, or shoulder check, before making a turn or switching lanes.

I regularly drive along First Avenue in Courtenay. More often than not, a driver approaching from a side street will ignore a stop sign and jump out in front of me. If that's not bad enough, the driver invariably does not accelerate. That leaves two choices: brake or pass the car. The

former, of course, is the best choice.

Another pet peeve is individuals who feel inclined to engage in conversation from the middle of the road. Instead of pulling over, they stick their head out the driver side window to chat with someone to their left. Or, they lean across the seat and chat through the passenger side of their car. Then they look at me with a quizzical expression as I honk the horn.

One day, just after turning right at the intersection of Cumberland Road and Fitzgerald, I had to brake because a driver had stopped to chat with a gentleman standing on the island in the middle of the busy road. I honked, which drew the aforementioned quizzical expression from the pedestrian, who seemed oblivious to the fact that he was in the process of causing a traffic jam, increasing the likelihood of an accident, and contributing to road rage.

Funny thing about horns — we use them, and people get offended. Some want to fight about it. But if we don't use them, we can be slapped with a traffic citation: 'Failure to use horn.'

Does your head hurt yet?

I have yet to mention distracted driving, be it slapping on makeup or firing off an unimportant text message. It seems some drivers won't get it until something serious happens. Maybe they rear-end a vehicle while chatting with their honey on their cell phone. Worse yet, they hit a pedestrian. According to government,

distracted driving is the second-highest cause of fatalities on B.C. roads.

Naturally, there are consequences. Motorists caught chatting on cell-phones and other electronic devices can be fined \$167 and receive three demerit points.

Sounds fair.

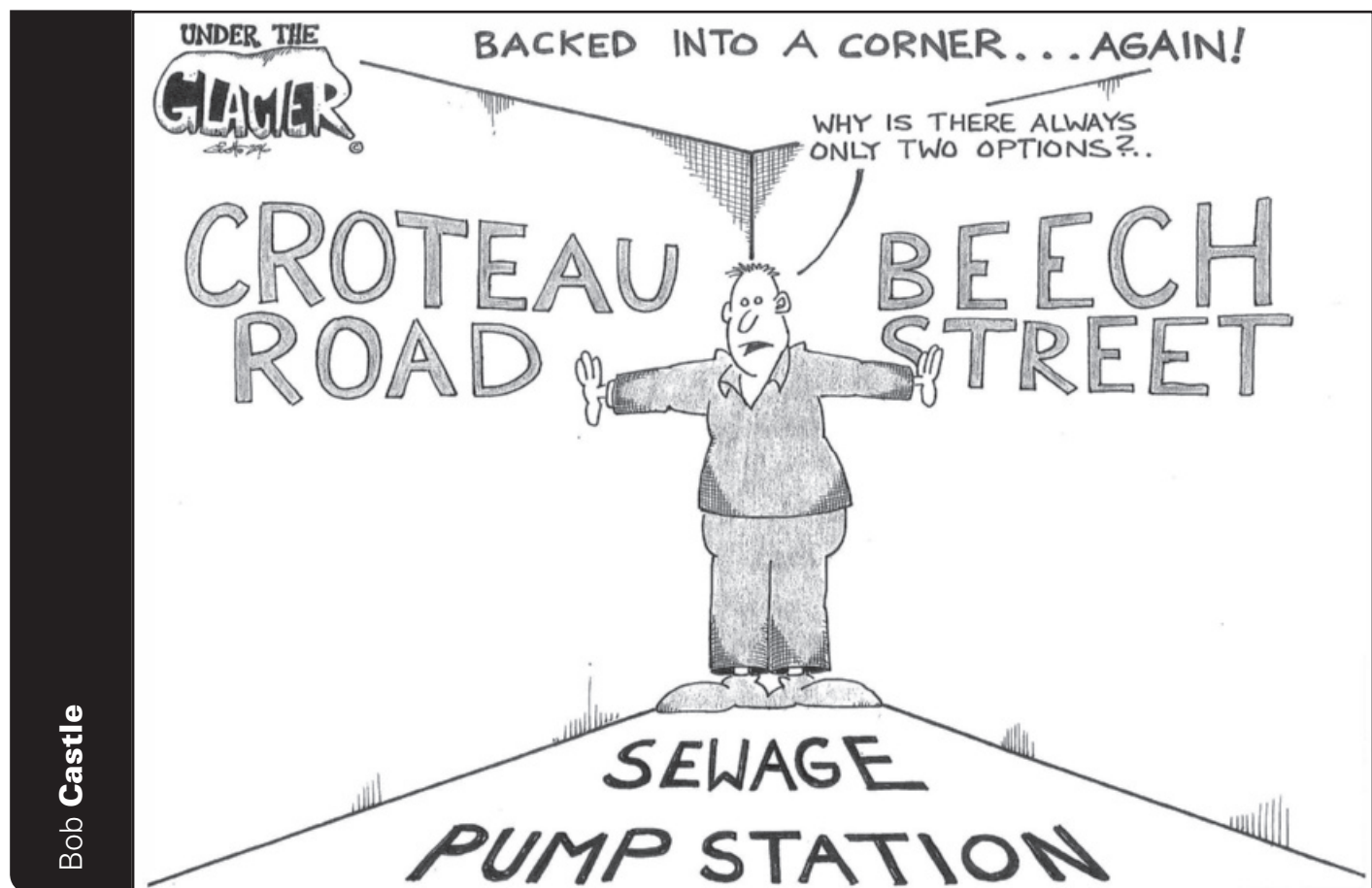
More contentious is mandatory medical exams for drivers on the far side of 80. These may be costly and time-consuming (and discriminatory in the eyes of some), but if RoadSafetyBC stats are correct (drivers 80 and older are responsible for almost 70 per cent of the crashes in which they are involved), then the exams are necessary.

Like I said, paying attention is the best defence against traffic accidents and road rage. And it's not just obeying the rules of the road. If we are truly paying attention, we are keeping our eyes peeled 50 or 100 yards to the front, and using our peripheral vision to prevent accidents from the sides.

Another defence is to regularly check our side and rearview windows. It's amazing how vehicles and bicycles can seemingly appear out of nowhere.

So drop that phone, grip the wheel and don't be afraid to give a little tap on the horn if you notice a daydreaming driver. You might be saving a life.

Scott Stanfield is a reporter at the Comox Valley Record



Bob Castle

■ PHONE : 250.338.5811
■ CIRCULATION : 250.338.0725
■ CLASSIFIED : 1.855.310.3535
■ COMOXVALLEYRECORD.COM



CHRISSIE BOWKER PUBLISHER | TERRY FARRELL EDITOR | LIZ ROYER SALES MANAGER | TERRY MARSHALL CIRCULATION MANAGER | SUSAN GRANBERG CREATIVE SERVICES MANAGER | ALLISON BROWN OFFICE MANAGER

SALES: Rob Crowston, Peter Diespecker, Donna Lafontaine, Tracey Lawrence. EDITORIAL: Earle Couper (Sports Editor), Erin Haluschak, Scott Stanfield
PRODUCTION: Leslie Eaton, Lenore Lowe, Coby Primrose, Debbie Salmon. RECEPTION: Karen Goldby CIRCULATION: Angela Pearce

The Comox Valley Record is published every Tuesday and Thursday by Black Press. The Record is distributed to more than 22,000 households in the Comox Valley Regional District. The Record is 100 per cent Canadian owned and operated.



LETTERS TO THE EDITOR

Send your letter to editor@comoxvalleyrecord.com, or drop it off at the Record office, 765 McPhee Ave. Please keep letters to a maximum of 300 words and sign with your name and hometown. We reserve the right to publish and to edit for space/clarity. Opinions expressed in Letters to the Editor are the sole opinion of the author and do not necessarily reflect the opinion of the paper.

Many volunteers not credited in jazz article

Dear editor,
Kudos to *The Record* for its feature article on the Georgia Straight Jazz Society, as the community celebrates the society's 10th anniversary. Many volunteers, board members, and area musicians deserve a huge "Thank you" for making the society an integral part of the Comox Valley cultural scene.

It is unfortunate that the article made no mention of those who brought the Society in to being, and indeed diminishes their accomplishments. Prior to Mr. Holt's joining the board, a dedicated group of volunteers:

- supported the development and operation of the newly formed Georgia Straight Big Band;
- presented well attended weekly jazz concerts by local and Vancouver Island musicians (in 2008, a typical audience was 60, more than just "family and friends");
- in 2007 transitioned in both name and format from a 'jazz jam' to a 'jazz club', but continued to hold a jam following many of the weekly concerts, where local musicians met and formed many fine local jazz bands;
- presented 17 ticketed Sunday concerts featuring top jazz artists from across Canada starting with Mark Atkinson Trio in 2006, followed by Phil Dwyer, PJ Perry and many more;
- established a bursary to assist students entering post-secondary music education;
- held fundraisers benefiting those as local as YANA and remote as Cuban school children.

A quick read of the 2006, 2007 and 2008 Annual General Meeting President's messages, available on the society's web site, will show that this list is far from comprehensive. This all came about because of the vision and hard work of people such as Dave Harvey, Rob Peterson, Bill Street, Don MacKay, Ray Griffiths, and many others, none of whom were

acknowledged. Credit where credit is due.

**Rick Husband
Comox**

Horseback riders should pack shovels

Dear editor,
Scott Stanfield's Feb. 23 *Record* article, "Equestrian Has A Message For Cyclists" is something that all users of our multipurpose trail systems should read carefully. As a former rider myself, I am very aware of how spooky our horses can be. So please heed the advice to give a riders a fair warning that you are approaching unannounced. Failure to do so risks injury to the rider, the horse AND the cyclist.

Now—having said that, I have an equally important request for horseback riders on our trails. As a dog owner, I am required to make sure my dogs either do not defecate on the trails or to immediately clean up after them. While admittedly horse manure does not potentially carry the same transmittable diseases as other animals, they are not completely blameless (Google it!) Put yourself in the shoes (literally) of a trail runner or cyclist that accidentally runs into a pile of horse "buns" deposited by the last hay burner that passed down the trail. Yuk!!

Here is the request: Dismount and clear the trail for the sake of the other non-mounted users. It's the respectful thing to do ... and I might suggest it will mute some of the comments that I have heard from runners and others, that perhaps horses should be banned if they are not wearing a bag. Fair is fair.

**Bryan Allen
Courtenay**

Fletcher misses the target on marijuana

Dear editor,
Tom Fletcher missed the bull's eye regarding cannabis (Bowing to the power of judges, March 1, 2016) implying, it's an "inconsistent" herbal remedy that hasn't

been studied much because it's been illegal. Government subsidized prohibitionists in North America have hindered research progress, however, the plant has been documented medically for over 5,000 years medically without a single death. That's safety and consistency on a Biblical scale.

**Stan White
Dillon, Colorado**

Fletcher column jogs reader's memory

Dear editor,
Re: *Time to take MSP off life support* (Feb. 25 *Record* column).

I enjoyed Tom Fletcher's column on MSP premiums and it brought back to mind some research I conducted when I was at Decima Research in the late '80s.

As is true today, there was concern among some that people were over-using medical care, in part because they did not understand its cost. We tested views about costs of the system and looked in particular at differences between provinces that charged premiums and those that did not.

The results were surprising. We found that a significant minority of respondents in provinces that had premiums believed that their premiums covered the entire cost of the health system. Far from making them more cautious about accessing the system, many of those premium-paying respondents thought "I'm paying for it, so why shouldn't I go to the hospital/clinic whenever I want." As is the case today, proponents of premiums argued that it would make people more sensitive to the costs of the services they used; the converse turned out to be true.

The only serious attempt to let people know about medical costs directly was Alberta's disastrous (and never repeated) experiment in informing households about all the medical services consumed by the household in the previous year.

**Ian Mckinnon
Oak Bay**

Will Donald Trump be the next president of the United States?

LAST WEEK'S RESULTS
Did you watch the Academy Awards?

yes 12.9% no 87.1%

Reader Poll This Week

Vote online:
comoxvalleyrecord.com

Suzanne's & Jenny's

Step into style this spring!

BOGO EVENT!
BUY ONE, GET ONE

1/2 OFF*

Crown Isle Shopping Centre 250-334-2533

Become a Suzanne's "Insider" register at www.suzannes.biz & follow us on Facebook  to win!

*On regular priced items only. *2nd item at 1/2 price must equal or lesser value. Excludes Alia, TanJay, Nygard & Bianca

PROUDLY CANADIAN
proudly supporting Canadian manufacturing

Country Roads MARATHON

NEW DATE MAY 22, 2016

Full Half Relay

Participate, Volunteer or Decorate a Water Stop
CountryRoadsMarathon.com

MAY 22, 2016





PUBLIC HEARING

**Zoning Amendment:
Medical Marijuana
Production Facilities on
Lands Located in the ALR**

Bylaw 2839, 2016

Public Hearing
Monday, March 14, 2016
5:00 pm
City Hall Council Chambers
830 Cliffe Avenue
Tel. 250-334-4441




The City of Courtenay is proposing an amendment to *Zoning Bylaw No. 2500, 2007* in order to make the bylaw consistent with the Agricultural Land Commission regulations and the Agricultural Minister's Bylaw Standard on Medical Marijuana Production Facilities. The proposed amendment will permit Medical Marijuana Production Facilities on properties within the Agricultural Land Reserve with a minimum setback of 30 metres from all property lines.

Get more information:

View a copy of the proposed bylaw and relevant documents at City Hall from 8:30 am to 4:30 pm Monday through Friday, excluding holidays, until the public hearing.



To provide your feedback, send written submissions prior to the public hearing. You are also welcome to speak at the public hearing.

Ian Buck, MCIP, RPP
Director of Development Services

HAVE YOUR SAY:  830 Cliffe Ave. Courtenay, BC V9N 2J7  planning@courtenay.ca  attend the public hearing



CITY OF COURTENAY
Development Services

follow us  

Gender neutral conversation shifting into drive



John McKinley
BLACK PRESS

Let's start in the washroom because it is a place to which we all can relate.

A private place. A vulnerable place. A place where most people like things to be just-so.

Many of us have gone far out of our way at some point in our lives to find a washroom we are comfortable in.

Imagine being a boy forced to spend six hours a day in a workplace where the only place you could go to relieve yourself was a women's communal washroom.

Welcome to what was until very recently a daily fact of life for Vancouver Island transgender students.

Washroom accessibility is a relatively minor item in the litany of barriers people like Harriette Cunningham face while growing up.

Born a boy, Harriette has identified herself as female for as long as she can remember. Now in Grade 7 and preparing to move into high school, the Comox 12-year-old started telling people she was a girl in Grade 2. She grew her hair and started wearing dresses.

Outside of class, counsellors pointed accusatory fingers at her relationship with her mom, told the family to only indulge her feminine behaviour behind closed doors, or simply to just treat her like a boy.

In class, she was told to use the staff washrooms. People would aggressively ask 'what are you?' She got called derogatory names like 'he/she' and was 'outed' to new classmates.

She recalls complaining to officials about this treatment and hearing the response "well, it's sorta true."

An ironic chuckle escapes her father Colin's lips as he recalls the pressures his daughter was under to conform and the misconceptions about her motivation or her authenticity.

No one, he said, chooses that as a way to get on the Grade 7 girls' basketball team.

"She has a better idea of who she is than I did at that age," he said.

In its simplest form, transgender means a person whose sex and gender don't match — the sexual organs

they were born with don't correspond with their personal identity.

About one in every 200 people identifies as transgender and some will express that almost as soon as they are able to speak. Some will do nothing overt to state their identity. Some change their clothing, their names, or their lives. Some seek medical intervention.

"You aren't going to identify people



Photos: Front cover - Harriette Cunningham with her goat, Blotis (photo supplied); above Vancouver Island University transgender student Alec Hauser says the university environment has been more accepting of who he is than what he experienced going to high school in Campbell River (photo by John McKinley).

as trans by looking at them. What they have in common is that they feel the gender they were assigned at birth is not the gender they feel themselves to be," Aaron Devor said. "(They are) rebelling against being put into the wrong coloured box."

Devor is a University of Victoria sociologist who made international headlines in January when he was named the world's first chair of transgender studies. He is an international expert on the subject and cites some troubling statistics.

A 2014 American study by the Williams Institute concluded 41 per cent of trans adults had attempted suicide, compared to 4.6 per cent of the general population.

Another study suggests those numbers have a lot to do with how people react to those who come out. The Ontario-based Trans-Pulse project's 2012 survey studied transgender people between the ages of 16 and 24. It found 57 per cent of those with unsupportive parents had made a suicide attempt in the past year, compared to just four per cent of those who described their parents as very supportive.

Families like the Cunninghams, who have embraced Harriette, and helped empower her social justice efforts, remain more the exception. Historically, parents

have dismissed or resisted the message. Until very recently, virtually everyone who expressed transgender feelings was told they were crazy.

"If they persisted, it was addressed forcefully," Devor said — whether through trips to the psychologist or through beatings.

The aftermath of family rejection often played out in various forms of substance abuse and self-abuse and sent people underground.

"For many trans people, puberty is a crisis point," Devor said. "These people will have a crisis point where the body starts to transform itself into the wrong kind of adult person."

That feeling of "other" manifests itself very easily in a public school system rooted in a binary definition of gender.

"It starts with a 'good morning boys and girls' and moves to boys' and girls' washrooms and gym classes," Devor said.

The Cunningham experience shows those divisions remain evident, despite what every person interviewed for this story acknowledged as a real effort for change.

"I'm very encouraged to see that the school is taking steps to work with (transgender people)," Devor said. "There is a lot of good will. Unfortunately, it is often combined with a lot of ignorance about what are the right steps to take. (But) it is an encouraging environment."

Gender-neutral washrooms are now in

place in every school in the Nanaimo-Ladysmith School District, and have been since last summer.

Other Vancouver Island school districts have taken steps to provide gender-neutral washrooms — Cowichan has a policy in place calling for one in each school — but Nanaimo was the only district that confirmed to Black Press it is providing one in every learning centre.

But this issue is not just about washrooms.

For Nanaimo-Ladysmith School District assistant superintendent Bob Esliger, and educators like him the goal is about fostering a climate that is "respectful, accepting, safe and supportive" of all students and employees.

A 2013 study of B.C. schools by the McCreary Centre found 19 per cent of students identify themselves as other than heterosexual.

Alberta recently issued a policy stating "gender-diverse students and teachers should be able to choose which school bathrooms they want to use, as well as the names, pronouns and clothing that represent their gender identity."

The B.C. government has no official gender policy, but supplied Black Press with a statement that it supports districts that "have implemented LGBTQ-specific policies and continues to encourage educators to engage students to better understand issues confronting LGBTQ youth."

“Everybody has used a gender neutral washroom. It is the one in your house.”

BOB ESLIGER

“You aren't going to identify people as trans by looking at them. What they have in common is that they feel the gender they were assigned at birth is not the gender they feel themselves to be.”

AARON DEVOR



Eric Termuende, Keynote speaker
Canadian G20 delegate

NIC Business Conference: Future of the Workforce

Hosted by NIC's Tourism & Hospitality Students

Discover the latest insights from leading experts in law, management and leadership. Gain cutting edge ideas to support your organization and employees.

Friday, March 18, 8 am – 12:30 pm, Stan Hagen Theatre, NIC Comox Valley Campus

For more information visit www.nic.bc.ca

NORTH ISLAND COLLEGE





The Saanich, Cowichan, Alberni and Comox districts have detailed gender policies in place. Sooke has a less detailed policy. Campbell River makes a brief reference to gender in its diversity policy and is considering a review. Qualicum has no specific policy. Victoria is drafting one and North Island did not respond to a Black Press inquiry on the issue.

Colin Cunningham said Harriette switched schools in Grade 6 due to ongoing issues in her previous school. Her experiences in her current school have been much improved. He credits the principal for setting a welcoming tone and making sure it carried through the staff and the student body.

"By the time he met us, he was already up to speed on the issue," he said. "I'll never forget he said 'thank you for putting your trust in us.'"

Despite her young age, Harriette has become an advocate for transgender rights, speaking to school assemblies, university classes and the B.C. Human Rights Tribunal on the issue. In 2014, her lobbying helped change B.C. laws. As a result, she now has a birth certificate that identifies her as female.

Her father said society spends a lot of time encouraging people to find themselves and be themselves, but those messages seem to fall by the wayside when it comes to transgender children.

Initially uncomfortable with his family stepping into the public spotlight, Colin said it was his daughter who convinced him that someone had to speak up.

"She said 'way too many people don't understand and I want to help people,'" he said.

"In the last generation, gay and lesbian (people) made a lot of progress. The previous generation made a case with race. The ultimate goal is that these are not issues any more."

Esliger acknowledges the system still has a lot of ground to cover before every student with two mothers feels comfortable coming to class on Mother's Day and every transgender student can go to the washroom without carrying a hint of doubt or fear.

Experience has shown him how attitudes can change and acceptance can be learned through persistence and education.

"It's the adult in the room that has the issues, not the kids. We've come light years in terms of acceptance and understanding, but we can't ever assume that everyone understands," he said.

"There are cultures on this planet where none of this matters. Everybody has used a gender neutral washroom. It is the one in your house."

Editor's note: See website at www.comoxvalleyrecord.com for unabridged version of this report.

LOCAL HERO AWARDS

THE COMOX VALLEY Record

NOMINATE AN INDIVIDUAL THAT HAS MADE A DIFFERENCE

AWARD CATEGORIES

- COACH
- EDUCATOR
- COURAGE/BRAVERY
- ABOVE & BEYOND
- EMERGENCY SERVICES
- SERVICE ORGANIZATION VOLUNTEER
- YOUTH VOLUNTEER
- ENVIRONMENTAL HERO
- COMMUNITY BUILDER
- ARTS ADVOCATE
- SENIORS' ADVOCATE
- HERO OF THE YEAR



ENTRIES ARE TO BE SUBMITTED TO hero@comoxvalleyrecord.com

SPONSORS



COMMUNITY PARTNERS



Town of Comox
PARCEL TAX ROLLS

The Town of Comox has prepared 2016 Parcel Tax Rolls for public inspection at Town Hall (1809 Beaufort Ave, Comox, B.C. V9M 1R9), during regular office hours.

Persons owning parcels included on these rolls may request amendment of the rolls in respect to their property for reasons contained in Section 205 (1) of the Community Charter. Such request must be in writing stating the reason and must be received by the Collector of Taxes at Town Hall by Wednesday March 30, 2016.

D. Jacquest, Municipal Collector

LTC Automotive

A WINTER INSPECTION now could SAVE YOU MONEY later. Call us today...

CALL: TEL CRAIGHEAD **250-703-2215**
2683A Moray Ave
(by Corix & Weed Man)

Weather or Not

We all have a right to safe drinking water

In Canada, the responsibility for making sure drinking water supplies are safe is shared between the provincial, federal and municipal governments. The responsibility of regulating potable water is with the provinces, while municipalities usually oversee the daily operations of the water supply system.

"Potable water" is water that is provided by a water supply system that meets the prescribed standards outlined in the Drinking Water Protection Act (DWPA), and is safe to drink without further treatment. A "water supply system" is one that provides domestic water to two or more connections. A water supply

system can be operated by municipalities, improvement districts, industries, resorts, campgrounds, private individuals or businesses.

A water supply system consists of the physical infrastructure and management of the collection, treatment, storage and distribution of drinking water from the source(s) to the con-

sumers.

While the Comox Valley water system operated by the Comox Valley Regional District is by far the largest system in the region, there are more than 10 other systems run by improvement districts, private enterprises, and campgrounds within the boundaries of the Comox Valley. Regardless of the ownership model, a water supply system must

adhere to the water quality assurance practices outlined in the Drinking Water Protection Act.

One of the challenges in the province is the sheer number and diversity of the water supply systems. Each water system is unique and operating permits are issued with conditions that apply solely to that particular system.

Do you have a water-related question for Sonya for future segments?

Please send an email to: sonya.jenssen@gmail.com
Waterwoman Consulting (waterwoman.ca) is a consulting service based in the Comox Valley. Sonya holds her Master's in Water Resources and Coastal Management from the University of Bergen, Norway.



TRAIL OF THE WEEK

GOOSE SPIT PARK

Brant geese have landed at Goose Spit as part of their migration to Alaska. Keep your dogs leashed to give them space to rest and feed. Find complete TRAIL MAPS at www.comoxvalleyrd.ca



HELLO WEATHER WINNER

MARTI MITCHELL



Photo details: **Our puppy Mindy's first snowfall!**

Enjoying the outdoors in the Comox Valley? Bi-weekly a winner will be selected to run in the paper. Enter at: www.comoxvalleyrecord.com/contests/

Win a Specialty Drink
Sponsored by:



Let me help protect your home or business from break in, fire, flood & for medical emergencies.



Sue Laughlin
Price's Alarms, Comox Valley
250-897-9182
sue.laughlin@pricesalarms.ca



COMOX VALLEY TIDES

MAR. 9 to MAR. 15

2016-03-09			2016-03-11			2016-03-13			2016-03-15		
Time	Height		Time	Height		Time	Height		Time	Height	
PST (m)	(ft)		PST (m)	(ft)		PST (m)	(ft)		PST (m)	(ft)	
05:51	5	16.4	00:50	1.8	5.9	02:27	2.6	8.5	04:37	3.2	10.5
12:00	2.3	7.5	06:59	5	16.4	08:15	4.8	15.7	09:51	4.4	14.4
17:38	4.7	15.4	13:31	1.6	5.2	15:11	1.3	4.3	17:07	1.4	4.6
			19:35	4.6	15.1	21:52	4.5	14.8			
2016-03-10			2016-03-12			2016-03-14			2016-03-16		
Time	Height		Time	Height		Time	Height		Time	Height	
PST (m)	(ft)		PST (m)	(ft)		PST (m)	(ft)		PDT (m)	(ft)	
00:06	1.4	4.6	01:37	2.1	6.9	03:26	2.9	9.5	01:32	4.5	14.8
06:24	5	16.4	07:35	5	16.4	08:59	4.7	15.4	07:03	3.4	11.2
12:45	1.9	6.2	14:20	1.4	4.6	16:06	1.3	4.3	11:55	4.2	13.8
18:35	4.7	15.4	20:41	4.6	15.1	23:11	4.5	14.8	19:14	1.5	4.9

It's time for tough questions.



Do you understand the risks within your portfolio?
 I would be pleased to provide you with a personal consultation and second opinion.
 Call me at 250 703-5388.

Robert Trainor
 Investment Advisor
 Portfolio Manager
 250 703-5388
rob.trainor@cibc.ca



CIBC Wood Gundy is a division of CIBC World Markets Inc., a subsidiary of CIBC and a Member of the Canadian Investor Protection Fund and Investment Industry Regulatory Organization of Canada. If you are currently a CIBC Wood Gundy client, please contact your Investment Advisor.

YOU ARE NOT ALONE

Big Love

BENEFIT

THANK YOU!
 Together we raised **\$87,000**
 for Comox Valley children and their families

YANA
 you are not alone

NINE DEALS for **\$9.99 each**

GREAT FOOD, SUPER VALUE!
 - get 'em while you can! -



Ricky's
 ALL DAY GRILL

795 RYAN ROAD
 250.334.9638
www.gotorickys.com

af Quality FOODS

ARE YOU READY FOR

SPRING BREAK?

EARN REWARDS

3X

FASTER

BONUS
Triple Q-Points!

Wednesday
March 9



Old Dutch
Box Potato Chips
220gr

5\$10
for



FRESH CANADIAN BEEF
AAA GRADE

Canadian AAA
Sirloin Tip
Oven Roast
Min. 1kg

\$10



Chapman's
Original Ice Cream
2lt

3\$10
for



California Grown
Strawberries
1lb clamshell

2\$4
for



Dutch
Mild Gouda Cheese
Min. 475gr

\$12



Cherry
Coca-Cola
24x355ml

6⁹⁹

FREE

when you purchase any
Crush, Mug Root Beer, Dr. Pepper,
or Lipton Brisk Iced Tea 12 Pack Cans
and a coupon will print on your till receipt



GrillBurger™
1/4 pound with Cheese

DQ FanFood
not fast food™



Over
\$9
VALUE
FOR ONLY 5.55

5.55
Plus applicable fees

ONLY AT **af Quality FOODS**

www.qualityfoods.com

Prices in effect March 07 - March 13, 2016

Quality FOODS

Meat

Canadian AA
Strip Loin Grilling Steak
22.02 per kg

9.99
Per LB



FAMILY PACK

sunrise farms
Locally Raised
BC Poultry
Grain Fed
Free Run

**Sunrise Farms
Boneless Skinless
Chicken Thighs**
13.20 per kg

5.99
Per LB

FAMILY PACK

Canadian AAA
**Sirloin Tip
Marinating Steak**
13.20 per kg

FAMILY PACK

5.99
Per LB



Canadian AA
**Strip Loin
Medallions**
26.43 per kg

FAMILY PACK

11.99
Per LB



**Sunrise Farms
Chicken Wings**
1kg

FAMILY PACK

\$10

sunrise farms
Locally Raised
BC Poultry
Grain Fed
Free Run

**Sunrise Traditional
Whole/Split
Chicken
Breasts**
11.00 per kg

FAMILY PACK

4.99
Per LB

sunrise farms
Locally Raised
BC Poultry
No Animal
By Products Used
Antibiotic Free
Grain Fed



25% OFF* **ALL-CLAD PRODUCTS**

Offer is in effect March 7-13, 2016

UPSTAIRS INSIDE QUALITY FOODS IN:
Comox • Powell River • Qualicum Foods • Courtenay • View Royal



Astro
Yogourt
12x100gr



4.99

Astro
**Athentikos Greek
Yogourt**
500gr



2.99

Astro
Yogourt
650-750gr



2\$5
for

Remember to set your clocks ahead this Sunday!



Swanson
Steamfresh Vegetables
269-340gr



2\$5
for

Swanson
Meat Pies
200gr



99¢

Blue Water
**Haddock, Tilapia or
Pink Salmon Grill**
179gr



2.99

Blue Water
**Smart & Crunchy
Pollock**
431-445gr



3.99

Dr. Oetker
Casa Di Mama Pizza
395-410gr



3.99

McCain
Superfries
1.45-1.5kg



4.99

Dr. Oetker
Panebello Pizza
420-450gr



3.99

Blue Water
Seafood Fillets
450-519gr



3.99



Bone In Pork Butt Steak
8.80 per kg

3.99
Per LB

FAMILY PACK

Meat

Quality FOODS



Canadian
Extra Lean Ground Sirloin Beef
1kg

\$12

Maple Leaf
Bacon
375gr



4.99

Maple Leaf
Wieners
375-450gr



3.99

Schneiders
Country Natural Chicken
750gr



7.99

Lilydale
Daystarters Cooked Turkey Slices
375gr



4.99

BUY 1 GET 1 FREE Works out to \$2.25 each

TrueBlue or TrueBlack Cocktail 1.36lt
Offer in effect March 7-13, 2016



Island Gold
Large Brown Eggs
12



2.99

What will you do with your extra hour?

Tetley
Tea
20-24's



2\$5
for 5

Primo
Pasta
900gr



4\$10
for 10

Primo
Thick & Zesty Pasta Sauce
680ml



4\$5
for 5

Golden Dragon
Sauce
455ml



2\$4
for 4

International Delight
Coffee Whitener
946ml



3.99

Keurig
Folgers K-Cups
12's, 96-126gr



5.99

Primo
Beans
540ml



4\$5
for 5

Kraft
Parmesan Cheese
250gr



5.99

Primo
Tomatoes
796ml



4\$5
for 5

Plantation
Fancy Long Grain Rice
8kg



8.99

Quality FOODS Quality Foods an Island Original

Prices in effect March 07 - March 13, 2016 **Quality FOODS**

Armstrong Natural Sliced Cheese 500gr **6⁹⁹**

Faith Farms Random Cut Cheese Approx. 400gr **2\$10 for 10**

Saputo Shredded Cheese 320gr **4⁹⁹**

Saputo Feta Cheese 200gr **2⁹⁹**

Fraser Valley Butter 250gr **2\$5 for 5**

Lipton Soup Mix 4's, 113-338gr **5\$10 for 10**

Christie Premium Plus Crackers 450-500gr **2⁹⁹**

Hellmann's Mayonnaise 890ml **3⁹⁹**

Rice A Roni 177-227gr **99¢**

Clover Leaf Solid White Tuna Albacore, 170gr **2\$5 for 5**

Clover Leaf Sockeye Salmon Wild Red Pacific, 213gr **2\$7 for 7**

Tostitos Tortilla Chips 220-320gr **2\$6 for 6**

Miss Vickie's Kettle Cooked Potato Chips 220gr **2\$6 for 6**

BUY 1 + 1 AND RECIEVE AN ADDITIONAL \$2 OFF!

Christie Ritz Crackers Original, 350gr **2\$7 for 7**

Christie Cookies Selected, 265-300gr **2\$5 for 5**

Stoned Wheat Thins Crackers 600gr **2\$7 for 7**

FREE Grillburger™ with Cheese when you purchase any Crush, Mug Root Beer, Dr. Pepper, or Lipton Brisk Iced Tea 12 Pack Cans and a coupon will print on your till receipt

Schwepes Ginger Ale, Club Soda or Tonic Water 12x355ml **3⁹⁹**

Crush, Mug Root Beer, Dr. Pepper or Brisk Iced Tea 12x355ml **5⁵⁵**

Pepsi, 7-Up or Mountain Dew 12-15x355ml **3⁹⁹**

Nestle Skinny Cow Frozen Dessert Assorted sizes **4⁹⁹**

Del Monte Frozen Juice Bars 12x50ml **4⁹⁹**

Nestle Drumstick Assorted sizes **4⁹⁹**

Christie or Nestle Frozen Dessert Novelties Assorted sizes **4⁹⁹**

Quaker Chewy & Dipp's Granola Bars Selected, 130-190gr **5\$10 for 10**

MJB Premium Coffee Classic Roast Fine Grind, 920gr **6⁹⁹**

Quaker Instant Oatmeal 228-430gr **2\$5 for 5**

Quaker Life or Corn Bran Squares Cereal 375-455gr **2⁹⁹**

Quaker Quick Oats 2.25kg **3⁹⁹**

Ocean Spray Cocktail or 100% Juice Blend 3lt **4⁹⁹**

Rogers Five Grain Granola 700-750gr **2⁹⁹**

Naked Smoothie 450ml **5\$10 for 10**

San Pellegrino Sparkling Beverage 6x330ml **3⁹⁹**

Dole Fruit in Light Syrup 540ml **2\$5 for 5**

Dole Pineapple Tidbits 398ml **99¢**

TACO 'BOUT A GOOD DEAL!

Old El Paso Dinner Kit 227-510gr **2⁹⁹**

Old El Paso Refried Beans 398ml **3\$5 for 5**

Old El Paso Crunchy Shells 125-133gr **3\$5 for 5**

Old El Paso Seasoning 28-35gr **99¢**

BAKING THE WORLD A HAPPIER PLACE

Pillsbury Pizza Minis 370-385gr **4\$10 for 10**

Pillsbury Pizza Pops 400gr **4\$10 for 10**

Baker's Chocolate Squares 170-225gr **3⁹⁹**

Rogers Granulated White Sugar 4kg **4⁹⁹**

Trophy Raisins Selected, 750gr **4⁹⁹**

Rogers Flour 10kg **8⁹⁹**

Quality FOODS Quality Foods an Island Original

Prices in effect March 07 - March 13, 2016 **Quality FOODS**

Armstrong Natural Sliced Cheese 500gr **6⁹⁹**

Faith Farms Random Cut Cheese Approx. 400gr **2\$10** for **10**

Saputo Shredded Cheese 320gr **4⁹⁹**

Saputo Feta Cheese 200gr **2⁹⁹**

Fraser Valley Butter 250gr **2\$5** for **5**

Lipton Soup Mix 4's, 113-338gr **5\$10** for **10**

Christie Premium Plus Crackers 450-500gr **2⁹⁹**

Hellmann's Mayonnaise 890ml **3⁹⁹**

Rice A Roni 177-227gr **99¢**

Clover Leaf Solid White Tuna Albacore, 170gr **2\$5** for **5**

Clover Leaf Sockeye Salmon Wild Red Pacific, 213gr **2\$7** for **7**

Tostitos Tortilla Chips 220-320gr **2\$6** for **6**

Miss Vickie's Kettle Cooked Potato Chips 220gr **2\$6** for **6**

BUY 1 + 1 AND RECIEVE \$2 OFF!

Christie Ritz Crackers Original, 350gr **2\$7** for **7**

Christie Cookies Selected, 265-300gr **2\$5** for **5**

Stoned Wheat Thins Crackers 600gr **2\$7** for **7**

FREE Grillburger™ with Cheese when you purchase any Crush, Mug Root Beer, Dr. Pepper, or Lipton Brisk Iced Tea 12 Pack Cans and a coupon will print on your till receipt

Schwepes Ginger Ale, Club Soda or Tonic Water 12x355ml **3⁹⁹**

Crush, Mug Root Beer, Dr. Pepper or Brisk Iced Tea 12x355ml **5⁵⁵**

Pepsi, 7-Up or Mountain Dew 12-15x355ml **3⁹⁹**

Nestle Skinny Cow Frozen Dessert Assorted sizes **4⁹⁹**

Del Monte Frozen Juice Bars 12x50ml **4⁹⁹**

Nestle Drumstick Assorted sizes **4⁹⁹**

Christie or Nestle Frozen Dessert Novelties Assorted sizes **4⁹⁹**

Quaker Chewy & Dippys Granola Bars Selected, 130-190gr **5\$10** for **10**

MJB Premium Coffee Classic Roast Fine Grind, 920gr **6⁹⁹**

Quaker Instant Oatmeal 228-430gr **2\$5** for **5**

Quaker Life or Corn Bran Squares Cereal 375-455gr **2⁹⁹**

Quaker Quick Oats 2.25kg **3⁹⁹**

Ocean Spray Cocktail or 100% Juice Blend 3lt **4⁹⁹**

Rogers Five Grain Granola 700-750gr **2⁹⁹**

Naked Smoothie 450ml **5\$10** for **10**

San Pellegrino Sparkling Beverage 6x330ml **3⁹⁹**

Dole Fruit in Light Syrup 540ml **2\$5** for **5**

Dole Pineapple Tidbits 398ml **99¢**

TACO 'BOUT A GOOD DEAL!

Old El Paso Dinner Kit 227-510gr **2⁹⁹**

Old El Paso Refried Beans 398ml **3\$5** for **5**

Old El Paso Crunchy Shells 125-133gr **3\$5** for **5**

Old El Paso Seasoning 28-35gr **99¢**

BAKING THE WORLD A HAPPIER PLACE

Pillsbury Pizza Minis 370-385gr **4\$10** for **10**

Pillsbury Pizza Pops 400gr **4\$10** for **10**

Baker's Chocolate Squares 170-225gr **3⁹⁹**

Rogers Granulated White Sugar 4kg **4⁹⁹**

Trophy Raisins Selected, 750gr **4⁹⁹**

Rogers Flour 10kg **8⁹⁹**

Quality FOODS

Deli & Cheese

Continental Black Forest Ham

149
Per 100 gr

Vienna New York Style Corned or Roast Beef

169
Per 100 gr

Schneiders Tomato Basil Turkey Breast

299
Per 100 gr

Sushi

10 Piece Sushi Lovers

799

8 Piece Dynamite Rolls

599

Available at select stores only.

Freybe Authentic Smoked Beef Bottom Round

199
Per 100gr

Medium Salad

- Traditional Potato
- Creamy Coleslaw
- Sweet Bean
- Edamame
- Beet
- Thai Sesame

599

Medium Vegetable Chop Suey

775

Medium Fried Rice

675

Medium Sweet & Sour Chicken Balls

995

16 Piece Deep Fried Prawns

995

Available at select stores only.

Canadian Jalapeno Havarti Cheese

199
Per 100gr

FAMILY PACK

Seafood • Quality Foods

199
Per 100 gr

Frozen or Previously Frozen Coho Salmon Fillets

Previously Frozen Halibut Fillets

449
Per 100 gr

WEATHER PERMITTING

Fresh Sole Fillets

149
Per 100 gr

Fresh Hand Peeled Shrimp

349
Per 100 gr

Bits & Bites

99¢
Per 100 gr

Quality Fresh Sweet Treats Milk Chocolate Jubes 350gr

299

Quality Fresh Hold the Salt Natural California Walnuts 150gr

499

Organically Yours Organic Medjool Dates 250gr

699

Bakery

Quality FOODS

Mini Cherry or Apple Strudels



3.49
6 pack

Multigrain Buns



2.49
6 pack

Raisin Bread



2\$4
for

Raspberry Swirl Muffins



3.99
6 pack

Quality Foods Raisin Butter Tarts



3.69
6 pack

Country Harvest Bread
Selected, 600-675gr



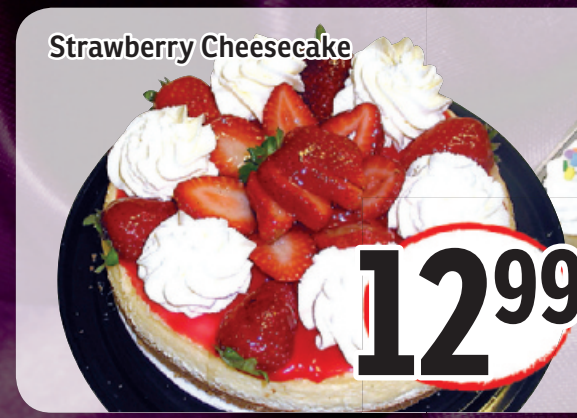
2\$5
for

8" Apple Pie



4.99

Strawberry Cheesecake



12.99

Cupcakes



3.99
6 pack

McGavin's Bread
500-570gr



2\$5
for

Quality Foods • Taste for Life

R.W. Knudsen Organic Pear Nectar
946ml



3.99

Calbee Snapea Crisps
93gr



2\$4
for

Kind Gluten Free Nut Bar
40gr



3\$5
for

SunRype Unsweetened Pure Apple Juice
1.89L



2\$4
for

R.W. Knudsen Just Black Cherry Juice
946ml



4.99

Canadian Organic Popcorn Company Organic Popping Corn
600gr



2\$5
for

Kind Healthy Grain Granola Bars
175gr



2\$7
for

Household

White Swan Napkins
100's



4\$5
for

Scotties Facial Tissue
6x88-140's



4.99

SpongeTowels Paper Towel
6's



5.99

Purex Bathroom Tissue
12's



5.99

Drop in between 4:00 & 6:00 PM for a fresh **NEW APPY SPECIAL!**



ARE YOU READY FOR **SPRING BREAK?**

EXTRA LARGE

Mexican Grown Field Tomatoes
3.28 per kg

1.49 Per LB

California Grown Broccoli Crowns
3.28 per kg

1.49 Per LB

Chilean Grown Red Plums
8.80 per kg

3.99 Per LB

Mexican Grown Ataulfo Mangoes

3\$5 for

Washington "Premium" Braeburn Apples
4.15 per kg

1.88 Per LB

Renee's Dressing
350-355ml

3.99

California Grown "Andy Boy" Red or Green Leaf Lettuce

1.29

Fresh Gourmet Cheese & Garlic Ailet Fromage
Fresh Gourmet Croutons 128-142gr

2\$5 for

Germini Freesia Bouquet
4" Culinary Herb Starter

10.99
2\$5 for

Natural Organics

Mexican Grown Organic Avocados
3's

3.99

California Grown Organic Navel Oranges
4lb bag

4.99

Earthbound Farm ORGANIC
California Grown Organic Cauliflower

2.99

Quality FOODS 7 DAYS OF SAVINGS March 07 - March 13, 2016

MON.	TUES.	WED.	THUR.	FRI.	SAT.	SUN.
07	08	09	10	11	12	13

WE RESERVE THE RIGHT TO LIMIT QUANTITIES "Photos for presentation purposes only"

an Island Original.

Qualicum Foods - 705 Memorial Port Alberni - 2943 10th Ave. NanOOSE Bay - 2443 Collins Cr. Parkville - 319 E. Island Hwy. Campbell River - 465 Merecroft Rd. Powell River - 4871 Joyce Ave.	752-9281 723-3397 468-7131 954-2262 287-2820 (604)485-5481	Nanaimo - Beban Plaza - 2220 Bowen Rd. Nanaimo - Harewood Mall - 530 5th St. Nanaimo - Northridge Village - 5800 Turner Rd. Comox Valley - 2275 Guthrie Rd. Courtenay - 1002-2751 Cliffe Avenue Westshore - 977 Langford Parkway View Royal - Unit #110-27 Helmcken Rd, Victoria	758-3733 754-6012 756-3929 890-1005 331-9328 (778)433-3291 (778)265-7012
---	---	--	--

www.qualityfoods.com

BEST MANAGED COMPANIES Platinum member

ARTS



West Coast rockers 54•40 to close MusicFest



■ Terry Farrell

terry.farrell
@comoxvalleyrecord.com

Doug Cox's latest Vancouver Island MusicFest announcement is a testament to the festival's reputation.

West Coast rockers 54•40 will close the festival with the Sunday evening slot, immediately following Serena

Ryder. Cox said it wasn't a hard booking to make: They called him.

"The request came from them, that they really, really wanted to play MusicFest this year," said Cox, MusicFest's artistic director and executive producer. "Neil (frontman Neil Osborne) has been such a great presence on Vancouver Island as of late, and they passed up on all of their other Island gigs this summer because they really wanted to play MusicFest. So that's cool."

Cox thinks the Sunday night lineup is a perfect conclusion to the three-day

party at the Comox Valley Exhibition Grounds, with 54•40 as an ideal complement to Serena Ryder.

"I just thought it would be a cool way to end the festival," he said.

"We usually end with some kind of big dance band and it's kind of neat to end with an iconic B.C. rock 'n' roll band who has never played the festival before."

Cox met Osborne a couple of years ago, during a collaborative gig celebrating the Royal & McPherson Theatres' centennial celebrations.

See 54•40, Page 22

Celebrate St. Patrick's Day early with Celtic Chaos in Fanny Bay

Come on out to Fanny Bay Hall on Friday March 11, to enjoy a fun-filled evening of music and laughter as the five-member group Celtic Chaos perform songs, tunes, and poems from all over the Celtic world, including Scotland, Ireland, Quebec, Cape Breton, Sweden, and Appalachia.

The group consists of Dave Barta on accordion and vocals, Joyce Beaton on

fiddle, and le patter, John Beaton on poetry, Gordon Lafleur on Irish wooden flute and penny whistle, and Joe Spinelli on double bass.

Add heartwarming vocals, stories and poems and you have an original, contemporary take on traditional entertainment from the lands of the Celts.

Celtic Chaos are known for their

infectious good humour, energy and engaging performances. Expect to sing along, laugh, ponder and have your spirits lifted.

Showtime is 7 p.m. at 7793 Island Highway, Fanny Bay.

All tickets are \$15 from Laughing Oyster Books, Weinberg's Good Foods in Buckley Bay and Salish Sea Market in Bowser.

ADVERTISE

your recital, meeting, concert or other event on the Record's "7 Days... or more" please send the announcement to

editor@comoxvalleyrecord.com

with "7 Days" in the subject line.

Please keep your event listing to 75 words or fewer.

THE Record
COMOX VALLEY
comoxvalleyrecord.com

765 McPhee Avenue, Courtenay
250-338-5811

The Evergreen Club invites you to a...

Pancake Breakfast

\$5 per person

Saturday, March 12, 2016
7:30 - 11:00 am
Florence Filberg Centre, Conference Hall
411 Anderton Avenue, Courtenay

Florence Filberg Centre • 250-338-1000 • evergreenclub.me

SUBMIT A SELFIE OR A PIC ONLINE EACH DAY:

WIN A COFFEE ON US!

Enjoying the outdoors in the Comox Valley? Submit a picture of you and your pet, your kids or just a beautiful scenic shot. Bi-weekly a winner will be selected to win a specialty drink on us! Enter at: www.comoxvalleyrecord.com/contests/

Must be 18 years old to enter, and winning submissions will be published in the Comox Valley Record.

HELLO WEATHER
Sponsored by: **RED TREE SPECIALTY COFFEE**

Mt. Washington winter wonderland

Peter N' Chris provide the laughs

Mark Allan

Special to The Record

What do you get when you combine a Sarah Silverman tweet, a window screen and the Bruce Springsteen song Hungry Heart?

If you're Peter Carlone and Chris Wilson, you throw those improbable ingredients into a comedic blender and whip up a little dish they call the Mystery of the Hungry Heart Motel.

Carlone explains how the show, which Peter N' Chris will perform March 12 at the Sid Williams Theatre, came to be.

"Hungry Heart Motel is actually the oldest, or one of the oldest, still-performable shows that Chris and I wrote. What it came out of was a competition called Theatre Under The Gun.

"Here is a prop, a line of dialogue and a piece of music. You have 48 hours to come up with a 20-minute play."

One of the play's mandatory elements, the Silverman tweet, listed dirty things including motel bedspreads and dirty pennies.

Carlone and Wilson were already thinking of doing a Halloween-themed show and the lads were inspired by the Hardy Boys, "so that 20-minute piece became the story of a motel and a motel manager who's a murderer."

Yeah, he just ruined the mystery, but that hasn't stopped this spoof of the horror/slasher genre by the three-time Canadian Comedy Award-winning duo from selling out hundreds of times.

"We thought ... maybe it could be a mystery, but we never got around to that part. It's really all about the laughs and having a good time."

Peter N' Chris have been helping audiences have a good time since they became comedic partners in 2009. They're renowned for their narrative, cinematic and physical style.



Peter 'N Chris perform Mystery of the Hungry Heart Motel at the Sid Williams Theatre Saturday. PHOTO SUPPLIED

"Even in our first show it came out of stuff we were doing at the University of Victoria," Carlone recalls of their style. "When we started writing the first show, we were already basically on the same page."

While studying together at UVic and learning the many rules of theatre and comedy, Wilson and Carlone also began to mock centuries-old conventions.

"We were ... taking it a little less seriously, kind of poking fun at the rules and some of the pomp and circumstance around theatre. What we do is poke fun at proper theatre."

Peter N' Chris became popular on the Canadian Fringe Festival circuit, and they have a large following across Canada and the U.S.

They were a featured act at the 2013 and 2014 Toronto Sketch festival, earning back-to-back Audience Choice Awards. They have performed at prestigious festivals such as Just For Laughs, JFL42, the San Francisco Sketch Comedy Festival and the Chicago Sketch Fest.

Have they noticed a differ-

ence in the sense of humour of audiences on either side of the 49th parallel?

"I think it changes based on community or age; if the audience is younger, they'll find certain things funnier."

Their resume includes being contributing writers to CBC Radio's The Irrelevant Show.

"I think I like performing it better," Carlone comments. "You have to write if you're going to perform your comedy but performance just has that real time reaction like everybody laughs and you know that joke went well."

"Inversely, that fear that people have of ... going up in front and trying to do comedy is very founded. The risk is there, and it feels terrible when a joke doesn't go well."

Audiences and critics have generally been kind.

"The funniest thing I have ever seen." Uptown Magazine. "Extremely funny." CBC.

Peter N' Chris perform March 12 at the Sid Williams Theatre in Courtenay. For details and tickets, visit www.sidwilliamstheatre.com, phone 250-338-2430 or visit the box office at 442 Cliffe Ave.

NOLA Nighthawks treat Georgia Strait Jazz crowd

The Georgia Strait Jazz Society spring season continues Thursday, March 10 at The Avalanche Bar, with the return of Andrew Homzy's NOLA Nighthawks.

Homzy's shows are always popular and always different.

Andrew has arranged and prepared an entirely new program - a dirty dozen - for his

return to the Avalanche.

Spanning traditional jazz repertoire to contemporary and popular New Orleans styles, Homzy's 10-piece Nighthawks (two trumpets, two trombones, baritone sax, clarinet, piano, guitar, bass and drums) cooks up an exciting gumbo stew of NOLA music - all transformed into a Mississippi melting pot

of song, improvisation and dance that forms the basis for a large part of the history of 20th century popular American music.

If you love New Orleans jazz, don't miss this great concert.

Admission is \$10 for members, \$12 for non-members. Showtime is 7:30 p.m.

54•40: Band members will participate in workshops

Continued from Page 21

"We did a bunch of concerts called 'Back to the Garden,' which was a celebration of Victoria musicians mostly. Daniel Lapp put that all together and he is actually part of 54•40 for their show at MusicFest this year.

"They are putting out an acoustic album right now, but they will be doing their full on electric show at the festival."

Cox expects Osbourne and Lapp to take part in some workshops during the festival. Those schedules have yet to be drawn up.

The Vancouver Island MusicFest runs Friday, July 8 through Sunday, July 10. Weekend passes are available at islandmusicfest.com

Camping passes for the festival went on sale March 1 and are selling quickly. They are also available through the festival website.

SPORTS

'The Cumby' race coming to Cumberland

"No frills, just hills."
That's what participants of an inaugural 20-kilometre trail running race in the legendary Cumberland forests can expect on May 28.

Organized by the Comox Valley Road Runners (CVRR), "The Cumby" promises to be challenging, fun and incredibly scenic. It will also benefit a cause that's near and dear to many local trail runners.

"All the net proceeds of The Cumby will go to the Cumberland Community Forest Society," explains race organizer Cathy Clark. "The race will highlight the magnificent trail network within the Cumberland hills and surrounding working forests of TimberWest Forest Corporation and Hancock Forest Management.

"We're so privileged to have this amazing recreational area at our disposal; being able to have a race that not only celebrates it, but also raises funds to help save it, is something that's important to our club."

The Cumby takes advantage of an extensive system of established trails, with the route also including parts of the Vancouver Island Spine Trail. Starting in No. 6 Mine Heritage Park in Cumberland, racers will proceed through the Cumberland Community Forest and adjacent working forests as they climb steadily toward Nikkei Mountain.



John Ingram and Cathy Clark are co-organizers of the May 28 'Cumby.'

PHOTO BY JERRY VAN

From there, the route undulates with numerous stream crossings and some punchy ups and downs before descending back to the Village of Cumberland.

"It's predominantly single-track, with some challenging uphill climbs, fast descents and spectacular scenic vistas of Baynes Sound, Perseverance Creek and Georgia Strait," says Clark.

In existence since 1980, the Comox Valley Road Runners organize numerous races and events each

year. The Cumby, however, is the club's first big off-road event.

"This race capitalizes on a couple of growing trends," says Clark. "More people are enjoying trail running and runners are also moving toward longer races. I'd say the real

inspiration for The Cumby was simply that so many of our members enjoy these trails. There was a real wish amongst our group to give back and help the forest society save

these woods."

In addition to net proceeds, a portion of every registration fee will go directly to the Cumberland Community Forest Society, which is working to purchase forest lands and preserve them as recreational areas.

Registration is only \$45, with \$35. Registration on race day is \$60, subject to availability. The number of racers will be capped at 200: as of this writing, more than 140 are currently registered.

To register, or to get involved as a sponsor or volunteer, visit www.thecumby.ca; follow "The Cumby" on Facebook for other race news.

More people are enjoying trail running and runners are also moving toward longer races.

CATHY CLARK

Ice junior girls finish 13th at B.C. basketball tourney

The Isfeld Ice went 2-2 to finish 13th at the 16-team Telus Junior Girls Provincial Basketball Invitational Tournament, March 2-5 at the Langley Events Centre.

Seeded #13, Isfeld's first game Wednesday against #4 Argyle Pipers was close throughout, except that the Ice were outscored 20-9 in the third quarter. Final score was 46-32 with Alyssa Erikson (12 points) getting Player of the Game.

Argyle went on to defeat Walnut Grove 71-65 to win the tourney.

"Our second game was against #12 Royal Bay Royals, who beat us by three points in the Island championship final two weekends ago," said assistant coach Sherri Bohmer.

"There was a tug of war for the lead throughout the game, tied at every quarter end. The final score was a heartbreaking loss 32-30. Player of the Game was Grace Patterson-Grunberg."

The Ice's third game against #16 Smithers Gryphons on Friday started out close, but the Ice led the whole game to earn their first win of the tournament 34-20. All team members contributed points and the Player of the Game was Dianna Townsend.

"On Saturday our final game was against #15 Nechako Valley Viqueens. The Viqueens had speed and emotion, keeping the score close in the first quarter and leading by four points at the half," Bohmer said.

"The third quarter showed both

teams put up 14 points on the board, but the Ice pulled ahead in the fourth quarter when the Viqueens went into bonus with more than five minutes remaining in the quarter. The Viqueens put up a fight in the last two minutes, sinking some important shots to make the game a very exciting win for the Ice, 45-44. Player of the Game was Erin Buttner," Bohmer said.

"Our attendance at this tournament was made possible by donations from our community, we owe a huge thank you to Advanced Property Management, Brian Maclean Chevrolet, Courtenay Pharmacy and many more, including all those who donated to us at Superstore last Saturday," Bohmer said.

LABOUR unLimited  "ONE CALL, AND WE'LL DO IT ALL!"

TEMPORARY SERVICES

Let us take care of your labour needs without the hassles of costly advertising and payroll burden

We provide quality fully trained individuals in a variety of new areas: Office Administration • Bookkeeping Secretarial • Cashiers • CSRs • Clerical Services

1935 Cliffe Ave., Courtenay • 250-897-1073

WELCOME WAGON  SINCE 1930

Have you called Welcome Wagon yet? Call Welcome Wagon if you are ...

New to the Comox Valley:
Charissa 250-336-2275

New Baby:
Charissa 250-336-2275

www.welcomewagon.ca

 **SKINsational**
BODY & SKIN SOLUTIONS

We are a fully certified laser clinic offering treatments for a wide range of skin and body concerns for men and of all ages and skin types.

Pain Free Permanent Hair Removal
Non Surgical Facelift With Ultherapy
Spider Vein, Skin Tag, Milia Treatment | Age Spots & Sun Damage
Bone And Soft Tissue Healing | Laser Nail Fungus Treatment
Microdermabrasion | Body Contouring/Fat Cellulite Reduction
Tattoo Removal | And So Much More!

25% OFF
YOUR FIRST TREATMENT

When you look good, We look good!
Read what our clients have to say about us at [f/SKINsationalSolutions](https://www.facebook.com/SKINsationalSolutions)
Call or Text us today at 250.703.1503



Print & Online Solutions
The Results are black and white!

Use e-commerce, the solution to get the employees you need.

Drop in to discover dragon boating

Dragon boating is considered one of the world's fastest-growing team sports, with more than 50 million participants worldwide, and more than 250,000 in Western Canada alone.

Despite massive interest in the sport on Vancouver Island, however, access to quality coaching, training programs and equipment has been extremely limited for many Island paddlers.

That is until now. The Valley is home to seven members of VIPaddling's Gorging Dragons (GD's), a high-performance competitive dragon boat team that qualified at Nationals in June of 2015 to compete at the World Club Crew Dragon Boat Championships in Adelaide, Australia



Dragon boat training is on now till the end of March at Comox Lake.

in April of 2016. VIPaddling has introduced this season a Winter Maintenance Training program at Comox Lake intended to provide the high level of training needed by these athletes as well as to provide high intensity weekly coaching by a nationally certified coach for those paddlers interested in helping to

take their teams to the next level of performance.

Paddlers from several Comox Valley teams including Hope Afloat, Prevailing Wins, Blazing Paddles and Dragonflies have taken advantage of this winter program.

There are two boats being used for training, a 20-person national standard

BuK and a 10-person Champion which is newly arrived from Victoria.

Until the end of March seats are still available on a drop-in basis. Any interested paddlers can contact Andrea Keenan (VIPaddling North Island director and coach) at: comox@vipaddling.com or visit vipaddling.com

PHOTO SUBMITTED

Prevailing Wins preparing for new season

With the 2016 dragon boating season about to begin, the Prevailing Wins Dragon Boat Society is inviting people in the Comox Valley to come out and try this popular water sport.

Dragon boating has origins from China dating back over 2,000 years. It is the mass participation paddling sport of today, with an ancient past and a very bright future.

Dragon boating is a team sport, is very social, and great fun too. It may be enjoyed by participants of all ages, genders, and



abilities.

Prevailing Wins adult team is comprised of men and women who are dedicated to healthy lifestyles and want a balance of recreation, fitness, competition,

and fun in their lives.

If you wish, these practices may also lead to competitive meets, which we attend during the paddling season.

For those only interested in participating at a recreational level, we practise most Saturday mornings in Comox. We provide life-jackets, paddles, and in-depth instructions regarding paddling techniques as well as dragon boat safety requirements.

If you are aged 14 to 18, you can join our Dragon Riders youth team for fun, fitness and recreation. If you

are interested in a more intense workout, which will lead to competitive meets, we have that too.

The Dragon Riders is a mixed team of energetic young people who successfully compete in many events, often placing in the top ranks against adult teams.

Our team captain and recreation coordinator is Leon who can be reached at 250-339-5772 or lmvanoo@gmail.com For recruiting information, contact Dwayne at 250-339-3499 or email gdwaynev@gmail.com

Blazing Paddles welcomes new women

The Comox Valley Blazing Paddles women's dragon boat team is looking for women to join their competitive team, which resumes training in early March.

No previous experience needed, learn as you paddle. We're a group of positive people who enjoy paddling, fun, and competition.

If you are able to make a commitment to paddling, as well as attending a couple of competitions during the dragon boat festival season, we're the team for you. We paddle Wednesdays from 4:30-5:30 p.m. and Sundays 10-11a.m.



Blazing Paddles is looking for women to join their competitive team.

PHOTO SUBMITTED

Dragon boat racing evolved from the original "Waking the Dragon" rituals celebrated by many Asian cultures.

Traditionally celebrated on the fifth

day of the fifth lunar month, the first races were meant to awaken the hibernating dragon. The people needed to appease the spirit of the dragon, to avoid bad luck and

to get the rains they needed to ensure a good crop for the year.

FMI visit comoxvalleyblazingpaddles.club or phone Jenny 250-334-3503 or Phyllis 250-334-2034.

Check out Pharmasave's NEW Health & Wellness Program

Join now & receive a FREE cosmetic makeover with first 10 pounds loss!



MEDICAL WEIGHT AND WELLNESS LIFESTYLE INFO SESSION
WEDNESDAY MARCH 16TH
7-9 PM

FREE Body Composition Analysis

PRE-REGISTER AS SPACE IS LIMITED

CALL SHAWNNA
250-339-4563

LIVE WELL WITH

PHARMASAVE®

#7-2225 Guthrie Rd., Comox (beside Quality Foods)

OPEN: Monday to Friday 9-6 • Saturday 9-5 • Sunday & Statutory Holidays 11-5

www.comoxvalleypharmasave.com

VISIT US ON

Need More Exercise? Cash?



Black Press
COMMUNITY NEWS MEDIA

Deliver Papers

- 3 Times a week
- Steady schedule
- Flexible hours
- Automatic deposit

Call: 250-338-0725

765 McPhee Avenue, Courtenay
comoxvalleyrecord.com
circulation@comoxvalleyrecord.com

Nordic pole walking popular

Nordic pole walking is gaining popularity in many communities as a low impact, full body fitness workout, and it's also a part of events such as the Times Colonist 10K.

Last year was the first time that the Victoria TC 10K had a separate category for Nordic pole walkers, with 25 officially registered.

"Although participation is valued more than speed," said Linda Schaumleffel, a Nordixx Canada Master Pole walk instructor who was instrumental in introducing Nordic walking at the TC 10K, "how fast do pole walkers go? The fastest solo pole walker crossed the finish line in approximately 75 minutes."

This year over 60 Nordic pole walking are expected to participate in the TC 10K,

including a group from the Comox Valley.

"It's exciting to see the growth of this fitness sport and it's inclusion in 10Ks and similar events. It's a great goal to aim for," said Catherine Egan, Comox Valley's Nordixx pole walking instructor and distributor.

"We have a group of regular Nordic walkers who have started training for this spring event. And there's still time to get involved."

New to the 2015 TC 10K, as well, was the inclusion of quad, trio, or duo NPW teams. These groups walk in single file and strategize together to successfully navigate their entire team across the finish line, with the last NPWer on each team setting the time for

their team.

"The slowest member of Sole Sisters Quad team," added Schaumleffel, "was a five-foot tall, 70 year old, crossing the finish line in approximately 124 minutes to the biggest finish line reception," Egan recounted.

"Just get your Nordic poles out," said Egan, "and start Nordic walking three to four times a week, building up to 60 - 75+ minutes at a time. I used to participate in 10K runs a few years ago, but the running was hurting my knees. So I'm looking forward to training for this event using my Nordic poles."

Looking for a group to train with or to learn the Nordic pole walking technique? Call Egan for information on group training times and lessons at 250-897-0654, visit NordicPoleWalkingComoxValley.com, the Facebook page or email cegan10@telus.net.

The 2016 Times Colonist 10K is Sunday, April 24. To register visit: <http://www.tc10k.ca>



Nordic pole walking provides a full body fitness workout.

PHOTO SUBMITTED

"I used to participate in 10K runs a few years ago, but the running was hurting my knees. So I'm looking forward to training for (the Times Colonist 10K) using my Nordic poles."

CATHERINE EGAN

Junior golf camps set

Two Zone 6 novice junior golf camps are coming to Crown Isle Golf Club on March 25 and April 1. The events are free and run from 1-2:30 p.m. Maximum of 30 participants.

Learn the fundamentals of the game with CPGA professionals in a safe and fun environment. This is an introductory golf clinic for girls and boys ages six to 11 years. Clubs are provided. Participants must register at the Crown Isle Pro Shop at 250-703-5029.

SCORE BOARD

HOCKEY

VIJHL PLAYOFFS
(Round 1)
Comox Valley (N3) vs. Nanaimo (N2)
Game 1 4-2 Nanaimo
Game 2 3-2 Nanaimo
Game 3 4-0 Nanaimo
Game 4 11-3 Nanaimo
Nanaimo wins series 4-0
Saanich (S4) vs. Campbell River (N1)
Game 1 5-2 Campbell River
Game 2 2-1 Saanich
Game 3 4-2 Campbell River
Game 4 5-2 Campbell River
Game 5 3-1 Saanich
Game 6 9-1 Campbell River
Campbell River wins series 4-2
Kerry Park (S4) vs. Victoria (S1)
Game 1 5-1 Victoria
Game 2 6-2 Victoria
Game 3 4-1 Victoria
Game 4 4-0 Victoria
Victoria wins series 4-0
Westshore (S3) vs. Peninsula (S2)
Game 1 3-0 Peninsula
Game 2 6-4 Peninsula
Game 3 3-1 Westshore
Game 4 3-2 Westshore
Game 5 6-5 Peninsula
Game 6 2-1 Peninsula
Peninsula wins series 4-2

(Round 2)
Peninsula (S2) vs. Victoria (S1)
Game 1
Game 2
Game 3
Game 4

Nanaimo (N2) vs. Campbell River (N1)
Game 1
Game 2
Game 3
Game 4

8-BALL POOL

FALL-WINTER LEAGUE

Team	RW	PT	GW
Breaking Bad	78	3580	223
Tap Tap Tap	77	3551	236
Magic Moments	77	3634	222
Scratch	75	3528	229
2bad4u	74	3480	224
Drive By	72	3551	232
Chalk N' Awe	71	3288	205
Just The Tip	70	3504	227
Chalk-A-Holics	69	3353	214
Rack-No-Phobia	68	3461	223
Rack-Attack	65	3196	199
Shooting Ducks	64	3397	219
Chalk One Up!	54	2931	168
Balls In Hand	47	2910	159
B-Side Ourselves	43	2844	159
Cue-Tease	42	2893	162
^This Way Up^	41	2566	120
Less Lame Ducks	40	2786	149
Stick Ticklers	37	2636	126
Smokin 8 Balls	34	2557	116
The Breakers	32	2464	112
High Ballers	30	2434	108

RW-rounds won; PT-points; GW-games won

Player of Year Standings

Player	GP	Pts
Wallington, Stacy	72	100.0
Adams, Gary	88	90.8
Ostwald, Werner	84	89.8
Brown, Jim	88	78.4
Wright, Rob	88	78.0
Robinson, Shane	80	75.8
Ferguson, Brian	88	73.3
Horton, Rob	80	71.9
Gard, Mike	64	71.0
Caton, Bernie	84	69.4

2 players with POY of 69.0

WE WANT TO HEAR FROM YOU



1809 Beaufort Avenue
Comox, BC V9M 1R9



@ council@comox.ca



Speak in person at
the public hearing



Fax 250-339-7110

Proposed Development: Community Gardens

PUBLIC HEARING

March 16th 2016, 6:30 PM
Council Chambers
1801B Beaufort Avenue, Comox

Highlights

A public hearing is being held to consider the following item:

- **Comox Zoning Amendment Bylaw No. 1832** to permit Community Gardens in the PA1.1 Public Assembly and P1.1 Park and Open Space zones .

Details

In general terms, the purpose of **Comox Zoning Amendment Bylaw No. 1832** is to:

- amend the Zoning Bylaw's "Assembly Centre" definition to clearly exclude Community Gardens, which will remove the ability to have a community garden in the C3.1 Arterial Commercial, C4.1 Core Commercial, M2.1 Marine Commercial, PA1.2 Public Assembly/Housing, and DND1.1 CFB Comox zones;
- add a new definition of Community Garden use;
- add, as a permitted use, Community Garden to the PA1.1 Public Assembly and P1.1 Park and Open Space zones ;and
- in the PA1.1 Public Assembly zone:
 - not require Community Gardens to be setback from rear and interior side lot lines; and
 - to provide setbacks for community garden accessory buildings.

More Information

Copy of the proposed by-law, as well as existing relevant reports and documents, will be available for inspection at Town Hall, **1809 Beaufort Friday** (except Statutory Holidays) commencing on **March 8, 2016** The proposed by-law will be available for inspection until 4:00pm on the public hearing date.

We're listening.
Please submit your comments.

At the Public Hearing

All persons who believe that their interest in property is affected by the proposed Bylaws will be afforded an opportunity to be heard in person, by their representatives or by written submission on all matters contained in the proposed Bylaws.

M. Kamenz, Municipal Planner

Written Submission

Send by mail, fax or e-mail, as long as the submission:

1. Is received before 4:00pm on the public hearing date;
2. Is addressed to Mayor and Council;
3. Identifies the bylaw or bylaws under consideration in the subject line, and;
4. Includes the name and address of the person making the submission.

Each such person is solely responsible to ensure that their submission is received on time. The Town will not issue any acknowledgement of receipt of such submissions.

Should be plenty of snow for this year's Snow to Surf race



It's looking as if there will be plenty of snow for the first two legs of this year's Royal LePage Snow to Surf Race.

PHOTO SUBMITTED

Relay race is on April 24

"Let it snow, let it snow, let it snow! for the 34th annual Royal LePage Snow to Surf Race," says race chairperson Rick Gibson.

Team entries are coming in quickly as the snow falls on Mount Washington. There are still spots available so enter soon at www.snowtosurf.com

There is also a call out to 14 to 18 year olds to register in the youth category for this multi-leg race.

Teams consist of nine to 10 athletes who race from the summit of Mount Washington to Comox

Marina Park.

Race legs include alpine skiing, snowshoeing, cross-country skiing, running, mountain biking, kayaking, road cycling

and canoeing.

This year's race day is set for April 24 at 8:45 a.m.

To participate or volunteer go to www.snowtosurf.com

Unity Comox Valley & St John the Divine present

INTERFAITH explorations



Join us as we explore various faiths
2nd Thursday of each month ~ 7 pm

Presentations • Questions & Discussion • Refreshments
Interactive Activities • Chanting • Singing • Storytelling

<p>March 10 BUDDHISM Geshe Yong Dong Buddhist Centre</p>	<p>April 14 FIRST NATIONS Phil Umpherville Cree Elder St John the Divine</p>	<p>May 12 ISLAM Necmettin (Nick) Uluorta St John the Divine</p>	<p>June 9 BAHA'IS of Comox Valley St John the Divine</p>
--	--	---	--

LOCATIONS:
St John the Divine
Corner of 5th St & Harmston Ave.
Tibetan Bön Buddhist Centre
407A 5th St (at England Ave)

MORE INFORMATION
info@unitycomoxvalley.com
1-866-853-9866
www.unitycomoxvalley.com

With the Generous Support of:
Community Justice Centre &
Organizing Against Racism and Hatred Network

Curl BC puts out the call for annual awards nominations

Nominations are now being accepted by Curl BC to recognize the curling heroes in our community.

If you know of someone who has had an extraordinary year, or who has been a tireless supporter of the sport in your community, make sure you tell Curl BC about it.

The annual Curl BC Awards are a great way to give these heroes special recognition and to say a big "thank you." The deadline to nominate people is April 30.

Simply visit the Curl BC Annual Awards Page to make your nominations. People are asked not to nominate people within their own family.

The winners will be selected by the Curl BC awards committee

from the nominated individuals and teams and the winners will then be invited to a banquet on Saturday, June 11 as part of the 2016 Curl BC AGM and Awards Presentation.



For the 2015-16 season, awards will be given out for:

Team of the Year, Master Curler/Team of the Year, Coach of the Year, Junior and Adult Female and Male Athlete of the Year and Athlete with a Disability. These awards fall under the previous curling season annual awards.

There are also annual Service

Awards for Sponsor and Club of the Year and Long Service Awards for Club Volunteer, Builder, Long Service Volunteer, Youth and Junior Curling Program Volunteer. In the Exceptional Service Awards category, there is also a Curl BC Friendship (a team may nominate local supporters or sponsors in this category) and Customer Service Award.

ACES ROOFING

- CEDAR SHAKE CONVERSIONS • FIBERGLASS LAMINATES
- INSURED • FLAT ROOFING • NEW CONSTRUCTION
- RE-ROOFING • SENIORS DISCOUNT

Call now for your free estimate.
250-334-2667
www.acesroofing.ca

CAMPBELL RIVER

1358 Marwalk Crescent
250-287-3939
www.crauctions.ca

"Serving Campbell River & Vancouver Island since 1967"

THURSDAY, MARCH 10 • 6PM

Large Danby 600 volt 120/240 transformer, lifts of lumber, flooring, quad rims w/tires, box staplers, regular line of tools and hardware, gas pump, bikes, furniture, grandfather clock, massive Chandelier, large ceiling fan, new jewelry, collectibles, artwork, etc. Look for a full ad on our web site.

Check out our website for full ad.
Viewing: Wed. 9-5 & Thurs. 9-6

Terms Cash, Visa, M/C, = • SAME DAY REMOVAL • CLOSED TUESDAYS, SATURDAYS & SUNDAYS

Public Notice of Open House North Courtenay Connector

The Ministry of Transportation and Infrastructure invites the public to attend an information session to preview plans to improve the connection between Highway 19 and North Courtenay. This will allow better access to key destinations in the region, including the new Comox Valley hospital. The new connection will replace the current one-lane bridge with a new two-lane bridge, increasing route capacity and enhancing east-west connectivity.

The ministry's project team will be on hand to provide information and answer questions. All comments received will be reviewed and evaluated for consideration prior to construction.

This drop-in open house is scheduled for the following date:

Wednesday, March 15, 2016
3:00 p.m. to 7:00 p.m.

Best Western the Westerly Hotel and Convention Centre
1590 Cliffe Avenue, Courtenay, B.C., V9N 2K4

For more information, please visit the ministry's web site at www.gov.bc.ca/northcourtenayconnector



Comox Valley REGIONAL DISTRICT

Swimming Skating Fitness Wellness

at the CVRD's sports and aquatic centres

For schedules visit:
www.comoxvalleyrd.ca/rec
or call 250-334-9622

Follow [comoxvalleyrd](https://www.facebook.com/comoxvalleyrd) on Facebook, Twitter, and Instagram

WE'VE BEEN EVERYWHERE

TAKE US ALONG ON YOUR NEXT VACATION



WHEN IT COMES TO SPREADING THE NEWS, readers of the **Comox Valley Record** are number one. They enjoy packing a copy of their favourite hometown newspaper with them as they travel the globe.

Send your vacation photos with a brief description to COMOX VALLEY RECORD - sports@comoxvalleyrecord.com
Subject line: Take Us Along

BUSINESS

Three new businesses add to diversity of downtown Courtenay

“It’s great to be downtown.” That’s the consensus of a trio of business owners who have recently opened locations in Downtown Courtenay.

Games & Grounds Coffee House, Dragonfly Community Acupuncture and Impeccable Jewellery are the newest faces in Downtown Courtenay, each offering distinctive products and services that complement the downtown core.

“We spent almost a year researching downtown, watching all the activities, parades and various things that go on before we decided to set up here,” says Brad Leith, who just opened Impeccable Jewellery on the corner of Fifth and Duncan. “I think there’s a real trend toward community building. People are looking for a place where they can find something different and establish relationships with businesses – you don’t get that in a mall or at box stores.”

Leith, who owns a similar store in Duncan, specializes in silver jewelry but creates custom pieces in gold as well. “We do things a little differently, and that’s helped us succeed,” he says. “We create our own designs, pick our own stones, produce our own product, import our own product and sell our own product.”

“It’s always great to have new businesses join our downtown Courtenay family,” says Jenny Deters, vice-president of the Downtown Courtenay Business Improvement Association (DCBIA) and owner of Rattan Plus Home & Patio. “Their excitement rubs off on other businesses and re-ignites our own enthusiasm. The fact that the three newest businesses are all so unique makes it even better.”

As the Valley’s first and only



Brittany Allinson and Dr. Andrew Kerr, owners of Dragonfly Community Acupuncture, one of three new downtown Courtenay businesses. They’re sitting in their new community acupuncture room on Fourth Street.

PHOTO SUBMITTED

computer and console gaming café, Games & Grounds Coffee House certainly qualifies as unique. The family-owned business has been around for five years but moved into the former Salvation Army location on Fourth Street mid-November.

“It’s like night and day from where we were before,” says owner Alex Greenwood. “We still have our homemade food and drinks, but we now have a much larger table-top gaming area, as well as air hockey and a pool table. There’s more room for hosting birthday parties and having Magic: The Gathering tournaments, and we’ve been able to add to our retail and collectibles.”

A central location was also key in Dr. Andrew Kerr’s decision to open Dragonfly Community Acupuncture on Sixth Street, near Atlas Café, in December.

Originally from the Island, the doctor of Traditional Chinese Medicine had been working in Vancouver for years but recently moved back for Courtenay’s small-town feel and sense of community.

In addition to offering regular private acupuncture sessions, as well as Chinese massage, ear massage and herbal medication, the clinic offers “Community Acupuncture” – treatment in a common area that seats four patients. Because it allows Kerr to treat a few people at a time, the rate for acupuncture is about one-third the price of regular sessions. The clinic also offers a sliding payment scale so patients pay what they can afford.

It’s been really well received,” says Kerr. “Once people see our welcoming, relaxing environment they feel very comfortable.”

RBC Dominion Securities Inc.

MARKET REPORT

TSX Composite	13212.50
DJIA	17006.77
Gold	1266.30
Cdn\$	0.7506 US\$
ETFs & Global Investments	
Claymore BRIC (CBQ)	17.27
BHP Billiton ADR (BHP)	27.68 US\$
Power Shrs. QQQ (Nasdaq 100)	105.67 US\$
Aberdeen Asia Pacific (FAP)	4.63
S&P TSX 60 (XIL)	19.51
Government Bonds	
5 year (CDN)	0.70%
10 year (CDN)	1.26%
30 year (CDN)	2.07%
30 year Treasury bonds (US)	2.71%
Fixed Income GICs	
ICICI BANK CANADA	1 yr: 1.460%
ICICI BANK CANADA	3 yr: 1.860%
NATCAN TRUST COMPANY	5 yr: 2.170%

Stock Watch

Royal Bank	71.38
TD Bank	53.67
Bank of Nova Scotia	59.50
BCE	57.51
Potash Corp. of Sask.	24.55
Suncor Energy Inc.	33.75
Crescent Point Energy	18.04
Cdn. Oil Sands	9.43
Husky Energy	15.91
Pembina Pipe Line	33.82
Transcanada Corp.	49.30
Teck Resources Ltd.	10.26
Cameco	16.66

Investment Trusts

Brookfield Renewable Energy Partners	38.45
Morguard Real Estate Inv. Tr.	14.38
Cdn. Real Estate Inv. Tr.	43.51
Riocan Investment Tr.	26.25



PHILIP SHUTE
Vice President,
Investment Advisor
250-334-5609



RBC Wealth Management
Dominion Securities

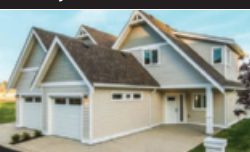
There’s Wealth in Our Approach.™

Commissions, trailing commissions, management fees and expenses all may be associated with mutual fund investments. Please read the prospectus before investing. Mutual funds are not guaranteed, their values change frequently and past performance may not be repeated. Rates and prices as of Mar. 4 /16. Rates and prices subject to change and availability. RBC Dominion Securities Inc.* and Royal Bank of Canada are separate corporate entities which are affiliated. *Member-Canadian Investor Protection Fund. RBC Dominion Securities Inc. is a member company of RBC Wealth Management, a business segment of Royal Bank of Canada. ©Registered trademarks of Royal Bank of Canada. Used under licence. © 2016 Royal Bank of Canada. All rights reserved.

OPEN HOUSES

Outstanding Agents • Outstanding Listings

WED, SAT & SUN 1-4 PM



7-700 Lancaster Way Comox

Hosted by Christiaan Horsfall

SAT & SUN 12-2 PM



13 2030 Wallace Comox

Hosted by Dave Procter

SATURDAY 10-3 PM



3426 Eagle View Courtenay

Hosted by Rob Samsom

SATURDAY 12-1:30 PM



1667 Ascot Ave. Comox

Hosted by Bruce Langlands

SATURDAY 2:15-3:30 PM



4612 Kilmarnock Dr. Courtenay S.

Hosted by Bruce Langlands

SATURDAY 11-12:30 PM



1241-14th St. Courtenay

Hosted by Tracy Fogtmann

SATURDAY 12-1:00 PM



217-680 Murrelet Comox

Hosted by Jill Davies

SATURDAY 11-1 PM



26-199-31st St. Courtenay

Hosted by Sam Ennis

SATURDAY 1:30-3:30 PM



94-2001 Blue Jay Pl Courtenay

Hosted by Sam Ennis

SATURDAY 12-1:30 PM



21-1755 Willemar Ave. Courtenay

Hosted by Dean Thompson

SUNDAY 11-12 PM



10-2625 Muir Rd. Courtenay

Hosted by Myles Armstead

SUNDAY 12:30-1:30



2896 Back Rd. Courtenay

Hosted by Myles Armstead



Let’s do
Business
in the Comox Valley

3080

Comox Valley Record readers plan to start or change their wills this year ... reach your target market. *2013 PULSE RESEARCH

Call Today
to reserve your space
250-338-5811

A guide to the professionals in your community at your finger tips.



RE/MAX
Ocean Pacific Realty
All RE/MAX offices are independently owned and operated

Courtenay 250-334-9900
Comox 250-339-2021
www.oceanpacifcrealty.com



Simorgh Dance collective members and workshop participants learning a rice harvest dance from Iran.

PHOTO SUBMITTED

Celebrate Persian New Year

Come celebrate Norouz, the Persian New Year, and enjoy homemade Persian baking and dance performances in an exotic teahouse setting. On Friday, March 11, The Abbey Studio in Cumberland (1st & Penrith Ave.) will be transformed into a Persian teahouse with beautiful carpets, cozy cushions, and ambient lighting. There will also be a bazaar table and silent auction in support of Simorgh, the Comox Valley's one and only Persian Dance Collective.

We are celebrating the upcoming New Year which happens on March 20, the first day of spring and sharing dances we have learned from our teacher Farima Berenji. We are a group committed to furthering studies in Persian dance and dances of the Silk Road under the guidance of our teacher Farima as part of her larger collective project. Funds raised at this event will go towards providing subsidies for collective members, to assist in the

cost of bringing our teacher Farima and, towards creating new costumes.

This is a free all ages event but cash donations will be graciously accepted at the door and folks are encouraged to shop at the bazaar and bid at the silent auction in support of our efforts.

Doors open at 7 p.m. and there will be performances throughout the evening ending at 10 p.m.

For more information call Cathy at 250-218-0704.

Evolution of pterosaurs to be discussed at VIPS lecture

The Vancouver Island Paleontological Society and the Courtenay and District Museum will present a special lecture on paleontology, Sunday, March 13, with Graham Beard, co-author of the book *West Coast Fossils* as guest speaker.

The presentation is about the paleontological evolution of pterosaurs, those amazing

reptiles that could fly.

Pterosaurs lived during the Mesozoic era, and that is over 150 million years of evolution, then they became extinct at the end of the Cretaceous Period.

The first fossil pterosaur was found in 1783.

Fossil pterosaurs have been found on every continent and there are about 150 different

species now known.

Graham Beard is an expert in the field of paleontology and fossils and will answer any questions you may have on the subject. Public is welcome.

The lecture goes from 1:15-3 p.m. Admission is free.

Following the lecture the VIPS will hold its AGM.

Free five-week meditation course being offered at Courtenay Library

The V.N.D. Educational Society is offering a free meditation course at the Courtenay Library, (300 6th Street), from Sunday March 13 to April 10.

The five classes are held on Sundays from 1-2:30 p.m., with the exception of Easter Sunday when the class

is moved to Saturday, same time.

The simple and effective techniques of Sahaja yoga meditation will allow you to master stress, improve your health, face yourself, and achieve balance in every aspect of life.

Ancient knowledge and practices are adapted to modern day needs of people of all ages and walks of life.

For more information call us at 250-954 5040 or visit our website at www.freemeditation.ca.

B.C. First Nations leader to speak on decolonization, reconciliation

Join one of Canada's foremost leaders on aboriginal rights and title at NIC's Comox Valley campus Tuesday, March 15.

First Nations leader Arthur Manuel will speak on decolonization, reconciliation and new directions at NIC's Comox Valley campus Tuesday, March 15, starting at 7 p.m.

"Arthur Manuel is an incredibly knowledgeable First Nations leader who speaks passionately about the challenges Indigenous people face in Canada and possible ways forward," said Naomi Wolfe, NIC's faculty representative on the Federation of Post-Secondary Educators Human Rights and International Solidarity Committee.

"We are honoured to hear him speak at NIC."

Manuel is an activist and storyteller who works provincially, nationally and internationally for



Arthur Manuel

aboriginal rights.

Manuel is the co-chair of the North American Caucus at the United Nations Permanent Forum on Indigenous Issues.

And, as chair of the Indigenous Network on Economies and Trade, he argued Canada's failure to recognize and compensate aboriginal people for the lumber taken off their traditional lands was a form of subsidy to the lumber industry.

In 2015, the former four-time elected chief of the Neskonlith Indian Band and three-time elected chair of the Shuswap

Nation Tribal Council wrote *Unsettling Canada, A National Wake-Up Call* with Grand Chief Ronald Derrickson.

The book, which includes a foreword by Naomi Klein, has been called a call to action and must-read for every Canadian.

The event is part of the Federation of Post-Secondary Educators' Human Rights and International Solidarity Committee's 2016 Speaker Tour.

For more info, contact Naomi Wolfe at 250-334-5000 ext 4025 or email naomi.wolfe@nic.bc.ca.

4195

Comox Valley Record readers plan to purchase Health Related Products this year ... reach your target market.

*2013 PULSE RESEARCH

ROCK IT! Get the WORD Out



prime

IT'S THE BEST OF TIME

THE COMOX VALLEY
Record

INTERESTED? Contact sales@comoxvalleyrecord.com

Browse more at:



To advertise in print:

Call: 1-855-310-3535 Email: classified@comoxvalleyrecord.com

Self-serve: blackpressused.ca Career ads: localworkbc.ca



GET IT RENTED!

BUY ONE WEEK, GET SECOND WEEK FREE!*

*Private party only, cannot be combined with other discounts.

\$30

SELL IT IN 3 OR IT RUNS FOR FREE!*

Place your private party automotive ad with us in your community paper for the next 3 weeks for only \$30. If your vehicle does not sell, call us and we'll run it again at NO CHARGE!

INDEX IN BRIEF

FAMILY ANNOUNCEMENTS

COMMUNITY ANNOUNCEMENTS

TRAVEL

EMPLOYMENT

BUSINESS SERVICES

PETS & LIVESTOCK

MERCHANDISE FOR SALE

REAL ESTATE

RENTALS

AUTOMOTIVE

ADULT ENTERTAINMENT

LEGAL NOTICES

AGREEMENT

It is agreed by any display or Classified Advertiser requesting space that the liability of the paper in the event of failure to publish an advertisement shall be limited to the amount paid by the advertiser for that portion of the advertising space occupied by the incorrect item only, and that there shall be no liability in any event beyond the amount paid for such advertisement. The publisher shall not be liable for slight changes or typographical errors that do not lessen the value of an advertisement.

Used.ca cannot be responsible for errors after the first day of publication of any advertisement. Notice of errors on the first day should immediately be called to the attention of the Classified Department to be corrected for the following edition.

Used.ca reserves the right to revise, edit, classify or reject any advertisement and to retain any answers directed to the Used.ca Box Reply Service and to repay the customer the sum paid for the advertisement and box rental.

DISCRIMINATORY LEGISLATION

Advertisers are reminded that Provincial legislation forbids the publication of any advertisement which discriminates against any person because of race, religion, sex, color, nationality, ancestry or place of origin, or age, unless the condition is justified by a bona fide requirement for the work involved.

COPYRIGHT

Copyright and/or properties subsist in all advertisements and in all other material appearing in this edition of Used.ca. Permission to reproduce wholly or in part and in any form whatsoever, particularly by a photographic or offset process in a publication must be obtained in writing from the publisher. Any unauthorized reproduction will be subject to recourse in law.

ON THE WEB:

LOCALS BUY & SELL HERE

FAMILY ANNOUNCEMENTS	FAMILY ANNOUNCEMENTS	FAMILY ANNOUNCEMENTS	FAMILY ANNOUNCEMENTS	FAMILY ANNOUNCEMENTS	FAMILY ANNOUNCEMENTS
DEATHS	DEATHS	DEATHS	DEATHS	IN MEMORIAM	DEATHS

Larry Pearn
April 20, 1952 - February 19, 2016

On February 19th Larry Pearn was suddenly taken from us.

Larry was a good proud honest man and there was nothing he wouldn't do to help anyone in need.

Larry grew up back east and made his way to Vancouver Island which became his home.

He leaves behind his girlfriend Sara who adored him, also left behind are his brothers David, Buick and Mike, as well as many dear friends and family of choice.

Larry will be in our hearts forever

Celebration of Life will be Thursday March 10, 2016 at 10:30 am at St. Georges United Church, Courtenay, BC.

Chief Norman Frank
April 27, 1925 to February 27, 2016

Surrounded by family, Chief Norman Frank, Nim nim um, passed away peacefully at home on February 27, 2016. He was born in St. Joseph's Hospital on April 27, 1925 to Isaac and Louisa Frank and lived his entire life in the Comox Valley.

Norman started work at an early age in the fishing and logging industries and retired at the age of 75 as the skipper of his seine boat the Courtenay Maid.

During World War II, as soon as he was old enough, he joined the army. On his return, he was able to purchase his home on the Dyke where he lived for 70 years.

Norman was a hereditary, as well as, the elected chief of the K'omoks First Nation for over 30 years. He was a quiet man, generous to a fault and always willing to help others.

Norman was predeceased by his wife, Barbara in 2009, and siblings Irene, Jake, Mona, Bessie, Stanley, Mabel and Vincent.

He will be forever loved and missed by his children Kerry & Shelley, April & Doug, grandchildren Sean, Michael, Katherine, Amy, Kelly & Emily and their children, his special niece Donna Frank, close cousin Violet Wilson and brother Stanley, as well as, a large extended family and many friends.

Thanks to Dr. Reggler, Home and Community Care Nursing, and the KDC Health staff especially Bernice Whonnock.

At his request, there will be no service.

Daniel James McKeeman
September 30, 1932 - February 24, 2016

Daniel James McKeeman passed away peacefully on Feb. 24th, 2016, with his daughter and son by his side.

Born Sept. 30th, 1932 in Regina, Saskatchewan, Dan was predeceased by his parents, Jane Marno Magee, of Belfast, NI., and James McKeeman of Tullyvallen, Co. Armagh, NI. Dan is survived by his daughter Christine McKeeman (Keith Thomas), his son Michael McKeeman (Laura Donahue), grandsons Christopher, Connor and Ryan, sister Beverley Kvarmen and family. Dan was blessed to have an extended family of nieces, grandchildren and great-grandchildren. Dan will be remembered for his great love of family, story-telling and endless generosity.

There will be a celebration of Dan's life, Sat. Mar. 19th, 2016, 3pm at his home, 2511 Oakes Rd., Black Creek. In lieu of flowers, donations can be made to the CDN Red Cross or the St. Joseph's Hospital Foundation, Comox, BC.

Funeral Services
250 338 4463

www.tonefffunerals.com

"where your family comes first"

Derek York
April 15, 1941 - February 21, 2016

We sadly said goodbye to Derek York on Sunday afternoon Feb. 21st 2016, after 7 very unfair years dealing with Alzheimer's. Born April 15th 1941, he is survived by his wife Lee, daughter Lindsey, her husband Arlen and their three children Jonah, Ellie and Eastyn. He is predeceased by his mother and father and son Damon in 2010.

Derek worked with the CVRD as Manager of Engineering Services from 1988 until his retirement in 2006. He was an active member of Rotary in both Duncan and the Comox Valley.

His witty comebacks, knowledgeable smile, determination and ability to fix just about everything will forever be missed.

The family is hosting a casual open house on March 12th from 1:00-4:00 pm in Comox so that family, friends and coworkers can come together to remember, share, tell stories and enjoy each others company. For more information please contact derekyork2016@outlook.com.

Howard Andrew Telosky
July 29, 1945 - March 1, 2016

With sadness, we announce the passing of Howard Andrew Telosky on March 1, 2016. Howard was born in Comox Hospital, July 29, 1945 to Andy and Gwen Telosky.

He is survived by his sister Joan (Jack) McKay of Port Alberni, niece Alana McKay and great-nephew Nathan Harris of Campbell River, nephew Todd (Becky) McKay, great-nieces Ashley McKay of Fort McMurray, Carly McKay of Port Alberni and Courtenay McKay of Comox. Howard is also survived by his aunt Doreen Telosky, cousins Don and Steve Telosky and families of Campbell River.

Howard was a mail carrier for many years and then decided to become a Care Aid in which he showed his sincere passion for caring for others. Howard was a great volunteer for many clubs and organizations. Fighting his town personal health issues over the years, he is finally at peace.

Thank you to Dr. DeBruin and the hospital staff at Campbell River Hospital for all the care and understanding Howard received over the years.

Celebration of life to be held at a later date. If so desired, donations can be made to the S.P.C.A. in Howard's name.

Gordon (Wayne) Douglas
January 19th 1945 ~ January 9th 2016

Wayne was born in Victoria BC but was raised in North Vancouver. He moved to the Comox Valley to raise his family. He loved to work and did so in many different countries. The last 17 years were in the Turks & Caicos Islands. We came back to Courtenay in December 2015 to be with family, when we discovered he had incurable brain cancer. All of our family and friends were welcomed in to his niece Dena and husband Peter Morro's home, here in the Comox Valley, so Wayne could live out what time he had left. Wayne was predeceased by his 1st wife Chrystal 1984, mother Jenny 1998, son Michael 2015, brother in law David 1991.

Wayne is survived by his loving wife Christine, 3 children Matthew Douglas, Richard Christensen (Charlene), Jennifer Fraser (Devin). Eight beautiful grandchildren, sister Donna Bews, numerous nieces & nephews, brothers-in-law, sisters-in-law, mother-in-law Karen Anderson.

All family and friends please join us in Wayne's Celebration of Life at the Native Son's Hall Sunday, July 17th at 2:00pm. He touched many peoples lives. Donations can be made to a charity of your choice.

"You're only the memories you leave behind"

SONIA EMMY LEWIS
August 7, 1946-March 9, 2011

Dear Gramma,
We really miss you very much. We miss your warm hugs, sweet kisses, beautiful smile and kind and generous heart.
We think of you a lot and speak of you often. You are the best grandma anyone could have asked for and we will cherish all the memories we have together. We would trade the world's greatest treasure to have you back with us. We love you to the moon and back Gramma!

Written by granddaughter Charley, shared thoughts of granddaughters Addison, Teagan and little Emmy.

Deeply loved and missed by all family.

In loving memory

FAMILY ANNOUNCEMENTS

FUNERAL HOMES

Did You Know?

250-334-0707
comoxvalleyfuneralhome.com

When deciding whether services should be non-traditional our philosophy is to make every ceremony unique and creative.

When someone we love and care for dies, we need to deal with one of the most important events of our lives. Denying the death or hoping that the less we do, the sooner the feelings will pass, does not make it so.

The most important part of our service is the time spent in discussion with the family to learn about the person who's died and to create a ceremony that is relevant and truly reflects who that person was and how they lived their life.

Every life is deserving of acknowledgement of its contributions.

Rosemarie & Kent Roduck
Owners / Funeral Directors

Comox Valley
FUNERAL HOME
CREMATION AND RECEPTION CENTRE
1101 Ryan Road, Courtenay

TURNER, Richard Roy (Rick)

The TURNER family (Barb, Ben & Jesse) would like to announce a **Celebration of Rick's Life** will be held **Saturday, March 19th, 2016 from 1:00 - 4:00 p.m. at the Waverley Hotel, 2692 Dunsmuir Avenue, Cumberland, BC.** Please bring one (or more) of your most memorable times spent with Rick to share with our family. Please dress casual.

COMMUNITY ANNOUNCEMENTS

INFORMATION

Advertise in the **2016 BC Hunting Regulations Synopsis** Largest Sportsman publication in BC

Call Annemarie
1.800.661.6335 or email: fish@blackpress.ca

CANADA BENEFIT Group - Do you or someone you know suffer from a disability? Get up to \$40,000 from the Canadian Government. Toll-free 1-888-511-2250 or www.canada-benefit.ca/free-assessment

YOUR COMMUNITY, YOUR CLASSIFIEDS
Call 1-855-310-3535

FAMILY ANNOUNCEMENTS

FUNERAL HOMES

Home IMPROVEMENT

Whether building a new home or simply adding to your existing home, these are the businesses to contact for the finest in workmanship, quality materials and prompt service

WHY BUY WHEN YOU CAN BUILD FOR LESS?



THE WESTCOAST starting at \$136,572
3 bedrooms, 1 bath, 1272 sq. ft., 3 foot crawlspace

**CHOOSE FROM A VARIETY OF DESIGNS
CALL TO LEARN MORE**

Act Now **5% OFF** List Price Conditions Apply



TRAFALGAR HOMES
www.trafalgarhomes.ca
CALL 1-866-971-0239

KellyCo
Painting & Decorating Services

Interior/Exterior Residential/Commercial Wallcoverings Complimentary Colour Consulting

"You'll be as proud of our quality as we are!"

Kelly C. Riggs

**Guaranteed, Quality Work
30+ Years Licensed Journeyman
250-218-7685**

SENIORS DISCOUNT

CREATIVE SOLUTIONS for DESIGN CHALLENGES
HOME, LANDSCAPE OR BUSINESS

- ROOM MAKEOVERS • STYLING AND STAGING
- SPECIAL EVENTS DÉCOR • CUSTOM MOSAIC AND TILING



Creating New Spaces without Breaking the Bank!
**TERESA PHILLIPS
T.A.P. DESIGNS**

Email: tapdesigns5@gmail.com
Phone: 250-703-6608
For More Info go to www.designbytap.com

PLATEAU
Plumbing, Heating & Gas

- Residential Repair & Installation
- Commercial Repair & Installation
- Gas Fireplaces
- Radiant In-Floor Heating & Heat pumps

Your In-Floor Radiant Heat Specialists

Free Estimates
Call **250-334-4988**

HYLAND PRECAST INC.



OPEN SATURDAYS FOR READY-MIX DELIVERIES

- Ready Mixed Concrete
- Precast Products • Concrete Pumping
- Gravel Products

Tel: **250-336-2412**
250-336-8705
4552 Cumberland Rd., Cumberland

Vancouver Island Enterprises



- Bark Mulch
- Top Soil
- Aggregates
- Organic Compost
- Pickup or Delivery Available

**1200 Knight Rd., Comox
Next to Airport
250-207-6352**

www.vancouverislandenterprises.com

Recap Waste Water Inc.



Certified septic system specialist

"We repair / upgrade gravity systems"

- Site Assessment
- Repairs/upgrades
- Inspections
- Installations
- Sub division
- Seasonal use
- Pipe camera
- New uses of existing systems
- Drainage services
- Reduced setback
- Difficult sites
- Remote sites
- Marine based floating camps/resorts
- Professional engineering services

250-703-1086

Fanny Bay Vancouver Island, B.C. Full excavation bobcat service

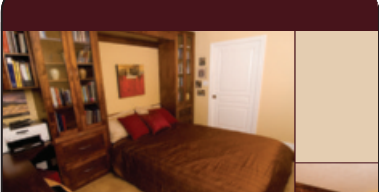
recapwastewater.com

TOP DOWN Window Cleaning

BOOK NOW

- Gutter Cleaning
- Residential & Commercial Window Cleaning
- Power Washing
- Hand Wash Vinyl Siding

**Peter Tapley
250-218-2084**
Serving the Comox Valley



**MURPHY WALL BEDS
By INSPIRED SPACES**
Is your solution

VISIT OUR NEW LOCATION
2703 Kilpatrick Ave, Courtenay
250-898-9670
Hours: Mon-Fri 9 - 4 Sat By Appointment
www.inspiredspacesandmore.com

All Aspects of Wall & Ceiling Industry

Georgia-West DRY WALL

Residential & Commercial • New Construction Renovation & PAINTING

250-338-9755 • 250-703-1986

CLOSET-WORKS
Storage solutions for everyday living.



Contact us today about **custom storage solutions**
offices • closets • pantries • garage

250-871-7712 • www.closet-works.ca



Recap Waste Water Inc.

SEPTIC SYSTEMS

Call Darren:
250-703-1086

GLACIER
Glacier Environmental

Locally Owned And Operated

Providing asbestos, mould and lead sampling and remediation services for Central and Northern Vancouver Island

250-897-6061
www.glacierenvironmental.ca

THIS SPACE RESERVED FOR YOUR BUSINESS

Contact Karen
250-338-5811
features@comoxvalleyrecord.com

Sidl Masonry Heating
Masonry Heaters Bake Ovens

Masonry Heaters • Bake Ovens
Decorative Concrete



- Optimal Efficiency
- Radiant Heat
- Wood is a renewable green energy source

Carl Sidl 250-898-3430
www.masonryheating.com

J.R. Edgett EXCAVATING LTD

40 years in the Comox Valley



Meeting Comox Valley's Excavation Needs

250-339-6100 f
jredgettexcavating.ca

RE-BATH

"The Refreshing Remodel"
Locally owned & operated. Since 1979

WORLD'S LARGEST BATH REMODELER

BATHUBS AND BATHTUB LINERS • WALL SURROUND SYSTEMS
SHOWER BASES • BATHTUB-TO-SHOWER CONVERSIONS
WALK-IN SAFETY BATHTUBS
• GRAB BARS & NON-SLIP COATINGS



www.vanislebathremodel.com
12B 1209 EAST ISLAND HWY PARKSVILLE
1-800-BATHTUB • 250-586-1555

COMOX

DINE • SHOP ENTERTAINMENT

PROFESSIONAL SERVICES
OUTDOOR ACTIVITIES

New Beanie Boos

Planet Kids

1743 Comox Ave., COMOX 250-339-3422
308-5th St., COURTENAY 250-871-7771

Insights Hypnotherapy

Hypnosis for Personal Well-Being

Fran Jenkins
Clinical Hypnotherapist
250-230-0271

Offices in Comox and Port McNeill
dash2@telus.net
www.insightshypnotherapy.ca

IS YOUR HOME OR BUSINESS SUFFERING FROM **FUZZY BLINDS?**

25% OFF ULTRASONIC BLIND CLEANING SPECIAL extended to **MARCH 31ST** due to popular demand

Call us to book your cleaning appointment today!

Blinds BUBBLES BOUTIQUE

Ultrasonic Blind Cleaning
Quality & Service Worth Remembering
221C Church Street, Comox, BC
250-941-7824
blindsandbubbles.com



Indigo Lounge

This MARCH "Make the Switch"!
Humidity steam test: Left side no frizz, right silicone



Switch your current Shampoo and Conditioner for Living Proof and get 25% OFF. Follow these 5 steps to receive 25% OFF your Living Proof purchase:

- gather your current (NON Living Proof) shampoo, conditioners and styling products
- take it to iNDiGO LOUNGE in Comox BC
- "Make the Switch" (iNDiGO LOUNGE WILL SAFELY DISPOSE OF YOUR OLD PRODUCTS)
- Receive 25% OFF YOUR NEW LIVING PROOF PURCHASE
- Live SILICONE FREE be LIVING PROOF.

103B 1705 Comox Ave., Comox
250-339-0500

NO TAX SUNDAYS
IN ALL 4 STORES!

WOOFY'S Pet Foods

COMOX
Comox Centre Mall
COURTENAY
2400 Cliffe Ave.
#12 - 795 Ryan Rd.
CAMPBELL RIVER
2056A S. Island Hwy.

Smitty's

BREAKFAST ALL DAY
HOMEMADE SOUPS
FAMOUS CHEESECAKE
DELICIOUS GLUTEN-FREE
CHOCOLATE TORTE
SENIORS, KIDS &
GLUTEN SENSITIVE MENUS
BEER & WINE
PATIO & TAKEOUT

FABULOUS MILKSHAKES & SOFT SERVE ICE CREAM

1747 Comox Ave., Comox BC ■ 250-339-3911
Hours: Tues to Sun 7:30am - 8pm, Mon. 7:30am - 2pm

Indigo Lounge

Spa, Beauty & Personal Care

"Brilliance in Hair"
250-339-0500
103B 1705 Comox Ave.

New Fashions Have Arrived!

ROXANNE'S FASHIONS

www.roxannesfashions.com
COMOX CENTRE MALL 250-339-6133

20% off your fabric purchase with Interior Design services

DUDUZA
BED & BATH

The Comox Valley's ONLY DEDICATED BED & BATH STORE

1761 Comox Avenue, Comox, B.C. V9M 3M2
Ph. 250.339.1699 • Fax. 250.339.1601
www.duduzabedandbath.com

THE RECORD

COMOX VALLEY

TUESDAY, MARCH 8, 2016

\$1.25

VOLUME 31 | NO. 19

CELEBRATING INTERNATIONAL WOMEN'S DAY 2016

INSIDE

EMBRACING THE STRENGTH OF the women in our valley.



Gender-alities

School boards adapting to gender-neutral reality

■ P. 10

Best Selling Car in the World! **2016 Toyota Corolla** From \$15,995*

One of Canada's Favorite SUV's! **2016 Toyota Rav4 LE** From \$25,240*

Sleek, Sophisticated Crossover **2016 Toyota Venza** From \$30,465*

TOYOTA SMART BUY EVENT

Own it for **\$103.11** Bi-Weekly (price based on 2016 Toyota Corolla CE 4A; 1.49% for 84 months)

Own it for **\$153.78** Bi-Weekly (price based on 2016 Toyota Rav4 FWD LE 2.99% for 84 months)

Own it for **\$173.50** Bi-Weekly (based on 1.99% for 84 months)

www.CourtenayToyota.com

NEWS

Azer updates the community

A community meeting was held on Thursday, where Alison Azer provided an update on the status of her four missing children, as well as her trip to Kurdistan.

■ P3

Fill-A-Dream comes through

Anna Stigter and her family will be spending spring break travelling by RV to the Grand Canyon, compliments of Help Fill a Dream — an Island-based foundation that grants wishes to children with life-threatening conditions.

■ P4

Record returns for YANA auction

Comox Valley residents showed their love at the YANA Big Love Benefit, to the tune of a record \$87,000

■ P5

ARTS

Ladies and gentlemen, 54•40

That line, or one similar to it, will be the introduction for the final act at MusicFest this year, as the West Coast rockers are booked to close the three-day festival at Comox Valley Exhibition Grounds.

■ P21

Peter 'N Chris serve up comedy

The comedic duo of Peter Carlone and Chris Wilson serve up the laughs with their play, Mystery of the Hungry Heart Motel, March 12 at the Sid.

■ P22

SPORTS

New running race in Cumberland

The Comox Valley Road Runners are organizing a 20-kilometre trail running race, The Cumby, in the legendary Cumberland forests, May 28.

■ P23

FEATURES

Business

■ P27

Classifieds

■ P29

G&H Your furniture store. 349 5th St. Courtenay • 250-334-4225